



Foot – Loose!

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

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New Canoe – New Season – Here We Go

By Erika Heinegg, Susquehanna Chapter Chair

Prophetic or not, moments after I discovered Footloose was missing the lead article, I had picked up a small book on poetry (in German) and there on the front page was a saying by Friedrich Nietzsche: "Im echten Manne ist ein Kind versteckt: das will spielen." Trans. (In a true man a child is hiding: it will play.)

That is something we all can relate to. Personally I promised myself when I retired to do only those things I wanted to do and enjoy. This became particularly true this summer for me. In early June Julie Smith and I drove to Olmsteadville NY, to Hornbeck Boats. Julie to get a new seat in her Kevlar kayak, and I to see if buying one for me was right. We arrived on a lovely day and even though I had called ahead days ago, no one seemed to have any recollection of this.

Regardless, we were meeting with a personable young man(24) who seemed to feel confident in his sales power. During the time Julie's boat was equipped with a new seat, we were shown the new and used boats available. I wanted a similar boat to Julie's kayak 10ft long 15# one person seater, the kind most ADKers in our club seem to prefer. However they had another model, 10ft, 12#, (3#'s lighter) made of carbon fiber, black in color, no maintenance needed, and I could lift it easily with one hand. It is called a "Black Jack." They offered me a used one slightly cheaper, with some scratches on it that could be hidden with black marker.

We had to try getting in and out of this lightweight vessel. Fortunately there is this lovely pond with a sea sand shore so one could set the boat on the shore, step right in and push off. All very well, but where and how often do we find a shore like that? So what then?

First off he said, "Never attempt to go into the water from a dock or float. That won't work. But go into the water up to your knees with your back to the boat. Grab the bar that holds the seat to the right to the left place the paddle across the boat as another grab bar, press down and sit down backwards, swing your legs over into the boat and voila, you're in with only your feet wet. It works every time."

With that accomplished it was a sale. The price of the paddle, also carbon fiber, was also not to be sneezed at \$2000.00 total. I had researched this purchase for almost two years so it well thought out.

The next step was: a name "every-one needs to have a name for their boat" so I was told. Ondine (Undine) was the name I chose. When I grew up in Germany between the age of 4 and 8 years my father had a wooden (Adirondack scout boat) named "Undine" (the name of a water nymph). He taught me how to move about with such a boat, so I named my new boat after his.

We are starting of a new season of ADK enterprises in all sorts of ways and we are doing it for the fun of it. It is a privilege to be doing this together.

Nominating Committee Appointed

Chair Erika Heinegg has appointed a nominating committee consisting of Scott Fielder, Nina Hart, and Beverly Hensle, who are to present a slate of officers at our Annual Meeting in January. Positions to be filled are Chair, Vice-Chair, and Secretary, each for a two-year term. If you are interested in serving in any of these roles, please speak with one of the committee members. Your suggestions for other chapter members who might fill these positions would also be welcomed.

Chapter News and Information

Trip Reports

Canadarago Paddle

Tuesday, June 24 Fifteen walkers joined Monica and Irv Peters for a canoe at the outlet of Canadarago Lake. Five ADKers who intended to walk also arrived. The walkers toured part of the Village of Richfield Springs, enjoying some vintage homes and the beautiful restoration of the Park Avenue Inn on Main Street and also the restored antique clock that formerly sat in the center of Main and Lake Streets and now is in the park on the same corner.

The day was cool and somewhat cloudy at the start but later turned sunny and very enjoyable, EXCEPT for the strong west wind that blew up as the paddlers left the calm outlet and entered the Lake proper. One couple opted to stay and fish the outlet and another couple bailed out and went to shore to return to their vehicle, enjoying an old cemetery marker and some horses and their foals along their way.

The remaining eleven canoers and kayakers braved the waves and “went the distance” paddling to the Peters’ home about 2/3rd of the way north on the Lake (about three miles) and arriving at 12 noon. There the group enjoyed a leisurely picnic and socializing plus lemon cake and beverages on the deck at water’s edge. One adventurer tried to get some of the group to swim, but got no takers though the water was about 69 degrees. All in all, despite a tough battle against the west wind, it turned out to be a lovely day.

