



Foot – Loose!

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

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January 2009

Ski – Orienteering

By Verna Engstrom-Heg

ADK skiers may also be interested in Ski-Orienteering. Orienteering means going into the woods with a map and a compass and finding “controls.”

The person who finds all of their controls in their course in the shortest time wins. (I am slow and do NOT win, but I have fun skiing in the woods and picking my route.)

In Ski-Orienteering the controls must be on trails. But you can bushwhack and/or take trails to get to them. You must get from control 1 to control 2, etc. There usually are at least three courses: short,

medium, and long. If you do two Ski-O meets, you may do the Ski-O at Empire State Games. Anyone interested in the Empire State Games should contact Eric Hamilton: 518 383 8565 or by e-mail efj.bkh@juno.com.

Note: Lapland and Garnett Hill are more expensive because they are privately owned. Others cost \$5 or \$6 mainly for maps.

For further information on Ski-Orienteering contact Verna Engstrom-Heg at 607 829 8785 or by e-mail bobverna@wpe.com.

Looking Back

Our Susquehanna Chapter has been around for about 30 years. To get an idea of how we've come to where we are, it's sometimes fun to take a look at where we've been. With that thought and with thanks to Joe and Nina Hart, who “looked back” at their collection of “Foot-Loose,” we share a report from December 1998.

The Mohawk Valley walk started from the parking lot at the General Herkimer Home, which is a state historical site. 9 members hiked through a wooded area, a swamp, and a paved area to Lock #7 passing the canal and the Mohawk River. Lunch was enjoyed at the Ann Street Café (everything from burgers, gyros, seafood croissants to soup and sandwiches). A short walk over the bridge brought the Falls into view along with a flock of ducks and mallards looking for a handout. The last leg of the approximately 5-mile walk was along a paved path above the river and

canal between rock walls. Finally, steps were retraced to the Herkimer home. A tour of this historic site capped off the day's walk. Surprises along the way: wildflowers blooming, fern and moss still growing. Also seen, a red-tailed hawk swooping, chickadees, blue jays, and cardinals heard. Despite a wet windy start to the day, the end was sunny and clear. Although the hike was easy, flat, and out of the deep woods due to hunting season, it challenged one's sense of history. The “Drums along the Mohawk” were definitely heard. *Marilyn DiGaspar*

Nominating Committee Announces Candidates

The Susquehanna Chapter nominating committee has recommended a slate of officers to be elected at the Annual Meeting on Wednesday, January 21, 2009. Nominees include Chair – Aleda Koehn, Vice-Chair – Julie Smith, and Secretary – Linda Wilcox. Each officer will serve a two-year term. The committee consisting of Scott Fielder, Nina Hart, and Beverly Hensle presented its recommendations at the December ADK meeting.

Website Update

An important use of the Chapter's website is to keep abreast of recent information and changes. To accomplish this, there are four important pages to enter:

- **Calendar** – Open up the calendar by clicking on the month. Then click on the desired event. New information and changes are added to the calendar shortly after Moira Beach distributes e-mails.
- **Recent posts** – Under “Recent posts” (now 8 pages) occur trip reports, their respective photographs, and other “stories” of potential interest. Only items designated as “Story” are worthy of being clicked open. All items designated as “Event” are calendar items and are more accessible by using the calendar.
- **ADK Today** – ADK Today is an electronic newsletter recently started by the Club and currently consists of two newsletters.
- **Newsletter – “Foot-Loose”** – Can't find an issue of the Foot-Loose newsletter, including the most recent one? Click on this page.

If you want your own Trip Report on the Web, please submit it to Currie Marr soon after the trip, and incoming trip photographs will be attached. Of course, Fred Johnson would like to receive your trip reports too for “Foot-Loose.”

Fall Trip Reports

Note: Photos mentioned in the reports can be seen on our website, www.susqadk.org.

Betty and Wilbur Davis State Park Hike

Tuesday, September 2 – Nineteen ADKers hiked 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. Photographs, by Currie Marr and Scott Fielder, include: 1) Willow Pond, 2) fruits of Jack-in-the-Pulpit, 3) a North Woods cabin, 4) ridge view, 5) hollow stump, and 6) lunch.

