



Foot – Loose!

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

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July 2009

ROBERT V. RIDDELL PARK EXPANDED TO OVER 2000 ACRES

By Aleda Koehn

Robert V. Riddell State Park, which straddles I-88 by Exit 17, has about doubled in size with the addition of 860 acres of Hartwick property to the 1036-acre park. The sale to New York State of the Hartwick land, most of which is in Delaware County on the Mud Lake side of the mountain, south and east of the Riddell tract, makes the Robert V. Riddell State Park the largest in Leatherstocking Country.

Trish Riddell Kent and I sat over a cup of coffee and talked about her hopes and visions for the park. The land has been in her family for five generations. She said her father wanted the property to be preserved and not turned into developments. Trish and her husband, Steve, worked together to have the state accept the property as a park. I was impressed by the generosity and community spirit of this family, who wanted to share the enjoyment of woodlands, fields, and streams on this lovely land. Trish was glad of the additional Hartwick

land as it further protects the Riddell tract and increases the potential for recreation with trails continuing to Mud Lake and down the mountainside across from the Pine Lake complex.

A Master Plan is being developed for the land by NYS Parks and Recreation. The Kents have stipulated that there will be no hunting, ATVs, or snowmobiles in the park. Trish says that maybe someday there could be camping on the north side. Perhaps an office would have an area for artifacts and pictures that relate the history of the family farm. For the time being these are just ideas. There are other Riddells in the area, but the land belonged to Robert V. of Colliersville, and the Kents like the complete name of Robert V. Riddell State Park. Trish also spoke of the possibility of establishing a group "Friends of Robert V. Riddell State Park." This seems like a great idea and many of us, especially those who have hiked and skied here, would support it.

RECENT IMPROVEMENTS TO ROBERT V. RIDDELL PARK

The Riddell Park is managed by Ed Winslow, whose office is at Gilbert Lake. Last fall Ed and his crew worked on the north side of the park. (This 200-acre tract is the lower, flatter section along Schenevus Creek.) They mowed, set locations for trails, and placed some picnic tables and grills. Other improvements have been done by Boy Scouts.

Terence Harrison, who will be a senior this fall at Milford Central School, is working toward his Eagle Scout award. He built and installed four sturdy oak benches along the trails. He also built and put up six birdhouses. Terence said that the materials were donated and he had some help from his Dad.

Brad Wilson, who will be a senior at Oneonta High School in the fall, is also completing his Eagle Scout project. He has placed orange trail markers along the trails in the north portion. With some help and materials donated by Munson's and Pickett, he built the bridge that goes over the small stream in the meadow. In addition to all this, he built the kiosk that stands near the parking area and will be putting a color-coded trail map into the kiosk.

Nick DiBartolomeo has proposed a project for his Eagle Scout

award which needs final approval before he can begin. Nick will be working on the south side of the Riddell tract (the mountain side). His project will be to set and mark a trail to the waterfalls. Nick said that he has walked the area with Steve Kent and is determining a good placement for a trail. In addition, Nick will mark and improve the trail to Mud Lake. Those of us who hiked there recently know that the several intersecting logging roads made the trail, as it is now, rather confusing. Since Nick will be in his busy senior year at Oneonta High School this fall, he said he will have to finish his project this summer. I suggested that if he needs help with tagging trails he could call me and most likely we could get some chapter members to help.

The Susquehanna Chapter extends its thanks to the three boy scouts, and to all who are helping to make Robert V. Riddell State Park such a wonderful addition to recreational opportunities in our area. If you have not visited this park recently, take some time to enjoy a walk here. Follow the newly marked trails, take a picnic lunch to one of the tables, relax on a new bench, fish in the stream. Have a great summer!!!

I submitted the preceding article to *Footloose* **BEFORE** the story on Riddell Park expansion appeared in the Daily Star. In gathering information about the park, I asked Managing Editor Cary Brunswick why the Star had not investigated this newsworthy event. A week later the Riddell Park story appeared on the front page of the Star.

