

ADIRONDACK MOUNTAIN CLUB

ONONDAGA CHAPTER

TALK OF THE TRAIL Spring 2022

March 🌻 April 🌻 May



HIGHLIGHTS IN THIS EDITION

- Spring Social and Business Meeting
- Chapter Historical Timeline
- Invasive Species
- Outings!

ADK ONONDAGA CHAPTER

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*Newsletter Proofreading
Courtesy of Jerry Smith and
Chris Kotula*

*Submissions for the
summer edition accepted
until May 1.*

ABOUT THE COVER

*The Orebed Brook Trail
heading up Saddleback.
Taken on an ADK-On
Outing! Courtesy Marcia
Kelley*



AN ADK SIZED WELCOME TO OUR NEWEST MEMBERS!

James Baker, David & Rosemarie Duerr, Thomas Hutchinson, Stefan Ilnitzki, Daniel Kidwell, John & Rachael Kuch-Cecconi, Rachel Leach, Michael Leader, Denise MacDuff, Robert Moran, Laura Rodormer, Anthony Scarsciotti, Tanner Valentino, Deborah Weller, James Bostick, Doug Burdick, John Flannery, Katy O'Connor, Susan Peterson, Connor Prosser, Ronald Sessler, Rebecca Walton, Angela & Nate Lange, Kanischa Miller, Kim Radesi, Andrew & Mary Kate Schutt, Elly Someriot, Shawn Tysco, Shelby Zemken

As of January 2022, the ADK Onondaga Chapter now boasts a total of 1,443 members and 3 affiliate memberships. Adirondack Mountain Club overall membership stands at 28,687.

That is a decrease of 31 chapter members, a decrease of 2 affiliate member and a decrease of 41 in total ADK membership since October 2021.

FIND US ONLINE. REACH OUT. GET SOCIAL!

Web Site: <https://adk-on.org>

Facebook: <https://www.facebook.com/groups/adkonondaga>

Instagram: https://www.instagram.com/adk_onondaga_chapter/

Email: Join our Google Group to receive emailed Chapter updates. Go to: <https://groups.google.com> Search for our group name: ADK-On-Email

ADK ONONDAGA CULTURE

We believe diversity makes us stronger. We believe inclusion fuels our cause. We welcome people of all races, ages, genders, sexual identities, religious affiliations, and national origins. Join us today!

MEMBERSHIP UPDATES

To update your mailing address, phone number or email address, email membership@adk.org or call 800-395-8080.



BY Lisa Druke



Welcome 2022! I am excited to share that since before the Pandemic began, our Chapter met in person for the first time for our Annual November Business Meeting held on November 6, 2021, and how refreshing it was! I want to thank our outgoing executive officers and committee chairs, Dick Frio (Chapter Chair), Dave Grant (Vice Chair), Tony Rodriguez (Trails Chair), Pat Zangari (Social Chair), and Mary Coffin (Landowner Liaison Co-Chair) for their dedication and service to our Chapter. And welcome, our new officers and committee chairs including myself, Bruce Holloway (Vice Chair), Harold


Kyle (Trails Chair), and Pat Urban (Social Chair). Special thank you to our Nominating Committee and Dick Frio for their recruiting efforts! We are off to a great start.

2022 brings much excitement with the ADK's Centennial Celebration planned for this year. The ADK has planned many promotional activities including a Memorial pathway, Centennial photo contest, and the 100-mile Challenge to mention a few. Reflecting on our own Chapter, we are a Chapter of service and since 1951, we not only have developed a solid outings program for all members to enjoy, we also have years of sweat equity in trail building and maintenance of our adopted trails for all people to enjoy. In celebration of the Centennial, I hope you will enjoy our four-part series on our Chapter history, starting with part one, The Power of One, Edward Ketchledge. We are a Chapter of volunteers, and we have much to be proud of.

Our Chapter will be organizing some local special events (to be announced) to celebrate this year's ADK Centennial so we hope you will join us. Our outings and trail maintenance programs are kicking off in full gear this spring (see our spring Calendar in this issue). We have special trail building projects planned this year including a reroute on the FLT M22. We will gather in person for our Spring Social in March with an exciting guest speaker, Heather Housekeeper, 'the Botanical Hiker'. She will share her knowledge on edible plants and experiences on through hiking the FLT and Long Path.