Fran Darrah

North/South Lake State Park Hike

Tuesday, September 9 – Sixteen ADKers hiked about 1.5 miles on the Escarpment Trail from the parking lot of North Lake in the Catskills. Along the way we admired incredible views from Artist's Rock, Sunset Rock and Newman's Ledge. Lunch for 12 hikers was at Newman's Ledge; whereas 4 hikers proceeded north past Badman's Cave. Upon returning, the hike was extended southward to the former Catskill Mountain House. Photographs 1, 11 by Currie Marr; 2, 3, 7-10, 12 by Scott Fielder; and 4-6 by Carol Saggese: 1) Artist's Rock, 2) North and South Lakes from Sunset Rock, 3) On top of Sunset Rock, 4) Viewing the Beyond, 5) Reflections, 6) Tannersville 7) Sunset Rock Discussion, 8) Migrating Canada Geese, 9) Lunch on Newman's Ledge, 10) Return Trip, 11) Browsing Deer, and 12) Catskill Mountain House Sign.

Gerri Scheele and Lucille Wiggin

Basswood Pond Hike

Tuesday, September 30 – On this perfectly beautiful Fall day, we had a bit of an adventure on the trail, followed by lunch next to Basswood Pond, and then, for some, a trip to Tom Salo's home nearby. Eight of the group chose to walk the lower, more even Blue Trail. The other twenty-two of us chose the upper, hillier Yellow Trail. The trails were reportedly in good shape. However, logging activities had left some messy, deeply rutted sections. The Yellow Trail had not been well used, and there were many pricker bushes and blowdowns. All the hikers helped me to locate the yellow markers and alternate ways around the downed trees. It added interest and a little excitement to the walk. At one point we crossed a path that had three-foot ruts to jump over. After lunch, about twenty of us went to Tom's place, where we looked at his "famous" root cellar, his wetland bird sanctuary, and his fishpond, and finally we picked blueberries. What a happy sight it was to see our ADK Tuesday hiking group spread out in Tom and Jo's blueberry patch picking and eating to beat the band. We had a wonderful day. Photograph 2 by Norma Lee Havens, the others by Scott Fielder: 1) Beginning of Hike, 2) End of Hike - Tom & John Salo looking at the blueberry pickers, 3) Logging Road, 4) Black-eyed Susan (*Rudbeckia hirta*), 5) False Solomon's Seal (*Smilacina racemosa*), 6) New England Aster (*Aster novae-angliae*), 7) Reflection Pond, 8) Basswood Pond, and 9) A Snag or Two.

Rita & John Salo

Susquehanna Paddle

Tuesday, September 30 – Seventeen ADKers had a wonderful paddle on a portion of the Susquehanna. What a sight it was to see thirteen canoes and kayaks lined up and ready to float up such a lovely river on a beautiful autumn morning. At noon, we banked our boats and sat along the river to enjoy our lunch. We came close to being visited by a couple of curious horses, but they decided to turn back. All got back home before the afternoon shower. Photographs, by Carol Saggese, include: 1) Migrating Geese, 2) Group on the Susquehanna, 3) Canoes Up Close, and 4) Fall Color.

Julie Smith

Clark's Tower Hike

Tuesday, October 7 – The October 7 hike was led by Kay and Ted Kantorowski. 36 hikers met at the Clark Sports Center to consolidate riders/cars. The sun was bright, the sky blue, and the frost meant that everyone had on an extra layer. But once we got on the path at Clark Tower and began walking, everyone warmed up, and the walk proceeded south from the entrance gate, along an ATV/snowmobile path, up around the cornfield and back to the Clark Tower. We had lunch /snack at the field overlooking Otsego Lake and Bassett Hospital and were "entertained" all along the way by a helicopter coming in and landing, and going out again at the Hospital landing pad near Clark Sports Center. The total walk was about 3 miles, and the weather couldn't have cooperated more! A beautiful morning to be outdoors! Photographs, by Currie Marr, include: 1) Leader Pointing the Way, 2) Discussion of Field Corn, 3) Water Tower, 4) Otsego Lake in the Distance, 5) Leaf Color, 6) Pet Grave Base of Tower, 7) Clark's Tower, 8) Tower Entrance, and 9) Tower Window.

