

# Foot – Loose!

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

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July 2012

## CLOSE TO HOME

Dianne Benko, Susquehanna Chapter Chair

The SUNY Oneonta College Camp is located on 276 acres of former farm and woodland. Its purpose is to provide educational, recreational and social opportunities for the College Community. Back in August of 1952 the 63 acre old Hoffman farm about four miles north of the college with its rolling hills, woods, open fields and a stream was purchased. Their dream of having a college camp was realized. A long term plan for the operation and development of the camp along with a list of tentative rules for camp use began immediately. Within the next ten years much was accomplished. The upper picnic area was completed, a well was dug for drinking water, the house was cleaned and used for emergency quarters, trails were blazed, a small lake was built and over 10,000 trees were planted by College and Bugbee School students. A vision for a lodge wasn't realized until 1963 and is the lodge that exists today. As years passed by a downhill skiing complex was opened, the College Camp was expanded to 262 acres and the Observatory was moved to the Camp. In 1993 due to budget constraints the Camp was shut down and remained unused through the 90's and portions of the Camp property were destroyed during a May 1999 tornado. Many were disappointed that the Camp closed and several attempts were made to reopen it. Finally in 2000 after much renovation and cleanup of the property and buildings the College Camp was reopened as we know it today. (Taken from OAS College Camp History written by Heather Heyduk.)

On Tuesday May 29, 2012 Currie and Virginia Marr led a hike of the stalwart Tuesday veteran hikers on the Green Trail of the SUNY Oneonta College Camp. I had never visited the College Camp and was delighted to find numerous trails and much natural beauty. Apparently I'm the only one not familiar with this gem of a hiking area even though I've lived in Delaware County since 1976. Shame on me. Needless to say I thoroughly enjoyed that morning's hike and was delighted by the different flora and fauna we saw. The Marrs and Scott Fielder helped me with the identification of all the flowers we saw.

We started up the Green Trail, a pine needle slope dotted with several pinecones that was somewhat steep at the beginning, which was shrouded in Bird's-eye Speedwell, Daisy Fleabane and Wild Geranium. Patches of Wild Strawberry were scattered about. Along the way we also saw Chickweed and tons of Common Cinquefoil. Just off the trail I heard the "zoo zoo zee zee zoo" call of a Black-throated Green Warbler and the two tone plaint of Black-capped Chickadees.



*Bird's-eye Speedwell*



*Wild Geranium*

After crossing over a bridge covering a small stream large chips of wood from a dead tree were lying in a pile at its base where a Pileated Woodpecker had been busy carving several large oval holes. The area also was painted in the sunshiny yellow of blankets of Common Buttercups. Further on the trail we saw areas of Ragged-robin, Forget-me-nots, Cuckoo Flower, Red Clover, Dame's Rockets, Milkweed and a tiny shiny group of leaves called Goldthread were imbedded in the forest floor.



*Goldthread*

As we reached the clearing overlooking West Street Extension a White-tailed Deer bounded in the distance and in the nearby bushes I heard a Common Yellowthroat and the lovely voice of a Song Sparrow as Tree Swallows darted to and fro snatching insects in the air. Currie pointed out Hay Scented Ferns that he says always face the sun, and we also saw interrupted Ferns, majestic in their height, with fertile fronds in the middle of their stems.



*Interrupted Fern*

As we descended the last portion of the Green Trail, a rather rugged steep slope, I saw two small yellow butterflies fluttering in tandem. I'm reminded of the writer Gabriel Garcia Marquez whose literature is dotted with the appearance of always two small yellow butterflies symbolizing memories of his Colombian heritage. It was a great day for hiking and close to home.

*Dianne Benko*

### **Bill Swain, Remembered**

All of us in the Susquehanna Chapter of ADK mourn the passing of our long time member and founder, William "Bill" Swain. Bill died May 28, 2012, at home, attended by his wife of 60 years, Molly. Bill, along with Jo Koenig, Ernie Mahlke, and a few others, helped to officially establish the Susquehanna Chapter in 1977. During the past 35 years Bill was active in many aspects of our club, serving for a time as Chapter Chair; a term as Director, representing our chapter at meetings of the main club; and Trails Chair. Both Swains participated in all our activities. In the eighties, they hosted several of our Christmas dessert get togethers. Bill and Molly enjoyed X-C skiing and often went to our winter Loj outings, occasionally joined by their sons and families. Skiing to Avalanche Lake at 20 below was a great day for the Swains.