Monica Peters

Hartwick – Fungus – Table Rock Hike

Tuesday, July 8, about 26 hikers left the top of Morgan Avenue on July 8 and headed up to Hartwick’s Strawberry athletic field. From there they ventured into the forest between the field and the Job Corps. Currie Maar again helped us all to recognize the various fungi we encountered in the woods, and we all were interested in the various frogs, toads, and snakes we encountered. Upon exiting the forest, the group headed towards Table Rock, but the day was hot and some hikers felt that they had to get back to the starting point. They decided to take a “shorter trail” through the woods, but got confused by the myriad trails in the woods and ended taking a longer route and getting back after the group that visited Table Rock. But, all was well when all were back together to enjoy fruits, drinks, and ice cream, along with the beauty of Carol McIntosh’s garden.



*Currie explains to Irvin and Monica Peters the characteristics of this red mushroom (*Russula* sp.), found on the path.*

Westville Breakfast & Bike Trip

Saturday, July 17. A Bike Hike was planned around getting to Jo Koenig’s memorial service at 3pm. Only six of us met at the Westville Airport for the 8:30 fly in breakfast. It was a very hot day so we biked down Cty Rt. 35, past the BOCES Milford School, out to the shady east side cottage roads of Goodyear Lake and returned. Four of the group continued for a hill climb out of Portlandville, down hill to Milford and back to the Airport.

Leon Wiggin

Blue Ridge Wilderness Trail Maintenance

Saturday, August 2. In Joe Hart’s words, “Well, I won’t kid you my friends. Our workday this year in the Blue Ridge W.A. was a slog. It rained all day. The trail was wet. Our troublesome beaverdam on Wilson Pond outlet had flooded the marsh and the small spillway the beaver designed (over which we can usually jump when crossing the dam) had widened. As a matter of fact, much of the dam itself was underwater. So we cut blowdowns into corduroy to get ourselves across. We used a 2 person crosscut saw this year for the first time. It cuts larger logs pretty quickly and worked well. We did manage to clear most of the trail, ate lunch at Wilson Pond and got back to the campsite around 6:30 pm. Supper was mostly wine. Thanks to Fred, Muffy, Harry, Aleda, Gerda, Ivan, Nina, Joe, Barb, David and Jack. In other activities Aleda and David took single canoes to the Marion River while others paddled Lake Durant. Later in the week Aleda, David, Nina, Joe and Danny (zpiggrandson) climbed Blue Mountain on a lovely, sunny day.”

Joe Hart



Blueridge trail maintenance crew “relaxes” at Wilson Pond

Post Script. Retired Forest Ranger Gary Lee upon learning of the beaver activity suggested he might arrange a “beaver relocation” since they appeared to have completed their engineering assignment for the area. Stay tuned

(Trip reports cont’d page 3)

Westville Breakfast & Bike Trip Extended

Saturday, August 16 fourteen ADKers and friends assembled by 8:30 am at the Westville Airport for the Middlefield Fire Dept.'s monthly Fly-in Breakfast super meal. \$6.50 buys all you can eat of pancakes, eggs and sausage with OJ, coffee, tea and cocoa. Eventually, we assembled our bikes and rode out about 9:50. Four unseasoned peddlers did a twelve mile loop up Cherry Valley to Middlefield and returned by noon. The remaining ten "adventurers" wound their way up Cty Rt. 33 and over Beaver Meadow Rd. for a brief stop at the Sheep Trial's port-a-potties. We continued on through Bower's Town, climbed 33 up the Red Creek Valley and down the other side at 41+/- mph back to Rt.166 in Cherry Valley. By then the rain had caught the four of us out front, so we holed up at a farmhouse until the other six laggards who didn't get under our leaky cloud caught up. After a enjoyable lunch at Roseboom's Country Café, we welcomed a sunny ride back to the airport by 3:15. One of our company has a trip meter which recorded our ride as covering 38 miles, average speed 10.6 mph, travel time 3 hr.35 min. and total altitude gain 1'878 ft. See the rest of you in September, third Saturday at Westville.