Kay Kantorowski

Franklin Mountain Hike

Tuesday, October 14 – Thirty-three ADK hikers enjoyed a colorful warm fall hike at Rod and Sally Hebbards'. The hike turned out to be 4.75 miles through fields and woods from which we saw a panorama of hills from Franklin. We climbed over old stone walls up to a stone quarry and to a dry fall that if it had water would have flowed down hill on the Otego side. Our lunch was by two lovely ponds owned by neighbors. The hike ended back at the Hebbards' with a treat of Sally's homemade cookies and cider while taking in the beautiful view from their home. A big thank you to all ADK hikers for a Great

Day! Photographs, by Scott Fielder, include: 1) From Rod & Sally's House to Their Pond, 2) Water Lilies, 3) Hebbards' Pond and House, 4) Red-tailed Hawk, 5) Through the Woods, 6) Sugar Maples, 7) Barbara Means, 8) Erika Heinegg, 9) To the Quarry, 10) Lunch on the Neighbor's Pond, 11) Return to the Hebbards', 12) Honey Locust Seed Pods.

Rod & Sally Hebbard

College Camp Red Trail Hike

Tuesday, November 4 – Despite being Election Day, 12 cars and 20 people turned out to hike the Red Trail at SUNY Oneonta's College Camp. Also known as the fitness trail, at one time the trail signs along the way directed users to perform various exercises. The day was warm enough that most participants shed their jackets upon climbing the steep hill at the beginning of the walk. We encountered a misshapen tree that reminded some of a dinosaur or others of a tortoise. Finally lunches were enjoyed outdoors on the deck of the Lodge, or at a picnic table, or in the gazebo. Photographs 5, 6 and 9 were taken by Doug Fielder and the others by Scott Fielder and these include: 1) The First Hill, 2) Red Trail Marker, 3) Misty View, 4) Looking at the Map, 5) Nina and her Friend, Martha, 6) Marching Along, 7) Exercise Directions, 8) Barbara Meeks, and 9) the Dinosaur Tree.

Virginia & Currie Marr

John Boyd Thacher State Park Hike

Tuesday, November 11 – Sixteen ADKers hiked the Indian Ladder Trail in Thacher State Park. Photographs, by Currie Marr, include: 1) the Emma Treadwell Thacher Nature Center, 2) a Demonstration of a Bee Colony, 3) Close up of the Bees, 4) On the trail, 5) Group Picture, 6) Waterfall 1, 7) Waterfall 2, 8) Jean Seroka, 9) Waterfall 3, 10) View from the Top, 11) Maidenhair Spleenwort (*Asplenium trichomanes*), and 12) Cluster of Birch Trees.

Jean & Joe Seroka

Nature Conservancy's West Branch Preserve

Tuesday, November 18 – Fortunately, I never formed the habit of checking out hikes beforehand. Had I done so I would have gone somewhere else and 22 people would have missed a challenging and stimulating scramble through seemingly constant blowdowns. We were in the West Branch Nature Conservancy Preserve on the West Branch of the

Delaware River. Everyone was pleased to find that the big white oak on this property is still healthy although it has lost some large branches. In the small "old growth" stand of hemlock and pine, there were a number of trees down but none of the really large ones. The snowstorm a couple weeks ago caught many beeches still in their summer clothes and the weight of the snow took many down and broke tops out of many more. The evergreen Christmas ferns were numerous, this being their season. The other ground cover plants are dead and the snow has yet to cover the mostly prostrate ferns. The waterfall had plenty of water and the sun broke through often enough to keep the photographers in the crowd happy (or at least hopeful). Photographs, by Currie Marr, include: 1) Place Sign, 2) Gathering of the Fold, 3) White Oak Specimen, 4) Massive Trunk, 5) Measuring the Circumference, 6) Decision Point, 7) Group Photo, 8) Tree Foundation, 9) Hemlock Stand, 10) Group Photo, 11) Waterfall, 12) Rock Wall.