In looking over old newsletters, Bill's name was most often connected with local trail clearing. He was Trails Chair for many years but was organizing members to help with trail work long before this job had a title. One location that was mentioned more often than others was the X-C ski trail in Roseboom. Bill,

with his crew of chapter volunteers, removed fallen branches, clipped undergrowth, and in general prepared the trail for ski season as well as for summer hiking. Arnolds Lake trails were also on the list of trails to be maintained. Even if only one other person came to work, Bill still carried on.

Bill led many local hikes and ski trips, and some extended outings, including one to Rangely Lakes in Maine. The most fondly remembered was a back packing expedition on the Appalachian Trail in the Smoky Mountains. Since Bill was born and raised in North Carolina, he was eager for his hiking friends to experience the mountains he loved so much. We had such a fun time; just a mention of any incident, like Bill and Ernie trying to hang the packs away from the bears, elicits peales of laughter and fond memories 32 years later! ADK was only one of Bill's numerous interests, and his contributions to our club, although many, represent but one aspect of the varied talents and accomplishments of this extraordinary man. We will miss you Bill.

### **Please sign This ADK Petition for New Forest Preserve Lands**

Help make 65,000 acres of spectacular conservation and recreation forest lands Forever Wild! This land, formerly belonging to Finch Pruyn, includes the Essex Chain of Lakes, Boreas Ponds, the Hudson River Gorge and OK Slip Falls, among other natural jewels. All of the property to be transferred to the Forest Preserve will become open and available to the public -- for the first time in over a century -- for hunting,

hiking, fishing and other recreational uses.

Funding will come entirely from existing dollars set aside in the state's Environmental Protection Fund. But there is a small, very vocal group opposing this. Read the details at [adk.org](http://adk.org); then please sign the ADK's online petition to Governor Andrew Cuomo and DEC Commissioner Joe Martens urging New York to buy these lands as part of the Adirondack Forest Preserve.

# Director's Report

## ADK and Liability - What We Need to Know

No one wants an accident to happen. ADK works hard to avoid problems in two ways.

### Insurance:

ADK carries Liability Insurance for Chapter outings that are officially sanctioned - that is, they are approved by the Outings Chair and are published in the Chapter Newsletter beforehand. [Note that informal gatherings of members for an impromptu activity are not covered by this insurance.] This insurance covers trip leaders, as well as the Club itself.

Protection for leaders and the Club is enhanced by the use of ADK's Liability Release Form, available on the Chapter website for trip leaders to print out. Every person joining an outing should sign this form. The form must be retained for 3 years, so trip leaders should turn in the form to the Outings Chair. They will be collected and sent to ADK for long-term retention.

### Accident prevention:

The trip leader and ALL PARTICIPANTS in a hike must cooperate in this matter. The trip leader's responsibilities are spelled out in detail in "Guidelines for ADK Chapter Outings" [more on this coming up]. If an accident should occur on an outing, ADK must be notified quickly, and a copy of the signed Liability Release Form must be sent in, along with a written account of the accident. Certain activities are not covered by ADK's liability insurance carrier, such as indoor activities, rope, rock, or ice climbing; or boat trips where rapids are Class IV or higher. Also not covered: medical expenses for injuries suffered by leader or participants on hikes; or automobile insurance matters for leaders driving their own vehicles.

On May 2, 2012, the SQ Executive Committee met with a number of Trip Leaders, to discuss Policy A 19 [Rules and Recommendations for ADK Chapter Outings] and how to implement the recommendations. We found that our policies and our hikes, in general, have conformed well to the guidelines, and that our main task would be to formalize our policies.

