



Foot - Loose!

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

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July 2003

...from the Chair

What can you do for ADK? What can ADK do for you?

Go ahead - ask both questions! Each one is fair.

You've paid your membership dues and now you're enjoying the benefits of membership in the Susquehanna Chapter (including the activities you can fit into your busy schedule). So what more is there to do?

ADK staff in Albany, at headquarters, and in the North Country are carrying on many projects that benefit all members throughout the state. These services include Conservation and Advocacy, Education, Trails Stewardship, and Publications, plus the maintenance of the Club properties at Adirondack Loj and campground and the facilities at Johns Brook. Let's look at a few examples, along with their associated costs.

- Legal and policy research: Because ADK carries out extensive, in-depth research, our recommendations and policy statements are highly regarded in the halls of government. These policies promote responsible use and stewardship of wild lands and waterways, as well as acquisition of new lands that the public may use for recreation (\$20,000 covers the cost of this program).
- Hiking trail maintenance: ADK is the only advocacy team working to secure state funding for hiking trail maintenance, helping ensure that state funds are allocated for this purpose (\$18,000 covers the cost of this program).
- Alpine restoration and trail work day: Volunteers hike to summits and stabilize vegetation areas.
- Fall Trails Day: A yearly event to clear drainages before snowfall (\$500 per day provides tools and expert supervision for workers on each of these projects).
- Johns Brook Valley work weekend: ADK has maintained trails in this valley for 60 years (\$1,400 covers the cost of food, tools, and supervision for those working on the project).
- Professional trail crew training: Each year the pro crews receive skills training before the start of the trails season. They will then work on the state's most eroded trails and construct new trails, using the latest in skills and technology. Our pro trail crew aspires to set the standard in conservation fieldwork in New York State (\$5,000 underwrites one week of training, tools and supervision for a pro crew).

Many more projects could be described, but the ones listed above point out the range of activities that ADK carries out for the benefit of hikers and recreationalists. About one-third of your membership fee is returned to the Chapter. Of the remaining two-thirds that stays with the Club, some goes toward covering these services. But membership fees alone cannot fund all the activities that ADK is prepared and eager to carry out. Grants and donations are also needed to support these projects.

Each year the Susquehanna Chapter uses some of our returned dues to make a contribution to ADK. The executive committee, in deciding where to direct our donation, would like to hear your ideas and preferences (or answer your questions). Let us know what you think!

In the meantime, have a great summer!

Linda Seifried

CHAPTER CHANGES AND NEWS YOU CAN USE

Membership News

An updated Chapter Membership List is now available at monthly meetings or by arrangement with me. Lists will not be mailed. Call me at 607 432-3656 to work something out. **Chapter information is to be used for Chapter business only and is not to be shared.** We welcome 12 new and transferred members to our Susquehanna Chapter. Please add their names to your list.

MARCH 2003

Judy Berezki, 74 Pleasant Ave, Montclair, NJ, 973 783-3768

Marcia Dyer, 504 Mountain View Dr., Endicott, NY 13760,
607 748-1007

Janice Kaufman, 4 Oak St., Oneonta, NY 13820, 607 433-2107

Frank & Jean Oakley, 119S Co Hwy 10, Laurens, NY 13796,
607 263-5832, oakleyfl@dmcom.net

John Palmer, PO Box 245, Bainbridge, NY 13733,
607 967-7142

John Swider, 990 Ballhack Road, Port Crane, NY 13833,
607 648-2820

APRIL 2003

Danielle Besso, PO Box 2639, Binghamton, NY 13902, dbesso@dot.state.ny.us

Lewis & Spurs Gersh, 164 Bluestone Drive, Unadilla, NY 13849
Christopher Horvath & Christine Tomkins, 330 Doc Ahlers Road,
Cherry Valley, NY 13320, 607 264-3732

Linda & Ron Wilcox, 75 Maple St., Oneonta, NY 13820,
607 433-2985

MAY 2003

Monica Cej, 41 Spruce St., #2, Johnson City, NY 13790,
607 770-7983.

Switch of membership from Loj to Susquehanna Chapter:
Susan C. Smith, PO Box 1297, Oneonta, NY 13820, 607 432-7892

We hope to see you at one of our meetings or on the trail.