Nina and Joe Hart

Gilbert Lake State Park

Saturday, December 13 - Eight ADK members (including a possible new recruit) enjoyed a two-hour

x-c ski in Gilbert Lake State Park in the afternoon. There were about 2" of icy base, 1" of granular and 2" of powder. So Neil Toombs led us all around the far campground and other unplowed paved roads for a 2-hour trip. The sun on the icy trees and snow made everything crystal and diamonds. Two of us went back on Sun. for a repeat and the skiing was great, but sun absent. People we met said the woods trails were also fairly good.

Lucille Wiggin

Brookwood Horse Trails

Monday, December 15 - The 50 degree temperatures destroyed the beautiful skiing conditions at The Brookfield Horse Trails. Fourteen hikers showed up, in spite of not knowing what we would find when we got there. The walking was tricky. We had to watch every step we took. Everyone was in good humor and made the best of the situation. We attempted to reach the Trail 17 Lean-To, but as we got farther into the woods, conditions got worse. We turned around and went back to the road to return to our cars. Some of us stopped for lunch at the New York Pizzeria in New Berlin. We enjoyed warm hospitality there and it felt good to just sit and relax.

Rita Salo

Golf Ball In Tree Stumps Trail Stew

Joe Hart provided most of the following account of a unique trail discovery:

"I went over a piece of the Arnold Lake trail on December 16, 2008 to take out blowdown resulting from the previous week's ice storm. One of the fallen trees, a poplar about 14" dbh, was lodged off the ground 10' or so above the trail. When I got it down, I was astonished to see, setting in a dead branch near the top of the tree, a golf ball! The branch with the ball in it must have been 40' off

the ground when the tree was erect. I sat a while and thought about it but no explanation has come to me."

Jerry Hebbard and Joe walked 2/3 of the Arnold Lake ski trail taking out blowdown. They didn't get the northern end but the rest is clear. Should be good skiing.

Any golfing suggestions for Joe?

SUSQUEHANNA CHAPTER WINTER OUTING TO ADIRONDACK LOJ

Monday February 2 - Wednesday February 4, 2009

There are a few places left in the upstairs Loft—comfortable beds, not bunks. Join the group that has already signed up for a great three days skiing, snowshoeing, and relaxing around the fire. About \$45 per

night for bed and breakfast. Call Adirondack Loj for reservations 1-518-523-3480 or call/e-mail Aleda Koehn for more information.

Membership News

As of October 31, 2008, our total Household memberships include 185 households and 273 voting members. Welcome to our newest members. Please add our new members to your membership list.

Blane Dixley	162 Cooper School House Rd., Bainbridge, NY, 13733	
Cynthia & Steven Fisher	46 Susquehanna Ave., Cooperstown, NY 13326	607 547 5379
Jim Forbes	1177 Kelly Corners Rd., Oneonta, NY 13820	
Ken & Teresa Stabler	433 Jones Rd., New Lisbon, NY 13415	
David & Donna Stinnard	5 E. Center St., Oneonta, NY 13820	607 433 0565
Denise Brandow	633 Cty Hwy 41, Schenevus, NY 12155	
Jaime Sutt	PO Box 191, Morris, NY 13808	607 263 5389
Margaret Triolo	3680 St Hwy 28, Milford, NY 13860	607 286 3325

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

Rita Salo, Membership Chair

SUSQUEHANNA CHAPTER WINTER 2009 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 liability release form which may be downloaded from our website: www.susqadk.org.

<u>Date</u>	<u>Leader</u>	<u>Phone No.</u>	<u>Destination</u>
Tues. Jan.6	Currie Marr	432-5434	Riddell Park
Tues. Jan. 13	Julie Smith	432-8642	Pine Lake
Tues. Jan. 20	Monica Peters	315-858-0261	Ski or Hike in Hartwick
Tues. Jan.27	Aleda Koehn	432-8870	Ski or Hike at Gilbert Lake
Tues. Feb.3	Rita Salo	432-3656	Hicks St.Forest in Roseboom, Ski or Hike
Tues. Feb.10	Linda Pearce	432-8969	Goodyear Lake
Tues. Feb.17	Barb Means	432-4903	TBA
Tues. Feb.30	Bev Hensle	286-9126	Nature Walk at Hawk Circle in Cherry Valley
Tues. Mar. 3	Kay Kantorowski	547-5528	Hike near Cooperstown
Tues. Mar.10	Lucille Wiggin	432-1022	Crumhorn Mtn., Ski or walk
Tues. Mar.17	Barb Meeks	783- 2924	TBA
Tues. Mar. 24	Joe Hart	829-8358	Texas Schoolhouse State Forest; Meet 10:00am at Price Chopper
Tues. Mar. 31	Norma Havens	432-3154	Hike on the Thayer Property

WANTED: PADDLERS WHO LIKE TO HAVE FUN!

