



Foot – Loose!

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

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Susquehanna Chapter's Adoption and Maintenance of the Wilson Pond Trail

reminiscences of workdays gone by.

“A gem of a day in a season of dross.” That was August 1, 2009. Aleda, Julie, Fred, Jack, David and Joe cleared blowdown, clipped back, and had an enjoyable time doing it on the Wilson Pond trail in the Blue Ridge Wilderness Area (BRWA).

The Wilson Pond trail was formally adopted by Joe Hart through the Club's agreement with DEC on October 21, 1999. But that adoption was not the beginning of our Chapter's involvement with the trails of the BRWA. After our Chapter adopted the wilderness area, we amassed an enthusiastic brigade to familiarize ourselves with it. On August 9 and 10 of 1997 and several subsequent dates, the following people hiked and reported on the existing trails in the wilderness area: Joe Fodero, Irwin Goen, Joe Hart, Nina Hart, Kevin Kelly, Aleda Koehn, Johanna Koenig, Bill Kratzenstein, Barbara and Richard Reeves-Ellington, Peter Regan, Carol Saggese, Aviva Schneider, Linda Seifried, Jean Seroka, Joe Seroka, Jim Vogler, and Bill Walling.

On the basis of the information we collected, we decided to 1) adopt the existing Wilson Pond trail and maintain it, 2) locate a trail shown on maps which followed Lost Brook and Brown's Brook from Sagamore Lake to the Cedar River Road, 3) explore a route to get the Northville – Lake Placid Trail (NPT) off the Cedar River Road into the Blue Ridge Wilderness, and 4) locate an abandoned 19th-century road mentioned to us by Greg George, NYS Ranger.

The first objective, maintaining the Wilson Pond trail, was a pretty straightforward proposition. After adoption, we found a trail full of blowdown, a short section of permanently wet muck a few hundred yards from the trailhead on a narrow right-of-way leading to state land, and no way to cross the outlet of Wilson Pond. In June of 1998, Rangers Greg George, Gary McChesney, and Gary Lee and Joe Hart built a log bridge over the outlet. The following winter, in February of 1999, Bill Walling and Joe Hart loaded a toboggan with planks and 4x4 lumber and pulled it to the wet spot. Then in the spring of 1999, Aleda Koehn and Noel Davis “swamped” for Ranger Greg George, clearing the major blowdown from the trail while Joe and Jean Seroka, Nina and Joe Hart, Bill Walling (maybe others, I've forgotten now) put in about 100 feet of planking on 4x4 cribs to bridge the wet spot. Since then, we've done routine work each year. The perennial

problem of beaver flooding may eventually be solved with a long bridge over the marsh.



Early trail developers from left to right: Sue Davis, Cynthia Ballantine, Bill Walling, Joe Hart, and Linda Seifried

Linda Seifried and Joe Hart took the first run at finding the trail through the Lost Brook – Brown's Brook valley in August of 1998. We started at Sagamore Lake and found the trail, but we lost it around Buck Mountain. Bill Walling and Joe Hart tried again from Sagamore Lake in October of 1998 with the same result. In August of 1999, Linda Seifried, Aleda Koehn, Bill Walling, and Joe Hart struck into the valley from the south going in over the notch between Metcalf and Round Top mountains from the Cedar River Road. Here we had more luck, finding a well-maintained trail on an old road running along the north side of Brown's Brook. This trip led us to our next objective.

The NPT had a section of about 6 miles running along the Cedar River Road, which had become a heavily traveled road and uncomfortable for hikers. The NPT also crossed a piece of private land, the McCain Resort, and the owners were unhappy with people parking there. The notch we explored east of Metcalf Mt. seemed like a good possibility to shift the NPT off

(continued from page 1)

the road into the Blue Ridge Wilderness, and in 2001 Chapter members Nina Hart, Linda Seifried, Joe Hart, Ivan and Gerda Gyori, Bill Walling, Sue Davis, and Cynthia Ballantine with Wes Lampman (ADK trails coordinator) made two trips over the proposed route through the notch from Wakely Dam. Ranger Greg George looked at the route from the Stephens Pond end. This new trail was completed by the ADK trail crew in the summer of 2009.