However, the pace of the hike was somewhat slow, due to the abundance of wonderful ripe blackberries encountered on the first half of the trail which many stopped to eat along the way. We parked and hiked from the top of Cranberry Bog Road following the yellow marked trail to the large beaver pond and heron rookeries. At that point we stopped on the bridge below the dam and enjoyed the view and socializing and a snack provided by the leaders. We continued on the trail, passing the beautiful large bog area and back to the meadow where we parked. There we had lunch and homemade blueberry bars and lemonade provided by the leaders. An unplanned treat occurred when Dr. Earle Peterson, Trustee of the Conservancy, arrived as the group was eating. He spoke about the 1200 acres of the Conservancy, the history of the tract and his plans to maintain it and hopefully enlarge it. He also answered several questions posed by the group about the virgin quality of the tract, the fact that there had never been contamination of any kind introduced into the bog and its surroundings ... and its value to the NYS Biological Field Station in studying the flora and fauna found there. It was a special treat for the group to meet and hear Dr. Peterson's comments and all in all, some felt it was one of the highlights of summer hiking.

Monica & Irving Peters



Nine of the ten "adventurers re-assemble at the Westfield Airport Hanger

Greenwoods Conservancy Hike

Tuesday, August 26. Leaders Irv and Monica Peters, (with specific permission from the Trustee) led eighteen hikers on the yellow trail of the Greenwoods Conservancy Property in the Town of Hartwick. The weather was perfect for hiking.

Andy's Trail Hike

Tuesday, August 26. Fran Darrah led nineteen ADKers along the Andy's Trail of Betty & Wilbur Davis State Park. Most of the trail went through woods but meadow areas opened up ridge-view vistas. The hike finished with lunch in the gazebo. Visit the website, www.susqadk.org and enjoy Doug and Scott Fielder's photo collection including: pond Ornament, bridge, pond & wetland, Gerda Gyori picking blueberries, Outhouse or Lookout?, waterfall, pasture thistle, *Cirsium pumilum*, spindle-shaped Yellow coral, *Clavulinopsis fusiformis*, common mullein, *Verbascum thapsus*, a view of the valley from South Hill, Fielder's House seen from South Hill, and the LOM-A-ROSA.

North/South Lake Escarpment Trail Hike

Tuesday, Sept 16. Sixteen people met and car pooled through the Catskills to our favorite hike site overlooking the Hudson River Valley near Haines Falls. We all did a "stiff climb" hike to Newman's Ledge for a spectacular view with our lunch stop. Four went even farther for a higher lunch time view. We also visited the site of the old Catskill Mt. House and read about its sad history. Our hopes for a swim at the sand beach were not indulged due to the cool weather.

Gerri Scheele and Lucille Wiggin

Membership News

Our Susquehanna membership has grown by 14 members and 9 households since Spring. Current Susquehanna membership has risen to 189 households and 274 voting members. Please add our new members to your membership list.

Linda Melchionne & Steve Bonnell,	PO Box 245, Schuyler Lake, NY, 13457	
Jonathan Fogelman,	108 North St., Walton, NY 13856	607 865-8608
Oreon Sandler,	PO Box 179, Fly Creek, NY 13337	607 544-1303

Welcome new members. We hope see you on the trails and at meetings soon.

Rita Salo, Membership Chair

SUSQUEHANNA CHAPTER Fall 2008 SCHEDULE

Outings and Meetings

ALWAYS CALL LEADERS FOR DETAILS

All 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 new liability release form which may be downloaded from our website: www.susqadk.org.

Tuesday leaders contact Bev Hensle for forms; weekend leaders contact Ernie Mahlke.

