

**ADIRONDACK MOUNTAIN  
CLUB**

**ONONDAGA CHAPTER**

**TALK OF THE TRAIL  
FALL 2022**

September 🍂 October 🍂 November



**HIGHLIGHTS IN THIS EDITION**

- Bill & Ann Brosseau
- New Trail Steward Perspective
- Chapter History Timeline, Part 3
- Outings!



# ADK ONONDAGA CHAPTER

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*Newsletter Proofreading  
Courtesy of Chris Kotula*

*Submissions for the winter  
edition accepted until  
November 1. Send to  
Jamie Condon.*

### ABOUT THE COVER

**Goodbye Summer!**

*Photo Courtesy of Marcia  
Kelley*





## AN ADK SIZED WELCOME TO OUR NEWEST MEMBERS!

Karen Auffhammer, Ronald Graves, Taylor Holst, Carrie & Mark Jackson, Devon Keeney, Rich Lawrence, John McAuliffe, George Miglin, Kenneth Murphy, Richard Nastasi, Timothy Page, Kim Putnam, Bryan Rutledge, Carol Sorkin, Piotr Banasiak, Robert Bennett, Sara & Kevin Brady, Scott D'Alterio, Nathaniel Greenmills, Don Krause, Mary Lehan, Maximillian Marcy, Martin Meagher, John Millar, Martin O' Toole, Deb Putnam & Thomas Hourican, Midge Regier & Brian North, Lee Baleno, Michael Brooks, Patrick Cassalia, Maryann Denhoff & Tom Michlovitch, Patricia Kendall & Gary Lipp, Michael Perkins, Jeffrey Wheeler

As of June 2022, the ADK Onondaga Chapter boasts total of 1,384 members. Adirondack Mountain Club overall membership stands at 27,833.

That is a decrease of 52 chapter members and a decrease of 669 in total ADK membership since March 2022.

### FIND US ONLINE. REACH OUT. GET SOCIAL!

Web Site: <https://adk-on.org>

Facebook: <https://www.facebook.com/groups/adkonondaga>

Instagram: [https://www.instagram.com/adk\\_onondaga\\_chapter/](https://www.instagram.com/adk_onondaga_chapter/)

Email: Join our Google Group to receive emailed Chapter updates. Go to: <https://groups.google.com> Search for our group name: ADK-On-Email

#### ADK ONONDAGA CULTURE

We believe diversity makes us stronger. We believe inclusion fuels our cause. We welcome people of all races, ages, genders, sexual identities, religious affiliations, and national origins. Join us today!

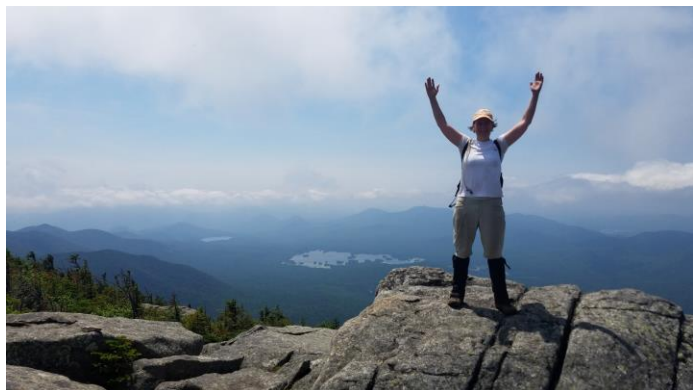
#### MEMBERSHIP UPDATES

To update your mailing address, phone number or email address, email [membership@adk.org](mailto:membership@adk.org) or call 800-395-8080.



# FROM THE CHAIR

BY LISA DRUKE



Welcome!

Our Chapter centennial gathering at Meier’s Creek and Hike Leader Appreciation Social on June 10th in Cazenovia organized by Peg Whaley was well attended with 35 members and friends. It was a wonderful setting for members to gather and catch up on life’s happenings and give a big thank you to our volunteer leaders. For our next membership event, Peg has planned an Open House at the Beaver Lake Nature Center on Sunday, September 18. We will have experienced members sharing their knowledge on how

to do trail maintenance, what tools are used for maintaining a trail, showcasing hiking and backpacking gear, the 10 essentials, etc... We hope you can join us!

Education outreach opportunities with the Fayetteville Free Library (FFL) were offered this past spring and Jeff Sargent, Education Chair, taught two classes on Intro to Hiking and Intro to Backpacking. There was a good turnout from FFL. As a follow up to these events, our Chapter offered an Intro to Hiking at Pratt’s Falls County Park to the FFL community. What a great opportunity! We hope to continue this outreach next year and bring in more new members.



Pratt’s Falls County Park with the Fayetteville Free Library Community on July 24, 2022, *Courtesy Lisa Druke*

This past May, I had the pleasure of completing the French Louis loop in the West Canada Lakes wilderness on Jim Bristol’s backpack trip where two long trails now overlap, the Northville Placid Trail (NPT) and the North Country Trail (NCT), in one of the most beautiful wilderness areas in our State. It was good to see completion of the much needed road repair to the Pillsbury Mountain trailhead improving access to this wonderful area. The trails were in good to fair condition (there is always trail work that is needed) and despite the dry weather, the black flies ruled!

Our Chapter Trails Committee, under Harold Kyle’s leadership, is off to a great start on the new trail project to replace a 4.4 mile road walk on the FLT (the Chippewa Falls to Paradise Lean-to reroute). Other projects planned in August include the Puncheon Punchout between Spruce Pond and Jones Hill and the NCT Adirondack Work Week at Hoffman Notch. Please check our fall schedule for trail workshops and maintenance outings, and contact Harold Kyle, Dick Frio, Bob Rosati, Mary Coffin or Dave Grant to participate.

Our Chapter is a very active chapter in the ADK and we are in need of volunteers for hike leaders, trail work, trail stewards and chapter committee positions. If you have interest in volunteering please reach out to myself or any of the committee chairs.

Enjoy the rest of the summer. 



## NOMINATIONS FOR 2023 ADK-ON CHAPTER OFFICERS

The nominations committee has worked diligently to produce this slate of nominations for 2023. Thank you to Rich Adams, Marge Eldridge and Steve Greenstein. ADK Advisory Council Trustee and Advisor need nominees. If anyone is interested in either of these important positions, please contact Marge Eldridge, [mpeldridge3@gmail.com](mailto:mpeldridge3@gmail.com) or Steve Greenstein, [elliottgreenstein@twcny.rr.com](mailto:elliottgreenstein@twcny.rr.com).

### NOMINEES

Chair: Lisa Druke  
 Vice Chair: Bruce Holloway  
 Secretary: Mary Niemi  
 Treasurer: Kathy Disque  
 Advisor: Dick Frio (past Chapter Chair)  
 Advisor: *Open*  
 ADK Advisory Council Trustee: *Open*

### Open Position Descriptions (as described in our Chapter bylaws)

#### ADVISOR

There shall be two (2) Chapter Advisors. These two Chapter Advisors shall be voting members, who have previous experience on the Executive Committee of the Chapter, if such candidates can be reasonably enlisted. Otherwise, any other Chapter voting member may be elected Chapter Advisor. The immediate past Chapter Chair shall be offered the post of Chapter Advisor, if willing to serve.

#### ADK ADVISORY COUNCIL TRUSTEE

The ADK Advisory Council Trustee is a Voting Member of the Chapter, not in the employ, full or part time of ADK, and shall be elected by the Chapter as the ADK Trustee to serve on the ADK Advisory Council for a two-year term, starting January 1, renewable one time with a two term limit (i.e.no more than four years). The Trustee will represent the Chapter at Advisory Council meetings (via Zoom) and report back to the Chapter ADK Board decisions that may affect chapter operations and/or directions. An Alternate Trustee will be appointed by the Executive Committee to represent the chapter at Advisory Council meetings when the trustee is unavailable.

## FALL BUSINESS MEETING

WHEN: NOVEMBER 5, 2022

WHERE: [FELLOWSHIP HALL, COLLAMER UNITED CHURCH](#)

**SPEAKER:** Dr Bryan Popovici, a Podiatrist in Liverpool, NY, with 37 years of experience will provide an interactive presentation including boot assessments. Dr Popovici's specialties include Podiatry, and Pain Management. He is board certified in Podiatric Surgery and by the American Pain Academy. He has membership in the American Diabetes Association, Institute for Peripheral Nerve Surgery and American Pain Management, He also speaks Spanish and does charity work in Columbia. Dr Popovici is an avid hiker and fisherman.

### Fall Business Meeting Agenda

3:00 pm	Social Half Hour
3:30 pm – 4:30 pm	Dr. Bryan Popovici, DPM
4:30 pm – 5:00 pm	Business Meeting
5:00 pm	Dinner

*Registration will be required. Dinner will either be potluck or club provided either way you will need to bring your own place setting. Please tune into our [website](#) and your email for details and information to register. We will meet any Covid restrictions that are in place at the time of the meeting.*

## ADK ADVISORY COUNCIL UPDATE, DICK HARPER

The sale of our Lake George Member Services Center property is not quite finished due to delays to the purchaser's SBA loan approval. One of the issues that arose was the need for our BOD to approve transferring certain covenants on the use of the land to the new owners which will allow the loan to go through. Closing was expected in June so ADK will need to temporarily move to a building in Queensbury.