Rita Salo

Get Ready—Reserve Now For LOJ Outings

CHAPTER FALL LOJ OUTING

FRIDAY, SEPTEMBER 12 TO SUNDAY, SEPTEMBER 14

We have reservations for the private room as well as six spaces in the bunkroom, with a possibility of getting a few more. Join your friends for a weekend in the North Country during the best time of year. By September the insects are about gone and fall is in the air. Total cost for the weekend with one dinner and two breakfasts is about \$85. I need your reservation and deposit of \$40 by mid-July, or I will have to cancel.

WINTER WEEKEND AT THE LOJ

FRIDAY, JANUARY 30 TO SUNDAY, FEBRUARY 1, 2004

I know that summer has just begun, but can winter be far behind? (Only 6 more months!) After last winter's great trip I have booked 14 places in the Loj--two places in private room #6, four places in downstairs bunkroom #3, and eight places in the upstairs large bunkroom. Contact me as soon as possible as a new policy makes November 30 the cancellation date. Rates for the weekend range from about \$85 to \$125, depending on the room.

Please call or email Aleda Koehn 432-8870, akoehn40@hotmail.com.

Help Fill Our Basket!

As part of a fundraising effort, many chapters are putting together baskets of "goodies" to be auctioned off at ADK's fall Harvest Moon Madness event, November 8th, in Saratoga Springs. Baskets will contain items that reflect each region's character or are unique to the chapter's area. So, what shall we fill our basket with? Suggestions so far include: tickets to the Halls of Fame, museums or Glimmerglass Opera; bottles from local breweries or wineries; a voucher for a night's stay at a local Bed-and-Breakfast (one that is near a good hiking trail or canoe route), and samples of "Soap-Rocks" that are produced in our area. Do you have an idea? Or, even better, do you know someone who would donate a suitable item? If so, the executive committee member who lives nearest you would be delighted to hear about it! Please contact us; baskets must be delivered to ADK before the end of September.

Linda Seifried

Description of Blue Ridge Wilderness Area

The Blue Ridge Wilderness Area is located in Hamilton County between routes 28 and 30, just north of the Moose River Plains. It is about 40,000 acres in size, with elevations between about 1,800 feet and 3,300 feet.

Plants of the area are best described in Michael Kudish's book *Adirondack Upland Flora*. Briefly, the area is a northern hardwood forest with yellow birch, maple, hemlock, and pine as dominants. Diseased American beech is becoming common. The top of Blue Ridge has stunted spruce; the lower or wet areas are spruce or fir. Evidence of logging camps indicates that the area was logged many years ago. The largest trees are yellow birch, with large white pine in a few areas. The most recent aerial photos are from 1968. The Susquehanna Chapter has a set of these, although some are not available and not all areas have stereo pairs.

Continued on Page

CHAPTER AND AREA HAPPENINGS

Oneonta's "Footprint"

An Ecological Footprint of Oneonta, NY was presented at the April 16 meeting by Donna Vogler, a chapter ADK member and assistant professor of biology at SUNY Oneonta. Dr. Vogler and five students in her Sustainability Science course worked collaboratively to examine resource use in the local area and develop city-wide and county-wide ecological footprints for CO₂ production, water use, nitrogen production, and milk/beef consumption. Student contributors were: Heather Burgess, Kris Caraher, Nick Marrone, Lydia Ryan, Glenn ReDavid. Findings of the Oneonta footprint project included:

CO₂: The 207,000 tons per year of carbon dioxide production by the 15,954 citizens of the city and surrounding town require 87% of all forested regions in Otsego County to absorb. Extrapolating to the entire county population, we require more than twice the forested land in the county to sequester (i.e. lock away for the long term) our carbon dioxide output. Transportation produced the largest share (49%), with electrical generation (37%) and home heating (14%) accounting for the rest.

Water: The watershed that feeds into our reservoir below Wilber Lake is our city's primary source of fresh water. In an average year, our water footprint consumes 30% of the total available. In a drought year, we consume nearly 70% of the collected water. This means that in some years Oneonta Creek receives less than a third of its normal flow. This was observed last fall when the creek was dry for several weeks, a condition that is hard on local wildlife.