Sat. Oct.4.	Ernie or Heide Mahlke	432-2583	Balsam Lake Mt. Tower hike in the Catskills, Relatively easy 2.95 miles to tower and return for a total of 5.9 miles. Bad weather alternative: Oct. 5th.
Tue. Oct.7	Kay & Ted Kantorowski	547-5528	Hike Clarks Tower area
Tue. Oct.14	Rod & Sally Hebbard	829-5811	Hike in Franklin
Tue. Oct.21	Scott & Doug Fielder	638-5436	Hike Schenevus South Hill
Tue. Oct.28	Julie Smith	432-8642	TBA
Tue. Nov.4	Virginia & Currie Marr	432-5434	TBA
Sat. Nov. 8	Ernie or Heide Mahlke	432-2583	Hike a moderately strenuous route on the Finger Lakes Trail. Start from Steam Mill Rd (south of Masonville) to County Hwy 27. Only 4.3 miles, but it will seem like more. Rainy weather moves hike to Sunday the 9th.
Tue. Nov.11	Joe & Jean Seroka	988-7007	Thacher Park near Altamont
Tue. Nov.18	Joe Hart	829-8358	West Branch Preserve
Tue. Nov.25	Norma Lee Havens	432-3154	Destination TBA
Tue. Dec.2	Lucille Wiggen	432-1022	Crumhorn Mtn.-Boy Scout Camp
Tue. Dec.9	Mary Dunckle	547-2162	Ski or hike Cooperstown Golf Course followed by soup at Mary`s
Sat. Dec. 13	Ernie or Heide Mahlke	432-2583	Ski or hike depending on weather or conditions. Location TBA
Tue. Dec.16	Rita Salo	432-3656	Brookfield Horse Trails weather permitting
Tue. Dec.23			no hike-Christmas week
Tue. Dec.30	Carol Saggese	432-8010	Gilbert Lake-ski or walk

ADK Biking Every Third Sat.

Every third Sat. through Oct. the Wiggins or the Oakleys will lead a Cherry Valley bike trip after breakfast at the Westville Airport on Rt. 166, two or three miles north of Milford. Plan to arrive between 8 and 8:30, eat, and leave about 9:30. There are four or five cross over roads, so that everyone can do as much or little as they wish. Breakfast is put on by the EAA (Exponential Aircraft Assoc.) and the Middlefield Fire Dept. as a fund raiser. It costs \$6.50 and includes pancakes, eggs (cooked to your specs), sausage, juices, coffee, tea and cocoa.

Fall 2008 Meetings

- Wed. Oct 15 Monthly meeting. Elm Park United Methodist Church, 401 Chestnut St., Oneonta. 6 pm potluck dinner followed by 7 pm program. Connie Reed will show slides of her six-day, 100-mile, 7,000-foot altitude gain hike through the Kachkar Mts. and on to the Black Sea in Turkey. Connie's three-week trip included visits to Istanbul and the Cappadocia cave city.
- Wed. Nov 5 Dr. Kenneth Stalter presents his successful ascent to Mt Everest's summit at SUCO's Morris Hall from 6:30 to 8:30 as part of the Center for Continuing Adult Learning (CCAL). ADKers are invited to attend.
- Wed. Nov. 12 Dr. Kenneth Stalter again presents his Mt Everest ascent at SUCO's Morris Hall from 6:30 to 8:30. ADKers are invited to attend.
- Wed. Nov. 19 Monthly meeting. Elm Park United Methodist Church, 401 Chestnut St., Oneonta. 6 pm potluck dinner followed by 7 pm program. Aleda Koehn and Norma Lee Havens will present their ADK Extended Outings adventure hiking Italy's Cinque Terre Mountains on a trail connecting five coastal cities.
- Wed. Dec. 17 Our usual Christmas Party with everyone reporting on their summer trips through slides and/or picture albums. This should be started off with the usual: 6:00 dish to pass supper, 7:00 program and 8:00 meeting.