Student and Chapter Mutually Benefit

The Sus chapter executive board voted to thank Ryan Graig with a small monetary gift to help with his expenses as he travels to the Adirondacks this summer for a week of ADK supervised trail work. The first year our chapter paid \$100 of the \$250 Ryan had to pay for the program. (Yes, the students PAY to work!!) Last summer, and for this coming summer, Ryan applied for and received an ADK scholarship that covered the fee. The following note from Ryan describes some of his work and impressions as a trail crew volunteer.

Dear Adirondack Mountain Club,

Over the past couple of years I've had two of the most enjoyable weeks I've ever experienced. With muddy boots molded to my soggy feet and dirt caked in my fingernails, I, along with five or six other high school students, moved massive boulders and dug ditches in the middle of the woods for a week out of my precious summer. It might sound like paradise, but it was actually a tremendous amount of work.

I can remember from my first week, in the summer after ninth grade in 2007, learning the proper way to "man" a rock. In other words, use a fifteen-pound iron bar, any available footholds and whatever muscle I can convince my body to dish out to roll a boulder into a hole in the trail. I got the hang of this exercise after the first week on Prospect Mountain, where my crew built a rock water bar to direct running water off to the side of the trail

into a twenty-foot ditch. With these newly acquired skills, I ventured out again the following summer and contributed my muscle, sweat and blood into building an eight-rock staircase on The Brothers Trail near John Brooks Valley. The staircase helped to slow erosion of the trail in a very vulnerable location.

This summer I plan on working on the Clements Pond trail. I don't really want to wake up at seven every morning for a week in the summer, but I truly can't wait to load my pack and hike down the trail to set up camp, to wake up to woodpeckers knocking and to hear the roaring Coleman stove for hot oatmeal and most importantly to start work on the trail and build something that will preserve the land and contribute to an enjoyable experience for many hikers after me. The experiences I've had with the Adirondacks and the trail crew have opened my eyes to a whole field of study and lifestyle that I plan to pursue. After high school, I will enroll in a university with the intention of majoring in Environmental Studies and hopefully one day institute more programs like the ADK high school volunteer trail crew to give the same opportunity to others to preserve our land as ADK has so generously given me. Thank you.

I would like to give a special thanks to Mrs. Koehn, who first introduced me to this program and encouraged me to participate in it.

Sincerely,

Ryan Graig

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 Fall 1999.

"Delaware River Trip"

A varied group of five fearless women took a chance with one guy to lead them on a 44-mile canoe/camping trip down the scenic Delaware River for three days on July 19-21.

Our first task was to choose between leaving some of the gear or one of the group behind. This group likes its comfort and conveniences, including gourmet meals.

After getting under way at 9:20 AM Monday from Walton, we arrived at the Barryville, NY base of Indian Head Canoes. We were shuttled upstream to Narrowsburg, where we put in and paddled 15 miles to Barryville. There we enjoyed a fine meal before camping overnight.

Tuesday allowed for 17 miles of paddling interspersed with swim breaks directed by our beach mistress, Aleda, before

arriving at Cherry Island. We had a gourmet lamb dinner, followed Wednesday morning by an equally good breakfast.

The stretch from Barryville to Cherry Island provided a varied array of interesting natural and man-made features: the scenic shoreline of densely wooded slopes and rhododendron thickets; the imposing 600-foot rock wall of Hawks Nest Mountain; Roebling's Delaware Aqueduct, the predecessor to his Brooklyn Bridge; and the ever-present eel weirs and rapids, challenging our maneuvering skills.

Our third day of paddling took us 12 miles from Cherry Island to the Milford, PA access. We enjoyed a brief, cool swim at the newly refurbished waterfront facility before our shuttle back to base. No equipment, canoes, or persons were lost. All agreed we had a great time and would go again on this successful outing.

Editor's note: The guy guide? Joe Fodero.