To that end, a new committee has been established to screen and authorize chapter outings. This committee [the Trip Oversight Committee] will consist of the Chapter Chair, two additional members of the Executive Committee, and one experienced trip leader. This committee will be responsible for the following: 1) establishing which trips are approved and authorized; 2) "vetting" trip leaders as fully qualified to lead such hikes; and 3) overseeing the training and equipping of trip leaders.

#### 1) What is an "approved hike"?

- Any hike that has been successfully completed in the past shall be considered an "approved trip".
- Currie Marr has compiled a list of such trips [totaling 237 over the last four years]. These have all been described and written up in Footloose. This list of trips will be posted on the Chapter web site. Successful new trips will be added to this "approved" list as they are completed and reported on.
- Any member wishing to lead a hike in a new location should contact a member of the new committee to gain authorization for the trip. The member should have visited and be familiar with the area, and evaluated the level of strenuousness. A trip description should be written up [for publication once the trip is approved].
- At least two of the committee members must agree that the new trip can be safely undertaken, with reasonable caution.

**[note: an approved trip becomes "official" when it has been announced via our official Chapter communications (in Footloose, in the newspaper, and on our Chapter web site). An informal "meet-up group" arranged by a member is not considered to be an official Chapter outing.]**

#### 2) How will trip leaders be approved as "fully qualified"?

An ADK member shall be considered "fully qualified" if he or she has already led successful trips.

Members who have not yet formally led a trip may qualify to do so by:

- 1- Participating in hikes to gain experience
- 2 - Obtaining, reading, and signing a copy of the Guidelines for Trip Leaders [available on our web site or at Chapter meetings]
- 3 - Contacting a member of the Oversight Committee to request approval as a trip leader.

*Linda Seifried, Director*

Note: The file of "List of Approved Trips" is now on the website under "Outing Guidelines & Forms."

## Tick Removal: 'Tis the Season

Spring is here and the ticks will soon be showing their heads. Here is a good way to get them off you, your children, or your pets. Give it a try.

Please forward to anyone with children, hunters or dogs; or anyone who even steps outside in summer! A School Nurse has written the info below--good enough to share--and it really works!

"I had a pediatrician tell me what she believes is the best way to remove a tick. This is great because it works in those places where it's sometimes difficult to get to with tweezers: between toes, in the middle of a head full of dark hair, etc." "Apply a glob of liquid soap to a cotton ball. Cover the tick with the soap-

soaked cotton ball and swab it for a few seconds (15-20); the tick will come out on its own and be stuck to the cotton ball when you lift it away. This technique has worked every time I've used it (and that was frequently), and it's much less traumatic for the patient and easier for me.."

"Unless someone is allergic to soap, I can't see that this would be damaging in any way. I even had my doctor's wife call me for advice because she had one stuck to her back and she couldn't reach it with tweezers. She used this method and immediately called me back to say, "It worked!"

Please pass on. Everyone needs this helpful hint.

*From Nancy Webster*

Please clip and post

## SUSQUEHANNA CHAPTER Summer 2012 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.

<u>Dates</u>	<u>Leaders</u>	<u>Phones</u>	<u>Destinations</u>
July 3	Claire Beetlestone	547-9067	Emmons Bog
July 10	NormaLee Havens	432-3134	Gilbert Lake
July 17	Virginia & Currie Marr	432-5434	Arnold Lake
July 24	Bev Hensle	286-9126	Fernleigh Farm-Cooperstown
July 31	Aleda Kohen	607-267-4586	Pine Lake
Aug.7	Ruth Schaffer	607-988-7036	Vroman`s Nose & Old Stone Fort
Aug.14	Jack & Jann Ewen	432-1269	Wilber & Betty Davis St. Park
Aug.21	Lucille Wiggin	432-1022	Mt.Utsayantha-Stamford
Aug.28	Rod & Sally Hebbard	607-829-5811	Hubbard`s Property
Sept. 4	Fran Darrah	286-3301	Arnold Lake
Sept. 11	Linda Melchionne	607-267-5309	Basswood Pond
Sept. 18	John & Rita Salo	432-3656	Brookfield Horse Trails
Sept. 25	Jim & Charlene Higgins	432-7012	Wilber Park-Oneonta

### Summer Meetings - 3<sup>rd</sup> Wednesdays

In September we'll return to Elm Park Methodist Church, 401 Chestnut St. Oneonta, for 6 pm potluck dinners followed by 7 pm programs.

