



Foot - Loose!

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

Volume 17, Number 2

April 2005

...from the Chair

First, let me thank all of the people who have made the last two years so eventful. Most of the board is simply rearranging itself, but other chapter members are coming on in different jobs. Check the committees and see if there is someplace you would like to help. “The more the merrier,” as the old saying goes. Secondly, I am told to introduce myself as the new Chapter Chair—after at least 25 years of active membership. Having grown up in the country south of Buffalo, NY, my interest has always been the out-of-doors. Spring saw us looking for wildflowers, summers we waded or swam in the creek (pronounced “crick” out there), fall walks in the woods were special, and winter skiing or tobogganing on the hill across the road gave us a view across Lake Erie to the Canadian shore line. My husband and I visited Oneonta in October 1962 looking for a good town in which to open a dental office. We fell in love with these beautiful, colorful hills and have been here ever since, raising our family and now nearing retirement.

Those of us in the Tuesday outings group have really been enjoying some fantastic cross-county skiing this January, February, and early March. It seems to me that the forest is even more beautiful in winter without the foliage obstructing views from our wonderful hills. The crisp air revives our overheated minds, and the completely renewed landscape takes us away from our daily cares without traveling to far places.

Spring will soon arrive with what we have come to call “mud season.” But let us not be too pessimistic; we started seeing robins about a month ago. And did you know that a flower called the Snow Drop is already poking out of the ground under the snow? It happens every year in my garden. The streams are open and are playing their music, soon to be joined by spring peepers. So we will soon trade our skis for rubber boots and enjoy spring.

Lucille Wiggin

Important!

Chapter monthly meetings at the Elm Park Methodist Church are now preceded by a 6pm potluck supper. Programs will begin at 7, followed by a short business meeting. Members and guests are invited to arrive early—with a dish to pass, your own table service, and cup or mug—to share a meal.

New!

New!

CHAPTER CHANGES AND NEWS YOU CAN USE

Our Very Own Web Site!

www.susqadk.org

After thinking about it for at least two years and finally getting to work, we are now ON THE WEB. Yes, we did have a web site before this, but it was hosted and maintained through the ADK main club. With this change of control we hope to have a more attractive site with many local pictures, be able to make changes as quickly as they come along, and reach out both to fellow ADKers and other interested people. The page can be accessed as before via the ADK web page (www.adk.org) by going to Membership, then ADK Chapters, then choosing Susquehanna. Or just go directly to www.susqadk.org. So far, the site includes links to our schedule of outings, contact persons, and a previously hidden chapter "treasure," our reference library. Please browse the site and give me your feedback.

Jo Koenig

Foot-Loose via E-mail

Following in the footsteps of Jo's work in getting our web site up and running, I am ready to distribute Foot-Loose via e-mail to those members who are able to open an Adobe Reader .pdf file. Distributing the newsletter via e-mail will save postage and printing costs and will allow for faster delivery. After opening the file you can read the newsletter on your screen or print your own copy. If you want to receive Foot-Loose in this way, please send me an e-mail at susquehannaadk@aol.com. If you are interested but are not sure that your computer can do this, please contact me and we will try to work out the process.

Additionally, Jo Koenig and I maintain a list of chapter members' e-mail addresses. If your e-mail address changes or if you are not sure that we have your correct address, please contact each of us at jokoening@dmcom.net and susquehannaadk@aol.com. Thank you.

Danny Birnbaum

Membership News

Since our last Foot-Loose of January 1, 2005, we have been notified of twelve new memberships for our ADK Susquehanna Chapter. It is exciting to have these folks join us. A list of the newest members is below. Please reach out and make them feel welcome.