Nitrogen: The amount of nitrogen contributed by agriculture (commercial fertilizers and cow manure) plus the effluent of wastewater treatment would consume 58% of our available wetlands for adequate denitrification (natural removal) of that excess nitrogen. While this sounds like we have sufficient wetlands for the job, in fact many heavily impacted areas in the county do not have nearby wetlands, and much of our excess continues downstream. The Wetland Reserve programs and Floodplain Management programs are vital to protect and perhaps expand our wetlands.

Milk: One of our area's largest agricultural products is milk, and the local consumption footprint (the milk consumed by city and town residents) requires only 1.3% of the county's milk cows...a very small footprint. This translates into about 257 cows. While the study revealed a slightly stronger local market for beef, the results showed that this agricultural market is largely outside our county.

The footprint approach was developed by Mathias Wackernagel in the 1990's as a way to give citizens a better appreciation of the value of ecosystem services for cleaning the air and water and providing sustainable resources. You can evaluate your own footprint at his website: www.lead.org/leadnet/footprint/default.htm.

Donna Vogler

Hiking Safety

Hiking safety was the topic of a presentation given by the Susquehanna Chapter ADK at the "Fun and Safety in the Great Outdoors" program sponsored by Otsego Safe Communities Safe Kids Coalition. Over 500 area fifth graders attended the three-day program in May. Each group of about 20 students was given two minutes to pack a backpack for a day trip to the mountains. Afterward, the presenters discussed the merits of each item packed and those left out. Also covered were some of the basic rules of hiking.

Presenters from our chapter included Linda Seifried, Joe Hart, Bill Brosseau, Bruce Miller, Jim Vogler, Sonia and Richard DeFrances, and Mary Dunkle. The Coalition did a wonderful job of organizing the event and it would be a worthwhile project for our chapter next year. Many thanks to all who gave input to the chapter's presentation.

Jim Vogler

DOAS HEADS UP A REALLY "OAK-A" PROJECT

In cooperation with DEC, the Delaware Otsego Audubon Society installed nearly 100 tree shelters to protect red oak regeneration from deer browsing in the Arnold Lake State Forest on Saturday, May 24, 2003. When mature, these valuable trees will provide mast to feed many species of birds and animals.

Joe Hart

2003 General Clinton Canoe Relay



At the start, from left: Jim Vogler, John Salo, Jack Meeks
(Photographs courtesy of Jo Koenig)

TRIP REPORTS

March 18, Tuesday. Five skiers and four snowshoers braved the snowy fields around the Forman farm in Mt. Vision. The snow was a little deep and required some plowing through from all of us, but it was a great day to be outdoors. Afterwards we had soup, home-made bread and some great cookies for lunch. *Carol Forman*

March 25, Tuesday. A group of 24 met at Gilbert Lake State Park for a three-plus mile walk along the roads south of the lake down to Mary Brown Road and back. It was a beautiful day with a warm breeze and plenty of sunshine. We ate our lunch at the Deer Run campsite. We heard and/or saw bluebirds, song sparrows, titmice, juncos, a brown creeper, and pussy willows just about to open up. *Julie Smith*

April 8, Tuesday. ClipClapWaggleWalk at Arnold Lake. The weather, though not ideal, was reasonable. Thirteen folks came out so we were able to divide in two groups to cover almost all of the trail. We did a pickup and light clearing, using handsaws to remove many small blowdowns from the past winter. We found several large trees down and will return in May to saw them out. It has been suggested that we install some dry tread on a perennial wet spot. *Joe Hart*

April 19, Saturday. A group of seven hiked on the Finger Lakes Trail from Shear Road to Route 206 at Masonville. A mildly cloudy start transposed into a sunny day, which turned into perfect hiking weather. Our primary thrust was hiking, not eating, but we did enjoy our trail lunches at the edge of a field. We agreed this trail is a nice resource for our area. *Ernie Mahlke*

April 24, Thursday. A group of eight fair-weather walkers postponed their hike from Tuesday (it was pouring) until Thursday (it was cold and blowing with snow on the ground). We scouted a newly opened although unmarked trail in the Relay State Forest near Roxbury, which is a recent NYS acquisition. We quickly warmed up as we walked uphill continuously on an old road, turning off on a newly bulldozed woods road and continuing upward. Soon we could see the ski slopes at Roxbury and, upon reaching the ridge, we began to see views of valleys. Before we left

the ridge we had views of three different valleys: Roxbury, Township and the valley from which we started. All felt that it was a good hike, rigorous with rewarding views, and we should return another time. *Jo Koenig*