In September 2021, I had the opportunity to hear Matthew Marko, our DEC Region 7 director, speak on the challenges facing New York State and the direction our state is headed to combat threats from climate change. One message was clear, the DEC wants transparency with our communities and asks for our help to learn and become engaged with our changing environment. Through programs such as PRISM (Partnership for Regional Invasive Species Management), we can participate as citizen scientists, in helping protect our trails. Our Education Committee has scheduled this spring, Invasive Species

Awareness training, given by Matt Gallo with the Finger Lakes PRISM where we can learn, as the first step, how to survey the species of concern for our area.

Enjoy Spring! We hope you can join us on the many activities and events we have planned for 2022. 

IN CASE YOU MISSED IT

Did you see the Relics from the Past information posted on our website? Bill Coffin and Ed O'Shea documented information on archaeological sites on or near hiking trails in Central New York. Before you head out on the trails, check it out and see what interesting sites you might be passing in your travels! [Relics from the Past](#)

BY JAMIE CONDON



It seems kind of ironic to introduce Lisa Druke to the Onondaga Chapter of the Adirondack Mountain Club. Lisa is, after all, a long-time, active member who has been the Chair of one of our most prominent committees for more than a decade. However, now that Lisa has stepped up to take on the leadership of our chapter, it seems like a good opportunity to get to know Lisa a little better!

Lisa Druke is a native Central New Yorker whose love of the outdoors was nurtured as a child by an active, outdoorsy family life. During her pre-school years her family went to Third Lake for a vacation, and they all fell so in love with the Adirondack life that the family built a camp on White Lake.

In the early 90's Lisa moved to South Carolina for work. To escape the heat and humidity of summer, Lisa and her dog, Holly, explored the mountains of North Carolina and Georgia when she wasn't working or playing league softball. Holly, one of those special dogs who Lisa describes as 'half human', was a great hiking companion who always waited at every trail junction to see which way they were going to go that day. 'Hike' was Holly's favorite word!


The trails Lisa hiked in the south were generally unmarked trails (by intention) and it was here she learned to use a map and compass to navigate. This experience allowed Lisa to develop the valuable skill of judging distance by time and terrain. The biodiversity in the Carolinas piqued Lisa's interest in wildflowers and she learned how to identify the flora along the trail. She combined this newfound interest with photography skills that she picked up while working for Fujifilm and captured images of many wildflowers as she hiked.

I think the biggest challenge for our Chapter will be embracing change as we carry out our mission of land protection, promoting responsible outdoor recreation and land stewardship advocacy. Continuing to safely manage outings and events during the pandemic, understanding the impacts of climate change on our forests, embracing diversity and inclusion, and recruiting young members to volunteer are challenges we need to focus on in 2022. - Lisa Druke

Lisa joined the Adirondack Mountain Club in 1999 when she and her steady companion, Holly, moved back to Central New York so she could obtain her masters at SU. Lisa's first few chapter hikes were with another influential chapter member, Kathy Disque. Kathy suggested she join the Outings Committee and become an Outings Leader. Lisa looked at it as a way she could give back to an organization and spread the knowledge and love of the outdoors to others. After being a committee member for several years, Lisa was tapped as Outings Chair when Hal Boyce stepped down. As Outings Committee Chair, Lisa has set a high standard and managed to keep the Onondaga Chapter Outings schedule very full and varied with many thanks to the volunteer leaders.

The hike challenges and her quest to complete the 46 high peaks were fun, including the Cranberry 50, NPT backpacks and the many high peak trips. The friendships made and camaraderie have meant the most to Lisa.

In addition to the Adirondack Mountain Club, Lisa is a member of the Carolina Mountain Club. Ironically, Lisa discovered the Carolina Mountain Club when she returned to North Carolina on a scouting trip to the Shining Rock Wilderness for a trip she was planning with the Onondaga Chapter in June 2010.