Spring Trip Reports

Lower Riddell State Park

Tuesday, March 17. Sixteen ADKers walked the trails of Lower Riddell State Park on Tuesday, March 17th. It was great celebrating Saint Patrick's Day in this way under a glorious sunny sky. Barb and Jack Meeks led the group.

Joe & Nina Hart

Texas Schoolhouse State Forest Hike

Tuesday, March 24. A chilly morning became a balmy day as 24 hikers headed into Texas Schoolhouse State Forest. We usually ski and snowshoe these woods, and in fact there were still patches of snow and ice on the seasonal roads and trails, but the warm sunshine was rapidly softening and reducing them.



(photo by Currie Marr)

We ate lunch in a sunny spot before heading back, well satisfied by this first hike of spring.

Joe & Nina Hart

Todd Road Hike

Tuesday, April 14. It was a nice warm spring day as 20 hikers walked a 4-mile loop on Todd Road in the town of Hartwick. We passed a large pond with several geese and a few ducks lazily swimming around. We also found the old Lippett Cemetery quite interesting, and several tried to decipher the engravings on the very old weathered headstones.



(photo by Scott & Doug Fielder)

Afterwards, several tired and hungry hikers went to Jackie's for lunch.

Bev Hensle

Thayer Farm Hike

Tuesday, March 31. A stalwart group of ADK hikers met at the Thayer Farm property off Route 80 north of Cooperstown on Tuesday, March 31st. After walking up the driveway to the new Nature Center, we set out on the yellow trail through a handsome pine forest high above Otsego Lake, heading west and then heading north on the property.



(photo by Doug and Scott Fielder)

The trail was easy going for the first 3/4 mile then led us down a more challenging steep wooded area to a stream with three bridges and up again through another evergreen woods.

One of the questions asked by our group was, "How big is this property?" When I inquired today I was told it is about 100 acres. The Thayer Farm is open to visitors with permission from the Biological Field Station. A signed permission form needs to be filed with the BFS office, then a call to the office to get an OK to hike. Many school groups and others visit the facilities. There are certain individuals who have special-use permission at certain times of the year. There are several interesting trails and a good map available. Those who hiked on Tuesday filled out a permission form, which will be put on file at the BFS, but still you must call 607-547- 8778 to receive an OK for hiking. I have a few maps left; if you want one, give me a call 607-432-3154.

Norma Lee Havens

Clip Clop Waggle Walk

Tuesday, April 21. The Clip Clop Waggle Walk at Lake Arnold state and county forests on April 21 was about as easy a workday as we've had. Sixteen Waggle-Walkers attended (a goodly number), and we were able to form two groups and do the entire trail in about three hours. Blowdown was light and we barely warmed up the saws. Linda Pearce brought a battery-operated chain saw. I didn't see this tool working but I noticed that it is a lot lighter than my gas saw. Most of the work was clipping back and tossing sticks out of the trail. The weather was nearly perfect. No rain, no sun, no bugs and mild.

Joe Hart

Audubon Sanctuary Hike

Tuesday, May 5. Our hike through the Delaware-Otsego Audubon Sanctuary brought out 25 people to dare the forecasted showers. We hiked through the Sanctuary onto a long-abandoned road that parallels Swart Hollow Rd. south toward the old White Hill School intersection. This is from our 1915 Natl. Geo. Survey map, as the farmhouses and school are long

gone. Following various woodland trails we noted the violets, low bush blue berry, strawberry and shad tree blossoms.



(photo by Currie Marr)

Back at the Sanctuary we enjoyed our lunches at the Hawk Watch site overlooking Oneonta's "greening up" valley.

Lucille Wiggin

Wildflower Hike at Gilbert Lake State Park

Tuesday, May 5. Thirty-one people turned out for a two-event day. Thirteen people went with Carol Saggese and did a wildflower photo walk. The rest hiked with Fran Darrah. We saw many flowers and plants. Cameras were clicking away as we shot everything in our path. It was quite the scene, as photographers were sitting and lying down in the trail to capture the flowers. A few (in the heat of the action) were even noted to be sitting in a mud puddle, not knowing until it soaked in.



