

Foot - Loose!

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

Volume 15, Number 1

January 2003

...from the Chair

Reflecting On The Past Two Years

It is hard to believe that two years have already passed since I became the chair of our Susquehanna Chapter. Our chapter continues to grow. Thirty to forty members frequently attend monthly meetings, and special events draw almost sixty people. We have had some outstanding activities during the year. So many memories of favorite hikes, ski trails, canoe trips, shared enthusiasm and fine friends make the Susquehanna Chapter such a great organization.

I would like to extend our collective thanks to members who have done so much for our organization, and also to introduce members who are taking on new responsibilities for 2003.

Our Director, Noel Davis, leaves both his position and our chapter as he moves on to join and become Director for the Cold River Chapter. Thank you, Noel, for a super job representing us and keeping us informed.

Our Vice-Chair, Linda Seifried, has done a great job of bringing us programs with a mix of speakers and topics that were educational and entertaining. Linda will become the Co-Chair of our chapter.

Thanks to Jane Ford-Richards for her very complete minutes for both our regular and executive meetings. Jane and her husband George are now coordinators for mid-week hikes. Georgia Schadt will take on the duties of Secretary.

A very grateful thank you to Barb Means for her editorial creativity and perseverance in putting out the newsletter. Her talent has made *Foot-Loose!* one of the most attractive of the chapter newsletters. We welcome Dan Birnbaum as our new editor, starting with this issue.

We thank Joe Seroka for the many trails he and his helpers have cleared during the past few years. Joe Hart now takes over this job.

We thank Nina Hart for bringing our budget and accounting methods in line with those of the main club. She has arranged those inscrutable lists of figures into an understandable form. Luckily for us, Nina will continue as treasurer.

Many thanks to Joe Hart who has served for the past few years on the statewide Conservation Committee, on the Catskills Conservation Sub-Committee, and chaired the Adopt-a-Wildland subcommittee. With Joe's encouragement our chapter adopted the Blue Ridge Wilderness area. Joe and other interested Susquehanna members have attended UMP meetings and have contributed to the plan for relocation of a portion of the Northville - Placid trail that runs through the Blue Ridge Wilderness. Joe says that he wants to concentrate on our chapter and has retired from statewide committees. Joe will put on several hats as he chairs the Trails Committee, Conservation Committee, Blue Ridge Committee, and, just to keep busy, will become Chapter Vice-Chair.

Thanks, Jo Koenig for getting out chapter information on trips, activities, meetings. Check your email for the latest info from Jo. She continues on the statewide Extended Outings Committee.

A very special thank you to Astrid and Horst Neumann for all the countless cups of coffee they have set out at our meetings. We know we do not NEED refreshments, but somehow a cup of tea or coffee contributes to a friendlier atmosphere. The October Member's Dinners that we have enjoyed are a result of the Neumanns' patient negotiations with SUCO food service and attention to many organizational details.

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CHAPTER CHANGES

A Friend Passes

Joan Vedy, a member of our chapter, died October 14, 2002 at Bridgewater Retirement Community, Bridgewater, Virginia.

Joan was an art teacher at Rye, New York until she moved to Oneonta in her retirement. Here she pursued photography, printmaking, promoting and teaching some art classes. Her favorite club was ADK, in which she edited Foot-Loose!, led photography hikes and actively participated year round.

Joan is survived by her sister, Dorothy Blain (Mrs. John) of Southampton, S032 3qS England, and her brother, George Dormand (wife Helen), Tilsmore Road, Heathfield, Sussex, TN210XU England. *Mary Lou Austin and Aleda Koehn*

Membership News

Two of our most active members have switched over to an ADK Chapter closer to their home. Farewell to Noel and Susan Davis. May the Cold River Chapter of ADK enjoy the benefits of their membership, as well as Noel's role as Director and chair of the ADK Finance Committee. We will miss them.