May 20, Tuesday. We walked a different trail this time at the Brookfield Horse Trail System. The leader got a little mixed up and after a bit of backtracking, realized she was okay after all, so we went back to where we turned around and continued on. The black flies were starting. When we stopped by a stream for lunch, it was hard to ignore those flies, and even harder to eat and drink through a headnet. Eighteen hardy Tuesday hikers stayed cheerful through it all. *Rita Salo*

May 27, Tuesday. Shoggi-Boghi Creek-Walk. Despite predictions of rain, we had six people show up for this in-creek walk, including one intrepid five-year old experienced hiker who fell into the creek while rushing across a wet, slippery log bridge. It was a great trip, with many stops to check out an active beaver pond (where I sometimes lure a beaver out for an apple snack), and to admire the beauty of the lush moss dripping water. About two hours to cover the 1½ miles. *Irwin Gooen*

June 3, Tuesday. Eighteen of us birded merrily at the West Branch Nature Preserve. Highlights were the Hamden eagles and their huge nest, some cooperative songbirds and a conversational Barred Owl. *George Richards and Jane Ford-Richards*

June 14, Saturday. Though it was chancy regarding the weather, we sallied forth to Big Hollow Road and climbed the escarpment. We enjoyed the gray ambience, but were unable to see the Hudson Valley until we got closer to the climb up Blackhead. As we climbed that mountain, the weather continued to brighten in conjunction with the steepness of the slope. We continued along the crest of Blackhead in the sun, which stayed with us all the way to our vehicle. A quick cold water foot soak in a stream restored us to nearly normal condition. Our upper bodies responded to a cold drink stop in Windham. *Ernie Mahlke*

2003 General Clinton Canoe Relay

Ten Susquehanna Chapter members competed in the annual General Clinton Grand Prix Relay Race on Sunday, May 25. Rita Salo and Jack Meeks organized the team and Steve Herrmann supplied a good canoe. John and Rita Salo "put in" to start the race.

Following John and Rita were Jim Vogler and Tracy Verma, Jean Seroka and Jack Meeks, and Monica Peters and Bill Kratzenstein. Stefan and Linda Seifried anchored the relay, crossing the finish line in five hours, 11 minutes and 46 seconds. We finished 24th out of 29 canoes, our best time since we began participating. The race proved to be fun and we were able to show off ADK. Festivities concluded with a great picnic at Jo and Charlie Koenig's house. *Jack Meeks*



Our team, from left: John Salo, Rita Salo, Tracy Verma, Jim Vogler, Jack Meeks, Jean Seroka, Bill Kratzenstein, Monica Peters, Stefan Seifried, Linda Seifried

Highlights from the Board of Directors Meeting, June 14, 2003

President Tom Wheeler chaired the meeting. He is recovering nicely from his emergency bypass surgery in March. Tom stated that "...we are continuing to achieve our goals both with respect to our budget and managing our cash flow."

FINANCIAL MATTERS: As of the end of April, revenues have exceeded budget and expenses are under budget. A lesser amount than previously planned was withdrawn from the portfolio for cash purposes. Comptroller Bill Klee was let go after only two months. Mike Durante, club treasurer, along with the Finance Committee and the staff, has been working with Bob Rudolph from "CFO for Hire" to review accounting processes and procedures. The accounting manual will be revised to ensure that internal controls and procedures are in writing. Our auditor gave a long report on ADK finances for 2002, and Bob Goodwin gave a report on ADK's investment portfolio. The market has shown some signs of life recently, which is good news for the club's financial well-being.

RESOLUTIONS OF INTEREST

PASSED: The Executive Committee recommended that the contract for the Executive Director, Jo Benton, be extended for another year. No one wanted to make any changes to the contract at this time.

PASSED: A resolution that ADK take the required steps to establish a Charitable Gift Annuity Program. Bob Wilcox presented background information; he and Bob Goodwin volunteered to help start this program. Both believe that this is a good way for donors to contribute money to ADK and still receive a fixed amount for life. Some concern was expressed over the amount of time and work it will take to manage such a program. Bea Wood announced that she would be the first to donate.