Our last objective, the (now-called) "cross-over" trail was mentioned to us by Ranger Greg George. Bill Kratzenstein, Nina

and Joe Hart tried to find the western end of this trail where it joins the Wilson Pond trail in August of 1997 with no success. Joe Hart failed several times trying to find it. Then, in August of 1998, Johanna Koenig and Bill Walling located the trail from the Cascade Pond end. They followed it through and came out at the spring near the Wilson Pond trail. Subsequently, in August of 2000, Ivan Gyori and Joe Hart walked the trail taking bearing and distances and plotted the trail's course. The clearing and marking of this trail was approved in the Unit Management Plan for BRWA and work was begun by the DEC crew in the spring of 2009.
Joe Hart

ROBERT V. RIDDELL STATE PARK - EAGLE SCOUT PROJECTS UPDATE

Recently the *Daily Star* carried a picture of Boy Scout Terence Harrison of Milford. He has completed his project of building and installing six bird houses and four benches. These will be a welcome addition along the trails in the northern (lower) section of the park.

Brad Wilson, a Boy Scout from Oneonta, has completed his project of tagging trails, building a bridge across the creek in the meadow, and making a kiosk to contain a map of the trails. I spoke to Ed Winslow, the Parks Manager, and asked why the trail map was not up. I was saddened to hear that vandals had broken the plexi-glass in the kiosk (and also damaged another

sign near the gate). As soon as Ed and his crew have a chance to replace the plexiglass, the color-coded map will be installed.

The third project, proposed by Scout Nick DiBartolomeo of Oneonta, awaits approval from the Scout committee. Nick will be working on the south side of the park and will be clearing trails and putting up orange trail tags to mark the way to the waterfalls and the trail up the hillside to Mud Lake. Our chapter may be able to help Nick when he gets ready to tag trails.

Take a walk along the marked trails on the northern (lower) side and check all the improvements that have been made over this spring and summer.
Aleda Koehn

Summer Trip Reports

North - South Lakes Hike

Sunday, June 13, 2009. The Mahlkes led a weekend hike to the site of the "no longer present" Catskill Mountain House, near North - South Lakes in the Catskill Mts. The views of Mountain Laurel seen last year could not be repeated, due to this year's



(photo by Carol Saggese)

cool temperatures and lots of rain. We enjoyed eating our lunch on Boulder Rock with a fine, though somewhat hazy view of the Hudson Valley. The sun blessed us with warming rays, the bugs were not too evident, and the rain stayed up in the clouds until we were well on our way home. "Who could ask for anything more?" sun blessed us with warming rays, the bugs were not too evident, and the rain stayed up in the clouds until we were well on our way home. "Who could ask for anything more?"

HeideMahlke

Goodyear Lake Hike

Tuesday, June 23, 2009. WOW!!! Was it because of the beautiful summer day or was it the lure of "ice cream provided"?

Whatever the reason, a remarkable number of hikers (37) gathered to walk at Goodyear Lake. Included in our group were the visiting grandchildren of two of our hikers - Chelsea from California and 6-year old Dennis from Maryland. Six people did a 1-hour walk on the lake roads. The rest of us hiked along the railroad tracks and then through a wooded area (some privately owned and some State land) over to the Collier's Dam. Many enjoyed being near the base of the dam looking for fossils and anything else of interest. Due to the abundance of recent rain, there was a great amount of roaring water flowing over the dam. It was very impressive.. We returned to our backyard to enjoy a leisure lunch including, of course, a dish of ice cream. Everybody seemed to enjoy the outing. -- *Linda Pearce*

Fernleigh Farm Hike

Tuesday June 30, 2009. Kay and Ted Kantorowski led a hike starting and ending at Fernleigh Farm in Cooperstown. A brief rain shower occurred on the trail but it was sunny by the time the group reached Star Field and a magnificent view of Otsego Lake.



Fernleigh Farm House



Waterfalls
(photos by Currie Marr)

College Camp Hike

Tuesday, July 7, 2009. We met at the SUCO College Camp in the midst of several rain showers. By the time we started the hike the rain was lighter, and during the hike the sun came out. Many of us started with colorful umbrellas but soon most had shed their raincoats. Fourteen of us enjoyed the 1.8 mile hike up and down the hills of College Camp and then we had a nice lunch in the sun near the lodge after the hike.