Rita Salo, Membership Chair

Newest Members

Cletus & Dorene Benjamin, 1029 Peck St., Jefferson, NY 12093 (607)652-3396

Michael DeSanto, 60C Mount Vernon Dr., Vernon, CT 06066

Pierre Guilhot, 3 Delaware Ave., Delhi, NY 13753 (607)746-2094

Art & Debbie Hagedorn, 18 New Paltz Rd., Highland, NY 12528 (845)691-6716

Adele Johnson, 1193 Co. Hwy. 26, Fly Creek, NY 13337

William Kuk & Colleen Kenny-Kuk, 26 Esther Ave., Binghamton, NY 13903 (607)724-7846

Kenneth Landers, 3419 Lynwood Place, Vestal, NY 13850 (607)729-5797

Joan Lehn, PO Box 235, Franklin, NY, 13775 (607)829-8584

Win McIntyre, 555 Salt Springville Road, Cherry Valley, NY 13320 (607)264-3055

Frederic & Barbara Onasch, 262 Hamilton Dr., Delhi, NY 13753

Brett K. Sherwood, 114 Broad St., Morris, NY 13808 (607)263-5389

Christine & Albert Weiss, 1332 Co. Hwy. 33, Cooperstown, NY 13326 (607)547-4409

Adirondack Mountain Club Susquehanna Chapter

Treasurer's Report, Year 2004

ACCOUNT BALANCES 12/31/03

Savings	\$1,421.89
Checking	\$ 678.52
Chapter Deposit Note	\$1,570.46
TOTAL	\$3,670.87

INCOME

Dues share	\$2,271.93
Newsletter	\$ 0.00
Interest	\$ 53.50
Loj outings	\$1,003.00
Dinners	\$ 602.00
Other	\$ 0.00
TOTAL INCOME	\$3,935.43

EXPENSES

Loj outings	\$ 482.00
Director (governor) expenses	\$ 300.00
Rent	\$ 200.00
Special projects	\$ 164.59
Programs	\$ 170.00
Exec. Committee expenses	\$ 7.00
Donations	\$ 500.00
Conservation Committee	\$ 0.00
Hospitality Comm: Dinners	\$ 602.00
Hospitality Comm: Supplies	\$ 26.79
Membership Committee	\$ 13.50
Newsletter: Printing	\$ 373.26
Newsletter: Postage	\$ 284.90
Outings Comm: Midweek	\$ 0.00
Outings Comm: Weekend	\$ 0.00
Publicity Committee	\$ 0.00
Trails Committee	\$ 0.00
Blue Ridge Committee	\$ 0.00
Education Committee	\$ 0.00
TOTAL EXPENSES	\$3,124.04

NET GAIN/(LOSS) \$ 811.39

ACCOUNT BALANCES 12/31/04

Savings	\$2,071.83
Checking	\$ 798.63
Chapter Deposit Note	\$1,611.95
TOTAL	\$4,482.41

Submitted by Nina Hart

Volunteers Needed

On May 19th at Gilbert Lake and May 20th at Glimmerglass, ADK will repeat last year's presentation for the 5th grade outdoor safety program. Come and help, any time from 9am to 1:30pm. Lunch will be provided. Contact me at 265-3780 or sseifried@mkl.com. *Linda Seifried*

Garlic Mustard: A hiker's guide

Garlic Mustard (*Alliaria petiolata*) is an invasive herb, now widespread throughout New York. It gets its name from the strong garlic odor of the crushed leaves. Because of its small seeds and ability to disperse on boots just when the spring hiking season is in full swing, ADKers need to be aware of their potential to control the infestation. Garlic Mustard is a biennial; in its first year it grows as a low rosette often below the level of native Trilliums and Dog-tooth violets. During this time it puts most of its resources into a substantial root network. In the second year, it uses this reserve to send out a large reproductive shoot (the "bolt"), which produces hundreds of flowers in May and hundreds of seeds in June. It is this reproductive bolt that interferes with native species, by out-competing them for light in early May.

The good news is that small outcrops of Garlic Mustard are easy to control. As the plant begins to flower, its resources are diverted out of the roots, making them a snap to pull out of the ground. This method has worked well along the Oneonta Susquehanna Greenway, and several areas formerly thick with Garlic Mustard have now returned to native wildflowers thanks to a small army of weed pullers. The pulled weeds must be bagged, because if individual plants are simply flung into the woods they will likely be able to complete seed production anyway. The other way Garlic Mustard can be controlled is by boot cleaning. If you hike in late May and recognize fruiting stalks of Garlic Mustard, take care to clean your boots before hiking in more pristine areas. In both the Adirondack and Catskill Parks, projects are underway to control the spread of invasive species. Alan White is leading the Catskill Park efforts (www.catskillcenter.org), and the Adirondack Park Invasive Plant Program can be seen at <http://www.adkinvasives.com/>. Next issue: Knotweeds!