SUSQUEHANNA CHAPTER WINTER OUTING TO ADIRONDACK LOJ

Monday Feb. 2 to Wednesday. Feb. 4, 2009

The winter outing now falls during the week. Last year all who participated were retired, and Loj bed space was scarce on the weekends. With these dates you can join the group for a wonderful mid-week event and still get to all your weekend concerts and trips. The North Country is splendid in the winter. We have had snow for skiing or snowshoeing every trip. (Sometimes a lot

and sometimes just a bit.) Skiing is available on groomed trails at Van Hoevenberg cross-country ski center -free if you are over 70. The Loj meals are great, while shared conversation, games, and relaxation around the stone fireplace make this a perfect short vacation. We have reservations for private rooms #5 and #8 at \$135.00 per couple and 10 spaces in the

single bed Loft at \$45.10 per person. Breakfast is included in the room price and dinner costs \$17.50 per person. There are still beds available for Wednesday night so it is possible to extend your stay an extra night. Please call/email me as soon as possible for your reservation. I will need to know by the end of December.

Aleda Koehn

ADK Meetings Resume

Susquehanna Chapter meetings resumed Wednesday, September 17 at Elm Park Church. Following a 6 pm covered dish supper, Aaron Bennett, Director of Education at the Catskill Center for Conservation and Development, presented the "Mountain Top to Tap--the Journey of Water from the Catskills to New York City."

In July twelve students (six from Sidney High School and six from Brooklyn's Harbor School) spent three weeks camping, hiking, swimming, rafting and tubing from Wittenberg Mountain overlooking the Ashokan Reservoir to NYC's aqueduct system. Along the way they learned not only about the source and conveyance of the city's water system from an historic as well as contemporary vision, but much about themselves and how they would relate to the magical environment of the Catskills. The

trip video captured the students discovery and reaction. Aaron also shared updates on regulatory changes including a reclassification program which creates a "Primitive Bicycle Corridor" and will make about 156 acres of the Catskills available for mountain biking trails most over former old road beds. Aaron noted several of the trails. Specific information may be found at the website: <http://catskillcenter.org/whatsnew/whatsnew.html>.

Aaron commended the increased cooperation between the New York City Department of Environmental Protection (DEP) and the New York State Department of Environmental Conservation (DEC) which makes such changes possible. Aaron encouraged Sus ADK members and friends to visit project headquarters located in the ERFF Center in Arkville.

3rd Edition of Eastern Region Trail Guide Published

ADK's new edition of *Adirondack Trails: Eastern Region* is now available for purchase from ADK, bookstores, and Outdoor retailers throughout the Northeast.

The latest edition includes updated trail descriptions for the region extending from Lake Champlain on the east; to the High Peaks, Hoffman Notch Wilderness and Schroon Lake in the west; and Lake George and the Pharaoh Lake Wilderness in the

south.

Each Forest Preserve Series guide covers all New York state trails in its region and include lean-to shelters, campsites, water access, distances, elevations and road access information.

To place an order contact ADK, 814 Goggins Road, Lake George, NY 12845, (518) 668-4447, (800) 395-8080 (orders only), or visit ADK's Web site at www.adk.org

New Liability Form Adopted

ADIRONDACK MOUNTAIN CLUB INC. Susquehanna Chapter

814 GOGGINS Rd, LAKE GEORGE NY, 12845-4117
(518) 668-4447

TRIP _____ DATE OF TRIP _____
TRIP LEADER _____ CHAPTER: _____

RELEASE OF LIABILITY GROUP FORM

By signing below, I acknowledge that the outdoor recreational activities associated with the above described trip to be conducted by the Adirondack Mountain Club, Inc. (ADK), and/or its chapters are rigorous outdoor sports activities which may involve the risk of personal injury or death:

I hereby agree for myself, all of my family members and heirs, to be effective to the greatest extent permitted by law, to release ADK and any of its employees, officers, directors, members, trip leaders, chapters, or agents from any and all liability claims, losses, and/or damages for personal injuries or death which may occur during participation in the above named trip and the outdoor recreation activities associated with said trip.