(photo by Scott Fielder)

One plant we were not sure of turned out to be dwarf ginseng.

To view the many wild flowers observed, visit the website: <http://gallery.me.com/eveningstar#100135> and then go to the bottom of the page and click on "slideshow." Norma Lee Havens and Julie Smith contributed photos, but most photographs were taken by Marjorie Rogers.

Carol Saggese

Davis State Park

Tuesday, May 12. About 30 ADKers walked Andy's trail at Betty and Wilbur Davis State Park in Westford, NY. Participants responded cheerily to the sunny skies, to temperatures about 68 degrees, and to the exceptional finds along the way. One of these finds was a clump of **Pink Lady's-Slipper** orchids, and another captivating find was a bird nest at ground level containing 4 blue

eggs. The trip leader, Fran Darrah, identified the bird making the nest as a **Veery**.



(photo by Currie Marr)

The Veery, *Catharus fuscescens*, is a small thrush species.

Fran Darrah

Mud Lake from Upper Riddell

Tuesday, June 2. Thirty-three ADKers walked uphill from the entrance of upper Riddell State Park to a creek where we took a snack break. Some decided to return at this point, but 26 hikers crossed the creek and continued to Mud Lake. Mud Lake is an open bog surrounded by a sphagnum moss mat. To walk on the mat is a water-bed experience. Growing from the mat we examined the specialized flora of Early Azalea,



(photo by Carol Saggese)

Pale Laurel, High-bush Blueberry and carnivorous plants. Both Pitcher and Sundew plants were observed and photographed.

Currie Marr

Hick State Forest Hike

Tuesday, June 9. It was not the hike that was promised, nor was it the hike anyone expected. The leader was the most surprised. That is because, as the ADK Steward for the trail, she thought she knew the place well. However, I did get off the marked trail onto an unmarked, but obvious other trail, getting all twenty three of us totally turned around. The woods were lovely, and there were many, many Canada Mayflowers along the trail.

After admitting that we were confused, we backtracked and eventually found the pond that was to be our original lunch site. It was not, however, the short walk that was promised. A beautiful thing about our Hiking Group is the good humor and positive attitudes that always prevail. Most of the walkers loved the sense of adventure they felt and declared it a successful experience.

Rita Salo

Welcome New & Renewing ADKers

Richard and Althea Daamguard	4889 New Kingston Rd.	Bovina Center NY 13740
Robert N.Horton	804 Snyder Hill Rd.	Littitz, PA. 17543
Robert J Sullivan	4210 State Rt. 32	Oxford, NY 13830
Patricia C. Donnelly	PO Box 448	Cooperstown, NY 13326-0448
Matthew Sanford & Julie Iannello	29 Genesee St	New Berlin, NY 13411

We'll see you at meetings and on the trails

SUSQUEHANNA CHAPTER SUMMER 2009 SCHEDULE

Outings

ALWAYS CALL LEADERS FOR DETAILS

Area codes are 607 unless otherwise noted

Riders should contribute a fair share toward gas.

Each trip's leader must have all participants sign the liability release form which may be downloaded from our website: www.susqadk.org.

Ernie Mahlke, 432-2583, will be happy to hear from people who want to hike on week-ends and include them in any plans he and Heide may have. For bikers looking for group rides, please call Leon and Lucille Wiggin, 432-1022 and Frank and Jean Oakley, 263-5832. Both Wiggins and Oakleys will again be riding as much as possible this season.