Donna Vogler

Canoe Paddle?

Anyone interested in forming a canoe relay team for the May 29 General Clinton Canoe Regatta please contact Jack Meeks at 783-2924.

Fall Chapter Outing at Adirondack Loj September 10-12, 2005

It is not too soon to think fall, as we have to cancel in mid-summer. We have a twin-bed private room, a downstairs four-person bunk room, and four places in the upstairs bunk room. If you are interested in this weekend please contact Aleda Koehn at 432-8870 or akoehn40@hotmail.com.

ADK Spring Outing 2005 *The Undiscovered Island* June 17-19, 2005 Hosted by ADK Long Island

Join other Susquehanna Chapter members who are planning to attend the most unusual Spring Outing in our memory. Go to www.adkli.org for details. Contact Jo Koenig at 432-4975 for further information or to arrange for carpooling.

Trails report

This winter's work included moving wood to the site of a bridge over a small stream on the Arnold Lake trail. The bridge, about 15' long, will be made of treated lumber and has cost the club about \$150. It's now wrapped in a tarp near the stream and will be assembled when good weather arrives in the spring. Thanks go to the Salos, Sanfords, Mahlkes, Danny Birnbaum, Bob Consigli, Bob Pierce, and Nina Hart, who schlepped the bridge a half mile on toboggans and sleds.

Joe Hart

New State Park in Westford

Chapter members can add a new destination to the list of local places to hike and ski. Betty and Wilbur Davis State Park is located in the northwest corner of the town of Westford. The park is administered out of Glimmerglass State Park and consists of about 180 acres located on the top of the ridge between the villages of Westford and Middlefield. It has beautiful views from the open areas. There is a parking lot plowed out and a couple of ski or hiking trails made up from old woods roads. They are marked with tape for the present (the park is currently "under development"). In summer there is a picnic area and a couple of small ponds. We snowshoed "Andy's Trail" and found it very attractive. It drops down along a stream, out of the wind; a drawback is that it's not a loop. We had to walk back along the road or retrace our tracks. The new Otsego County road map shows Davis Road and Gately Road as seasonal (unplowed) but they were plowed and sanded so access was easy. It is worth going to for a new spot.

Nina and Joe Hart

Trip Reports

December 28, Tuesday Eleven ADK members gathered (with temperatures measuring between 10 and 20 degrees below zero) at the Great American parking lot in Delhi. The skies were overcast. We drove to the estate of Johana Arnold and Kim Paterson where we had been invited to hike or to skate. Only two to three inches of snow were on the ground, too little for skiing. A comment with regard to skating was, "The ice had gotten harder with our advancing age." It looked really slippery and fast, so no one was interested. However, the hike led by Johana was very enjoyable. We saw and identified one huge old Red Oak tree, a marvel to behold. An invitation was extended to return for a ski trip if circumstances permit. We thanked our gracious hosts upon parting.

Erika Baker-Heinegg

January 4, Tuesday It must have been the post-holiday need to get outdoors and exercise that brought 24 people out to walk some trails in the Arnold Lake State Forest on a very cold day with not much snow. As ever, it was beautiful. We chose an area where there would be less likelihood for wet places underfoot, but we did break through some icy spots. Walking fast, we completed the circuit in an hour and a half. Then most of us reassembled at Jackie's Restaurant (a winter favorite) in Milford for soup, etc.

Jo Koenig

January 25, Tuesday Thirteen members gathered for a beautiful blue sky, perfect snow day on the Delhi Golf Course. The more sedate had level skiing while the others had plenty of hills, valleys and beautiful views. Most of the participants met afterwards at the Crossroads Cafe for a tasty lunch.

Erika Baker-Heinegg

Jan 30-Feb 1 Annual Loj Winter Weekend Fourteen chapter members enjoyed a perfect winter weekend of X-C skiing and winter activities. Lucille's daughter Carolyn introduced our group to trails around the John Brown Farm and, the next day, a section of the Jackrabbit Trail behind Pitchoff. On various days all enjoyed skiing on the perfect snow and groomed trails of Van Hoevenberg. Some extended their vacation with a stay at Mountain

Meadows B&B in Keene Valley.