I hereby agree for myself, all my family members and heirs, to be effective to the greatest extent permitted by law, not to sue or make any negligence claim against ADK, or any of its agents, employees, officers, instructors, guides, directors, trip leaders and members for personal injuries or wrongful death suffered as a result of participation in the above named trip or activity.

I intend this release and agreement not to sue to be effective whether or not injury or death results, in whole or in part, from the negligence of the ADK, or any of its agents, employees, officers, instructors, guides, directors, trip leaders and/or members.

I understand that negligence means a failure to do an act which a reasonably careful person would do, or the doing of an act which a reasonably careful person would not do, under the same circumstances, to protect another from injury or death.

I agree to be solely responsible for my own safety and to take every precaution to provide for my own safety and well being while participating in the outdoor activities of the ADK.

I knowingly assume the following risk, which include but are not limited to, the risk of personal injuries or death, which may occur during participation in the above named trip and the outdoor recreation activities associated with said trip.

If the signer is a minor:

I am the legal guardian of this minor and have read the above RELEASE. I hereby consent to the terms of the RELEASE on behalf of this minor, and give my consent to the participation of this minor in the outdoor recreational activities of the ADK and I hereby give my consent to the participation of this minor in all the activities of the ADK on the terms stated above.

(Note: Suitability of an outing for participation of minors is at the discretion of the trip leader.)

The form provides space for participants to sign in and to include emergency contacts.

Note to trip leaders: If there is a problem on the trip, send this completed form to ADK, 814 Goggins Road, Lake George NY 12845-4117, otherwise keep the form in your files.

ADK Creates Hiking Website

The website, www.adk.org/trails/Hiking_Page.aspx, leads you to a new page on the Adirondack Mountain Club's website. A visit to the website provides information on hiking and backpacking as well as snowshoeing and cross-country skiing. A sampling appears below:

Trail Conditions Get up-to-date trail conditions for the High Peaks region. And check the latest **weather** forecasts.

General Information about hiking and backpacking in the Adirondack High Peaks. Everything you need to know, from DEC regulations to protecting your food from bears. Find out the

best times to visit, where to park and how to protect sensitive ecosystems.



A Wilderness Affair: Get Wild for Wilderness!

ADK holds its 12th Annual Live and Silent Auction Saturday, November 1, 2008, 5:30 – 9:30 pm at The Albany Marriott on Wolf Road. Don't miss this fabulously entertaining event! Meet other ADK members, bid on Adirondack themed items, weekend getaways, artwork and other specialty items. See who takes our basket, have dinner and a good time, and

SUPPORT ADK. The cost is \$55.00 per person. See the Sept/Oct *ADIRONDACK* for more information. Call/email Aleda Koehn (432-8870) or Lucille Wiggin (432-1022) if interested and to arrange car pooling.

To donate an auction item, or become a corporate sponsor please contact Robin at 800-395-8080, ext. 14

ADK Crew Completes Work on New Trail to Lyon Mountain

ADK's Professional Trail Crew (PTC) has completed work on a new hiking trail to the 3,830-foot summit of Lyon Mountain, one of the most popular hiking destinations in the northern Adirondacks.

Lyon Mountain, an isolated peak just west of Chazy Lake in Clinton County, features a fire tower and a spectacular, 360-degree view. On a clear day, hikers enjoy views of Montreal's skyscrapers to the north, the High Peaks to the south and Lake Champlain and Vermont's Green Mountains to the east.

"It's a very popular trail. It gets a lot of use," said Wes Lampman, ADK's field programs director. "The trail is primarily used by hikers in the summer, with some mountain biking as well. In the winter it is used frequently by backcountry skiers and riders."

The old, 2.5 mile Lyon Mountain Trail was very steep, difficult and vulnerable to erosion. The PTC cut a new 3.5 mile more leisurely trail, incorporating 11 switchbacks in some of the steepest sections. The new trail section provides a more scenic walk and passes many exposed bedrock outcrops.