The Cascade Ski Center purchase is complete and is cleaned, opened, and staffed. Health and code issues are being addressed with a \$3,500 grant. \$50,000 was obtained from the state for staffing. Many interns from local nonprofits are currently using the bunk room areas. ADK applied for a grant to cover needed repairs to the roof, windows, siding, and doors which will cover \$300,000 of the needed \$380,000 for this work. ADK will most likely receive 2 \$500,000 grants to help pay for the purchase. The goal is to have the building paid off in the next 12 to 18 months. The Adirondack Explorer will host a panel on the building's best local usage in the near future which will be funded with grants. Cascade's location makes it ideal as a regional welcoming and education center. The trails will still be available for hiking and skiing.

Look for the new sign as you pass by or stop in to check it out.



## EDUCATIONAL OUTREACH WITH FAYETTEVILLE FREE LIBRARY, LISA DRUKE

Education is one of our missions and we are excited to share some volunteer activities with the Fayetteville Free Library (FFL) Community. Chris Winters (FFL) reached out to our Chapter seeking educational offerings on hiking for the library's monthly events program. Jeff Sargent, Education Chair, answered with two classes including Intro to Hiking and Intro to

Backpacking in May teaching new participants how to prepare for hiking trips. Topics included where to go and how to prepare, gear selection, navigation and trip guides, and leave no trace principles. Both classes were well attended. Thank you, Jeff! A follow up event held in July at Pratt's Falls County Park, put into practice what was learned in class. Our group had a wonderful outdoor experience in one of our beautiful, local county parks.



## EXECUTIVE COMMITTEE OPENINGS

With so many opportunities available on the Onondaga Chapter Executive Committee there has never been a better time to get involved in our chapter! Volunteering in a leadership position is a great way to meet new people, give back and shape our chapter for future generations. Interested in learning more?

Reach out to [Lisa Druke](#) or any committee member on page 2 of this newsletter. Let's talk!

## CURRENT OPPORTUNITIES

- Chapter Advisor – Open 1/1/2023
- ADK Advisory Council Trustee – Open 1/1/2023
- Outings Chair – Open Now
- Publicity Chair – Open Now





BY HAROLD KYLE



Morgan Hill State Forest Puncheon Punchout. Bob Rosati, Kim Putnam, Kathy Way, Sam Curlew, Dave Grant, *Courtesy Harold Kyle*


I hope you've had time to enjoy the shady woods during the recent heat. Despite blistering temperatures, our trail maintainers have been sawing down trees, clearing overgrown brush, leveling trails, hauling lumber, and installing puncheons.

15 volunteers, including a strong contingent from Salt City Trail Runners, showed up for the Puncheon Punchout at Morgan Hill State Forest August 6-7. Despite vicious temperatures and deer flies, these brave souls carried-on foot-almost 2,000 lbs of lumber ¾ mile to our job site. Crews then constructed puncheons (wooden bridges) along a very muddy stretch between Spruce Pond and the Jones Hill hang glider launch. This is just a start: we will install more puncheons here in the future. This ongoing work will help reduce erosion, trail braiding, and wet socks. Thanks to all

who participated!

Work continues on the connection between Chippewa Falls in Cuyler Hills State Forest and the Paradise Garden lean-to in Mariposa State Forest. Thanks to dozens of individuals from the ADK-ON Chapter helping this summer, the trail is roughed out. It's not ready for hikers yet because we still have to blaze the trail over a private easement and build a large bridge to cross Mud Creek. The bridge is currently awaiting a DEC permit but will be designed and built by the Chapter-later this year, if possible. We're planning several outings to continue work here in October (see below). Please email me at [harold@cnyhikes.com](mailto:harold@cnyhikes.com) for more information or to RSVP for any of these outings.

Are you interested in helping maintain a section of trail? If so, there are a few 1 to 2 mile sections still available. As a steward, you would visit and clear your section three times per year, reporting back any major blockages that you find. If you don't want the responsibility of having your own section right away, you could start by working alongside an existing steward who can mentor your work. If you're interested either in maintaining your own section or in a mentorship, please reach out to me at [harold@cnyhikes.com](mailto:harold@cnyhikes.com).

And as always, if you're out hiking on the Finger Lakes Trail and you find any section neglected, please let me know so that we can send a team to fix it. We can't clear the trails without your reports. Thanks! 

FALL TRAIL MAINTENANCE OPPORTUNITIES		
Dates	Description	Leader(s)
September 7	FLT/NCT Trail Maintenance	Dick Frio
September 17	New Trail at Paradise Garden	Harold Kyle
September 30 – October 2	Chippewa Falls "Alley Kitten"	Harold Kyle Mary Coffin
October 5	FLT/NCT Trail Maintenance	Dick Frio
October 29	New Trail Mariposa SF	Harold Kyle

*Check the Outings section for additional details*

*Trail work is like housework: You only see it when it isn't done. - Sigi Schwinge*



# PERSPECTIVES OF A NEW TRAIL STEWARD

BY BRYAN CHAMBALA

They say the poorer you are, the more generous, and it rang true to my ears the first time I went out to DeRuyter to steward my little length of the NCT in a car I'd just spent \$2,000 fixing and still rattled like a metal garbage can over bumps. The \$35 saw I'd bought plus the beer for after the hike plus the car repair had pretty much drained my accounts, so I felt pretty charitable hauling up there past the Mariposa and a hundred Don't Tread on Me Flags to pick up sticks.



Dr. Bob, picking up sticks. *Courtesy Bryan Chambala*

I went with my nearly-always hiking partner, the inestimable Dr. Bob, who taught me the hiking business along with other wisdom like parenting doesn't end even when your kids are parents and the first time you take someone out to do something it'd better be fun if you want them to do it again. So I'd left my kids home, this time.

The dirt road we parked on was pretty washed out, and Bob had a little Honda instead of his truck, so I had to get out a couple times to check for clearance. We made it, mostly, the Honda scraping a few times and my old Subaru rattling and coughing all the way. No holes in any oil pans though and four wheels still attached at the top.

First, we had to agree what exactly we were doing here, and where we were doing it. I had the Gaia app and the file from the FLT site. Bob had his Garmin thing, and we agreed they agreed close enough that

we could set out. In total, we were stewarding about two miles, then walking another 7 or so. It was muggy. We figured we had enough time to get it all done before a predicted storm rolled in.

"I guess we pick up the big stuff you'd trip on and cut the ones we can cut with this little thing," I said. It turns out that little thing, a Silky PocketBoy, cut through most of what we found with the kind of speed you'd think was only for a chainsaw. It kicked up nice, big flakes of wood when it got humming, and we took turns using it because it was so fun. Who knew? I'd found it after I'd spent an afternoon reading trail maintenance forums. I'd always thought every straight edge I saw in the woods was chainsaw, chainsaw, chainsaw.\* This was better.

It took us a couple hours to get through the two miles. We dragged big branches, flung the little ones, and took pictures and logged the coordinates of a couple dead falls we couldn't budge. We saw a guy with a dog going the opposite way and told him he'd have a nice, smooth walk. We weren't 100 percent sure where our section ended, so we cleaned everything up to an obvious point where it turned mostly to a field, and then took a break for apple fritters – this is a tradition of ours – and coffee. It was even muggier by then, and we were getting into the "I think these are the black flies that bite" season, so we didn't stop long.

The rest of the hike was fine enough. There was a big climb about halfway through, and that was the only time we weren't yapping away, covering everything from books we were reading to gossip about the place we used to work together to the new Star Trek to cooking, hiking, gardening, and 1,000 other things. Our wives ask, "What do you talk about for that long?" It comes easy. We don't do social media so there's plenty left to say.

We'd miscalculated the distance a bit, so in the end we hiked around 12 miles. We were chewed up pretty good and scratched by the trees we'd cut and hugged and dragged and thrown, but nothing that would do anything more than itch a little. Dr. Bob said he hadn't done anything like that before. The first time he took me hiking I was in work boots and jeans, so it was nice to bring something new to the experience.

Then the rain came in. We sat on the back of the car pretty quietly and ate radishes and cheese and had a couple beers, just like always.

*\*I found out later almost all the trees cut on the FLT section of the NCT are cut by either hand saw or crosscut saw – chainsaws are the exception. I'd like to get on a crosscut crew, but the schedule hasn't worked yet. Just like trail stewarding, it's a simple as signing up.*





BY MARY COFFIN


## ADK Onondaga and Iroquois Chapters Work on the North Country Trail

Annually these Central New York Chapters maintain two trail sections of the North Country National Scenic Trail in the Adirondacks, the Little Woodhull Lake Trail and the Kunjamuk Trail.

We access the Little Woodhull Trail from North Lake Rd. near Forestport and the Kunjamuk Trail from Elm Lake Rd. near Speculator. This year I was joined by Kathy Chillemi, Lisa Druke, Dick Frio, Dick Harper, Kim Putnam, Bob Rosati, Paul Sirtoli who each donated 10 hours of sweat equity to clear the Little Woodhull Lake Trail. During these trips our volunteers eagerly search for blowdown to remove as well as completing side cutting and posting DEC markers. This year we cut 27 blowdowns of various sizes using Silky saws and the two person saw on the Little Woodhull Trail. Sawyers evaluate each log situation to determine the safest and most efficient way to cut it. We never returned to our cars until 5pm. The crew kept cutting one more and one more. Our group has developed a camaraderie and cohesive sense of teamwork on these trips. They work hard yet make it fun.