Aleda Koehn

February 1, Tuesday Eleven skiers, two hikers, and four snowshoers enjoyed a beautiful, sunny February morning at Hartwick College's Pine Lake Environmental Center. Lunch was outside at the picnic tables. Only four of us decided to eat inside the lodge where it was extra warm and cozy.

Julie Smith

February 8, Tuesday Eighteen of us went out to Beaver Meadow Road, a couple of miles outside Cooperstown. Fourteen of us snowshoed, two skied and two hiked through the woods and around and up to Clark's Tower and Ambrose Clark's grave. He is buried with his horse and dog. Because the area is now enclosed by a high iron fence it is difficult to read the inscription on the tombstone. We made out the name of the dog, Buttons, a retriever, who retrieved over 3000 birds. It was not a great day weather-wise (damp with some periods of drizzle) but we were glad we made a final decision to go. It was a very enjoyable time and great exercise.

Nuala MacCabe

February 15, Tuesday Ten am found 20 hikers ready and able at Kay Kantorowski's, outside of Cooperstown. Several people had snowshoes and the rest had small crampons/stabilizers so they could walk the trail. There was enough wet snow for the trek going from the house down along Red Creek and circling back around and up the trail to the house. Lunch was homemade soup, snacks, and lemon poppyseed bread, topped by valentine cookies! We earned it! Many thanks to those who attended, and Bev Hensle, Nuala MacCabe and Cathy Allen for extra food contributions. The sun came out about halfway through the hike, and the temperature was in the mid-40s, so all in all a glorious morning!

Kay Kantorowski

February 23, Sunday Beautiful but cold snow greeted eleven intrepid winter lovers at Crumhorn Lake. Six of us skied the lake and Boy Scout Camp while five walked the woods roads. Later, a warm fire and covered dish supper was enjoyed by all in the cozy cottage.

Lucille Wiggin



Skiing at Pine Lake Environmental Center on February 1, 2005.

From left: Ernie Mahlke, Inez Hymers, Barb Meeks, Sue Sanford, Jack Meeks, Rita Salo, Kathy Kenny, Bill Kratzenstein and Lucille Wiggin. *Photo by Julie Smith*

SUSQUEHANNA ADK CHAPTER SPRING 2005 SCHEDULE

Outings and Meetings

ALWAYS CALL LEADERS FOR DETAILS

All area codes are 607 unless otherwise noted

Mud season has arrived! In order to preserve the integrity of trails wear waterproof boots and walk directly through wet areas.

It is the responsibility of each trip's leader to have all participants sign a release form.

Tuesday leaders contact Barbara Means for forms; weekend leaders contact Ernie Mahlke or Steve Herrmann.

- 4/5, Tuesday Joe Hart 829-8358 Audubon Sanctuary.
- 4/12, Tuesday Norma Lee Havens 432-3154 TBA.
- 4/19, Tuesday Carol Forman 432-3084 Farm with beaver dam.
- 4/20, Wednesday Susquehanna Chapter monthly meeting, Elm Park Methodist Church, 401 Chestnut St., Oneonta. Andy Mason, Conservation Chairman of the Delaware Otsego Audubon Society, will present a program on spring birds. **NEW!** 6pm potluck supper (please bring table service including cup or mug), 7pm program followed by business meeting.
- 4/26, Tuesday Rita Salo 432-3656 Brookfield State Forest horse trails.
- 4/30, Saturday Lucille Wiggin 432-1022 Hike approximately 4 miles on Escarpment Trail to North Lake in the Catskills. Rated B.
- 5/3, Tuesday David Truscott 746-2826 Delhi area.
- 5/8, Sunday Joe Hart 829-8358 Hike Windham High Peak, approximately 6.6 miles round trip.
- 5/10, Tuesday Bill Kratzenstein 988-9039 Hunts Pond State Park, New Berlin.
- 5/14, Saturday Jo Koenig 432-4975 Hike Bearpen Mt. near Prattsville. Approximately 8 miles round trip.
- 5/17, Tuesday Mary Dunkle 547-2162 Walk a "special place" near Cooperstown.
- 5/18, Wednesday Susquehanna Chapter monthly meeting, Elm Park Methodist Church, 401 Chestnut St., Oneonta. Jerry and Jane Hebbard will present a program of their travels to the Copper Canyon, Mexico and Big Bend NP, Texas. **NEW!** 6pm potluck supper (please bring table service including cup or mug), 7pm program followed by business meeting.
- 5/21, Saturday Ernest and Heide Mahlke 432-2583 Hike to the Mt. Tremper fire tower. Approximately 6 miles round trip with consistent moderate upward trend.
- 5/24, Tuesday Lucille Wiggin 432-1022 Audubon Sanctuary wildflower walk.
- 5/29, Sunday Jack Meeks 783-2924 General Clinton Canoe Regatta. Contact Jack as far in advance as possible to form a team or provide support.

