



# Foot – Loose!

Newsletter of the Susquehanna Chapter of the Adirondack Mountain Club (ADK), published quarterly – January, April, July, and October

Volume 23, Number 1

January 2011

## MEET YOUR CHAPTER CHAIRS AND LEARN WHAT THEY DO

### Susquehanna Chapter Chair

My main job is to coordinate activities of the chapter officers and committees. This turns out to be relatively easy as we have such talented people, each doing their jobs as needed. I call for and chair the Executive Committee meeting four times a year, just ahead of the publishing of Foot-Loose. For each meeting I write an agenda and keep track of the "jobs" we are to carry out. The written agenda plus the secretary's notes are important for continuity between the meetings. You may have noticed that we have eliminated a formal monthly meeting and instead just do announcements after dinner and before the program. Seems everyone, including me, likes it this way! I also get mail and information from the main club. I receive the agenda and reports packet for each Board of Directors meeting. This lets me keep up with the progress and issues from HQ. I also get some newsletters from other chapters.

The most challenging for me is the lead article for each issue of Foot-Loose. I have been interested in doing some investigative articles about subjects in our area. Interviewing various people, taking photos, and learning about something new has been fun. I have to thank Fred, our Foot-Loose Editor, for politely dealing with my last-minute writing, and placement of photos.

The Susquehanna Chapter is a great group and I have been honored to be Chapter Chair these past two years.

*Aleda Koehn*

### Vice-Chair

As **Vice-Chair**, my main responsibilities were to find and arrange for programs for each monthly chapter meeting, conduct business for the Chair in her absence, and attend the four Ex-

ecutive Committee meetings. I must say that my duties have been very enjoyable. Members have come forward with ideas for programs and often offer to present one. We have a wonderful group of enthusiastic travelers with a lot of interesting stories to tell. Also I found professionals in our area who have presented very interesting programs.

Wish we had a "token of appreciation" to give outside presenters following their presentation. *Julie Smith*

### Midweek Hikes Chair

As chairperson of **midweek hikes** I am responsible for doing a schedule for Tuesday hikes. This means getting a leader for each Tuesday of the month, three months in advance. Everyone is very helpful and I want to thank you one and all for your co-operation. However as our group seems to be aging, it would be nice to have some new members join us and lead some hikes. If anyone is interested please call me at 286-9126 and I will gladly sign you up.

*Bev Hensle*

### Publicity Chair

The **Publicity Committee** might more appropriately be called the Communications Committee, because weekly we forward messages from hike leaders with detailed information regarding each hike, and as received, **ADK Today** and **Conservation Updates** from headquarters are sent to members via e-mail. We also maintain and continually update the chapter's website [www.susqadk.org](http://www.susqadk.org) and each month publish the outings/meetings schedule in **The Daily Star**. Announcements of hike and meeting schedules in the form of posters are distributed in the community.

If you do not now receive these email messages, but would like to re-

ceive them, please submit your email address to [susqadk@yahoo.com](mailto:susqadk@yahoo.com). This is a good way to keep informed!

If you have questions about email messages, please **DO NOT REPLY** to [susqadk@yahoo.com](mailto:susqadk@yahoo.com). Instead contact the trip leader and/or ADK staff. This information is always included in the email message. *Moira Beach, chair*

*Currie Marr, webmaster*

*Mary Lou Austin, Poster Distribution*

### Chapter Director

The Chapter Director is the liaison between ADK [the main Club] and the Susquehanna Chapter. I bring Chapter concerns to ADK, and represent our Chapter, and report back to you on Club matters.

I keep abreast of Club developments by attending the Board of Directors meetings, held four times each year, in which each of ADK's departments (Education, Trails, Outings, Advocacy, etc.) fills Board members in on achievements to date, and brings up any problems that need to be addressed by the Club. We participate in discussions and vote on various issues and on the Club budget. In turn, I report the highlights to the Chapter via our newsletter, and by brief reports at monthly meetings. If I am not able to make a meeting, two Alternate Directors are there to fill in as needed.

This position is enjoyable; I am always impressed with the qualities of those who work for ADK, and how hard they work to ensure the smooth running and forward progress of our organization. - *Linda Seifried, Director*

### Secretary

The Secretary takes minutes at Chapter and Executive Committee

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(Committee chairs continued)

meetings and distributes the latter to the Executive Committee prior to the next

meeting. The Secretary also handles any correspondence of the Executive Committee. In preparation for this article I read my job

description which also included submitting actions of the Executive Committee for publication in the newsletter. *Linda Wilcox*

### **Membership: The Wellness Connection**

What inspired you to become a member of ADK? A desire to hike with a group, or a Conservation ethic? We all had a "reason" or two, did we not?