Some members do not want their information shared by ADK with other like-minded organizations. Lorraine DiSimone, our membership person at Lake George, says to call her at 800 395-8080, ext. 30, if you do not want your info shared. If you leave a message, be sure to mention our Susquehanna Chapter. *Rita Salo*

New Members:

SEPTEMBER 2002

Rose Carvill, 14 Franklin St., Oneonta, NY 13820, 607 432-5646
Richard Denicore, 20 South Belmont Circle, Oneonta, NY 13820, 607 432-8866
Joel Marchewka, 1002 Westkill Rd., Jefferson, NY 12093, 607 652-4581

OCTOBER 2002

E.L. Bergstraser, RR1 Box 207BB, Springville, PA 18844, 570 278-3773
Barbara Chamberlain, 101 Hoke Rd., Fly Creek, NY 13337, 607 547-5046
William & Julie Miller, 794 Chenango St., Binghamton, NY 13901, 607 773-8656

NOVEMBER 2002

Den Ebert, 7 Annette Ave., Binghamton, NY 13905, 607 797-1615
Vincent Moreno, PO Box 225, Pawling, NY 12564, 845 855-3535

Chapter Elections To Be Held At January Monthly Meeting

Gerda Gyori, Nominating Committee chair, presents the following slate of officers to be voted on by chapter members at the January 15, 2003 meeting:

Co-Chairs - Linda Seifried and Jim Vogler
Vice-Chair - Joe Hart
Secretary - Georgia Schadt
Treasurer - Nina Hart
Director - Aleda Koehn

ADK And The Susquehanna Chapter Need **YOU!**

TWO ALTERNATES NEEDED TO REPRESENT OUR CHAPTER ON THE BOARD OF DIRECTORS

The BoD is the governing body of ADK. It meets four times a year to discuss and vote on matters pertaining to the main club. Meetings are usually held on Saturdays at ADK headquarters in Lake George, NY, a distance of about 130 miles from Oneonta. I will be the Director for the next term, but alternates are needed to fill in if I am unable to attend a meeting. This is a great opportunity to learn more about ADK. If you are interested in the workings of our club on the state level or want more information, please contact Aleda Koehn at <akoehn40@hotmail.com> or 432-8870.

CHAPTER REPRESENTATIVE NEEDED FOR THE CATSKILL CONSERVATION SUBCOMMITTEE

Since we are close to the Catskills and often hike in this area, it would seem that someone of our membership might be interested in becoming a member of this committee. It is an active group, knowledgeable about the Catskills and the agencies that (are supposed to) manage the park. The committee meets two to three times a year on Saturdays at the Shandaken Town Hall on Route 28. The first meeting in 2003 will be on the second Saturday in January. Think about this. You could be part of this interesting group of people who keep an eye on the Catskills. For more information contact Bill Walling at <loonranger13@yahoo.com> or 547-5792, or Aleda Koehn at <akoehn40@hotmail.com> or 432-8870.

Foot-Loose! Editorial Transition

As of this issue, Dan Birnbaum is the new editor of *Foot-Loose!* He graciously responded to my plea to be relieved of a job I have done for more than eight years. The first issue for me, with Joan Vedy, was summer 1994. It's time for a change! I'm sure you will give him your full support and encouragement, as you did me. Thank you all and I look forward to seeing you on the trails and at meetings.

Barb Means

Barb Means has graciously allowed me the opportunity to edit *Foot-Loose!* I am excited to be more involved in the chapter (without having to give up my weekends). Initial changes in the newsletter will be minor as I follow Barb's time-tested format and style. In future issues I hope to add more stories and columns from chapter members. I encourage anyone with newsletter ideas to contact me. Thank you.

Danny Birnbaum

TRIP REPORTS

September 24, Tuesday. 19 hiker/walkers met in New Berlin, NY at the Stewart's and then proceeded to the Whaupanaucan State Forest area, halfway between New Berlin and Norwich. The weather was perfect - no wind, no clouds, bright sunshine and about 60 degrees. The 3.5+ loop hike took us around by the forest road and woods paths to the lean-to for lunch. Then a "viewing" at the pond and return back to the parking lot. This area offers a wide variety of trails both for hiking and cross-country skiing, and all are well marked. A good day was had by all!
Kay Kantorowski

October 22, Tuesday. 23 of us gathered together above the SUCO tennis courts for a hike on the Red Trail to the lodge at the College Camp, where we ate lunch. The weather was nice enough for us to eat at the picnic tables outside. There were lots of smashed pumpkins in the woods by the tables. We returned to our cars by way of the Blue trail and then the Red. There is a unique hemlock tree on the trail, about 15 minutes walk from the parking lot, which is worth the walk just to see it. Tuesday hiking is most congenial. We had a good time.
Rita Salo