Paul Sirtoli, Pat Whaley and Peg Whaley and I donated 10.5 hours flagging a new NCT route from the far end of North Lake into West Canada Lakes Wilderness. We did no trail clearing while focusing on marking it with pink flagging. Every other step was over a log or nature debris, and we climbed over many large blowdowns as well. It had been 10 years since our last foray into this wilderness from the west and it had grown in quite heavily in spots during that time. Natural succession at work. It was the first time the DEC Forester permitted us to flag it.

The following Saturday we cleared the Kunjamuk Trail which usually has many blowdowns.

The Schenectady Chapter and Foothills Chapter also maintain NCT sections in the Adirondacks. Anyone wishing to adopt an Adirondack NCT section contact [maryccoffin@gmail.com](mailto:maryccoffin@gmail.com). 



Lisa Druke and Paul Sirtoli, *Courtesy Dick Frio*



Lisa Druke and Kim Putnam, *Courtesy Dick Frio*



Dick Harper and Paul Sirtoli, *Courtesy Dick Frio*





## Remembering our Founder and a Dedicated Group, Lisa Druke

Ann and Bill Brosseau recently shared their memories and pictures from our Chapters past including one picture of a group of hard-working individuals including our founder, Dorothy Tisch. Bill explains the Brosseau's were travelling out of the area when this photograph was taken. Otherwise, they would have been there too. The group gathered for a dedication ceremony in the spring of 1987 on Partridge Hill Road for Winston Braxton where a bench was

From left to right Metod Melac, Helen Brotherton, Charles Embree, Terry Girosso, Al Obrist, Randy Brune, Winston Braxton, Margo Dietrich, Dot Tisch *Courtesy Ann and Bill Brosseau*

erected on the trail nearby in Winston's honor. Bill Brosseau described Winston as a 'real go getter' and he noted this hike was Wintson's last hike before he passed away. From left to right is Metod Melac, Helen Brotherton, Charles Embree (Main FLT trail designer), Terry Girosso (dedicated trail worker), Al Obrist (original member and Director), Randy Brune (Trail builder with Charles Embree), Winston Braxton (President, trail director), Margo Dietrich and Dot Tisch (our Founder). Thanks to Bill and Ann Brosseau for sharing this piece of our Chapter history.

## ADK'S CENTENNIAL CELEBRATION & FALL WEEKEND

### SEPTEMBER 23-25, 2022



Silver Bay YMCA

Cold River Chapter is hosting ADK's Centennial Celebration & Fall Outing on September 23 - 25, 2022 at the Silver Bay YMCA Conference & Family Retreat Center in Silver Bay, NY. Rooms and meals are booked solid but if you haven't registered there is still the opportunity to stay nearby and join one or more of the 40 outings, attend the talk by Bill McKibben and enjoy the music of Jamcrackers. It is possible that rooms and meals will become available in the event of cancelations so keep checking the registration page if you are interested. [Pre-registration](#) for this event is required.

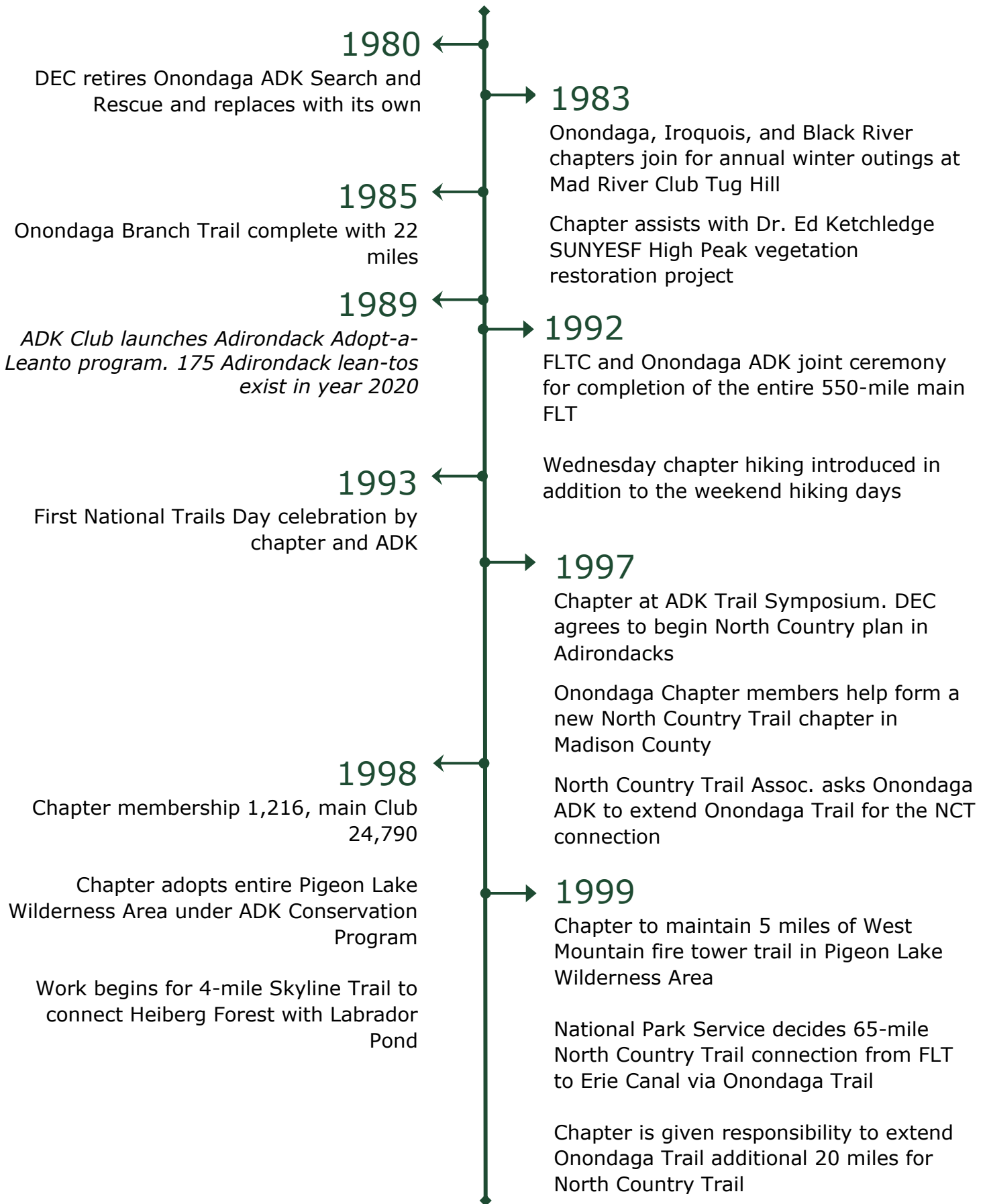
## Explore. Educate. Protect.



# CHAPTER HISTORY TIMELINE, PART 3



BY BILL COFFIN



*Note: Adirondack Mountain Club highlights in italics*



2005 FLT Wednesday Group, Bamberry to Ratville. Stile built by Hal Boice. Bill & Anne far right

Lisa Druke: Tell me a little bit about your family? Were you born in Central NY? What was your work experience?

*Anne: We were both born in Pittsfield, MA where I did clerical work until I married Bill and moved to Syracuse for his job as an Inventory Manager at Agway.*

Lisa Druke: Why did hiking interest you as an activity?

*Anne: Growing up my family never had a car, so I walked everywhere. I also hiked with my dad and siblings.*

*Bill: I've always had a love for the outdoors in all aspects.*

Lisa Druke: How did you first hear about the hiking community in Central New York?

*Anne: From the Post Standard. They frequently had articles about local hiking activities back then.*

Lisa Druke: When you joined, what were your first impressions? Memorable individuals you met?

*Anne: We joined as a couple around 1970. At the time to become a member of the Onondaga Chapter you had 5 hikes you had to do become a member. We met great people and made new friends including Dot Tisch. Dot was a perfect hiker who showed me how and where to take bush breaks including what to do with toilet paper.*

*Bill: There were many great leaders in our chapter such as Winston Braxton and Maurice Cady that willingly and freely shared their knowledge.*

Lisa Druke: What are some memorable stories or events that made an impression on you?