PASSED: A resolution approving negotiations for the sale of a portion of the headquarters property in Lake George. The sale of this small wedge of land between the adjacent gas station and the Northway could bring in \$40,000 and be applied to the headquarters mortgage.

PASSED: A long resolution on greenhouse gasses prepared by Bob Ringlee.

TABLED: A resolution on wind energy facilities. The majority felt the resolution appeared too restrictive on the placement of wind turbines. The bill was referred back to the Conservation Committee.

COUNSEL'S REPORT AND CONSERVATION REPORT: Delivered by Neil Woodworth

NYS has approved ADK as a single-source contractor for trail work for the next four years. Contracts can be submitted to the state in January instead of after the budget is passed and plans can be put in place and hiring can be done for the following year's trail work in a timely way.

The "big news" is that on May 21, ADK celebrated the announcement of an agreement between National Lead Corporation and the Open Space Institute for the purchase of the Tahawus-Upper Works Tract. OSI will sell the state 6000 acres adjacent to the High Peaks Wilderness Area. This area is to hikers what the Whitney property is to canoeists, according to Neil. ADK has been lobbying

for the state's acquisition of this property since 1993. The public might have access for camping and hiking by the fall.

CANDIDATES FOR 2004: Tom Wheeler—President, Curt Miller—1st Vice-President, Jim Bird—Associate Vice-President, Simon Kogan—Associate Vice-President, Bill Walling—Member-at-Large Director, Carol Mantell—Member-at-Large Director.

PRESIDENT'S DINNER Saturday Evening

After the usual dinner, awards were made to the following: North Country Radio, Dr. Nancy Slack, Eleanor Brown, Paul Jamison, and Bob Goodwin. The President's Award, chosen and kept secret by President Tom Wheeler, was given to Jo Benton, Executive Director.

More information is available concerning each of these and other items. Contact me if you have any questions.

Aleda Koehn, Susquehanna Chapter Director

Care for Blisters

Have you ever had a blister on your foot? Most of us have gotten one from either hiking or skiing. Sometimes one can even get one on the hands from paddling a canoe or kayak. To prevent or relieve the pain of a blister, some of us have found a product that is much, much better than moleskin. It is called *Compeed*, a product developed in England several years ago. One of our members discovered it while suffering from severely blistered feet while hiking in the British Isles.

Compeed is a gel-filled bandage applied to the affected area after it has been cleaned. It adheres well and will stay on for about a week even with showering and bathing. It does loosen in swimming pools however, according to our "testing expert."

Although I seldom have need for Compeed, I always carry some in my first aid kit. If I don't need it, someone else usually does. It has not been easy to find and, when found, it is expensive. Recently I researched the source on the Internet and found that the rights to sell Compeed in the United States have been sold to the Johnson & Johnson Company which markets it under their Band-Aid brand. I believe it is still manufactured abroad.

So, I visited some of the local stores that sell first-aid supplies, including the many Band-Aid products that are on the market. In the Rite Aid store located on Chestnut Street in the West End of Oneonta, I finally found some. On the foot care board was a product called *Blister Block*. A package of 4 costs \$4.99 and each "cushion" is 1 5/8" x 2 5/8". This is a good size for the heel of a foot. Looking further with the help of the store manager, in the first aid section I found a product called *Advanced Healing* that used Compeed. It comes in two sizes; large with six in a box and regular with 10 in a box, each priced at \$4.99. No dimensions were stated on the boxes. In addition, there is a product called *Finger-care* that has six assorted bandages for \$4.99. These bandages are irregular in shape.

Although it is expensive, I find Compeed to be an excellent solution to this nasty problem. After covering the injured area, a person can continue walking or skiing without pain. And, in the package I purchased there was a coupon valued at 55 cents. I will be happy to give it to the first person who calls or sends me an email.