**June 20** "Gilbert Lake" annual picnic.

**July 18 - Picnic**, 5:30-8:00, at the Lakeview Events Center (former YMCA Day Camp), West Laurens. Bring dish to pass, table service, and beverage. Meet at Dollar Store (corner of Chestnut Street and Winney Hill Road) at 5:15 p.m. to carpool to Lakeview Events Center. Park or drive from Dollar Store to Rt. 23 west 6.4 miles. Turn left onto YMCA Road and follow about 1 mile to the entrance on right. We can swim or walk around the lake. Any questions, call Moira Beach at 433-2832.

**August 15 – Picnic**. Swim, boat, converse and picnic at Wiggin's Crumhorn Lake camp. Come after 3:00 for swimming, boating, and good fun. Bring your folding chairs, table service and a dish to pass for the 6 p.m. picnic.

### Welcome New & Rejoining ADKers

Tom and Patty Davis	2911 Friendship Rd., Durham, NC 27705		
Pater Exton & Ellen Blaisdell	602 East St.,	Oneonta, NY 13820	432-6748
Margaret Pendrak	261 Southside Dr.,	Oneonta, NY 13820	432-8594
Louise Allen	PO Box 63,	Cooperstown, NY 13326	437-5583

We'll see you at meetings and on the trails

# Spring 2012 Trip Reports

## Green Trail Hike at College Camp - Tuesday, May 29, 2012

Once assembled at College Camp, 21 ADKers learned the sad news of Bill Swain's passing. We will miss him greatly and his inspiring zest for life. The initial heat and humidity of the parking lot dissipated as we moved to the forested trails. Hiking the four green trail segments was the focus of the excursion. A lovely cool brook was crossed in the first hilly segment. An expansive view of West Street road extension was seen in the



Photo- Scott Fielder

second segment. We traversed a Red Pine forest in the third loop, and as gracefully as possible descended the steep fourth segment. At various times we crossed ski slopes, a gas pipe line, and paid attention to wildflowers, felled Ash trees, birds, and one deer. Although leaving us somewhat tired and sweaty, this hilly 2 miles hike also energized us. Several participants elected to eat lunch in the pavilion by the pond. *Currie Marr*

## Crumhorn Mountain Boy Scout Camp Hike - Tuesday, May 22, 2012

About 18 rainy day diehards met at the Crumhorn Mountain Boy Scout Camp. This was our 5th consecutive "probable showers" Tue., but we lucked into finishing and being at Jackie's Restaurant for lunch before the downpour hit. This was our 5th consecutive "probable showers" Tue., but we lucked into finishing and being at Jackie's Restaurant for lunch before the



Photo - Jim Austin

downpour hit. Back to the hike....We again enjoyed the sample Indian long houses and log cabin the boys have built and took one of the forest trails which treated us to several wild flowers, including a half dozen Lady Slippers. Our descent on the long abandoned carriage road treated us to the out let waterfalls which are bisected by a dry lay up stone bridge. Continuing around the Lake past the 15 private cottages brought us back to our cars at the Camp. *Lucille Wiggin*

## Cooperstown Area Hike - Tuesday, May 15, 2012

Five hearty souls walked the bicycle trails in Clark woods on May 15 in a total downpour of rain!!!! We were out about 2 hours, got wet, but had a very enjoyable walk, did manage a view of Route 28 and Grasslands Farm, some trillium and spring beauty flowers, violets, and a lot of good socializing. We even stopped in a thick growth of pine trees for a water and gorp break! No regrets!!! *Kay Kantorowski*

## Hiking the Orange Trail at SUCO's College Camp - Tuesday, May 1, 2012

Even though it rained most of the night before and right up to 10 AM the hike last Tuesday, May 1st went on as scheduled at College Camp. Truth is the rain stopped at 10 AM. Eight hardy souls believed the weather was good to go so we started out from the first parking lot off Hoffman Road. (By the way, the Hoffman Road sign has disappeared from the upper East Street roadside.) The huge College Camp sign is still in place on the left side just before the turn left onto Hoffman. *Norma Lee Havens*