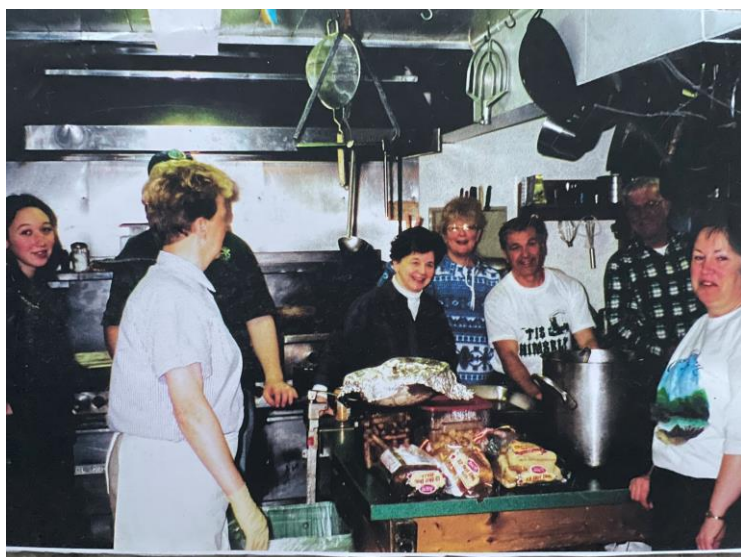
*Anne: We spent many weekends at a bunkhouse in ADK LOJ area with Bill Coffin, Al Obrist, John & Judy Trimble, Terry Girrasso and others. Great fun!*

*Bill: Our chapter organized events to the Adirondacks, and we would hike to Grace Camp and other camps in the Adirondacks even during the winter. While there we would climb a 46er peak or do other hiking to Keene Valley & ADK Camps (Jan & Feb). Our chapter also organized many canoe trips in the Adirondacks led by Maurice Cady. Anne and I are last ones with Bill Coffin, of the "old timers"! Anne and I took the lead on several of these trips.*

Lisa Druke: What volunteer or elected positions have you held at the chapter or state level in the Adirondack Mountain Club?

*Anne: We volunteered painting blazes & trail clearing over 20 years. I was also the social chair.*

*Bill: I was the Treasurer for four years in 1970's and I've also been the Director to Headquarters.*



2001 Loj Work Weekend, Anne in charge of kitchen.





Lisa Druke: Tell me what hiking has meant to you?

Anne: *I've made many great friends thanks to hiking and nature never disappoints me! I love the outdoors, birds, flowers; all of nature.*

Bill: *It's been an opportunity to meet great people with same outdoor interests.*

Lisa Druke: What are you most proud of personally and professionally?

Anne: *I am proud of being an ADK member for 50 years and having climbed hundreds of mountains. I climbed Algonquin eight times! I also helped seed the alpine flowers four times on Algonquin and Wright Mountains.*



Morgan Hill, Late 1990s. Anne on left.

Bill: *I am a 1985 46er!! Anne and I maintained the blazes and trails on the original 100 miles for 20 years. I was also a member of the "Search & Rescue" group of our chapter. Sadly, two years ago to age related events we had to retire. As of June 2022, Anne and I are 91 and 93 years old. We climbed all the high peaks from Maine to Tennessee, parts of the Appalachian Trail, the Northville to Lake Placid Trail. Our main focus in ADK was trail building and trail maintenance and high peaks seeding. And I am glad to say, our son, daughter, and our son's two boys are big outdoor participants and are so concerned about the future & climate change.* 🏔️



2004 Taylor Valley, removing bridge and reclaiming wood. Bill Brosseau center.

*All photos are courtesy of Bill and Anne Brosseau. Want to see more? Go to our online version's last three pages!*



January 2005 Highland Forest, Bill watching Anne talk to horses.



1980's ADK Loj. Bill Brosseau and Bill Coffin



August 1991 Indian Pass Traverse, at the key exchange!

The new ADK Voices Project is an effort to capture stories from ADK. It is an audio history collecting and sharing all those great stories we entertain our families and friends with after an adventure on the trails.

General guidelines for all submissions to the ADK Voices project are that your story is between 3-5 minutes in length; the language used is suitable for all ages; and that your story is related to experiences in the Adirondacks/with the Adirondack Mountain Club. And yes, photos would be great, we'll have space to post up to five photos per story on our website. Some of the story categories we currently have are people, nature, outings, ADK history, events, conservation, chapter projects, and ADK staff/volunteers.

The Keene Valley Public Library's project, [My Adirondack Story](#) is similar to what the finished ADK Voices website

is expected to look like. We're hoping to launch our website at the beginning of September.

It would be great to hear your story! Contact Story Aides: [Mary Niemi](#) or [Lisa Druke](#).

Make your story as personal as possible, keep it under five minutes, and use the questions provided to give you ideas on how to start. Stories will be published and shared. Story Categories with sample question prompts:

### People

Tell a story about a colorful, memorable, or strong character either in the past or the present who has a connection to the Adirondack Mountain Club (ADK). Examples can include people who have hiked in the Adirondacks or impacted the ability of other people to do so. Tell a story of something unexpected or remarkable that happened to you or someone in your family while in the Adirondacks. Who influenced your desire to do outdoor activities in the Adirondacks? What convinced you to follow their lead?

1. Who do you consider to be a "legend" in the Adirondack Mountain Club and what did they add that helped others find the joy you do in the outdoors?

### ADK Staff and Volunteers

Tell a story about ADK staff, administrators, guidebook authors, volunteers, either in the past or the present and their work fulfilling ADK's mission. For example, talk about someone who managed a great project for ADK.

1. Who, volunteer or staff, helped ADK grow into the 27 chapter membership organization it has become? What specifically did they achieve and how did they do it?
2. What was the most fun project you've been part of as a volunteer for ADK? What did you and others achieve in that project?

### Outings

Tell a story about hiking, birding, fishing, hunting, camping, skiing, sports, lake activities, or guide boats, etc., either in the past or the present in the Adirondack Park. For example, you could talk about what it was like to climb your first mountain or paddle your first canoe.

1. What were your first, best, worst, and/or latest hikes like? What did you learn from them?
2. If you are a 46'er, what are your most difficult and scariest memories?





### Conservation

Tell a story about efforts you've made to conserve the Adirondacks for those after you. For example, talk about the work you did on trail restoration or as a summit steward.

1. Who or what inspired you to work to conserve ADK wildlands or trails? What was the work like?
2. What do you fear will happen if ADK volunteers don't continue the effort to conserve our cause? What can we do to make sure that this type of volunteer work continues?

### Nature

Tell a story about your encounters with nature within the Adirondack Park - animals, weather, plants, trees, etc. For example, talk about your bear encounter or the impact of climate change.

1. What are the challenges you have experienced related to uncertain weather conditions, encounters with plants, animals, the elements in nature?
2. What impact did Tropical Storm Irene have on you, your family, or ADK trails?
3. How has your life experience been guided by the mountains, lakes, animals, and plant life around you?

### Chapter Projects

Tell a story about a noteworthy project/cause created or supported by your local ADK chapter either in the past or the present. Examples can include projects within the Adirondack Park or within your local geographic area.

1. What was a project you and others worked on? What sparked the creation of this project? What were the results?
2. Are there any projects you'd like your chapter to start? Why do you think they should do them?


### ADK Events

Tell a story about an event sponsored by ADK. For example, a hike or a clean-up.

1. What was an ADK event that you thought was successful and what did it achieve?
2. What types of events would you like to see planned for the future?

### ADK History

Tell a story related to the history of the Adirondack Mountain Club. For example, talk about some of the staff (chapter staff or administrative staff) you feel were especially impactful.

1. Who is someone who shaped the mission of ADK? Why were they so driven to make an impact?
2. What have been some of the milestone achievements of ADK? What made them important to you? 

## TRAVEL OPPORTUNITIES

Don't want to travel alone? Enjoy the company of inquisitive fellow travelers? If so, one of these trips may be for you.

**Costa Rica**, December 5-18, 2022. A natural paradise; mountains to sea, rafting, horseback ride, forest canopy walk, wildlife and much more. \$3,195 includes air. May be room for 1-2 more.

**Israel**, Feb 28-Mar 15, 2023. Haifa, Nazareth, Jerusalem, Masada, stay at a Kibbutz, Tel Aviv and more. \$3,145 includes air.

**Tunisia**, November 2-17, 2023. Tunis, markets, Roman ruins, glamping on the desert, camel ride, swim in the Mediterranean, and more. \$3,415 includes air.

**The Galapagos, Andes and Amazon**, December 1-13, 2023. This is the best trip to this amazing part of the earth that I have found for under \$5,000. Stays and visits in Ecuador to the Amazon, the Andes, Guayaquil, Quito and of course the Galapagos. \$3,999 with air from Miami.

If any of these are of interest give a shout. Discounts available.  
John Lang [315-492-3414](tel:315-492-3414)

*Trips not affiliated with the Adirondack Mountain Club.*

## FLT Fall Weekend Festival

September 16 – 18, 2022

The weekend features your choice of more than a dozen area hikes on Friday, Saturday, and Sunday. We'll gather for a Friday night social hour followed by a catered BBQ dinner, live entertainment, and socializing around a bonfire.

More hiking on Saturday, followed by our Annual Membership Meeting in the afternoon and an evening celebration of all things FLT. We'll be honoring some individuals and groups who've made special contributions to the FLT or had an accomplishment.

Our Fall Weekend Festival isn't just about hiking – though there is plenty of that! – it's about connecting with the FLT and our amazing trail community.

For more information or to register (its required!) visit the [FLT Website](#).