Jo Koenig

SUSQUEHANNA ADK CHAPTER SPRING 2003 SCHEDULE

Outings and Meetings

ALWAYS CALL LEADERS FOR DETAILS

All area codes are 607 unless noted otherwise

- July 1, Tuesday Wendy Storer and Jo Koenig 286-9070 (Wendy)
Hike Marlett's Waterfall in Hartwick/Mt. Vision area. Bring lunch to eat at Storer's camp at Arnold Lake.
- July 5, Saturday Jo Koenig 286-9898
All-day canoe trip on the Susquehanna. If you don't have a canoe but have some paddling experience, call for a possible partner. Bring lunch, water and bathing suit.
- July 6, Sunday David Galvin porcupine@dmcom.net 538-9518 (no calls after 10pm)
Huckleberry Loop and Dry Brook Ridge south of Margaretville. Strenuous 10.5 mile hike over second-growth ridge tops and recovering agricultural lands. Total vertical ascents will be about 1900'. Proper clothing, gear, food and water are the responsibility of each participant. Meet at the intersection of Back Road, two miles west of Margaretville on Routes 28 and 30, at 9am. It is advised that participants contact the hike leader prior to the hike, preferable by email.
- July 8, Tuesday Frances Darrah 286-3301 Hike Relay State Forest. Bring lunch. Meet at Price Chopper at 9am.
- July 12, Saturday Noel and Sue Davis (518) 494-7000 bonnoel@netheaven.com
Members of the Susquehanna Chapter are invited to join Noel and Sue and other interested ADKers on a Vanderwhacker Fire Tower workday with the local Forest Ranger. Drive to the Davises' home in North Creek and stay over Friday night.
- July 15, Tuesday Marion Karl 547-2450 Hike south of Cooperstown.
- July 16, Wednesday Pot-Luck Dinner Meeting Briggs Pavilion, Wilber Park (lower level near swimming pool) 6:30 pm
Bring a dish to pass and eating utensils.
- July 19, Saturday Steve Herrmann 432-2157
Enjoy rock climbing on Steve's chimney wall. Beginners and pros alike will find this to be challenging fun. Extra harnesses will be available but bring climbing shoes or sneakers. All ages are welcome, as are spectators, and the pool will be open for a swim afterwards. 11am at Steve's house.
- July 22, Tuesday Jane Ford-Richards and George Richards 643-0123 Bird hike in Walton area. Bring binoculars and lunch.
- July 26, Saturday Ernest and Heide Mahlke 432-2583 Finger Lakes Trail hike on FLT Map M25, Shapley Hill Road to Wilcox Road. Some good stone walls and an excellent stream stretch are features of this hike. A car must be spotted. Call leaders prior to Thursday, July 24 for meeting place and time.
- July 29, Tuesday Irv and Monica Peters (315) 858-0261 Canoe outing at Canadarago Lake. Bring lunch for picnic at Peters' home.
- July 31, Thursday or Aug 1, Friday to Aug 3, Sunday Nina and Joe Hart 829-8358 ninajoe@wpe.com
Camping expedition to Blue Ridge Wilderness. Arrive at Wakely Dam Thursday or Friday to set up camp. If no room we'll camp on Moose River Plains Road at first available site west of Wakely Dam. We'll look for loon chicks at three sites and walk unmarked part of the old road from Grassy Pond to Cascade Pond. We hope the western portion of the road will be marked under the new UMP. If so, we can estimate the work to be done to bring the trail up to standard, anticipating that our trail crew will be able to do the work when the trail is approved.
- Aug 5, Tuesday Frances Darrah 286-3301 Hike at Goodyear Lake.
- Aug 12, Tuesday Horst and Astrid Neumann 278-5171 Hike in Davenport area.
- Aug 16, Saturday Steve Herrmann 432-2157 Rated B
Mountain bike at Brookfield State Forest, which has over 100 miles of woods roads and trails. Be prepared to ride about three hours. Bring lunch, water, helmet and mountain bike. Probable start at 10am.
- Aug 19, Tuesday Irwin Gooen 432-4861 Canoe trip from Colliersville to DEC river access at Hwy 205.
For people experienced in paddling on moving water, conditions permitting.