Our Susquehanna ADK Chapter is looking for a Team Leader, and a Team, to compete in the Annual General Clinton Canoe Regatta in May, 2009. WE ARE LOOKING FOR NEW BLOOD. If you are interested in spending an exciting and fun-filled day on the beautiful Susquehanna River, think about gathering your friends and/or family together to represent our Chapter in the race. Anyone interested, whether you are one or more, please contact me, Rita Salo, 607-432-3656. We need

five teams, each made up of one man and one woman, to cover the five legs of the race from Oneonta to Bainbridge. The Chapter has a canoe and paddles and even life jackets if necessary.

Those of us who have participated in this event and know the route will be happy to give any guidance necessary. Please think about it.
Rita Salo 607-432-3656.

Winter 2009 Meetings

Wed. Jan 21 Monthly meeting Elm Park United Methodist Church, 401 Chestnut St., Oneonta. 6 pm potluck dinner followed by 7 pm program: our annual business meeting, with committee reports and election of officers.

Wed. Feb 18 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, a rocky rugged land on the Ligurian Sea between Genova and Pisa on Italy's western coast. Trails (and railroad lines) connect the five (Cinque) coastal villages which, until modern times, had been isolated from each other. The hiking - up, up, up, then down, down, down, - was rigorous, but the views of the sea, waves, and rocks below; the colorful houses; the lemon and olive groves; the food and friendships, all made an unforgettable trip.

Wed. Mar 18 Monthly meeting Elm Park United Methodist Church, 401 Chestnut St., Oneonta. 6 pm potluck dinner followed by 7 pm program. Doug and Scott Fielder will present a program based on the Elderhostel they took in February 2008 called "Great Deserts." This Elderhostel began in Tucson AZ with trips to the Saguaro National Park and Sonoran Desert Museum. They traveled on to Palm Springs CA after an overnight in Yuma and a stop at the strange Salton Sea. They went from a snow-capped mountain at Palm Springs to 282 feet below sea level in Death Valley. Before Death Valley they explored the Joshua Tree National Park in the Mohave Desert. They stayed at the Furnace Creek Ranch at Death Valley National Park and made several interesting excursions into strange but beautiful places in the Park. They will share these experiences with their photos.

A Wilderness Affair

Five Susquehanna Chapter members attended the Wilderness Affair, a fundraiser for ADK, held at the Marriott Hotel on Wolf Road in Albany. The Honorary Chairman for this year was Fred LeBrun of the Albany Times Union. Half of the large room had long tables covered with items for the silent action part of the evening. One could walk around and write down your bid on art work, camping items, guided trips, clothing, beer, wine and many other items. Cooperstown Brewery provided beer tasting. After a very good dinner, the live action began. The professional auctioneer kept the bids going on chapter baskets and some other donated larger items. (Our basket went for \$60.) Winners of the Hornbeck canoe and quilt raffle were also drawn. Although none of us bid, nor did we win the raffle, it was lots of fun to watch. We all had a good time visiting with ADKers from other chapters. After the live auction, silent-bid winners picked up and paid for their items. Over \$37,000 was raised for ADK. Because of fall conflicts, the 2009 fundraiser, the "Black Fly Affair," will be held in May.
Aleda Koehn



JOIN THE GREAT BACKYARD BIRD COUNT

Count for Fun, Count for the Future

New York, NY and Ithaca, NY—Bird and nature fans throughout North America are invited to join tens of thousands of everyday bird watchers for the 12th annual Great Backyard Bird Count (GBBC), February 13-16, 2009.

A joint project of the Cornell Lab of Ornithology and the National Audubon Society, this free event is an opportunity for

families, students, and people of all ages to discover the wonders of nature in backyards, schoolyards, and local parks, and, at the same time, make an important contribution to conservation. Participants count birds and report their sightings online at www.birdcount.org.