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SUSQUEHANNA ADK CHAPTER SPRING 2004 SCHEDULE
Outings and Meetings

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6/6, Monday Susquehanna Chapter Executive Committee meeting. 7:30pm at Barb Means's. Contact Lucille Wiggin with concerns or agenda items.

6/7, Tuesday Bev Hensle 286-9126 TBA.

6/8, Wednesday Danny Birnbaum 278-5259 susquehannaadk@aol.com Deadline for submissions to Foot-Loose summer issue.

6/11, Saturday Barb Means 432-4903 Hike Indian Head Mt. in the Catskills. 6.5 miles at a moderate pace.

6/12, Sunday Steve Herrmann 432-2157 Mountain bike on Brookfield State Forest horse trails.

6/14, Tuesday Carol Saggese 432-8010 Bike or walk.

6/15, Wednesday Annual Picnic at Gilbert Lake State Park, Laurens. 6:30pm at the beach shelter near the boat rental. Bring a dish to pass, table service and a good appetite. Enter park for free after 6pm or at any time with a senior citizen in the car.

6/17-6/19 ADK Spring Outing on Long Island. See page 3 for essential details.

6/21, Tuesday Barbara Meeks 783-2924 Mud Lake, Hartwick College's Pine Lake Environmental Center.

6/25, Saturday Ernie and Heide Mahlke 432-2583 Hike Balsam Lake Mt. and fire tower in the Catskills. Two small uphill pitches, but otherwise moderate ascent.

6/28, Tuesday Fran Darrah 286-3301 TBA.

Long Path in Another Country

I have a pen pal in Auckland, New Zealand. Although she is crippled she knows of my interest in all things outdoors and sends me an article occasionally. She also keeps me supplied annually with a wildlife calendar.

I thought our members would be interested in information from the following article from the *North Shore Times* dated Tuesday, November 16, 2004.

"The first section of Te Araroa (the Long Pathway) opened in 1995 on the North Island going from Waitanga to Kerikeri. About 170 kilometers have since been opened. It is the project of the Te Araroa Trust, which obtains funds through grants. They have an agreement with the Department of Conservation so that the pathway can pass through public lands. There exist huts for overnight use in these forests. The track, which is the Kiwi word for trail, is planned to cover both islands and will extend from Cape Reinga to Bluff when it is completed. Of course, much of it will need to go over privately held properties, so rights of way and permissions must be obtained."

The reason for the article was to announce the opening of a 23-kilometer section in the Auckland area. It goes along the bay and beaches with terrific views across to the main part of the city of Auckland, not far from my friend's house. Indeed, I hope to go there and walk it next year! I will keep the article available for anyone interested in reading it.

Jo Koenig

News from the Board of Directors

DIRECTOR'S REPORT, MEETING OF MARCH 12, 2005

President Tom Wheeler: In 2004 ADK made progress in getting its financial house in order and completed the leadership transition to the new Executive Director, Neil Woodworth. Goals for 2005 include a focus on membership retention and growth, and looking toward the future as strategic planning for the next five years is completed. This process will set and prioritize goals. The Marketing Committee has been formed to work on issues of branding and marketing to increase public awareness of ADK's role and relevance.

Executive Director Neil Woodward: Neil has established a team approach to running ADK with Deputy Executive Director John Million and Director of Finance Bob Rudolf. Neil continues to wear several hats as he continues in Conservation and Advocacy and also covering, with the team, Membership and Development. There is a good possibility that the Development position will be filled, as an excellent candidate has been offered the job.