In speaking with Lisa, her excitement about moving on to the chair position is obvious. Lisa has lots of ideas that she will be looking for opportunities to put into action. It's clear we have the right person in charge, and she will do a phenomenal job! 



Cliff and Redfield Trip, Amanda (Schulz) Campbell, Ken Kaufman, Kelly Schulz, Lisa Druke, Rachel Kaufman, Brian Kaufman, Sam Curlew



SPRING SOCIAL AND BUSINESS MEETING

Please join us for our Annual Spring Social and Business Meeting on Saturday, March 26, 2022 at the [Collamer United Church](#). The event will begin at 3:00 pm with a Social Half-Hour. Starting at 3:30 we have a special treat for you. Heather Houskeeper will speak about the edible and medicinal plants we are surrounded by here in Central New York! At 4:30 pm we will have a brief business meeting followed by a chapter provided dinner at 5:00 pm.

You do not need to be a member to attend. Everyone is welcome! In fact, we encourage you to bring a friend! This is a unique opportunity to socialize with old friends, meet some of our new chapter leadership and listen to a much sought-after herbalist speaker! Questions? Feel free to reach out to [Pat Urban](#), 315.635.7736 or [Sandy Manca](#), 315.807.9442.

PRESENTATION BY HEATHER HOUSKEEPER

Discovering the Edible and Medicinal Plants of New York State

Join Heather "The Botanical Hiker" Houskeeper for a virtual walk-through New York State on the Finger Lakes Trail and Long Path. Heather thru-hiked these trails with the purpose of researching the edible and medicinal plants she encountered and, when appropriate, incorporating them into her backcountry meals and first-aid. In this seminar, she will share her experience hiking these trails and describe the many useful wild plants that she encountered. This program will provide you with the helpful hints to identify these plants whether on the trail or at home and inspire you to put them to use!



Wild Grape (Vitis spp.) leaves accompanying cream cheese and sundried tomatoes on a bagel.



About Heather

Heather Houskeeper is a certified herbalist, long-distance hiker, and author. She has thru-hiked the Appalachian Trail, Mountains to Sea Trail, Long Path, Mid State Trail, Florida Trail, and is the first person to have hiked the Finger Lakes Trail System in one continuous trek. In her profession as The Botanical Hiker, Heather educates and guides others into the natural world through seminars, workshops, and plant walks. She is the author of two plant guides, including *A Guide to the Edible and Medicinal Plants of the Finger Lakes Trail*, and has recently published her first narrative work, titled *Love and the Long Path*. Learn more about Heather at: www.TheBotanicalHiker.com.



Common Blue Violet (Viola Sororia) leaves and flowers accompanying pita and cheddar.

KNOW BEFORE YOU GO

- ✓ Pre-Registration is required. **Register today!**
- ✓ Proof of a Covid-19 vaccination or medical exemption required.
- ✓ Bring your mask.
- ✓ Bring your own place setting.
- ✓ Check our [website](#) before the event for any updates.

Photos Courtesy of Heather Houskeeper



SOCIAL COMMITTEE UPDATE

Pat Urban, our new Social Chair for ADK Onondaga, is quick to say that though she is named as the Social Chair it's truly a three-person effort among herself, Sandy Manca and Peg Whaley. After helping with the Fall Business Meeting, Pat realized it was something she enjoyed and was, with a little help from her friends, a way to give back to the chapter. So, after speaking with Sandy and Peg, they decided they could take it on together.

Pat says she looks forward to working with Sandy and Peg to make enjoyable, informative events by hosting interesting speakers. It sure looks like they are off to a great start with the Spring Business Meeting by booking Heather Houskeeper!

Pat is a trail steward for a trail on M2 and she helps with blazing trails as well. When she isn't busy with the

chapter, she enjoys spending time with her children and grandchildren and sailing with her husband on their 22-foot sailboat.

Thank you, Pat, for coming forward to lead this important committee!