Doug Fielder

Landis Arboretum Hike

Tuesday, July 14, 2009. Twenty-three hikers visited a well-watered, green and sparkling Landis Arboretum located near Esperance, NY. If you haven't been there in a while, you'll be astonished. The arboretum has grown to 500 acres and has added a stand of old-growth forest, bog plants, perennial beds and an attractive visitors center where we ate our lunches and had coffee. The beeches are in trouble and there have been losses but the oak collection, for which the Arboretum is known, is thriving.



The Great White Oak, 400-500 years old (Quercus alba)

Crumhorn Lake Picnic

Report on July 15 picnic at Crumhorn Lake--It was a lovely day, but not quite warm enough for swimming. Linda Melchionie, Steve and their three grown children, home from various venues, arrived first and helped get out the boats and lawn chairs. Steve was the only person brave enough to swim, but several other people enjoyed the boats. By supper time 35 people arrived to partake of our usual wonderful meal and a good time was had by all.

Lucille Wiggin

Arnold Lake State Forest Hike

Tuesday, July 21, 2009. Under dry to semi-dry conditions, 28 ADKers enjoyed a 3 mile hike in Arnold Lake State Forest and Hartwick Public lands. The hike started and ended at the Nordic Ski Parking area off of Joe Cornell Road about 5 miles from Milford, NY.



The principal beauty and pleasure of the hike were the soft trails through mature forests, and the main challenge was the steep 1 mile incline back to the cars.



The most unusual plant seen was the Foxglove Beardtongue (*Penstemon digitalis*) and the most obvious domesticated escapee was the



Garden Loosestrife (*Lysimachia punctata*).

Franklin Mountain Hike

Tuesday, July 28, 2009. Twenty-three ADKers enjoyed a 2 mile hike in the vicinity of Sally and Rod Hebbard's home on Franklin Mountain. Participants followed wooded trails and roads and sometimes crossed meadows. Along the way interesting ponds, stone structures, and wild life were observed. After lunch and delicious brownies made by Sally, some participants swam in Hebbard's pond while others looked at Sally's flowers and vegetable garden.



Waterlily in Hebbard's pond

Blueridge – Wilson Pond Trail Project

Saturday, August 1, 2009. David Diener, Joe Hart, Fred Johnson, Aleda Koehn, Jack Meeks, and Julie Smith hiked, cleared, trimmed and sawed their way along the 3 mile trail to/from Wilson Pond in the Blue Ridge Wilderness Area.



Joe and Jack reconfigure a serious trail blocker
Photo and report - Julie Smith

Nine Mile Swamp Paddle

Tuesday, August 4, 2009. Four paddlers spent several hours of a clear and sunny day on the Nine Mile Swamp section of the Sangerfield River north of Sherburne. The water was high enough to foil the beaver activity; the breeze kept the insects away. We saw the scarlet cardinal flowers as well as an unknown rose.

Bike Ride: Stamford to South Kortright

Tuesday, August 18, 2009. Eleven enthusiastic bikers had a fun ride from Stamford to South Kortright and back. One very enjoyable stop was in Hobart for lunch at the park. Even though the temperature and humidity were very high, the group did not seem to mind. After the ride a few of us stopped at Stewart's for ice cream and a cold drink.
Julie Smith

West Branch Preserve

Tuesday, August 25, 2009. Twelve hikers gathered near Walton to hike along the West Branch of the Delaware. First we set out along the old railroad bed that runs near the river, but this trail is now waist-high in goldenrod, with wild rose thorn branches hidden in between. [Mowing needed!] We did get to a pleasant spot at river's edge, but then beat a retreat and instead, hiked in the West Branch Preserve across the street. There, after ascertaining that six people could hold hands and encircle the giant old Oak tree [now completely dead, sad to say], we hiked up to the waterfalls for a nice snack before returning to our vehicles.
Linda Seifried

Crumhorn Mountain Hike

Tuesday, September 1, 2009. Nineteen hikers gathered at Crumhorn Mountain on Tuesday, September 1. It was a beautiful cool clear day and you could definitely feel Fall in the air. We had a nice easy hike around the Boy Scout camp and through the woods making a loop back to the road where there was a choice of returning to the cars or continuing around the lake. After returning to the parking lot several people stayed and ate lunch at the picnic table. We were sorry that Lucille decided not to join us as it was a little too cool for swimming as we had planned.