<u>Date</u>	<u>Leaders</u>	<u>Phone</u>	<u>Destination</u>
Tues July 7	Doug & Scott Fielder	432- 2727	College Camp
Tues July 14	Joe & Nina Hart	829-8358	Lordsland Nature Conservancy
Tues July 21	Currie & Virginia Marr	432-5434	TBA
Tues July 28	Sally & Rod Hebbard	829-5811	TBA
Tues Aug 4	Barb Means	432-4903	Canoe Nine Mile Swamp
Tues Aug 11	Kay & Ted Kantorowski	547-5528	Clark`s Tower, Cooperstown
Tues Aug 18	Julie Smith	432-8642	Bike Trip, Rail Trail, Stamford
Tues Aug 25	Linda Seifried	265-3780	West Branch Preserve
Tues Sept 1	Lucille Wiggin	432-1022	Crumhorn Mtn.
Tues Sept 8	Rita Salo	432-3656	Hick State Forest
Tues Sept 15	Norma Lee Havens	432-3154	Rum Hill
Tues Sept 22	Ruth Schaffer	988-7036	Canoe Susquehanna at Otego
Tues Sept 29	Monica & Irv Peters	315-858-0261	Sleeping Lion at Glimmerglass

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

Display Board

The Susquehanna chapter has a display board that provides pictorial reviews of chapter activities. The board opens to 3' x 4' and is available for members wishing to share a visual portrayal of what we do. To make arrangements, please contact Linda Seifried.

Summer Events

July 15 - Swimming, boating, and picnic at the Wiggins' camp, Crumhorn Lake. Come after 3:00 for swimming, boating, and just fun. Bring table service and a dish to pass for the 6 pm picnic.

August 19 - Picnic and walk at Fortin Park. The far pavilion has been reserved from 5:00 to 8:00. Bring table service and a dish to pass. We'll eat at 6.

ADK Meetings Resume

Susquehanna Chapter meetings resume on Wednesday, September 16 at Elm Park Church on Chestnut St. Following a 6 pm covered dish supper, the 7 pm program will feature Connie Reed's slide show, "Hiking the Milford track in New Zealand." The trip includes three days of hiking from hostel to hostel to McLinnon Pass and on to the Milford Sound, while gaining 880M elevation, in 54KM, on South Island. All was preceded

by one week in North Island exploring fabulous sites of interest and beauty. It is the land of the Maori and the Kiwi. The program will be followed by a business meeting at 8 pm.

On Wednesday, October 21, Jay Fleisher will present a Power Point program "A trek along the southern approach to Everest Base Camp." He will be joined in the presentation by his partner and travelmate, Judy Pachter.

Blue Ridge Week-end: July 31 – August 3, 2009

You haven't lived Adirondack until you've spent a day of trail maintenance in the company of great ADK friends. This great weekend project combines hiking, canoeing, camping and fireside fellowship in the Blue Ridge Wilderness Area. You can reserve a campsite at nearby Lake Durant online at www.ReserveAmerica.com.

With cooperative weather, we'll tackle the Wilson Pond trail Saturday, with Sunday as the rain date. Plan to arrive Friday,

July 31, to be ready for an early start Saturday morning. We urge you to stay at least until Monday the 3rd.

For first timers you'll get an outstanding orientation by reading our chapter's self-published *Enjoying the Blue Ridge Wilderness*. To get a copy, send a self-addressed stamped envelope to Nina at P.O. Box 111, Franklin, NY 13775.

For more information about this trip, call us at 829-8358. See you on the trail. *Joe and Nina Hart*

ADK Sus Exec. Committee Meeting

At its June 4th meeting, held at Oneonta's Atonement Lutheran Church, the Executive Committee agreed on the following:

Approved \$25 to have Erika set up a display table at Delhi Fair on the Square

Approved \$50 to the Girl Scouts for summer scholarships

Approved \$50 for Ryan Graig, ADK student volunteer past 3 summers

Heinegg to Chair Conservation Committee

Erika Heinegg has accepted the position of Conservation Chair. Erika will be our chapter's liaison with the Conservation Committee of the main club. This group deals with conservation-related issues across New York State, especially in the Catskills and Adirondacks. Linda Seifried, former Conservation Chair, will also work with Erika.

Director's Report

As a new Director attending the Board of Directors meetings for the first time, I have been impressed by a number of things, some of which were mentioned in the March issue. Besides reports on the financial status of the Club, there are reports from each Committee, so Directors are kept up-to-date on the many projects that ADK carries out.