# CALENDAR OF EVENTS

Date	Day	Outing	Leader
Repeating	Wed	Walking Wednesdays	S.Schwinge/M. Niemi
Sept 3	Sat	Middle Settlement Lake	L. Druke
Sept 4	Sun	Lindsay-Parsons Biodiversity Preserve	M. Niemi
Sept 7	Wed	Walking Wednesday – FLT Trail Maintenance	D. Frio
Sept 8	Thu.	Fall Outing at Millsite Lake	J. Smith
Sept 10-11	Sat - Sun	Puffer Pond Lean-to Backpack	J. Bristol
Sept 11	Sun	Adirondack Autumn Paddle on the Moose River	M. Coffin / B. Veilleux
Sept 12	Mon	Green Lakes State Park – Spruce Ridge Trail	S. Schwinge
Sept 17	Sat	FLT New Trail Work Paradise Garden Lean-to	H. Kyle
Sept 18	Sun	Beaver Lake Nature Center – Open House	P. Whaley/L. Druke
Sept 18	Sun	Onondaga Lake Park Walk	B. Veilleux
Sept 23 - 25	Fri - Sun	2022 Centennial Celebration & Fall Outing	Cold River Chapter Host
Sept 27	Tues.	Whetstone Gulf State Park	J. Smith
Sept 30-Oct 2	Fri-Sun	FLT Alley Kitten at Chippewa Falls	H. Kyle / M. Coffin
Oct 1 - 2	Sat - Sun	Queer Lake Lean-to Backpack	P. Libera
Oct 1	Sat	Onondaga Lake Park Walk	B. Veilleux
Oct 2	Sun	Fall Picnic at Land O’Pines	M. del Pozzo / M. Dineen
Oct 3	Mon	Chippewa Falls and Midlum Hill Option	S. Schwinge
Oct 5	Wed	Walking Wednesday – FLT Trail Maintenance	D. Frio
Oct 6	Thur.	All-Day Amish Country Driving Tour	J. Smith
Oct 6	Thur.	Cascade Lake Hike	S. Schwinge
Oct 8	Sat	Sugar Hill State Forest	M. Niemi
Oct 9	Sun	Taughannock Falls State Park	T. & J. Evans
Oct 15	Sat	Great Swamp Conservancy: Fall Guided Walk	M. Coffin / M. Aungier
Oct 16	Sun	Carpenter Falls and Bahar Preserve Hike	K. Kaufman
Oct 22	Sat	Figure 8 loop Virgil Mtn./Kennedy St. Forest	L. Robertson
Oct 23	Sun	Chittenango Creek Walk	K. Disque
Oct 29	Sat	Great Bear Springs/Fulton 10K + 5K loops	L. Robertson
Oct 29	Sat	FLT New Trail Work in Mariposa State Forest	H. Kyle
Oct 30	Sun	Lime Hollow Nature Center	L. Druke
Nov 5	Sat	November Business Meeting / Social	P. Urban
Nov 6	Sun	New Member Hike – Stoney Pond	P. Whaley
Nov 7	Mon	Highland Forest Hike	S. Schwinge
Nov 12	Sat	Moss Lake Hike	M. Coffin
Nov 13	Sun	Green Lakes – Fall Hike	L. Robertson
Nov 19	Sat	Great Swamp Conservancy Hike	K. Disque
Nov 20	Sun	Highland Forest Hike	L. Robertson
Nov 26	Sat	Pratt’s Falls Hike	M. Niemi
Nov 27	Sun	Clark Reservation Hike	L. Druke





## Notice to Participants

Choose only outings suitable to your abilities; call the leader if you are unsure. Outing leaders are not guides; they are volunteers willing to share their knowledge and experience with you. Please give them your cooperation and respect. Stay with the group at all times. Stay behind the leader unless permission is given to go ahead, and then stay within sight of the group. Make sure the leader is aware if you must leave the group. Dress properly for the type outing and the weather, and be prepared for changing weather conditions. The leader has the right to refuse anyone who is not prepared for the outing.

New hikers should call the leader before their first outing. Most outings starting in the morning are designed for a full day with return to the meeting place prior to dinnertime.

Hazardous weather or insufficient snow on snowshoe and/or cross-country ski trips may require a change of destination.

**Transportation:** Refer to Covid-19 table for carpooling guidance. Passengers are expected to contribute toward the cost of the transportation.

**Risk:** There are risks involved in our outings. Anyone participating does so at their own risk, and is required to sign the *Release of Liability Form* provided by the leader.

**Overnight Outings:** Overnight outings are open only to ADK members.

**Dogs:** Please contact the leader in advance if you would like to bring a dog. It is up to the leader to decide if a dog is allowed to join the hike.

## Ratings For Difficulty

Rating	Effort	Elevation Gained (ft)	Miles
E	Easy	≅ Level	< 4
M	Moderate	< 1000 or	4 - 7
S	Strenuous	1000-2500 or	7 - 12
VS	Very Strenuous	> 2500 or	> 12
A	Adirondacks		

## Meeting Places

Participants gather at a meeting place as designated in the outing write-up. Primary meeting places are:

Thruway Exit 34: For outings to the east and northeast. Park & Ride Lot is on the left as you approach the toll plaza from N. Peterboro St (Canastota).

Thruway Exit 39: Park & Ride Lot (relocated to Jones Rd). Heading west on Rt. 690, the Jones Rd. exit is located just before the 690 exit for the Thruway entrance.

DeWitt Wegmans Park & Ride For outings to the southeast. Exit Route 481 at Fayetteville. Wegmans is on Route 5 east of the Route 481 exit. Meet at the Bus Park and Ride in front of the Hobby/Lobby.

Green Hills Plaza For outings to the south and southwest. Parking lot is on the east side of South Salina Street across from Green Hills Farms, just south of the Syracuse city line.

Gander RV & Outdoors Cicero, NY. For outings to the north. From NY 31, take the access road for I-81 N. Gander Outdoors is on the right just past the on-ramp for I-81.

## Hike Equipment Checklist

- ✓ Water (amount appropriate for outing/weather)
- ✓ Lunch and extra food
- ✓ Clothing appropriate for outing/weather
- ✓ Rain gear
- ✓ Map and compass
- ✓ Headlamp or flashlight (extra batteries)
- ✓ Whistle
- ✓ Waterproof emergency blanket
- ✓ First-aid kit
- ✓ Hiking poles (if you use them)
- ✓ Work gloves (for work hikes)
- ✓ Bright clothing (in hunting season)
- ✓ Snowshoes/skis (in winter)
- ✓ PPE: Mask and hand sanitizer



## ADK Onondaga Chapter COVID-19 Guidelines

The Onondaga Chapter Guidelines for Covid-19 are summarized in the table below. With the changing status of the pandemic, the ADK recommends Chapters and trip leaders follow the CDC's guidance and use of the Covid-19 tracker for 'Community Level' for the County the event or outing is held. All Participants must follow all local business, towns, counties or other areas COVID-19 mandates.

CDC Community Level Tracker link by County:

[CDC Covid-19 Tracker By County](#)

ADK Onondaga Chapter Covid-19 Guidelines
<b>Low Level</b>
Stay up to date with COVID-19 vaccines
Stay home and get tested if you have COVID-19 symptoms
<b>Medium Level</b>
Stay up to date with COVID-19 vaccines
Stay home and get tested if you have COVID-19 symptoms
Masks recommended while carpooling
<b>High Level</b>
Stay up to date with COVID-19 vaccines
Stay home and get tested if you have COVID-19 symptoms
Masks recommended indoors or outdoors if 6 feet distance cannot be maintained
Carpooling is discouraged.

### 8833 Walking Wednesday Every Wednesday 9:00 AM

Meeting Place: Dewitt Wegmans Park-n-Ride (in front of Hobby Lobby)  
Rating: (E-M)

Leader(s): Mary Niemi 315-751-7492 [maryrwniemi@gmail.com](mailto:maryrwniemi@gmail.com) and Sigi Schwinge 315- 437-6906, [sigischwinge@aol.com](mailto:sigischwinge@aol.com) (for info).

Every Wednesday some of our members take a 3-6 mile hike on one of the many trails in CNY. The first Wednesday of each month during spring, summer and fall is usually devoted to trail maintenance. The Wednesday hikes welcome new participants. Please bring lunch and sufficient water. Call or email the leaders if you have Wednesday free and would like to hike.

### 8834 Middle Settlement Lake Sat. Sept 3

Meeting Time/Place: Contact Leader  
Rating/Distance: (A) (M) 6.4 miles  
R/T Drive: 132 miles  
Map(s): ADK West Central Guide p. 196

Leader(s): Lisa Druke [ldruke@twcnny.rr.com](mailto:ldruke@twcnny.rr.com) 315-447-4018

Join me for a late summer hike in the beautiful Ha De Ron Da wilderness. The trail starts out with a short, steep climb and then becomes moderate. We will have lunch at the lean-to and will return on the same trail out to the parking lot. Loons have been sited on the lake. Bring water and lunch, raingear. Call the leader with questions.