October 29, Tuesday. 17 members and 3 guests had a very pleasant hike on a private estate in Delhi. We followed logging roads to a ledge high on the ridgeline for our lunch break and looked down on the village and the river and hills where previous hikes have occurred. We then walked around a private lake and wet lands (that would be a great place for a winter ski or spring nature walk!) before returning steeply downhill to our cars.
Dave Truscott

November 11, Tuesday. Our hike location was Hartwick State Forest. 23 hikers, two of them first-timers, set off in cloudy weather, first through a hardwood stand and then through the pine plantation. Soon after we started the sun came out to give us the warmest and clearest day we have had in a while. I must have missed part of the trail because we arrived at our lunch spot at 11:00AM. Barb Means suggested that we have "Elevenes" as they do in Britain. So we hung around in the sun looking at the mountain view and relaxing. The trail back to our cars was really muddy due to logging cleanup work. This trail is also a snowmobile route and should provide good skiing in winter.
Rita Salo

October 8, Tuesday. On a fine, fall morning, 23 of us hiked to three ponds at Gilbert Lake State Park. We especially enjoyed watching (and hearing) V's of Canada Geese flying south, as well as our lunch by the serene lake.
Jane Ford-Richards and George Richards

November 12, Tuesday. This hike, originally scheduled for the Bear Swamp State Forest, has become known as the "bait and switch" hike. I have recently become chair of the Trails Committee, and in serving my new job I scurried around and looked at the trails for which we are responsible under our agreement with DEC Land and Forests. I found the Nordic Ski Trail in Hick State Forest full of downed branches from wind and logging. I then sweet-talked the eleven unsuspecting hikers who showed up for the Bear Swamp hike into going to Hick and clearing the trail. We now have a good loop trail starting at the sign-in box parking lot on Joslin Road, so let it snow! Thank you to those good people. It was a gloomy day and a muddy, gloomy

job, and they did it with a smile—the "Greatest Generation" showing us how it's done.

Joe Hart

December 3, Tuesday. On this day 19 hikers braved the cold and biting wind to hike in the woods at Glimmerglass State Park. Since no hunters were allowed there, we all survived! Lunch was eaten in the lean-to overlooking the pond. Jokes and fellowship abounded.

Kathy Allen

December 10, Tuesday. A perfect winter day! 17 skiers met in Cooperstown and enjoyed cross-country skiing on the Leatherstocking Golf Course. It was cold, but the snow was perfect - sunshine - blue sky - and a special treat was waiting for us... Thank you, Mary Dunkle, for inviting us for lunch at your beautiful home. We all relaxed, enjoyed the food and admired Mary's Christmas decorations. WHAT AN ENJOYABLE DAY!

Horst Neumann

December 17, Tuesday. Clear, crisp weather and snow glittering in the sunlight made our day at Tom and Jo Salo's West Burlington Christmas Tree Farm just perfect. 18 hikers and 8 skiers finished up by sharing delicious soups, bread, and seasonal goodies. Some folks went home with beautiful trees. Our Susquehanna ADK group is filled with wonderful people. Thanks to all who contributed to a perfect day.

John & Rita Salo



Where is this fire tower and cabin?
(Answer on page 7)

Conservation Notes

Last winter I provided some information concerning oil depletion and global warming. The substance of my remarks was that the oil supply relative to demand will start to fall off in the next ten or fifteen years and the continued oxidation of carbon brought from underground will increase the carbon dioxide level in the atmosphere, raising the atmospheric temperature and bringing about climate change. Today I'd like to add some practical notes that have recently been in the press.

The Kyoto Treaty, an international agreement designed to reduce emissions (primarily carbon dioxide) that cause global warming, is under consideration by most industrial nations and many emerging nations. The United States and Australia are not considering the treaty because of concerns that complying with the terms of the treaty would damage the economies of the two nations since the treaty calls for the reduction of emissions to a level about 6% below that of 1990.