## Gilbert Lake State Park Hike - Tuesday, April 24, 2012

We have been spoiled for a while with lovely weather on Tuesdays. The streak was broken with today's hike. It was cold and windy. We had rain, snow, hail and a wet trail. The sun even peeked out now and then, but it didn't stay for long. Our group of thirteen brave souls did three and one half miles in this changing weather. The Wildflowers were all curled up, trying to keep warm. From the first Parking Lot, we walked along the side of the lake, then uphill to the Twin Fawns Trail. We met some people from the NYS Soil and Water Program who were setting up for an ecological competition among eleven High Schools for the next day. They explained to us how the competition ended with the final winners receiving up to \$10,000 toward college tuition. This very enthusiastic guy told us he had once worked for ADK at our Heart Lake facility. Part way into the trail we turned onto The Wilderness Trail, which cut through the woods up to the road again. The trail was wet in many spots, but we managed. The good nature of our Susquehanna Chapter Hikers never ceases to impress me. What fun! *Rita Salo*

## Riddell Park Hikes - Tuesday, April 17, 2012

There were 13 ADKers who hiked the trail to Mud Lake which was calculated to be 5.2 miles round trip. Nine walked the lower Riddell path. Thanks again, Currie for co-leading. We were so lucky to have such a beautiful day-cool and nearly bug free. Everyone seemed to enjoy the outing. *Julie Smith*

## Riddell Park Hikes cont'd



Photo – Julie Smith

## Ridge Trails Back of Hartwick College - Tuesday, April 10, 2012

Fifteen Susquehanna hikers met at the Hartwick parking lot by Binder to explore some of the trails on the ridge that extends northward from Hartwick. We did not go to Table Rocks this time, instead walked past the observatory and along the dirt road that leads to Strawberry Fields. On a day that was supposed to be rainy, we had great weather, cool and sunny, a bit breezy as we



Photo – Currie Marr

crossed the field. We passed by the city water tanks and through the woods to where the power line descends to West Street. Following a well marked snowmobile trail we enjoyed the lovely passing by the State office building above Job Core and the NYS "emergency hideaway", (maybe). We continued through the woods and back up to Strawberry Fields and back to our starting point. The hike was almost three hours.

## Milford State Forest Hike - Tuesday, April 3, 2012

It was a beautiful, cool spring morning as 19 of us hiked the trails at Milford State Forest. When we got to the pond we saw that the beaver had built a dam which had caused the pond to



Photo – Currie Marr

overflow its banks. It was quite muddy as we made our way around the pond. We also discovered mysterious little colored balls scattered around and in the pond. Everyone ventured a guess as to what they might be everywhere from bird's eggs to candy balls. Only after Currie broke one did we decide they were paint balls. I guess not being from our generation none of us had ever seen one. You never know what you will learn on a hike. A good time was had by all.

*Bev Hensle*

## 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 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 part of an article from Fall 1988. The author probably was then chair, Jo Koenig.*

The most popular trip this summer was by far and away Mollie Swain's trip to Olana, home of artist Frederick Church. Ten members had a great day out. We have asked Mollie to consider doing something similar next spring. Geri Scheele's trip to Tanglewood and Greylock was also well attended. Perhaps we should put more cultural trips on the schedule. Only 9 people attended the annual chapter picnic, but perhaps the unusually hot summer day had something to do with that. Otherwise, people weren't too active this summer. Jo Koenig and Rick Kugler cancelled canoeing and backpacking trips due to lack of interest. Brian Sullivan and Reeves-Ellington hiked alone. Even Steve Herrmann couldn't get folks out.

Monthly chapter meetings start again in September and Jo has arranged some very interesting programs. Do join us. We especially want to hear from members – old and new – about what sort of activities you would like. We're open to suggestions, and we'd rather plan events that people will turn out for.

## Wilson Pond Project on Hold

The annual Wilson Pond maintenance project has been set tentatively for Saturday, August 4.