OUTINGS COMMITTEE CHAIR NEEDED

The Onondaga Chapter is seeking a lover of people and the outdoors to lead us into the next 100 years of ADK. We have a very dedicated group of hike leaders who volunteer their time and expertise leading a variety of hikes, paddles, backpack trips, XC skiing, and snowshoeing outings for the Chapter. The Outings Chair, with the assistance of the outings committee, organizes the offerings from the Trails, Education, Social and Outings Committees each quarter. The Outings Chair is a voting member of the Executive Committee. Promoting safe, outdoor recreation is our mission. Are you ready for a leadership challenge?

To find out more, reach out to [Lisa Druke](#).

UPCOMING EXECUTIVE COMMITTEE MEETINGS

Wednesday, April 20, 6:30 pm – 8:30 pm

Wednesday, May 18, 6:30 pm – 8:30 pm

Care to join us? Reach out to [Lisa Druke](#) for meeting location and to reserve your space!



HAROLD KYLE, TRAILS CHAIR

BY JAMIE CONDON



Harold with his wife Debbie, and their children Stella and Jasper after their annual hike of the Onondaga Branch this year.

Harold Kyle, our new Trails Chair for ADK Onondaga, has been a chapter member since 2005, but is a new name and face for most of us. Harold and his wife, Debbie, moved from Minnesota to the Syracuse area in 2001 so that she could attend a graduate program at Syracuse University. Harold, an outdoors enthusiast, laughingly admits that Syracuse wasn't the choice he was quietly hoping for when his wife was considering universities. However, once they arrived in Syracuse, they quickly fell in love with the area, including the rolling hills of the Finger Lakes, the variety of local outdoor activities and the proximity of the Adirondack Mountains.

After the move, they began having luck with marketing their businesses, [Boxcar Press](#) and [Bella Figura](#), online and realized they could live anywhere they wanted. And so, what was supposed to be a temporary move to

fulfill Debbie's educational goals, turned into a permanent one.

Harold and his wife particularly loved all the hiking in the Finger Lakes region, and Debbie developed a full library of hiking guides and regional books. As often happens with growing families, free time was devoted to children and friends with children and so he spent most of his time available for hiking-putting those books to use organizing hikes with other families.

After years of using the trails, they decided it was time to give back and in 2018 Harold and Debbie reached out to Tony Rodriguez about becoming trail stewards. Tony had no available trails but determined they reached out to Peter Dady and picked up a trail in Cortland County on the M21 map.

Now, lucky for us, he is taking it one step further! Harold carefully considered the work he was taking on before stepping up for the Trails Chair position. Harold says that his confidence in tackling this position was bolstered by what he saw as "amazingly maintained trails by the Onondaga trails team" when he was out hiking. He also says that being self-employed provides him with some flexibility that allows him to add this volunteer position to his plate.

It is clear Harold is really excited to be in the role and looking forward to learning from everyone on the trails committee and crew!

SPRING TRAIL MAINTENANCE OPPORTUNITIES

Dates	Description	Location	Leader(s)
April 9	Trail Stewards Refresher	Highland Forest	Mary Coffin, Dick Frio, Bob Rosati
April 20	East of Big Moose Road	Pigeon Lake Wilderness Trail	Sigi Schwinge
April 24	Bridge/Culvert Install	Highland Forest	Mary Coffin & Dave Grant
April 27	East of Big Moose Road	Pigeon Lake Wilderness Trail	Sigi Schwinge
May 7	FLT Trail Relocation Project	M22, near Paradise Garden Leanto	Dick Frio & Bob Rosati
May 13-15	Tread Rehabilitation	New Woodstock	Mary Coffin & Bob Rosati

Check the Outings section for additional details



MEET MARY NIEMI BY LISA DRUKE

HIKE LEADER, TRAIL MAINTAINER, LANDOWNER LIAISON CHAIR

Mary Niemi, growing up, recalls family vacations to Letchworth State Park, Canada and camping along the St. Lawrence River. After retirement, Mary wanted to balance her indoor hobbies with more activity and so she joined the ADK Onondaga Chapter. She was all in and became an apprentice of Tony Rodriguez and Ed O'Shea and learned how to do trail maintenance from the ground up. With her new skills, she became a trail steward and now maintains a section of the FLT O2 trail near New Woodstock. In 2014, she became a hike leader and currently coordinates our Chapter Walking Wednesday hikes. Her volunteer responsibilities continued to grow and in 2018 Mary became the co-Chair of the Landowner Liaison Committee for which she writes appreciation letters and visits landowners who allow

access to FLT/NCT trails to nurture lasting relationships. We want to thank Mary for her dedication to our Chapter and for wearing many different hats!