ADK Spring Outing 2009 "The Undiscovered Island Revisited"

June 26-28, 2009

Hosted by ADK Long Island in Ronkonkoma, N.Y.

Join the Long Island Chapter of the Adirondack Mountain Club (ADK) for a memorable weekend, where we'll explore the diversity and scenic beauty of the Island through a creative schedule of hikes, beach walks, paddles, biking, sailing, cultural activities and more.

Our headquarters for the weekend will be the Holiday Inn in Ronkonkoma with easy access to all outings on the North and South Shores and East End. **For information:** contact Sue Stricker, 69 Thadford St., East Northport, NY 11731, (631) 368-5167; [e-mail](mailto:) Bill Schneider; or visit adkli.org

ADK Board of Directors Meeting, December 6, 2008 Report

The meeting was conducted by vice-chair Jim Bird.

The 2009 budget was presented, discussed and approved. This budget is the second year of the planned three-year deficit investment budget. The investments are in the important areas of (a) membership and development, (b) communications, and (c) information technology. All are needed to make the club financially stronger in the coming years. ADK, like all of us, will try to anticipate and deal with limitations due to the depressing economy. Overall in 2008, the planned deficit was less than projected, meaning ADK actually had a good year. Executive director Neil Woodward went over the benchmarks to be monitored. Donations are under budget. Membership is holding steady. A bright note was that North Country lodging and campgrounds had one of their busiest years ever, with revenues 8% higher than budget. Thanks to Tom Andrews, Bob Grimm, and the talented construction volunteers, facilities and amenities at the Loj and JBL have resulted in greatly increased customer satisfaction. The enthusiastic efforts of Development Director Deb Zack and staff netted \$37,253 from The Wilderness Affair held November 1.

The Jo Koenig Fund - JBL Endowment stands at

\$8,623 as of the end of November.

Because of cuts in NYS budget the VSF (Visitor Service Facility) to be built on the edge of Heart Lake property, a joint venture with ADK and DEC, is on long-term hold. ADK will continue to implement portions of the Master Plan for the property.

Other items.

May 30 2009 is the date for the "Black Fly Affair: A Hikers Ball" (Formally the Wilderness Affair). The idea is to wear formal attire and hiking boots for dancing and desserts with the usual silent and live auctions. Put this on your calendars!!

ADK Spring Outing will be June 26-28 at the Holiday Inn in Ronkonkoma, Long Island, NY. This fun weekend will be hosted by the Long Island Chapter. Some of us from Susquehanna went to Long Island three years ago and had a great time.

The BoD meeting was followed by the 2009 Organizational Meeting with the introduction of new directors and approval of the calendar. I was recognized for my six years on the Board. The Susquehanna Chapter representative to the BoD for the next two-year term will be Linda Seifried.. *Aleda Koehn*

Tug Hill Plateau Winter Outing

ADK's Onondaga Chapter will host this year's Tug Hill outing. All ADKers are invited to enjoy a weekend of cross-country skiing and snowshoeing. Participants will stay at the Mad River Club, located 5 miles east of I 81 via the Sandy Creek-Lacona exit. The exit off of I 81 is 40 miles north of Syracuse and 35 miles south of Watertown.

The Mad River Club is a rustic yet comfortable building with a large basement. There is indoor plumbing (one woman's bathroom, one shower and one men's bathroom), electricity and wood stove heat. Bathing facilities are limited to one shower. Sleeping will be on the floor. You

will need to bring sleeping bag and pad or small cot. If you prefer privacy, a soft bed and your own shower, we encourage you to stay in alternate lodging nearby and attend all the daily activities and meals.

The charge for the full weekend (trips, meals and sleep in clubhouse) is \$65.00. For reservation forms and instructions contact Kathy Disque, 315-656-3383, kathydisque@yahoo.com, 785 Fyler Rd #23, Kirkville, NY 13082 or visit the Onondaga Chapter's website: <http://www.adktravel.org/winterouting.htm>.

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www.susqadk.org

c/o Rita Salo

698 Winney Hill Road

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, 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