ADK benefits by understanding the reasons people join this group, so that they can provide what members want, and also so they can attract new members - and this is key to the future of our Club. So it is interesting to note

that in this era of myriad health concerns, ADK is well positioned to offer the public the health benefits that come from increased outdoor recreation. Certainly this is so for young people, now famously "at risk" of being "left inside". But increasingly, employers too are seeking ways of promoting employee health, and "Wellness Fairs" for employees are

becoming more common. ADK was invited to participate in five such fairs this past year. An emerging aim of the Membership Department is to promote this aspect of ADK. After all, "Outdoors is Us!"

So when we have the opportunity to speak to others about the benefits of ADK membership, don't forget this connection! *Linda Seifried, Director*

### **Welcome New & Rejoining ADKers**

Lori White, Alex and Troy	225 John Cook Rd,	Unadilla, NY 13849-2219
Win McIntyre and Cate LaBarre	2200 Alexander Rd.,	Galway, NY 12074
Mike and Phyllis Newell	328 Goddards Rd,	Hartwick, NY 13348-2206
John, Christie and Paula Sherrod	2661 Riva Rd. Ste. 610	Annapolis, MD 21401

We'll see you at meetings and on the trails

### **Nominating Committee Reports**

The nominating committee has reported the following slate of officers for the two-year term that begins in January of 2011. The following slate was presented to the Executive Committee at its meeting on December 6:

Chair: Diane Benko  
Vice-chairs: Muffy McDowell and Harry Barnes

Secretary: Linda Melchionne  
Director: Linda Seifried

Voting will take place at the Annual Chapter Meeting on January 19, 2011. The other officers are appointed by the chair. Thanks to nominating committee members: Norma Lee Havens, Ruth Schaeffer, and Julie Smith.

### **Virginia Marr To Become Chapter Treasurer**

Virginia Marr has agreed to take over as treasurer for our chapter. She brings much experience and expertise to this position. A certified CPA in her working career, Virginia's most recent volunteer position is on the financial committee of the Catskill Symphony Orchestra, where she has also served a treasurer.

### **Chapter Thanks Nina Hart For Her Years As Susquehanna Treasurer**

Nina was appointed treasurer in 2001. Nina, with Bill Walling, who was then Chapter Chair, formalized the budgeting process and went to computerized financial reports. Up to this time all income, outgo, and budgets were written out by hand. Nina brought our finances into the 21<sup>st</sup> century. She also started the check request form, which helps keep track of funds paid out for club business. At our last executive meeting Nina presented a simplified budget with fewer categories for income and expenses. This revision was based on her years of experience in dealing with our chapter finances and will make the numbers easier to work with and to understand.

Thank you so much, Nina, for everything you have so willingly contributed to Susquehanna Chapter. *Aleda Koehn*

### **Fall 2010 Meeting Reviews**

September 15. We returned to our monthly meeting format at Elm Park United Methodist Church, with a 6 p.m. potluck dinner followed by a 7 p.m. program. Barb and Bill Harmon presented "Hiking the John Muir Trail: 19 Days, 226 Miles, a Thru Hike in the California High Sierras from Yosemite Park to Mt. Whitney." Breathtaking photos illustrated a formidable hike.

October 20. Doug and Scott Fielder presented photographic highlights of their July trip to Alaska. These included scenery, flora, and fauna from the Anchorage area, Denali National Park, and the Kenai peninsula.

November 17. Ryan and Catherine Thompson reported on their north to south Appalachian Trail hike as well as the Northern Forest Canoe route from Old Forge, New York to Fort Kent, Maine.

December 16. Several ADKers shared visual evidence of travels, hikes, canoe and kayaking adventures recently and over the years.

## Your Chapter Website Provides Great Information

Bookmark the ADK Chapter's website for ready access to schedules, contacts, trip-waiver forms, and much more. Of course, the site's official address is never on hand when needed. An easy way to locate the website is to search (Google) the phrase *ADK Susquehanna*. The first listing of the search is the Chapter's website, official address [www.susqadk.org](http://www.susqadk.org). Bookmark the page, or put it in Favorites, for quick retrieval.