Membership and Development: The Fall membership appeal had a low return; this was also true for other outdoor organizations. ADK hired a consultant to better design the spring appeal. We were each handed a packet offering a \$10.00 discount on new memberships. We were told that we could copy this and use it for any new members. The chapters will have an important role in increasing the overall membership, and the retention rate is higher for those who belong to a chapter. (I have the discount materials for anyone who wants copies.) Direct mail is the greatest source of new members. Second is the web site. The proposed Catskill Chapter does not seem to be going anywhere at the present. There is interest in starting chapters in Montreal, Burlington, VT, Hartford, CT, and Springfield, MA.

Finances and Audit: ADK ended 2004 with \$64,000 net surplus. Investments showed a gain of \$100,000. DEC finally paid for the trail work done by ADK, and Neil held up a check for \$130,000. It was pointed out that between 1997 and 2002 ADK lost money on operational expenses every year. Any profits shown during that period came from investments. The focus now is to continue profitability in operations. The auditor presented the ADK financial

report for 2004. I have a copy of this report if anyone is interested.

Strategic Plan 2005-2009: Plan was presented with the following sections: I. Background, II. Proposed Revised Mission Statement, III. Strategic Goals. The document also contains a discussion of the goals, a means to achieving the mission, organizational needs, and concluding remarks. There was some discussion about wording of some parts, and just how far ADK extends. There will be more on this in the future.

Overall: Committee members made reports. There was discussion of the proposed charter for the Marketing Committee (some changes and suggestions were made). There were no major action items. The problem with the updating of membership lists has been the conversion to a new system and no technical help. The staff is working on this.

Aleda J. Koehn

Conservation Notes

Bear canisters: Bears in the Adirondacks have become so adept at raiding food supplies that the DEC is moving toward requiring use of bear canisters for storing food on overnight camping. Details are still being worked out; DEC may use this coming year to educate hikers on the use of the canisters, or may require them in the High Peaks region. ADK has a limited supply of these cans to rent and likely will acquire more to meet the need. Meanwhile, if you are out in the woods cooking dinner and company arrives in the form of a hungry bear, you can try one hiker's trick: he grabbed a tarp and held it up over his head, on the theory that this "shows the bear who is the bigger fellow!"

Community Preservation Act: If put into place by the state, the Community Preservation Act would provide a tool that communities could use to raise money for preserving historic structures such as old barns, or to put toward matching EPF funds for creating parks or other land preserves. It would allow a community, if it wished, to hold a public referendum on whether to impose a 2% tax on homes valued above a median price, then use the monies for preservation. Although nothing in the act is mandatory, and communities themselves would decide by public referendum, the act is still opposed by real estate agents and developers. Watch for news on this act.

Linda Seifried



South end of Indian Lake from Snowy Mountain, southern Adirondacks. *Photo by Danny Birnbaum*

Foot-Loose!

Newsletter of the Susquehanna Chapter ADK

c/o Danny Birnbaum, Editor
5735 County Highway 10
East Meredith NY 13757

A 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.

Susquehanna Chapter Officers and Committee Chairs

Chair: Lucille Wiggin 432-1022 wiggin@stny.rr.com	Outings: Weekend: Steve Herrmann 432-2157 sherrmann@stny.rr.com or: Ernie Mahlke 432-2583 mahlkeed@yahoo.com Mid-Week: Barb Means 432-4903 meansbar@dmcom.net	Publicity: Johanna Koenig 432-4975 jokoening@dmcom.net
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Director: Aleda Koehn 432-8870 akoehn40@hotmail.com	Conservation: Linda Seifried 265-3780 sseifried@mkl.com	Refreshments: Jean Seroka 988-7007
Membership: Rita Salo 432-3656 jrsalo@dmcom.net		

Chapter meetings are held the third Wednesday of the month 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 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 \$45 for individuals and \$55 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 campground
- 20% discount on ADK trail guides, canoe guides, maps, books and calendars
- A FREE copy of the book *Forests & Trees of the Adirondack High Peaks Region*
- membership in one of ADK's 27 chapters throughout the Northeast

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