A problem I have had in trying to think about Kyoto is the lack of a description of what compliance would entail for me and my community, and neither President Bush nor the environmental organizations have addressed the details. But Jean Chretien, Prime Minister of Canada, who has embraced the treaty and is hoping for ratification by the parliament this winter, has published a draft plan with a few estimates. Our economy is not exactly comparable to Canada's—we have about nine times the population and a broad-based economy, while Canada relies more heavily on extraction and export of natural resources—but here's what the Chretien government expects.

The draft allots part of the reduction to industry, part to individuals, and part to pollution credits purchased from nations already in compliance. The planners estimate that the average Canadian produces about 5 tons of harmful emission each year, primarily, I think, through residential utilities and transportation. Each Canadian will be asked to get rid of 1 ton, or 20%, by the year 2012. At first glance, this seems a lot, but it may not be so hard to reach. One correspondent to the letters section of the *Toronto Globe and Mail* (where I got this information) said she had already dropped her ton by retrofitting her house with insulation and caulking. We have another example in the house built by Barbara and Chalmers Means, which uses heat stored in the summer to heat the house in the winter.

What could we do that wouldn't cost too much, wouldn't cramp our life style (we could still be warm, drive around, and go to work or hiking or birding) and would get rid of a ton of emissions? My friends, have you considered the DIESEL ENGINE? Have you considered the GAS-ELECTRIC automobile?

Until recently, diesel engines, while in common use in commercial units like diesel-electric locomotives, large ships, trucks, and stationary generators, suffered from performance problems which made them unpopular for passenger vehicles. They were hard to start in winter, had feeble torque at low rpms, and produced large amounts of carcinogenic small particles. That's all changing now. The Peugeot Citroen company is marketing a diesel engine that is more drivable and has filters that reduce the particulate components of the exhaust to what they describe as "nearly unmeasurable levels." Carbon dioxide emissions are reduced 20% as a result of increased mileage. Other manufacturers will probably

follow with their own improvements.

The beauty of the gas-electric is its ability to capture the energy now lost to heat in braking. For example, when the driver is braking on a hill (something we have a lot of), the electric motors act as generators and feed power back to the batteries, reducing the amount of energy the gas engine needs to produce. The gas mileage is increased and carbon dioxide emissions are correspondingly lower. These vehicles are available now in small numbers and will probably become more common in the next decade or so.

It's my feeling that energy conservation depends less on who sits in the White House or the Congress than on whether you and I start writing checks for energy-efficient technology. I expect that in the next few years, as we think about replacing vehicles and appliances, some very acceptable choices will open up for us if we keep an eye out and factor energy reduction into our decisions.

Joe Hart

Report to Susquehanna Chapter on ADK Board of Directors meeting of December 7, 2002

Terry Sexton retired from his position as president of ADK. He took personal responsibility for the failure of projected donation revenues. Terry was a consummate volunteer giving a tremendous amount of his time in an effort to move the Club forward in achieving its mission. Tom Wheeler, 1st Vice President, will assume the responsibilities of president.

1. Financial Report

- The Finance Committee has projected a possible loss of \$100,000. Donation revenues are very positive in December. It is possible that the budget, (re-stated mid year), may be achieved, however the organization will be under severe cash shortages at the beginning of the 2003 fiscal year regardless of the budgeted numbers.
- Tom Wheeler postponed passage of a budget for 2003 until year-end financial figures are realized. He will appoint a budget Working Committee to examine alternatives for the 2003 budget. The product of the Working Committee, ADK leadership and staff will be presented to the full BoD at a special meeting to be held Feb. 1, 2003.

2. Resolutions:

- a. Passed. Resolution that ADK support the expansion of the bottle bill legislation as currently proposed. Will help to decrease litter and support recycling programs in NY State.
- b. Passed. Resolution authorizing Executive Director to file applications for funds (grants) through the NYS Office of Parks, Recreation, and Historic Preservation specifically for the Van Hoevenberg Trail Rehabilitation Project.
- c. Passed. Resolution authorizing Executive Director to sign and file applications for funds as required by certain grant guidelines. Both b. and c. allow for grant applications to be submitted without approval from the Board, however, the details of any particular application would be scrutinized by corporate council and leadership prior to acceptance.
- d. Passed. Resolution to change chapter share of membership dues, (to 32% in 2003). This is consistent with the resolution passed on Sept. 15, 2001. Chapters, by a vote of their executive board, can immediately adjust their share to 30%, the share rate set for year