For example, the Education Department had this excellent news: ADK has been named as a Master Educator for the national Leave No Trace Program [which educates campers and hikers on enjoying the land without degrading it - certainly a subject that ADK knows much about!]. Previously, only 3 Master Educators existed in the whole country, with AMC

offering training in the northeast. ADK will acquire training this year, and in 2010 will begin offering courses to train others. It took 18 months to achieve this important designation as Master Educator, and it is a prestigious honor for the Ed Department.

I also learned that our Club has a whistleblower policy, with a compliance officer. Even volunteers may report any violations to the appropriate person. It was reassuring to see the openness of dealings that characterize our organization.

Our alternate Director, Aleda Koehn attended the June BoD meeting. Her report will appear later. Reports on items from these meetings also appear in the **Adirondac** magazine, so that all our club members can be updated with each issue.

Linda Seifried

MEMORIAL DAY WEEKEND CANOE RACES

The ADJ team didn't quite make it this year. Team Captain Rita Salo extends a hearty "Thank-You" to Joe and Jean Seroka for generously opening their "riverside park" to members during the canoe regatta. Those who visited this lovely piece of land by

the river were treated to a Sunday picnic under shelter and enjoyed many opportunities to watch the boats go by. Thank you for sharing this place with the rest of us.

Rita Salo

ADK's "Black Fly Affair: A Hikers Ball"

The Fort William Henry Conference Center in Lake George was filled with, ADKers, guests, food vendors, musicians, and lots of items to be auctioned off. Around 350 attendees, many dressed up and in their hiking boots, danced, ate, bid, and had a great time.

The food—and there was plenty of it—coffee, wine and beer tasting were all donated. Stan Hall, owner of the Cooperstown Brewery in Milford, not only provided beer tasting but donated many cases of beer, with T-shirts, hats, and glasses, for the silent

action. The live auction included trips, dinners, Adirondack furniture, artwork, and, of course, the Chapter Baskets. Our Susquehanna Basket (which I thought was the best) was sold to John and Ellen Caffry for \$200.

The totals are not yet complete, but the club netted over \$32,000. Proceeds have been directed to trails and Education programs.

To see a slide show of the Black Fly Event, log on to adk.org and click on the Black Fly picture.

Linda Seifried

Adirondack Mountain Club Conservation Update

APA OKs Plan to Ban Floatplanes on Lows Lake After 2011

The Adirondack Park Agency (APA) passed a resolution to ban floatplanes on Lows Lake after 2011. This is a positive end result to a lengthy and arduous battle. The serene, wild character of Lows Lake will finally be protected from floatplane landings by the 2012 paddling season.

Although the latest plan will continue to allow floatplanes to land on Lows Lake throughout the next three seasons, ADK was victorious in getting the APA and DEC to begin the process for wilderness classification of the Lows Lake Primitive Area, Lows Lake itself, as well as any unclassified lands on the southern shore of Lows Lake. These tracts will be considered for addition

to the Five Ponds Wilderness Area.

The start of this classification process is long overdue. With this recommendation put forth by the APA, Lows Lake will be managed appropriately, without contest.

Throughout the debate over floatplane use, ADK had learned that the lake itself had been intended to be classified as Wilderness. ADK has always known that these lands were wild, no matter what DEC considered their classification. Thanks to the hard work from our members and staff, these lands will be classified indisputably.

Allison Beals, Government Relations & Conservation Director

Whale Watch Revisited

Harry Barnes invited ADKers to join him and Muffy McDowell on a whale watch tour last quarter. Harry's report follows:

Muffy and I had a great whale trip! I am putting together a slide show on our trip, but meanwhile here is a website that has great photos of some of our experiences on the 6-day adventure. There were two professional photographers with us on the safari and both also teach Marine Science at the Univ. of California Santa Barbara. These are Eric's photos -

http://www.ezphotography.net/eric/baja_09/index.html.

Bob Perry (the other photographer's) website is

www.MarineBioPhotography.com. Bob has great photos also.