### 8835 Lindsey-Parsons Biodiversity Preserve Sat. Sept. 4 8:00AM

Meeting place: Green Hills Plaza  
Rating/Distance: (E) ~ 4 miles  
R/T Drive: 140 miles  
Map: DeLorme 92, L-P Preserve Map  
Leader: Mary Niemi, 315-753-7492, [maryrwniemi@gmail.com](mailto:maryrwniemi@gmail.com)

This preserve is located in the mile wide Cayuga Inlet Valley with its glacially steepened hillsides bordering Danby SF on the east. It has varied habitats of lakes, forests, meadows, gorges and wetlands providing homes for many diverse plants, animals and birds. Address: 2125 Spencer Rd., Spencer, NY 14883 (8 mi. from Ithaca in West Danby)

### 8836 Walking Wednesday - FLT Trail Maintenance Hike (FLT60/NCT100) Wed. Sept 7 9:00 AM

Meeting Place: Dewitt Wegmans Park-n-Ride (in front of Hobby Lobby)  
Rating/Distance: (E) ~4 miles  
R/T Drive: Less than 100 miles  
Map(s): DeLorme 60, 61, 77, FLT M-21, O-1 or O-2  
Leader(s): Dick Frio 315-679-0622, [richardfriood@hotmail.com](mailto:richardfriood@hotmail.com)

We will be doing maintenance on a portion of the Finger Lakes Trail / North Country Trail. Our chapter currently maintains 72 miles of the FLT and three lean-tos'. 57 miles of our section are concurrent with the NCT. No





special skills are needed just a genuine desire to ensure that our trails are kept clear and blazed for all hikers to enjoy. The chapter furnishes all necessary tools. Bring a pair of work gloves, water, lunch and wear appropriate clothing. Severely adverse weather conditions will cancel the hike.

## **8837 Fall Outing at Millsite Lake**

**Thur. Sept. 8**

Meeting Time/Place: Gander RV & Outdoor, Cicero at 9:00 AM and 10:30 AM at Big M on Rt. 12 in Alexandria Bay

Rating/Distance: easy 2-mile walk

R/T Drive: 180 miles

Map(s): DeLorme 25

Leader(s): Jerry Smith, [smithjpaul@hotmail.com](mailto:smithjpaul@hotmail.com)

We will have 3 options for walking: Kring Point State Park (6 mi. north of Alexandria Bay), Otter Creek in Alexandria Bay, and Grass Lake overlook in Redwood. After that 2<sup>nd</sup> or 3<sup>rd</sup> walk, Jerry will offer an oven-baked dinner (Mac and cheese or lasagna) at his camp on Millsite Lake in Redwood. Bring a snack for Kring Point and/or Otter Creek. Bring good weather with you from Syracuse.

## **8838 Puffer Pond Lean-to Backpack**

**Sat-Sun Sept 10-11**

Meeting Time/Place: Contact Leader

Rating/Distance: (A) (S) 4.5 mi. 550' elevation gain

R/T Drive: 270 miles

Map(s): DeLorme 37

Leader(s): Jim Bristol, 315-935-3623

Let's take one last summer overnight trip to picturesque Puffer Pond in the Siamese Ponds Wilderness. We will backpack 2.5 miles to one of the lean-tos on Puffer Pond and spend the night. Marshmallows are optional. Group size is limited to 8. Contact trip leaders for details.

## **8839 Adirondack Paddle on the Moose River**

**Sun. Sept 11**

Meeting Time/Place: Contact Leader to reserve spot, parking is limited

Rating/Distance: (A) (M) 4-6 miles

R/T Drive: 170 miles

Map(s): DeLorme 35

Leader(s): Mary Coffin cell 315-657-0229 & Brenda

Veilleux 315-463-9103, [maryccoffin@gmail.com](mailto:maryccoffin@gmail.com)

We will travel to the near Adirondacks and enjoy developing fall colors. We will explore the Middle Moose River and lower part of the North Branch. Since this is 9/11 we suggest you consider wearing something patriotic. PFDs must be worn on the water. Bring lunch and water in a dry bag.

## **8840 Green Lakes State Park – Spruce Ridge Trail**

**Mon. Sept 12**

**8:30 AM**

Meeting Place: Green Lakes West Beach parking at the brick house

Rating/Distance: (E) 3+ miles

Map(s): Green Lakes trails map

Leader(s): Sigi Schwinge, [sigischwinge@aol.com](mailto:sigischwinge@aol.com), 315-437-6906

This spring I discovered a new trail on recently acquired land. We walk gently uphill, cross Pierson Rd. and enter the new Spruce Ridge trail that meanders in the forest forming a lollipop loop on the hill. Then we return downhill the same way until we get to Lakeview Picnic area from where you have several options around one or both lakes besides walking straight down to our cars.

## **8841 FLT New Trail Work at Paradise Garden (FLT60)**

**Sat. Sept 17**

**9:00 AM**

Meeting Place: Dewitt Wegmans Park-n-Ride (in front of Hobby Lobby) or contact Harold to meet on-site

Rating/Distance: (E) ~4 miles

R/T Drive: Less than 100 miles

Map(s): DeLorme 77, FLT M-22

Leader(s): Harold Kyle, [harold@cnyhikes.com](mailto:harold@cnyhikes.com)

You can help create a new trail connecting Mariposa State Forest at the Paradise Garden Lean-to with Cuyler Hill State Forest at Chippewa Falls. We will provide tools and instruction for clearing the new trail. All levels of experience are welcome. Bring lunch, hydration, and work gloves. We will focus on the new trail near the Paradise Garden Lean-to on this outing.

## **8842 Beaver Lake Nature Center – Open House**

**Sun. Sept 18**

**12:00 – 4:00 PM**

Meeting Place: Beaver Lake Nature Center

Leader(s): Peg Whaley 315-633-0154

[pegw1909@gmail.com](mailto:pegw1909@gmail.com), Lisa Druke, 315-447-4018

[ldruke@twcny.rr.com](mailto:ldruke@twcny.rr.com)

Stop in and see what the Adirondack Mountain Club and Onondaga Chapter have to offer. Learn how to maintain a hiking trail and what tools to use, what items to carry on a hike, the 10 essentials, talk to members about hiking options in our area and in the Adirondacks, Catskills, etc....

## **8843 Onondaga Lake Park Walk**

**Sun. Sept 18**

**12:00 PM**

Meeting Place: Contact Leader

Rating/Distance: (E) ~4 miles

Map(s): DeLorme 61

Leader(s): Brenda Veilleux 315-463-9103

Easy going walk at a beautiful lake park. We will go as fast or as slow as we like. Call leader for meeting place (before 8:00 pm night before).



## **ADK Centennial Celebration / Fall Outing**

Fri – Sun. September 23–25, 2022 COLD RIVER CHAPTER HOST. Join us and our Cold River Chapter at the Silver Bay YMCA Conference & Family Retreat Center in Silver Bay, NY. Open to the public, this event will celebrate ADK’s century of teaching people how to explore and protect New York’s public lands and waters. Scenic views of Lake George will serve as the backdrop to three days and two nights of guided hikes, music, boat tours, food and more. Registration is open. More info at <https://adk.org/event/centennial-fall-outing/>

## **8844 Whetstone Gulf State Park Tues. Sept 27 9:00 AM**

Meeting Time/Place: Thruway Exit 34  
Rating/Distance: (A) (M) 5.5 miles  
R/T Drive: 166 miles  
Map(s): DeLorme 34  
Leader(s): Jerry Smith, [smithjpaul@hotmail.com](mailto:smithjpaul@hotmail.com)  
This is one of my favorite snowshoe hikes. It’s not easy because of the steep ascent/descent from the rim trail along this steep gorge. We might see beautiful fall colors in the Black River valley and on the Tug Hill plateau. Of course we will have a snack at the turn around point (2 ½ mi.) and again at the dam at the beach. Hiking poles are recommended.

## **8845 FLT Alley Kitten at Chippewa Falls (FLT60) Fri. – Sun. Sept. 30-Oct 2. 9:00 AM**

Meeting Place: Dewitt Wegmans Park-n-Ride (in front of Hobby Lobby) or contact Harold to meet on-site  
Rating/Distance: (E) ~4 miles  
R/T Drive: Less than 100 miles  
Map(s): DeLorme 77, FLT M-22  
Leader(s): Harold Kyle, [harold@cnyhikes.com](mailto:harold@cnyhikes.com), Mary Coffin, 315-657- 0229, [maryccoffin@gmail.com](mailto:maryccoffin@gmail.com)  
The Finger Lakes Trail (FLT) is organizing a mini Alley Cat or “Alley Kitten” for a weekend of trail construction, connecting Mariposa State Forest at the Paradise Garden Lean-to with Cuyler Hill State Forest at Chippewa Falls. FLT will provide lunches and offer a dinner on Saturday, October 1 for participants. We will provide tools and instruction for clearing the new trail. All levels of experience are welcome.

## **8846 Queer Lake Lean-to Backpack Sat. – Sun. Oct 1 - 2**

Meeting Time/Place: Contact leader  
Rating/Distance: (A) (M-S) 7.0 miles  
R/T Drive: 220 miles  
Map(s): NatGeo map#745 (Old Forge/Oswegatchie)  
<https://www.cnyhiking.com/QueerLake.htm>  
Leader(s): Pete Libera, 315-243-6040  
Looking forward to a day and night in the Pigeon Lake Wilderness. We’ll start at the Windfall Pond Trailhead which is located 3.2 miles north of Eagle Bay on the Big Moose Road. We’ll follow the Queer Lake Trail all the

way to the Queer Lake Lean-to which is 3.5 miles one-way. We’ll return the next day on the same route. Contact leader to review gear requirements.

## **8847 Onondaga Lake Park Walk Sat. Oct 1 12:00 PM**

Meeting Place: Contact Leader  
Rating/Distance: (E) ~4 miles  
Map(s): DeLorme 61  
Leader(s): Brenda Veilleux 315-463-9103  
Easy going walk at a beautiful lake park. We will go as fast or as slow as we like. Call leader for meeting place (before 8:00 pm night before).