The most utilized feature of the website is the Calendar of Events. For example, each date entered for September (2010) was read, on average, 130 times. In fact, the Calendar has been continuous since March 2008 and all entries are still accessible. Clicking on the forward and backward arrows surrounding the month allows you to select the desired month and year. To open the calendar you must click on the month, and to access information you must click on the event title. A popular alternative to the Calendar is the *Outing Schedule* page. Since the website's inception, outing schedules have been opened about 5,000 times.

The website is a library! Examples of this function include *ADK Today*, *Trip Reports*, and *Foot-Loose*. The *Foot-Loose* page provides access to 30 issues of the Chapter's newsletter. It goes all the way back to 2003. The frequently read *Trip Report*

page archives 103 trip reports, many of which are enhanced with colored photographs. Since inception on November 12, 2008, all 23 issues of *ADK Today* remain accessible. This electronic newsletter, put out by the main Club, deals with announcements, alerts and issues involving the protection of the New York State Forest Preserve.

Be curious and try out the *Recent Posts*, *Site Links*, and *Search*. I was curious as to what the word *Gilbert* would yield using the *Search* function. Twenty-six entries for Gilbert Lake were retrieved, showing that ADKers frequently use this State Park for a variety of activities, including: skiing, snowshoeing, hiking, wildflower photo outings, and potluck dinners. Listed on *Recent Posts* are two timely news items, an important *Petition to Ban Drilling in NY State Forests* and the announcement of the new Northville-Placid Trail website [www.nptrail.org](http://www.nptrail.org). Of the 15 *Site Links* my favorite is *The Wild Center*. This Adirondack museum is situated on a 31-acre campus in Tupper Lake. The exhibits and outdoor trails provide a great visit. In summary, the Chapter's website informs us of local activities and links us to the environmental issues of the main Club and New York State. Have you visited the website recently?

Currie Marr

## Annual Winter Trip to Adirondack Loj Jan 31 (Monday) to Feb 2 (Wednesday), 2011

We have 16 adventurous chapter members going on this trip to the North Country winter wonderland. It is not too late to join us. Because we are going midweek there are spaces available in the Loj. As of this writing there are two beds in the loft and many in the downstairs family bunkrooms. Costs are \$54 per night for the

loft, and \$64 per night for the 4- or 6-bed bunkroom. Cost includes breakfast but not dinner.

You need to make your own reservations by calling the Loj at (518)-523-3441. The desk is open from 8 a.m. to 7 p.m. For more information email me [akoehn40@hotmail.com](mailto:akoehn40@hotmail.com) or call 607-437-3831.

Aleda Koehn

## Looking Back

Our Susquehanna Chapter has been around for about 35 years. To get an idea of how we've come to where we are, it's sometimes fun to take a look at where we've been. With that thought and with thanks to Aleda Koehn for lending her *Foot-Loose* collection, we share an article from Winter 1993.

### “STAYING WARM IN WINTER”

Many people complain that their hands and feet get cold during winter activities. How you prepare yourself by eating and dressing correctly can make a world of difference. To stay comfortable, you must produce heat, conserve that heat, and get rid of excess heat and moisture. To produce heat you must have fuel, which means a good breakfast, high in carbohydrates. Also, keep in mind that the fastest way to warm up is to increase your activity level; if you're cold don't stand around wondering why – get moving!

Conservation of heat and elimination of heat and moisture are controlled by clothing. Moisture is the real problem here because we constantly sweat (especially when we are active) and when we are all bundled up to stay warm, that sweat makes our clothes wet, in turn making us cold. It sounds like a vicious cycle, and it can be without the right clothing and knowledge of how to use it. The solution is to get rid of as much moisture as possible and to deal with the moisture that remains by wearing clothing that stays relatively warm when it is wet.

A winter dressing system consists of three layers. The first layer is the **wicking layer**. Its primary job is to transport sweat away from your skin, keeping you drier and therefore warmer.

This layer is usually long underwear made from polypropylene, thermax, or one of the other synthetics. Light or medium weight fabrics work best since they cling to your skin and wick better. **Never** wear long underwear made of **cotton**.

The next layer is the **insulating** layer. Actually, it usually consists of two or three layers. This layer provides dead air space to act as insulation and keeps heat from escaping further. If this layer gets wet it should stay warm. Pullovers and pants made of various weights of polarfleece, polarlite, and similar fabrics work best. Wool is a passable substitute, but weight can be a factor. Wear sufficient insulation to keep your body warm, but not warm enough to sweat. At times you may not need this layer at all.