Hick State Forest

Tuesday, September 8, 2009. Thirty people showed up for our hike at Hick State Forest (also known as The Roseboom Nordic Ski Trails). We all did the first part of the walk to a pond. There on a beautiful September day, we ate lunch. Monica and Irv Peters planned to walk the remainder of the trail, and graciously invited the rest of the group to join them. So 14 happy hikers went off with the Peters, while the rest of us backtracked on the trail to our cars. I did miss one trail for a few minutes, but realized it before we went too far. It is so nice to be outside on these wonderful days we've had lately.
Rita Salo



Editor's note. If you've received Foot-Loose by US Mail and are seeing black & white photos, we encourage you to switch to the e-mail version. You'll see color photos, and save trees, paper, and postage. To request the e-mail edition, contact Fred Johnson at jfred212@frontiernet.net.

SUSQUEHANNA CHAPTER FALL 2009 SCHEDULE

Outings

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.

Ernie Mahlke, 432-2583, will be happy to hear from people who want to hike on week-ends 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>Date</u>	<u>Leaders</u>	<u>Phone</u>	<u>Destination</u>
Oct.6	Ruth Schaffer & Carol	988-7036	hike snowmobile trail in Otego
Oct. 13	Fran Darrah	286-3301	hike in Delaware County
Oct. 20	Joe Hart	829-8358	work day at Arnold Lake
Oct. 27	Linda Melchionne	315-858-0359	TBA
Nov.3	Doug & Scott Fielder	432-2727	Oneonta Greenway at 10:00am then a walk around the Plains. Bring lunch to eat at the Fielders. Dessert & beverage will be provided.
Nov. 10	Currie & Virginia Marr	432-5434	TBA
Nov. 17	Ernie & Heide Mahlke	432-2583	Hunts Pond
Nov. 24	Barb Means	432-4903	Hike near Barb's house. Hot soup will be provided.
Dec. 1	Aleda Koehn	432-8870	Hike at Gilbert Lake
Dec. 8	Kay & Ted Kantorowski	547-5528	Hike at Waupaunaucau State Forest
Dec. 15	Julie Smith	432-8642	Hike or ski TBA
Dec. 22	Lucille Wiggin	432-1022	Hike or ski Crumhorn Mtn.
Dec.29	Mary Dunkle	547-2162	Hike or ski TBA Hot soup provided at Mary's

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

Welcome New & Renewing ADKers

George Bochicchio	11 Pearl St.	Bainbridge, NY 13733
Andrew & Giulia Earle-Richardson	667 East St.	Oneonta, NY 13820
Edmond & Carole Overbey	21 Spruce St	Oneonta, NY 13820

We'll see you at meetings and on the trails

Director's Report

ADK Board of Directors meetings are really enjoyable to attend, as the highlight the many areas of endeavor ADK has undertaken.

The club president, Curt Miller, ably assisted by the Treasurer and the Investment Committee, keeps a very close eye on Club income and outgo, and his report was encouraging: For example, ADK has exceeded its net income estimates for the year-to-date. ADK is maintaining its plans and position even in the difficult economic times. Membership development is a key investment, and Deb Zack's report on this was lively and

promising. The great cycling event - *ididaride* - was a big success as a participatory event where people can recreate while financially supporting ADK.

The Education Department also has much to be proud of. Key personnel are receiving "Leave No Trace Master Educator Instructor" training, putting ADK in position to train many others in this vital program. The Summit Steward program continues its great work, and Elderhostel programs are now being offered. All in all, ADK's activities are impressive!