## **8848 Fall Picnic at Land O’Pines Sun. Oct 2 10:00 AM**

Meeting Place: Land O’Pines in Camden  
Rating/Distance: (E) 3.5 miles  
Maps: DeLorme 47  
Leader: Mary Dineen 315-424-1284 & Mark del Pozzo 315-245-0772  
We’ll meet at 10:00 and take a walk in Forest Park in Camden before lunch. Eat at 1:00 p.m. Bring a dish to pass (meat and beverages will be provided). From the North & West take I81 north to the Central Square Exit, then right on NY49 to Mulholland Dr. in North Bay. Turn left onto Mulholland and follow it to Preston Hill Dr. Turn right onto Preston Hill Dr. From the South and East, Take the Thruway to Canastota (Exit 34) turn right on Rt. 13. Follow Rt. 13 past Sylvan Beach to Rt. 49. Turn left on Rt. 49 and follow it to North Bay, turn right on Mulholland Dr. and follow it to Preston Hill Dr. turn right. Land O’ Pines is on your right just past Preston Hill Gravel – black mailbox # 8644. Watch for the ADK signs. Current Covid-19 protocol will apply.

## **8849 Chippewa Falls and Midlum Hill Option (FLT60/NCT100)**

**Mon. Oct. 3 8:30 AM**  
Meeting Place: Dewitt Wegmans Park-n-Ride (in front of Hobby Lobby)  
Rating/Distance: (E-M) 3.8 miles Chippewa Falls, Midlum Hill 1 mile option  
R/T Drive: 50 miles  
Map: DeLorme 77, FLT M21/22  
Leader: Sigi Schwinge, [sigischwinge@aol.com](mailto:sigischwinge@aol.com), 315-437-6906

This is a nice trail to a steep little waterfall. We return the same way. It’s a favorite of our walk-n-talk group with gentle ups-n-downs. For the option we drive 1/4 mile to Midlum Rd. Our group walks every Monday: to find out more please email Sigi.

## **8850 Walking Wednesday - FLT Trail Maintenance Hike (FLT60/NCT100) Wed. Oct 5 9:00 AM**

Meeting Place: Dewitt Wegmans Park-n-Ride (in front of Hobby Lobby)





Rating/Distance: (E) ~4 miles  
 R/T Drive: Less than 100 miles  
 Map(s): DeLorme 60, 61, 77, FLT M-21, O-1 or O-2  
 Leader(s): Dick Frio 315-679-0622,  
[richardfrioood@hotmail.com](mailto:richardfrioood@hotmail.com)

We will be doing maintenance on a portion of the Finger Lakes Trail / North Country Trail. Our chapter currently maintains 72 miles of the FLT and three lean-tos'. 57 miles of our section are concurrent with the NCT. No special skills are needed just a genuine desire to ensure that our trails are kept clear and blazed for all hikers to enjoy. The chapter furnishes all necessary tools. Bring a pair of work gloves, water, lunch and wear appropriate clothing. Severely adverse weather conditions will cancel the hike.

**8851 All-Day Amish Country Driving Tour**  
**Thur. Oct 6 8:00 AM / 9:00 AM**

Meeting Time/Place: Gander RV & Outdoors at 8:00 AM and Key Bank on Arsenal St. **in Watertown** at 9:00 AM  
 Rating/Distance: (E) short walks  
 R/T Drive: 200 miles, Amish country extends from Hammond, along Black Lake, along Rt 184 to Heuvelton, into DePeyster and back toward Morristown.  
 Map(s): DeLorme 18 (Ogdensburg)

Leader(s): Jerry Smith, [smithjpaul@hotmail.com](mailto:smithjpaul@hotmail.com)  
 This should be a colorful, fruitful, autumn-abundance trip through Amish country where farms sell 1000's or tons of pumpkins, gourds, squash, tomatoes, apples, and Amish canned and baked goods. We could have a picnic at Eel Weir State Park or at the Red Barn Nature Preserve in Morristown on the St. Lawrence River.

**8852 Cascade Lake Hike**  
**Thur. Oct. 6 8:00 AM**

Meeting Place: call leader  
 Rating/Distance: (A) (M) 6+ miles  
 R/T Drive: 200+ miles  
 Map: DeLorme 36  
 Leader: Sigi Schwinge, [sigischwinge@aol.com](mailto:sigischwinge@aol.com), 315-437-6906

A nice mostly level hike around the lake, taking a break at the Cascade Waterfall, and enjoying the colorful leaves. On a warm day, we can also break for a swim in the lake. Date may change according to the weather, so please let Sigi know you are interested.

**8853 Sugar Hill State Forest**  
**Sat. Oct 8 8:00 AM**

Meeting place: Thruway Exit 39 - Jones Rd. Commuter Lot  
 Rating/Distance: (M) 6 - 8 miles  
 R/T Drive: 200 miles  
 Map: DeLorme 74 - 75, FLT 14  
 Leader: Mary Niemi, 315-753-7492,  
[maryrwniemi@gmail.com](mailto:maryrwniemi@gmail.com)

Join me on a section of the FLT/NCT in Schuyler County in Sugar Hill SF which has an old Fire Tower on a side trail that is sure to give us some nice views.

**8854 Taughannock Falls State Park**  
**Sun. Oct. 9**

Meeting Time/Place: Call or email leader(s)  
 Rating/Distance: (E-M) 5 miles  
 R/T Drive: 140 miles  
 Map: See <https://parks.ny.gov/parks/62/details.aspx> or [gofingerlakes.org/locations/taughannock-falls-state-park/](http://gofingerlakes.org/locations/taughannock-falls-state-park/)

Leader(s): Theresa & Jay Evans, 315-414-0431 (H);  
[tj\\_evans@verizon.net](mailto:tj_evans@verizon.net)

Taughannock Falls is a beautiful state park in our Finger Lakes area. We will do the Gorge Trail (overall level) to one of the highest falls in the state as well as the North and South Rim Trails, so elevation change here. Given October, we should be seeing some change in leaf colors as would be for early fall. Come join us in visiting this gem of a park. Please note we want to car pool as much as possible as there is \$9 vehicle fee for this time of year. If you have an Empire Pass, you would be able to use this and waive the fee. There is also Golden Pass for those 62 years or older but only good Monday-Friday.

**8855 Great Swamp Conservancy: Fall Guided Walk**

**Sat. Oct 15 10:00 AM**  
 Meeting Place: Thruway Exit 34 (Canastota)  
 Distance/Rating: (E) 4 miles  
 R/T Drive: 6 miles  
 Map: DeLorme 61  
 Leader: Mary Coffin cell 315-657-0229,  
[maryccoffin@gmail.com](mailto:maryccoffin@gmail.com), Monica Aungier,  
[monica\\_aungier@yahoo.com](mailto:monica_aungier@yahoo.com)

ADK-ON Conservation Committee presents a field trip to an area where the swamp vegetation, wetlands and native species habitats have been preserved and restored after many years of drainage for truck cropping. GSC is Madison County's only nature center. This area is protected from hunting. Free, but donations gladly accepted. **This hike will have wet areas, tall waterproof boots recommended. It is a swamp!**

**8856 Carpenter Falls and Bahar Preserve Hike**  
**Sun. Oct 16 10:00 AM**

Meeting Place: Skanellus Drive In, Rt 20, one mile east of Skaneateles, at Rt 175 (Lee Mulroy Rd.)  
 Rating/Distance: (M) 5 miles  
 R/T Drive: 30 miles  
 Map: DeLorme 60  
 Leader: Ken Kaufman, 315-263-3037,  
[kenkaufmanpe@gmail.com](mailto:kenkaufmanpe@gmail.com)

The DEC is building a very elaborate parking area, boardwalk and viewing platform at Carpenter Falls, near the southwest end of Skaneateles Lake. They've been working on it for a year, and it looked almost done on July 1st. Hopefully, it will be open for our hike and we



can check it out. In any event, we'll hike the Bahar Preserve trails down to the lake and back, through beautiful woods and along a gorge. Bring the usual stuff, water and a snack.

### **8857 Figure 8 loop Virgil Mtn./Kennedy State Forest (FLT60)**

**Sat. Oct 22 8:15 AM**

Meeting Place: 8:15am at Lafayette McDonalds, rear parking lot.

Rating/Distance: (S) 9 miles

R/T Drive: 60 miles

Map(s): DeLorme 76, 77, FLT M-19

Leader(s): Lisa Robertson, [zosoroxy@gmail.com](mailto:zosoroxy@gmail.com)

Gorgeous forest hike at Virgil Mountain, passing Greek Peak ski slopes with ~1200 ft. elevation gain across rolling terrain. Some stream crossings. Note spotty cell service in the area. Moderately brisk pace!

### **8858 Chittenango Creek Walk**

**Sun. Oct 23 1:00 PM**

Meeting Place: Tops Plaza Chittenango (Rt. 5) – please park in spaces closest to Rt.5.

Rating/Distance: (E) 2-3 miles

Map(s): DeLorme 61

Leader(s): Kathy Disque 315-656-3383

[kathydisque@yahoo.com](mailto:kathydisque@yahoo.com)

Enjoy a leisurely fall hike starting in the Village of Chittenango on the Creek Walk trail to its end at Russell Street. From there we walk about 3 blocks to Sullivan Park and hike the "healthy heart" trail in the park.