The third layer is the **outer** layer. Its main job is to protect you from water and wind, which rob you of heat from the outside. On a windless, dry day you might not want this layer, but in a howling blizzard it will be essential. Many people choose Gore-Tex, a waterproof, breathable fabric for this layer. It keeps rain and wind out, but lets water vapor, from sweat, escape – sometimes. For vigorous activities, where you produce lots of

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moisture, Gore-Tex will not be able to let all of the water vapor out, so a more breathable fabric, like uncoated nylon, is in order.

Remember, most people get cold because they don't adjust their clothing to avoid overheating **before** they are soaked. Everyone has his/her own metabolism, so it is entirely possible to be properly dressed while a friend is wearing much more or

less clothing. When shopping for these articles you may find them to be a bit pricey. You can usually find less popular name brands of the same fabrics for a lesser cost. However, a good quality product will last a long time. And since a good quality product could save your life, it's hard to compromise price.

*Contributed by Steve Herrmann*

## Save Hike Release Forms

As of now all hike leaders should save the release forms signed by hike participants. After each hike/activity, give or send these forms to Bev Hensle, 159 Chlorinator Road, Milford, NY 13807. Bev will keep the forms and at some point send them on

to the Headquarters or give them to our Director to take along when s/he attends a BoD meeting. The release forms will be kept on file for a period of time. I know we have not been doing this but we need to follow the ADK guidelines. *Aleda Koehn*

## Fall 2010 Trip Reports

### Riddell State Park Hike

**Tuesday, September 14.** On a sunny September day, twenty-one hikers met at the parking lot for the lower entrance of Riddell State Park. We had some new people and even a little one being pushed in a stroller. We started out at about 9:50 and traversed most of the trails at the park. We went through woods and fields, and stopped for gorp at picnic tables near Schenevus Creek. We went on a side trail created this summer that parallels Schenevus Creek with two good viewing spots. We



*Inactive locomotive on old railroad bed – Currie Marr photo*

returned to the parking lot via the old railroad bed and were surprised to see five more ADK members there, relaxing after their hike! They thought the hike was to start at 10 and arrived just after we left. We were all hiking all through the park and never saw each other. They had called, shouted, and even yodeled, but we never heard them! We had doubled back at one time, to lengthen the hike, and so they were actually ahead of us instead of behind as they had thought. In spite of the mix-up we all had a good time. Some from each group then went on to eat lunch at Pondos.

*Scott Fielder*

### Phoenix Mills Hike

**Tuesday, September 21.** On a perfect last day of summer ADK was invited to hike on recently acquired Land Trust property along the Susquehanna in Phoenix Mills and the place where



*Phoenix Mills Bridge*

Oaks Creek flows into the river. 24 of us were there to hear about geology, biology, Native Americans and more recent residents from Connie Tedesco, Joe Homburger and Marcy Foster representing the Trust. While we took a lunch break near the old Phoenix Mills bridge, local resident Ron Jennings filled us in on early industries and local lore. We continued up the railroad tracks to a small lake which was created when the track bed cut off an oxbow bend in the river. Thanks to the owners for allowing us to trek through and learn so much about the area.

*Mary Dunkle*

### Van Hornsville Hike

**Tuesday, September 28.** Nine ADK'ers joined up to hike the 1 1/4 mile trail along the old mill stream of the Otsquago Creek. This trail was constructed by community volunteers and students of ODY Central School in the 50-acre Robert B. Woodruff Outdoor Learning Center directly adjacent to the school (Google Owen D. Young for details). The Center is located off Highway 80, 5 miles north of Hwy 20 in Herkimer County. On the site of this 18<sup>th</sup>-century trail, George Washington in 1783 traveled to Cherry Valley, NY looking for mill sites. The Van Hornes settled in to harness the hydro-

power. You can still see remnants of the old cheese box mill. Beautiful limestone caves and flow stone formations occur on the east side of the gorge and are living sculptures covered by moss, lichens and ferns.



*Group at Brookwood Garden*

Despite the wet weather (or because of it) the light was soft and created a fairy-like setting of glistening green under the muted fall colors of maple, oak and ash. We hunted mushrooms and identified fruiting Jack in the Pulpit. We picnicked near the herb garden and were visited by a few mosquitoes but departed well satisfied.

*Linda Melchionne*

### **Delhi Hike**

**Tuesday, October 5.** Against all odds 5 hikers set out on a rainy Tuesday morning to decide on the gamble that the weather would clear.