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SUSQUEHANNA ADK CHAPTER SPRING 2003 SCHEDULE

Outings and Meetings

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Aug 20, Wednesday	Leon and Lucille Wiggin	432-1022	
	It has become a tradition for ADKers not on vacation to come to our cottage at Crumhorn Lake to just enjoy the outdoors on the third Wednesday in August. Come up for a walk, swim &/or canoe ride any time after 2pm (depending on the weather). You are welcome to bring whatever unmotorized craft you wish to float. Bring a dish to pass (meat if you wish), table service and beverage other than tea, coffee or soda (we will provide those). We will provide a cooking fire and try to eat at about 6pm.		
Aug 26, Tuesday	Jo Koenig	432-4975	Hike and swim at Arnold Lake.
Sept 2, Tuesday	Kay Kantorowski	547-5528	Hike in Red Creek area, Cooperstown.
Sept 6, Saturday	Rita Salo	432-3656	
	Hike Vroman's Nose in Schoharie County. Visit farm stands on the way. If time permits, hike at Minekill State Park on return. Bring lunch and water. Meet at Office Max, Southside Oneonta, at 9am.		
Sept 9, Tuesday	Mary Dunkle	547-2162	Hike at Rum Hill area, Cooperstown.
September 12-14	Aleda Koehn	432-8870	akoehn40@hotmail.com
	Susquehanna Chapter Fall Loj Outing Reservations needed as soon as possible for bunkroom or private room. See complete description on page 2.		
Sept 16, Tuesday	Dave Truscott	746-2826	Hike in Delhi area. Meet at 10am at Dave's house. Bring lunch.
Sept 23, Tuesday	Lucille Wiggin	432-1022	Hike at Audubon Sanctuary area.
Sept 30, Tuesday	Julie Smith	432-8642	Bike outing in Stamford area.

Description of Blue Ridge Wilderness Area

Continued from Page 2

Hiking opportunities include about 12 miles of marked trail and virtually unlimited off-trail exploration. Blue Ridge itself offers two trailless peaks over 3000 feet. Sawyer Mountain, with an ascent of 600 feet, has two vistas, one to the northeast and one to the west. There are many ponds, four of which are of significant size and make good destinations: Sprague (64 acres), Stephens (77 acres), Cascade (26 acres), and Wilson (6 acres). There are three leantos: Cascade Pond, Stephens Pond, and Wilson Pond.

The Blue Ridge Wilderness Area is traversed east to west by an old road that dates to the nineteenth century. The road entered from the Cedar River Road at approximately McCane's Resort, passed Stephens Pond, Cascade Pond, and Grassy Pond, and joined a now-unused road that parallels route 28 and forms the state land boundary. The old road is used today as marked hiking trail in two places. It can be hiked from McCane's Resort to a point west of Cascade Pond, where the present-day trail bears northeast to end at Lake Durant; the Northville-Placid Trail follows this segment as far as a point west of Stephens Pond. The old road is also used as part of the Wilson Pond trail from the state land boundary to the first crossing of Wilson Pond outlet, where the Wilson Pond trail swings southwest. The unmarked portion of the old road can still be seen and has been followed and roughly located by pace and compass.

The Northville-Placid trail enters the Wilderness Area from the Cedar River Road at McCane's Resort, about one mile west of

Pond outlet, passes Stephens Pond, and exits the area at the Lake Durant campground.

There is a state land access trail across private land from the Cedar River Road approximately 2.2 miles west of the Cedar River Road Bridge over Brown's Brook. This trail is little used and not well maintained. It ends at the state land boundary near the east end of Metcalf Mountain. It permits the hiker to enter the Brown's Brook valley without climbing over Metcalf or Round Mountain.

Older maps depict a road parallel to Browns Brook, beginning at the Cedar River Road at the Browns Brook crossing and running generally SW along the valley between Metcalf Mountain and Blue Ridge. The maps show the old road as crossing the headwaters of Browns Brook and continuing along the north side of Lost Brook to the inlet of Sagamore Lake, where it joins the road around Sagamore Lake. This old road exists in usable condition from approximately Dishrag Pond to its eastern end on private land. The western end has been maintained by users for about a mile or so and then it peters out. The usable portion is unmarked.

There are two obvious opportunities for trail development in the Blue Ridge Wilderness. One is to mark and maintain the old road from Cascade Pond to the Wilson Pond trail. The other is to move the NPT off the Cedar River Road and put it in the valley between Metcalf Mountain and Blue Ridge, entering the valley from the Moose River Wild Forest.

Joe Hart

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 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.adk.org then follow the links to our chapter.

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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 7:30pm, 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
- Adirondac Magazine four times a year
- discounts on ADK merchandise
- reduced rates at ADK facilities: lodges, leantos, 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