Enjoy. It was wonderful being with the people on our safari, only 15 of us. Everyone was so caring for not only the magnificent gray whales, but for the people and culture of Mexico, and for one another! Our professional guide, Luka, also a college Marine Science instructor, was the catalyst for it all. What a gal! Her twin 7-year olds are lucky kids! If you need validation that we humans are indeed part of the natural world, try looking into a gray whales eye at water level from a tiny boat while petting her or her calf and crooning, "Ballena, Ballena, Ballena! as instructed by Luka, because after all, as Luka said, "they are Spanish-speaking whales." Adios, amigos!

Harry Barnes

September 25–27. ADK Fall Outing

Discover the Lower Hudson Valley. Headquarters will be at the Holiday Inn in Suffern, New York. This is a wonderful opportunity for ADK members to get to know more about the lower Hudson Valley, Harriman Park, and the New York metro area. New York City and all it has to offer is less than an hour's drive from Camp Nawakwa, the New York Chapter's lodge on Lake Sebago in Harriman Park, and it is also accessible by public transportation. There is great hiking with breathtaking views along the Hudson River, and Harriman Park is also home to many lakes for canoeing, kayaking and fishing. Bear

Mountain Park has a large natural lake, a zoo, and a beautiful carousel that children love. The activities available in this area for the outdoor enthusiast are far too numerous to list here, and the members of the New York Chapter encourage everyone to experience the region for themselves. For more information, download the registration booklet at:

<http://www.adktravel.org/ADKFallOuting2009.pdf>. For general information, contact Noel Schulz at noelschulz@verizon.net (201-445-6445), or the registrar, Janet Sibarium at janet@adkny.org (212-254-0738).

Foot-Loose!

Newsletter of the Susquehanna Chapter ADK

www.susqadk.org

c/o Lucille Wiggin

80 Chestnut Street

Oneonta, NY 13820

Subscription to this newsletter is included in membership in the Susquehanna Chapter of the Adirondack Mountain Club. It is available to the public and to non-chapter members for \$5 per year. Contact Barbara Meeks at (607) 783 2924 for more information. Portions of this newsletter are also available online at www.susqadk.org.

Susquehanna Chapter Officers and Committee Chairs

Chair: Aleda Koehn
432 8870 akoehn40@hotmail.com
Vice-Chair: Julia Smith
432-8642 smithj3@hartwick.com
Secretary: Linda Wilcox
433-2985 wilcox1@hartwick.edu
Treasurer: Nina Hart
829 8358 ninajoe@frontiernet.net

Director, ADK Linda Seifried
265 3780 sseifried@mkl.com
Conservation: Linda Seifried
265 3780 sseifried@mkl.com
Hospitality: Jean & Joe Seroka
988 7007 (no e-mail)
Membership: Lucille Wiggin
432 1022 lucillew@stny.rr.com

Newsletter editor: Fred Johnson
783 2567 jfred212@frontiernet.net
Newsletter mailing: Barbara Meeks
783 2924 (no e-mail)
Outings: Beverly Hensle
286 9126 hensle@peoplepc.com
Publicity: Moira Beach
433 2832 susqadk@yahoo.com

Chapter meetings are held the third Wednesday of the month, September through May, at the Elm Park United Methodist Church, 401 Chestnut Street, Oneonta (except where noted). Members and the public are invited to our early evening potluck supper at 6pm (please bring a dish to pass, your own table service and mug or cup); programs begin at 7pm, followed by a short business meeting.

Adirondack Mountain Club annual membership dues are \$50 for individuals and \$60 for families (other membership levels are available, including seniors and students). Benefits of membership include:

- discounts on ADK workshops and programs
- discounts on ADK merchandise
- invitations to member only outings and extended trips
- reduced rates at ADK facilities: lodges, leanos, cabins, and campgrounds
- 20% discount on ADK trail guides, canoe guides, maps, books and calendars
- membership in one of ADK's 27 chapters throughout the Northeast
- Adirondac Magazine six times a year

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