TOP ADK-ON NCT VOLUNTEERS BY MARY COFFIN

Each ADK Chapter has its own character and focus such as hiking or paddling or cycling, trail work, travel, educational programs, environmental advocacy. ADK-ON seems to be characterized by its extensive trail work and outings schedule.

Our ADK Onondaga Chapter makes significant contributions to constructing and maintaining the North Country National Scenic Trail (NCNST) in Central New York and in the West Central Adirondacks. Over 73 Onondaga volunteers collectively donated OVER 1,545 hours in 2021. Trail work was completed on concurrent FLT/NCT maps M21, O1 and O2. In addition, volunteers donated time to travel to and maintain these Adirondack trails: Little Woodhull section, Kunjamuk and Cisco Creek sections and Oak Mt.

The following volunteers donated between 20 and 200 hours as individuals, in alpha order: Rick Bates, Scott Bowen, Mary Coffin, Sam Curlew, Dick Frio, Ann Furze, Don Gaulet, Dave Grant, Dick Harper, Bruce Holloway, Peter Knauerhase, Sandy Manca, Deb Nero, Mary Niemi, Ed O'Shea, Tony Rodriguez, Sigi Schwinge, Paul Sirtoli, Pat Urban, Kathy Way.

New York State is host to about 700 miles of the 4,700-mile NCNST with about 422 miles concurrent with the Finger Lakes Trail (M1-M21, O1-O2), about 95 miles maintained by the CNY Chapter of NCTA (North Country Trail Assoc.) and another 160'ish miles across the Central Adirondacks to Crown Point.

In addition, ADK ON volunteers donated trail work to non-NCT trails in Pigeon Lake Wilderness and on FLT M22, Main Trail. We are tremendously grateful to the dedication all the ADK trail volunteers and trail stewards. ADK-ON is indeed characterized as a trail supporting chapter.

Check the Talk of the Trail schedule section for work trips and, if interested in becoming a trail steward, contact [Harold Kyle](#). No experience is necessary.

Photo Courtesy Dick Frio





BY JEFF SARGENT



The snow will soon be gone, and trails will resume a greener shade. Hikers will be sharing the trails again with “others” that have been dormant during the snow season. In this edition, we will discuss a few items we should be wary about as the seasons change. Vectors, plants, and animals will soon be joining us on our hikes.

Lyme disease, carried by the black legged tick, is more dangerous to hikers than most other interactions with “critters” including black bear! As things warm up, many hikers switch to lighter weight clothing and short pants. All this exposed skin is a welcome sight for the newly emerging and hungry nymphs. Care must be taken not to become the tick’s next meal! The telltale red bullseye doesn’t always appear, embedded ticks are often overlooked, are difficult to see, and the time attached for infection to occur are all subjects to argue about on your next hike. I prefer to limit my exposure rather than worry if I will get the disease. Long pants, long sleeved shirts, and hats treated with Permethrin, a repellent applied to clothing that remains effective after repeated washing, have kept me tick free for thousands of miles. It is also effective against many other biting, disease carrying insects. Add a head net and light weight gloves to complete the protection against mosquitoes

and black flies.

Poison Ivy and Oak are very common along hiking trails. Poison Sumac (less common and found in wetlands), Poodle dog bush (common in burned areas on Pacific Crest Trail), giant hogweed, wild hemlock, wild parsnip, cow parsnip, and stinging nettle are also harmful and are best to avoid. Unfortunately, these plants are often not recognized or misidentified by the casual hiker. Plant identification is a complex topic and there are thousands of trailside species; I do however recommend hikers become proficient at identifying the hazardous plants in the areas they frequent. The NYS DEC has a [website](#) dedicated to hazardous plants.

Covering our skin is a great way to protect against these irritating plants and the oils they produce. Use caution though as plant oils may be transferred to clothing and shoes so exposure can still occur when doffing at the end of the day. Avoiding contact is the best method to prevent the harmful effects of hazardous plants.