We drove in 2 cars to Delhi - the Marrs, Linda M., Julie S. and Erika. We picked up our guide, Merle Loveless, DVM, in Delhi, who had predicted the weather would clear. Although we drove through rain, when we reached Delhi the sky became lighter and the rain held off the entire time of our adventure. We marveled at the elegant layout of the Glassman Estate, the care taken in designing and separating the natural environment – e.g., the bog and the pond – to DEC specifications, the hemlock grove, the rock formations and then the priceless view over Delhi. It was a truly worthwhile trip.

*Erika Heinegg*

### **Fernleigh Farm to Star Field Hike**

**Tuesday, October 12.** Nineteen ADK members met at the Clark Sports Center and proceeded to Fernleigh Farm. It was cloudy but about 55 degrees, so perfect hiking weather. We walked north on the woods road to VanYehres Road and up to the gate for the trail that climbs to Star Field. There was still some leaf color visible, and the view from the field, as usual, was outstanding.



*Cooperstown from Star Field - Currie Marr, photo*

We then proceeded down through the field to the woods road and back to the farmyard. As we were descending, the noon whistle was blowing, so we knew that we had been right on schedule for our 2-hour walk

*Kay Kantorowski*

### **Valley View Hiking Trails**

**Tuesday, October 19.** Eighteen hikers took part in the Oct. 18th hike at Valley View hiking trails, Unadilla, NY. We had a lovely view of the valley from the top of the mountain.



*Unadilla Valley – Currie Marr, photo*

Most hikers had lunch around the pond and finished the hike by going down the creek side trail. The sun managed to come out and it was a lovely fall day.

*Ruth Schaeffer*

## Bike Ride and Hike

**Tuesday, November 2.** The **Bike Ride.** One very dedicated ADK biker joined me for a fun ride on the rail trail from Stamford to South Kortright and back.

Claire B. and I really enjoyed our outing. We ended the trip



*Recognize the cyclist?*

with a lovely late lunch at a local cafe in Stamford.

*Julie Smith*

The **Hike.** An informal hike on the Greenway in Oneonta was formed. Five people attended on this cool but beautiful morning. We enjoyed the sunshine and the autumn colors as well as the flora. True to the spirit of ADK: Lucille and Norma Lee found two broken markers which they carried back to their cars to deliver to Brian Fosset at Ashbury Gardens, who is known to have repaired items on hiking trails before. It was a rewarding experience and made me proud to belong to our ADKSusq. hikers.

*Erika Heinegg*

## Riddell to Pine Lake Hike

**Tuesday, November 9.** Who would have thought it? 3-4 inches of heavy wet snow fell in the Oneonta area Monday afternoon and evening of the 8th of November, causing slippery roads and an early introduction to winter. Would anyone turn up for this four plus - mile hike? Well, the Tuesday hikers are a hardy group. Nine people were eager to get started.

After a bit of car shuttling, we started up the Robert Riddell side of the mountain, following the trail markers and signs that had been placed there by Eagle Scout Nick Di Bartolomeo in August. We kept up a good pace, negotiating wet areas and lots of water running across and in the trail. The trail has two larger streams, but with a little scouting around and helping each other, both crossings were made without incident.



*All smiles!*

We reached the sign to Mud Lake, noting "It's all downhill from here!" The entire hike took about 2 hours and 45 minutes. We arrived at the Pine Lake facility before one and ate our lunch. Everyone agreed it was actually a great day for a hike.

*Aleda Koehn*

## Greenway Hike

**Tuesday, December 7.** Fifteen hikers walked through the snow



*Group photo – Julie Smith*

at the Oneonta Greenway on Tuesday morning. The cold west winds did not seem to dampen the spirits of the group. Eleven met for lunch at the Underground Eggplant deli after the hike.

*Julie Smith*

Seeing the photos in black & white? Enjoy the photos in color by receiving Foot-Loose via e-mail. It's the "green" way to save trees and postage. Contact your editor at [jfred212@frontiernet.net](mailto:jfred212@frontiernet.net) and request the e-mail version.