SUSQUEHANNA ADK CHAPTER WINTER 2003 SCHEDULE

Outings and Meetings

January through March is a beautiful time to enjoy the mountains but be aware that there are some risks. Wind chill temperatures on summits and exposed ridges can reach -40 degrees or colder. This should not scare you into not going outside; just learn how to dress properly. Avoid cotton clothing. Once cotton is wet, it remains wet and could lead you into hypothermia. Polypropylene, wool and fleece are better choices. Carry snowshoes and crampons and use them if there is enough snow on the trail. Postholing on a trail will ruin the trail and possibly lead to injury. Finally, be sure to keep yourself hydrated. Water, energy drinks and soup are better for you than caffeine drinks. Have a safe winter season!

(Always call leader to confirm date and time. All phone numbers are area code 607.)

- Dec. 29, Sunday Leader: Steve Herrmann 432-2157 Snowshoe clinic
Learn the basics of extending your hiking season through the winter months by strapping on snowshoes. We will cover basic techniques and how to dress for the cold. Meet at my house in West Oneonta. Call for details. Rated D+. (In case of lack of snow I will reschedule at a later date.)
- Jan. 7, Tuesday Leader: Frances Darrah 286-3301 Ski or walk, Milford Flats or Chlorinator Road
Meet 10am at Fran's house. Soup or chili at Fran's after hike.
- Jan. 12, Sunday Leader: Joe Hart 829-8358 Blue Ridge hike, ski or snowshoe
Approximately 4 miles of mostly flat terrain with one pitch of about 400 ft. elevation gain. Leave Oneonta about 7:00a.m. Call for further details. Rated C.
- Jan. 14, Tuesday Leader: Horst Neumann 278-5171 Ski or snowshoe, Davenport area
Call for details.
- Jan. 15, Wednesday Susquehanna Chapter meeting 7:30pm, Elm Park Methodist Church, 404 Chestnut Street, Oneonta
Annual pot-luck dinner at 6:00, followed by election of officers and year-end reports from committees. Bring table service and a dish to pass.
- Jan. 16, Thursday Leader: Steve Herrmann 432-2157 Full moon walk at Gilbert Lake State Park
Meet at the first parking lot on the left after you enter the park at 6:30P.M. Walk or snowshoe. Distance will be determined by the abilities of the participants. Plan on 1 ½ to 2 hrs. Dress appropriately and bring water. Call for details or to borrow snowshoes. Rated C.
- Jan. 18, Saturday Leader: Jim Vogler 436-9234 Attempt two bushwhack peaks in the Catskills
Loop trip of Fir and Big Indian. This will be about 10 miles on snowshoes. Call for details. Rated A.
- Jan. 19, Sunday Leaders: Ernest & Heide Mahlke 432-2583 Kaaterskill High Peak in the Catskills
We will try again after canceling the Nov. 1st hike because of bad weather. 8.8 mile round trip trail hike, same route going and return. Bring snowshoes and crampons. Rated B.
- Jan. 21, Tuesday Leader: Kay Kantorowski 547-5528 Hike or snowshoe, Red Creek area
Soup or lunch provided at Kay's house following hike. Call for details.
- Jan. 28, Tuesday Leader: Lucille Wiggin 432-1022 Ski or hike, Crumhorn Lake area
Call for details.
- Jan. 31-Feb. 2 Loj winter weekend. Contact Aleda Koehn immediately at 432-8870 or akoehn40@hotmail.com. Limited reserved space. This has been a great weekend each year we have gone. There is lots of snow in the Adirondacks as of this writing and there has always been snow on our past weekends. Hike, snowshoe, X-C ski, or just hang out around the fireplace. Cost for two breakfasts, one dinner and your bed is around \$85.00 for the weekend.
- Feb. 4, Tuesday Leader: Joe Hart 829-8358 Hike or ski, Hick State Forest
Call for details.