The PTC completed the trail in 10 weeks, the longest trail it has built since its 1979 creation said Lampman. The PTC builds and maintains backcountry hiking trails in the Adirondacks, Catskills and other wild areas of New York under a \$217,500 contract with the state Department of Environmental Conservation. Scouting and design of the new trail were completed in 2006 with funding from ADK's Algonquin Chapter.

Lyon Mountain is on Nature Conservancy property and eventually will be sold to New York state. Though currently unmarked, the trail is easy to follow with signs indicating the trail's start and end.

To get to the trailhead from the Northway Exit 38N, take state Route 374 west 23.2 miles to Chazy Lake Road (County Route 8). Drive south 1.8 miles on Chazy Lake Road to an unnamed gravel road on the right. At the beginning of the gravel road is a black and white sign indicating it is a seasonal, limited-use highway with no maintenance from Nov. 1 – May 1. Follow the gravel road about a mile to the parking area.

CONSERVATION UPDATE

Governor Signs Law to Protect State's Old-Growth Forests

Gov. David Paterson has signed into law a bill to protect New York's old-growth forests. The Bruce S. Kershner Heritage Tree Preservation and Protection Act adds old-growth forests to the list of state-owned lands eligible for special protection by inclusion in the State Nature and Historical Preserve. It also offers private landowners real property tax exemptions as incentives to place their old growth forest lands into protection plans. The Act also recognizes the work of advocates including Bruce S. Kershner to preserve and protect these forests.

Author, activist ADK member, and a leading authority on old-growth forests, Kershner, died in 2007. He discovered hundreds of stands of ancient trees throughout the Northeast. Old growth trees are important to the health of the entire forest ecosystems. They provide the atmosphere with abundant moisture and sequester carbon. Their grandness provides moisture and shade for indigenous flora and shelter for fauna. But, as a result of long-standing farming and logging traditions,

there are only a few old-growth stands left in New York. Preservation of these areas will not only protect the forest, but it will allow for the continuance of the unique plant and animal habitats that flourish within them.

New York's "Forever Wild" clause protects state-owned forests in the Catskill and Adirondack parks. But thousands of acres of state-owned forest land in other parts of the state do not have this protection and are subject to cutting. The State Nature and Historic Preserve provision of Section 4 of Article XIV of the State Constitution provides unique and significant areas with the opportunity to flourish as natural communities, field laboratories, and even passive recreation areas for the public. Old-growth forests will make a significant contribution to these protectable areas. The legislation defines an old-growth forest as a parcel of at least 10 acres with an abundance of late successional tree species at least 180-200 years old in a contiguous forested landscape that has evolved and reproduced naturally and is capable of self perpetuation.

Nature Conservancy Acquires Follensby Pond

The 15,000 acre Follensby Pond acquisition will become open to hikers, paddlers and provide a nearly 8-mile long lake accessible by a canoeable outlet to the Raquette River thus extending what is already the longest and most popular wilderness Adirondack canoe route stretching from Blue Mountain Lake to Tupper Lake. New York State will purchase the tract from The Nature Conservancy some time during the

next few years. The ADK hopes the state will then add the lake and surrounding forest to the High Peaks Wilderness Area.

More than 35 years ago, ADK author Paul Jamieson bemoaned the fact that the vast 19th century network of Adirondack canoe and guide boat routes had largely been closed. But with these recent developments, and the purchase of other lands and waters since 1990, we are coming close to restoring Jamieson's "lapsed paradise."

Foot-Loose!

Newsletter of the Susquehanna Chapter ADK

www.susqadk.org

c/o Rita Salo

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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 Rita Salo at (607)432-3656 for more information. Portions of this newsletter are also available online; go to www.susqadk.org.

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Chapter meetings are held the third Wednesday of the month 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, leantos, 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
- Adirondac Magazine six times a year

For more information go to www.susqadk.org or call (800) 395-8080