Please clip and post

## SUSQUEHANNA CHAPTER WINTER 2011 SCHEDULE

ALWAYS CALL LEADERS FOR DETAILS

Area codes are 607 unless otherwise noted

**Riders should contribute a fair share toward gas. Each trip's leader must have all participants sign the liability release form, which may be downloaded from our website: [www.susqadk.org](http://www.susqadk.org).**

Ernie Mahlke, 432-2583, will be happy to hear from people who want to hike on weekends and include them in any plans he and Heide may have. For bikers looking for group rides, please call Leon and Lucille Wiggin, 432-1022, and Frank and Jean Oakley, 263-5832. Both Wiggins and Oakleys will again be riding as much as possible this season.

<u>Dates</u>	<u>Leaders</u>	<u>Phones</u>	<u>Destinations</u>
Jan.4	Kay Kantorowski	547-5528	Basswood Pond
Jan.11	Doug&Scott Fielder	433-2727	Greenway Hike,ski,snowshoe, Soup at Fielders
Jan.18	Aleda Koehn	432-8870	Hike,ski,snowshoe at Gilbert lake
Jan. 19	Monthly Meeting, See below		
Jan.25	Currie&Virginia Marr	432-5434	Hike Fortin Park
Feb.1	Ernie&Heide Mahlke	432-2583	Riddell Park
Feb.8	Lucille Wiggin	432-1022	Ski or hike Crumhorn Mtn.
Feb.15	Linda Pierce	432-8969	Hike,ski,snowshoe at Goodyear Lake
Feb. 16	Monthly Meeting, See below		
Feb.22	Irv&Monica Peters	315-858-0261	Hartwick St.Forest ski,snowshoe
March 1	Kay Kantorowski	547-5528	TBA
March 8	John & Rita Salo	432-3656	Ski Cooperstown Golf Course
March 15	Julie Smith	432-8642	Hike,ski Gilbert Lake
March 16	Monthly Meeting, See below		
March 22	Norma Lea Havens	432-3154	River Walk
March 29	Linda Melchionne	315-858-0359	TBA
Apr. 20	Monthly Meeting. See below		
May 18	Monthly Meeting. See below		

Your executive committee, wishing to reduce our carbon footprint, encourages members to carpool to meetings and activities.

### Meetings Ahead, 3<sup>rd</sup> Wednesdays

We meet at Elm Park Methodist Church, 401 Chestnut St. Oneonta, for 6 pm potluck dinners followed by programs at 7 pm.

Jan 19 The Annual Meeting highlights the events of 2010. Review the year with thanks, acknowledgments and committee reports. Officers for 2011 are formally elected.

Feb 16 Jay Fleisher, "There is a region of North America unlike any other place, except the Tibetan Plateau. Forty-Niners encountered extreme desert heat, hostile Indians, and foul water during their struggle for gold in California, whereas now visitors find a reverse opportunity in the casinos of Las Vegas and Reno. Called the Basin and Range for its unique topography, this region offered a small group of travelers a chance to glimpse the historic past and geologic history during the later half of October 2010. Known colloquially as "Real People", we made our way from the bottom of Death Valley (282 ft. below sea level) to the crest of the Sierra Nevada Range (Tioga Pass, 9,945 ft. above sea level). We visited a regionally extensive chain of Ice Age lakes, a forest as old as the pyramids, an abandoned mining town, a winter playground, and a collapsed mega volcano on our way to one of America's topographic icons – Half Dome of Yosemite National Park.

Mar 16 Tom Briggs, Delaware County Office for the Aging, will present a power point program and talk about the 4C Camp (Camping to Create Caring Communities) in Delaware County. To find out more, come to the presentation!

Apr 20 Frank and Cynthia Waterman will do a power point presentation on New Zealand, focusing on birds.

May 18 Amy Lieberman will do a presentation on Trekking in New Zealand

## Foot-Loose!

Newsletter of the Susquehanna Chapter ADK

www.susqadk.org

c/o Lucille Wiggin

80 Chestnut Street

Oneonta, NY 13820

Subscription to this newsletter is included in membership in the Susquehanna Chapter of the Adirondack Mountain Club. It is available to the public and to non-chapter members for \$5 per year. Contact Barbara Meeks at (607) 783-2924 for more information. Portions of this newsletter are also available online at [www.susqadk.org](http://www.susqadk.org).

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Chapter meetings are held the third Wednesday of the month, September through May, at the Elm Park United Methodist Church, 401 Chestnut Street, Oneonta (except where noted). Members and the public are invited to our early evening potluck supper at 6pm (please bring a dish to pass, your own table service and mug or cup); programs begin at 7pm, followed by a short business meeting.

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

For more information please go to [www.susqadk.org](http://www.susqadk.org) or call 1 800 395 8080