Linda Seifried

ADK Meetings Resume

Wednesday, September 16. Following dinner and sharing many summer escapades, Connie Reed gave a slide presentation on a trip to New Zealand some years ago. Beginning at Auckland, on the North Island, her small group of eight traveled by bus south the length of the island, to Wellington. Along the way they had opportunities to become acquainted not only with the geography of the country but its history, culture, cuisine, and even sports. They then flew to the South Island, and here Connie's photos

were filled with dramatic waterfalls, snow-capped mountains, and clear lakes. The trip culminated in a challenging four-day hike on the Milford Track, from Lake Te Anau to Milford Sound. "There was a lot of up and down," Connie said, "but mostly up"—including a 3,500-foot ascent to Mackinnon Pass where the party encountered substantial snow cover. Connie took some excellent shots of Sutherland Falls, the highest falls in New Zealand.

Wednesday, October 21, monthly meeting at Elm Park United Methodist Church. 6 pm. Potluck supper will be followed at 7 pm with Jay Fleisher presenting a Power Point program "A Trek along the Southern Approach to Everest Base Camp." Jay will be joined in the presentation by his partner and travel-mate, Judy Pachter.

Wednesday, November 18, monthly meeting at EPUM. 6 pm. Potluck supper will be followed at 7 pm with Harry Barnes and Muffy McDowell reporting on their 6 day, up close and personal, whale watching trip to Baja.

Wednesday, December 16, for our Christmas Party at EPUM. We begin with our 6 pm. dish to pass dinner. At 7 pm we'll review the year with your photos, digital pictures to project, and/or slides (from a bygone era, but welcome as we have a projector and a carousel.).

ADK Member Recruitment Opportunities

In an effort to recruit new people to our ADK Susquehanna Chapter, Barb Means and Erika Heinegg went July 10th to Delhi's "Fair on the Square" Friday evening event. The Susquehanna Chapter's display of Pictures and Brochures was

well received by young and old. On September 19 Barb and Erika provided the display at the "Trout Unlimited Conservation Day" at Oneonta's Fortin Park.

Erika Heinegg, Conservation Chair

ADK Auction Thank You

Aug. 28, '09

Dear Susq. Chapter,

John and I just wanted to thank you and your chapter for the wonderful basket we bid on at the ADK auction. Earlier this month, we enjoyed a wonderful trip to Cooperstown and Oneonta. We went to the opera, visited the museums and Hyde Hall and had a very nice stay at Alice's (Siegfried) wonderful

B & B. We also enjoyed all of the other goodies from your area basket. We feel like we got a terrific "deal" and we will be back to the area again. Just wanted to let you know that we really enjoyed our trip.

Sincerely Ellen & John Caffry
ADK Glens Falls and Saratoga

Found, but Lost?

Aleda has the following items left behind at the June 2008 and 2009 picnics. She will be bringing items to the next meetings. Please ask her about them:

- | | | |
|---|---|---------------------------------|
| 1. Brown and flowered pot holder | 5. Three prong fork with wooden handle | 7. Silver-like dinner fork |
| 2. Tupperware plastic container with blue lid | 6. Scissor-type salad server Sheffield, England | 8. Stainless dessert fork |
| 3. Flowered chair pad | | 9. Stainless EKCO serving spoon |
| 4. Stainless tablespoon | | |

Contact Aleda (432 8870 or akoehn40@hotmail.com) or check items at the next meeting.

ADK Susquehanna Chapter Executive Committee Meeting

At its August 27th meeting, held at Oneonta's Atonement Lutheran Church, the Executive Committee agreed on the following donations on behalf of the Susquehanna Chapter:

1. We will donate \$500 to ADK Education Committee to

purchase of a binocular microscope with any remainder to be used by the Ed. Comm. for any other purpose.
2. We will donate \$600 to be used meet the completion requirement for the Jo Koenig endowment fund with any remaining funds to go to the ADK general fund.

ANNUAL WINTER TRIP TO ADK LOJ February 1 -3 , 2010 (Monday - Wednesday)

Join fellow Susquehanna Chapter members for three days of fun, skiing, snowshoeing, and relaxing around the stone fireplace at our unique Loj in the North Country. We have reserved private room #5 and private room #6, as well as ten beds in the Loft. We always have a great time, no matter the weather. Last year we had great skiing with lots of snow and cold, clear skies.