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Blue Ridge Wilderness

The DEC is now writing the Unit Management Plan for the Blue Ridge Wilderness. The forester who is writing the plan has suggested constructing a trail from the vicinity of the Golden Beach Campsite on Raquette Lake to Slim and Bear Ponds, now a fishing and hunting destination. Prior to last summer our chapter Blue Ridge Committee had not been in this part of the wilderness, so we have been trying to bring ourselves up to date by exploring the area. Last summer Aleda Koehn and Jim Vogler explored a tributary to Death Brook as a possible route to Slim Pond and on November 24 Jim and I continued that exploration and extended it. We decided that the Death Brook route had problems but we located an old road that has been kept clear and is currently used as a trail. We think this old road goes to Slim Pond, but maybe not. We will try to follow this old road to its termination this winter as a ski or snowshoe trip.

Joe Hart

A Funny Thing Happened On The Way From The Loj

As Ernie and I were about to leave the ADK Loj during the fall outing, a man sidled up to us, and said, "I have always admired your group for the deference you show the woman who is in charge by calling her 'OUR LEADER,' until this time I saw her name in the guest book, and I realize you were all saying, 'ALEDA.'" Maybe I should add that the man was from Brooklyn.

Heide Seaman-Mahlke

Answer to photo question on Page 3:

The fire tower and cabin are located at the summit of Hunter Mountain in the Catskills.

Photo by Danny Birnbaum, February 2001

...from the chair continued from Page 1

Rita Salo continues as Membership Chair. Rita keeps track of new and prospective members, welcoming and introducing them at our meetings.

Steve Herrmann will continue as Outings Chair. Check your outings list; there is often a fun and challenging activity on a weekend. Thanks, Steve, for offering another winter of full-moon skiing/hiking.

Mid-week hikes have been the major success story in our chapter, often drawing thirty and more people who like the out of doors and the fun of getting together. Fran Darrah has been instrumental in getting the mid-week hikes together for several years. We thank Fran for the success of this program.

Jim Vogler will be Co-Chair of the Susquehanna Chapter. He continues to serve as our Education Chair and also as a representative to the main club Education Committees. Jim did an educational program for our chapter on map and compass. He hopes to reach out to the younger generation of outdoor persons through education. Thanks, Jim, for taking on all these responsibilities.

Our appreciation goes to Gerda Gyori for heading up the nominating committee.

Thank you to everyone who has helped with the jobs of our chapter during the past year.

As you can infer from the above listing, there are many committees and positions that could use some additional members. Please consider some of the opportunities in our chapter and in the main club. Many hands make light work and much more fun.

Best Wishes for the New Year

Aleda Koehn, Susquehanna Chapter Chair

Borad of Directors Report continued from Page 5

e. Passed. Resolution to approve withdrawal/borrowing from board restricted (endowment) fund of up to \$300,000 for cash flow management in 2003. This resolution was passed after a lengthy and detailed explanation of the organization's financial situation to the BoD.

3. Heart Lake Property

All projects on hold; Information Center/Parking Area as a project with NY State as well as improvements to Loj and other buildings. Neither the State nor ADK has money for these projects.

4. Insurance

We have coverage for one more year. Chapters have liability coverage through the Club's "umbrella" plan. We have no guarantees for 2004.

My time representing the Susquehanna Chapter is finished but a small legacy from that experience continues. The opportunities afforded me by the Susquehanna members, first as a chapter chair and then as a Board member, excited my interest in becoming more involved with the Adirondack Mountain Club. I hope to be able to continue my contribution to this valuable and meaningful organization. Sue and I extend an open invitation to the fine members of the Susquehanna Chapter to visit us when you are in the neighborhood, so it is not "Good-bye," it is "See you soon."

Noel Davis, Board Member, Susquehanna Chap-

Foot-Loose!

Newsletter of the Susquehanna Chapter ADK

c/o Danny Birnbaum, Editor
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A subscription to this newsletter is included in membership of 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.adk.org then follow the links to our chapter.

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643-0123

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Chapter meetings are held the third Wednesday of every month at the Elm Park Methodist Church, 404 Chestnut Street, Oneonta (except where noted). Programs begin at 7:30 pm, followed by a short business meeting.

The public is invited.

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
- invitations to member only outings and extended trips
- 20% discount on ADK trail guides, canoe guides, maps, books and calendars
- membership in one of ADK's 26 chapters throughout the Northeast
- Adirondack Magazine six times a year
- discounts on ADK merchandise
- reduced rates at ADK facilities: lodges, lean-tos, cabins and campground
- a FREE ADK traveler's mug for new members

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