### **8859 Great Bear Springs/Fu lton 10K + 5K loops**

**Sat. Oct 29 8:15 AM**

Meeting Time/Place: 8:15am Great Bear Springs parking lot, Phoenix NY

Rating/Distance: (S) 9 miles

Map(s): DeLorme 61

Leader(s): Lisa Robertson, [zosoroxy@gmail.com](mailto:zosoroxy@gmail.com)

10K + 5K loops. Gently rolling terrain, option for 1 loop (~6 miles) or both loops (~9 miles total). Please note: Moderately brisk pace!

### **8860 FLT New Trail Work in Mariposa State Forest (FLT60)**

**Sat. Oct. 29 9:00 AM**

Meeting Place: Dewitt Wegmans Park-n-Ride (in front of Hobby Lobby) or contact Harold to meet on-site

Rating/Distance: (E) ~4 miles

R/T Drive: Less than 100 miles

Map(s): DeLorme 77, FLT M-22

Leader(s): Harold Kyle, [harold@cnyhikes.com](mailto:harold@cnyhikes.com)

You can help create a new trail connecting Mariposa State Forest at the Paradise Garden Lean-to with Cuyler Hill State Forest at Chippewa Falls. We will provide tools and instruction for clearing the new trail. All levels of

experience are welcome. Bring lunch, hydration, and work gloves.

### **8861 Lime Hollow Nature Center**

**Sun. Oct 30 10:00 AM**

Meeting Place: Green Hills Plaza

Rating/Distance: (E) 4 miles

R/T Drive: 60 miles

Map(s): Lime Hollow Nature Center map

Leader(s): Lisa Druke, [ldruke@twcny.rr.com](mailto:ldruke@twcny.rr.com), 315-447-4018

We will hike several of the varied rolling hills and glacial valley trails at Lime Hollow such as High Vista Loop, Wilderness Way and Fen Way. Bring water and lunch or a snack.

### **8862 November Business Meeting / Social**

**Sat. Nov. 5 3:00 PM**

Meeting Place: Collamer United Church, 6865 Fly Rd, East Syracuse. (Enter from back of the Church)

Leader(s): Pat Urban, [sabhart@att.net](mailto:sabhart@att.net)

Directions: Take Rt. 481 North from Syracuse to Exit 7 (Rt. 298) take Rt. 298 West to Fly Road, go south on Fly Road (left turn by Adirondack Furniture) the driveway to the church is ¼ mile on your right.

Social half hour at 3:00 p.m. Our guest speaker is Dr. Brian Popivici DPM, a podiatrist specialist. He will speak at 3:30 p.m on hiker's feet. Bring questions and hiking boots as he can assess how we actually hit the trails by looking at our boots. The annual membership meeting will follow at 4:30 p.m. At 5:00 pm, dinner will follow (venue TBD). The dinner venue is to be confirmed at a later date. Please check our website at [www.adk-on.org](http://www.adk-on.org) for updates on the dinner venue and to access the link for registration.

### **8863 Stoney Pond – New Member Hike**

**Sun. Nov 6 10:00 AM**

Meeting Place: Cazenovia Lake Lot (south end of lake)

Rating/Distance: (M) 5-6 miles

R/T Drive: 21 miles

Map: DeLorme 61

Leader: Peg Whaley 315-633-0154,

[pegw1909@gmail.com](mailto:pegw1909@gmail.com)

Join me for a walk on the trails in this beautiful state forest. New members can meet veteran members and talk about all the benefits of ADK and the Onondaga Chapter.

### **8864 Highland Forest Hike**

**Mon. Nov. 7 9:00 AM**

Meeting Place: Dewitt Wegmans Park-n-Ride (in front of Hobby Lobby)

Rating/Distance: (M) 4-5 miles



R/T Drive: 40 miles  
 Map: DeLorme 61, FLT O2  
 Leader(s): Sigi Schwinge, [sigischwinge@aol.com](mailto:sigischwinge@aol.com), 315-437-6906  
 We'll walk up from DeRuyter Dam, do a detour to the lean-to and then enjoy the spectacular view from the lodge. We return on the FLT Onondaga Branch Trail. To join our other Monday walks, please email Sigi.

**8865 Moss Lake Hike**

**Sat. Nov 12 9:00AM**  
 Meeting Place: Thruway Exit 34 (Canastota) or call leader  
 Rating/Distance: (A) (M) 3-5miles  
 R/T Drive: 180 mi  
 Maps: DeLorme 36, ADK West Central, ADK Nat Geo #745  
 Leader(s): Mary Coffin cell 315-657-0229, [maryccoffin@gmail.com](mailto:maryccoffin@gmail.com)  
 Hike around Moss Lake just off Big Moose Road with the option of hiking also to Sis and Bubb Lakes. We will eat lunch on the trail.

**8866 Green Lakes - Fall Hike**

**Sun. Nov. 13 8:15 AM**  
 Meeting Place: Green Lakes West Beach parking lot near Cobblestone bathrooms.  
 Rating/Distance: (S) 9 miles  
 Map(s): DeLorme 61, Green Lakes State Park Trail map  
 Leader(s): Lisa Robertson, [zosoroxy@gmail.com](mailto:zosoroxy@gmail.com)  
 We'll head for the hills around beautiful Green Lakes, Indian Ovens, Elephant Hill, Hernia Hill & Bypass, Serengeti, etc. Traction devices required, if/as dictated by weather & trail conditions. Please note: Moderately brisk pace!

**8867 Great Swamp Conservancy Hike**

**Sat. Nov. 19 10:00 AM**  
 Meeting Place: Thruway Exit 34 (Canastota)  
 Rating/Distance: (E-M) 4 miles  
 R/T Drive: 6 miles  
 Map(s): DeLorme 61  
 Leader(s): Kathy Disque 315-656-3383 [kathydisque@yahoo.com](mailto:kathydisque@yahoo.com)  
 Join me for a hike at the Great Swamp Conservancy in Canastota. We'll hike the trails through the woods and around the pond and continue across the street to the boardwalk loop if the group is interested. GSC is Madison County's only nature center. This area is protected from hunting.

**8868 Highland Forest Main Trail Loop Hike**

**Sun. Nov. 20 8:15am**  
 Meeting Place: Highland Forest Skyline Lodge parking  
 Rating/Distance: (S) ~9 miles  
 Map(s): DeLorme 61, Highland Forest Trail map  
 Leader(s): Lisa Robertson, [zosoroxy@gmail.com](mailto:zosoroxy@gmail.com)  
 Rolling varied terrain through beautiful Highland Forest with ~1200 ft. elevation gain. Traction devices required, if/as dictated by weather & trail conditions. Onondaga County Parks Trail use fee is \$3. Note spotty cell service in the area. Moderately brisk pace!

**8869 Pratt's Falls Hike**

**Sat. Nov 26 9:00AM**  
 Meeting Place: Pratt's Falls Parking Lot  
 Rating/Distance: (E) 4 miles  
 Map(s): DeLorme 61, Pratt's Falls Trail Map  
 Leader(s): Mary Niemi, 315-753-7492, [maryrwniemi@gmail.com](mailto:maryrwniemi@gmail.com)  
 Let's enjoy a holiday weekend hike through this lovely park. Please bring water and a snack.

**8870 Clark Reservation Hike**

**Sun. Nov. 27 12:00 PM**  
 Meeting Place: Clark Reservation Parking Lot  
 Rating/Distance: (E) 3-4 miles  
 Map(s): DeLorme 61, Clark Reservation trails map  
 Leader(s): Lisa Druke 315-447-4018, [ldruke@twcny.rr.com](mailto:ldruke@twcny.rr.com)  
 We'll do an easy walk around the trails in this pretty park. Dress for the weather, moderate pace.

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Mark Your Calendar

**FLT Fall Festival Weekend, Sept 16 – 18, 2022**

Registration is open. The Finger Lakes Trail Conference's Annual **Fall Weekend Festival** is a decades-old event that is both a reunion for old friends and an opportunity to welcome new members and friends of the Finger Lakes Trail.

The weekend features your choice of more than a dozen area hikes on Friday, Saturday, and Sunday. We'll gather for a Friday night social hour followed by a catered BBQ dinner, live entertainment, and socializing around a bonfire. More info at [www.FingerLakesTrail.org](http://www.FingerLakesTrail.org)









## PICTURE DESCRIPTIONS

- 1: Johns Brook Winter Camp, chapter spent many winter weekends here, camp torn down in 1988
- 2: February 2006, Cuyler, Randall Hill FLT, Ed O'Shea, Bill Brosseau
- 3: 2000 ADK Hike Anne and Hal Boyce
- 4: March 2003, FLT Snowshoe, Stony Brook Road to Randall Hill, Led by Brosseau's
- 5: January 2005 ADK ON Highland Forest, Bill Brosseau 1st on left, Anne Brosseau 2nd on right
- 6: June 2006, ADK On Trail Work Hike
- 7: 1991 May JBL Work Weekend Bill Brosseau & Bob Grimm
- 8: January 2005 ADK Wiezel Trails Cabin, ADK Loj, a chapter weekend
- 9: 1977 Hiking Party with Algonquin in background, from Mt Hovenberg
- 10: 1984 Sept Pollywog Pond, Maurice Cady, a great outdoor teacher

Mailing Address:

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Onondaga Chapter  
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