The cost for the private room is \$155 per night for two people including breakfast. The Loft costs \$50 per person per night and

also includes breakfast. Dinner costs \$17. The Loj is located near Lake Placid, about 215 miles from Oneonta. Please call/email Aleda Koehn as soon as possible to reserve your place. She needs to have all reservations by the end of December or cancel.

Email akoehn40@hotmail.com or call 432-8870 for a great winter break.

Take a Walk, Then Hit the Bistro

From the AARP Bulletin, September 2009

“According to a June study in the *Archives of Internal Medicine*, the more people do socially, the better they do physically. Exercise is good for you, but “cognitive and social activity may offer benefits as well,” says lead author Aron Buchman, M.D., neurological science professor at Rush University Medical Center. The 11-year study followed 906 older adults and assessed their ability to walk, grip and balance. The results showed that the fewer social interactions subjects had, the more

rapid their loss of muscle control. In fact, each one-point decrease in social activity was associated with about a 33 percent more rapid rate of motor function decline. University of Pittsburgh geriatrician Stephanie Studenski says the study doesn’t explain why an active social life makes a difference. “It might have been physical activity, interpersonal support or perhaps just a positive attitude toward life in general.

Provided by Lucille Wiggin

News from ADK

Life Jacket Requirement

A new state law that goes into effect Nov. 1 will require paddlers to wear life jackets from late fall through early spring. According to the amendment to Navigation Law, “no owner or operator of a pleasure vessel less than twenty-one feet, including rowboats, canoes, and kayaks shall permit its operation, between

November first and May first, unless each person on board such vessel is wearing a securely fastened United States Coast Guard approved wearable personal flotation device of an appropriate size when such vessel is underway.” Violators could face a fine of \$100 to \$250.

Northville-Placid Trail

ADK’s Professional Trails Crew recently completed the rerouting of a section of the Northville-Placid Trail. The 10-week project resulted in a new 7.5-mile section that takes the trail off Cedar River Road and into the Blue Ridge Wilderness. The new section officially opens Thursday, Aug. 27. Building the 133-mile NPT was one of the first projects undertaken after

ADK was formed in 1922. The Trails Crew has also been recognized by DEC for “30 years as partners rebuilding and maintaining trails in the Adirondack and Catskill parks.” The Certificate of Appreciation was signed by DEC Commissioner Pete Grannis.

idadaride!

More than 200 riders participated in the fourth annual *idadaride!* Adirondack Bike Tour on Aug. 16, including 173 who completed the 75-mile loop through the heart of the Adirondacks. Thirty-four riders completed the 20-mile option. More than two dozen volunteers, including 10 from the Cold River Chapter, formed the support team for the event. The riders ranged in age from 16 to 77, with men outnumbering woman by

a 3-to-1 margin. While the majority came from New York, participants traveled from as far away as Florida, Michigan and Tennessee. The ride was held on one of the hottest days of the summer, with temperatures reaching 87 degrees by mid-afternoon. This is the second year that ADK has sponsored the event.

New Staffer

Laurie Schweighardt has come aboard as ADK’s new membership director. Laurie will be managing all aspects of membership, from acquisition (new member recruitment campaigns, direct mail) to retention strategies. She will represent the Membership and Development Department at outside events. She will also be responsible for design of membership-related materials and for member outreach and communications (e-mail

campaigns, Web site copy and promotions, direct mail). In addition, she will examine ways to extend memberships to outdoor clubs, unions and other organization that have expressed interest in ADK. Laurie has an MBA from RPI. She’s been an ADK member for over 10 years and served as the Albany Chapter membership chair for the past two years.

Save the Date

ADK’s 9th Annual President’s Dinner, “Recognizing Outstanding Service and Achievement,” will be held from 5 p.m. to 9 p.m., Saturday, Oct. 24, at Mallozzi’s Clubhouse at Western

Turnpike Golf Course, Guilderland. For more information, contact Virginia at (518) 668-4447 Ext. 25 or send an [e-mail](#).

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.

Susquehanna Chapter Officers and Committee Chairs

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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, leanos, 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