Members and friends should watch for an e-mail notice confirming plans. Trimming intrusive foliage and sawing fallen trees from the trail has become a traditional weekend outing for

many ADKers of the Susquehanna variety. The trail winds three miles from NYS Rt 28 to Wilson Pond in the Blue Ridge Wilderness Area and is only a few miles from the Lake Durant Campgrounds near Blue Mountain and the village of Blue Mountain Lake.

## Catskill 3500 Club

The Catskill 3500 Club was founded in 1962, to foster interest in hiking in the Catskills. Membership is open to anyone who has climbed on foot each of the 35 Catskill peaks above 3500 feet in elevation.

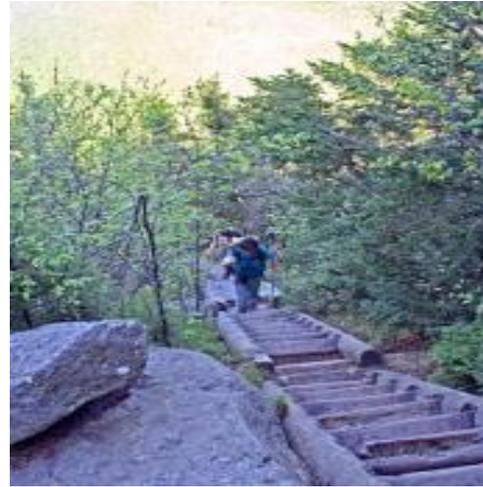
Anyone wanting to become a member has to climb all 35 Catskill High Peaks and, (in a departure from the requirements of most other hiking clubs), climb Slide, Blackhead, Balsam and Panther mountains again in winter, which is defined by the Club as the period from December 21 thru March 21, inclusive.

Those who aspire to membership are invited to join the club as aspirants and to participate in the hikes the club regularly schedules to all 35 peaks in all seasons.

Slide Mountain is the highest of the Catskill 35 peaks at 4,180 feet. From the summit of Slide you can see 33 of the other 34 high peaks. Only Thomas Cole, which is behind Hunter, is not visible. The climb from the west via the yellow trail from Slide Mountain Road and the red-blazed Slide Mountain Trail is one of the easier climbs in the Catskills.

The climb from the east is one of the most challenging in the Catskills, as the red-blazed Slide Mountain Trail climbs over

3000 feet from Woodland Valley, passing over the summits of Wittenberg Mountain and Cornell Mountain.



Log Steps up North Face of Slide Mountain

## Paddling in the St. Regis Canoe Area

Our Adirondack Mountain Club (ADK) runs canoeing adventures in The St. Regis Canoe Area, the only designated canoe area in New York State. With 18,000 acres of 58 ponds, the area is a paddlers' dream.

The area is noted for its clear spring-fed ponds, short canoe carries and tranquil beauty. The entire area is closed to all motorized forms of transportation so the best way to enjoy all of

the ponds is by use of a pack canoe, ultra lightweight canoes that can be easily transported between the many waterways linked by "carries."

Using Paul Smiths College as a base, over 40 different day trip are possible. A map of the St. Regis Canoe area can be found on line at <http://www.adirondacklakes.com/trip-planner/srmap.cfm?id=89>.

## Fall Outing, September 28 – 30, 2012 Hosted by ADK's Cold River Chapter

Join members from all ADK Chapters in the town of North Creek for a weekend of Hiking and Paddling throughout the Central Adirondacks and High Peaks.

Other activities available for the whole family include the new scenic train ride, wolf walk, river rafting, model train museum and quaint Adirondack village shopping and restaurants.

Dinner will be hosted at the Copperfield Inn.

Registration fee (nonrefundable) is \$20. Registration check-in will be at the Tannery Pond Community Center, North Creek, NY.

For more information go on line to [http://www.adk.org/outings/Fall\\_Outing\\_2012.aspx](http://www.adk.org/outings/Fall_Outing_2012.aspx) or contact the registrar, Jan McCann, at [jmandkb@gmail.com](mailto:jmandkb@gmail.com).

## Foot-Loose!

Newsletter of the Susquehanna Chapter ADK

[www.susqadk.org](http://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 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