Warmer weather also increases our exposure to wildlife. Critters are hungry and looking to replace calories used over the winter. Please let them forage for their natural food sources in peace. We should avoid disturbing the wildlife; this includes keeping our dogs under control. We also need to be cautious the little bandits don’t steal our lunch! Most backpackers are aware of the need to protect our food. Bear cans are required in many areas, and when cans are not required, PROPER food hangs are always a good idea! Although food conditioned bears are a problem, I’ve had more interactions with chipmunks and red squirrels trying to get my groceries! Simply leaving an unattended pack in a lean 2 or shelter for a few minutes while swimming or answering nature’s call, is all it takes for the resident mouse population to answer the dinner bell. Always protect your food and even though the chipmunks are cute and seem tame, don’t feed the animals! Human food conditions animals to bad habits and is often unhealthy for them.

Winter will soon be behind us. Mud and black fly season quickly approach. Long pants and sleeves (treated with repellent) are my number one protection against the 3 “B’s” – Bugs, Briars, and Bad stuff.

Happy hiking! 

SPRING EDUCATION EVENTS	
Dates	Event
May 14	Invasive Species Awareness
May 21	Introduction to Backpacking

Check the Outings section for additional details



BY MATT GALLO

Walk into any forest in spring, and you will be pleased to see life return to a dormant landscape. Yellow flowers of fig buttercup carpet the forest floor. Thorny and bushy, the white flowers of multiflora rose will release a sweet fragrance to the air. Garlic mustard erupts from the earth, shooting skyward in the quest for light. Swallowwort vines hoist themselves upwards on twigs and branches. This explosion of life is a great setting for any nature documentary, but did you know that all these plants are invasive species?

Whether introduced intentionally or simply by accident – invasive species are among the preeminent environmental problems facing our ecosystems today – right up there with habitat loss and climate change. In particular, New York’s terrestrial and aquatic landscapes are among the most heavily invaded ecosystems in North America. But what is an invasive species? Why are they a problem? And if so, what can be done?



Hemlock Woolly Adelgid has decimated our hemlock trees. Pictured are the characteristic 'puffballs' they form.

Invasive species are defined as any organism that is introduced to a new environment and whose introduction causes environmental or economic harm, or harm to human health. Invasive species are capable of causing large scale damage to our environment and economy because most invasive species -whether plant, animal, or fungus – tend to be organisms that are highly adaptable and can spread rapidly and aggressively. Typically, these are species with high reproductive rates, fast growing times, and are not eaten by local predators. Without any sort of checks and balances, invasive species will overwhelm the local native species.



Spotted Lanternfly poses a massive threat to our local grape and apple industries.

The consequences of invasive species are vast. Annually, it is estimated that over \$100 billion is spent on invasive species control in the United States. Many of our most important species such as the once common American Chestnut are now either extinct or declining from invaders. Millions of Ash trees now stand dead – monuments to the destructive power of the Emerald Ash Borer. The world-renowned Finger Lakes wine country is bracing for the arrival of Spotted Lanternfly, a new invader that has devastated wineries in Pennsylvania and is moving northwards into New York.

There is hope. Often one of the greatest challenges we face is that we simply don’t know where they are until it is too late. If invasive species managers had better knowledge of where invasive species populations were developing before they grew out of control, then they could eliminate those populations before they caused any widespread damage. That is where you come in. If you are concerned about invasive species, one of the best ways you can help is to become a volunteer with the Finger Lakes PRISM (Partnership for Regional Invasive Species Management). The FL-PRISM is an organization committed to the management and education of invasive species in our region and has a wide variety of volunteer opportunities available for those who are looking to make a difference. If interested, please visit <http://fingerlakesinvasives.org/invasive-survey/> for more information.

[Download a Guide to Invasives Identification](#)

Matt Gallo is the Terrestrial Program Outreach Coordinator for the [Finger Lakes PRISM](#) (Partnership for Regional Invasive Species Management) Organization whose mission is to reduce the introduction, spread and impact of invasive species within the 17-county area of the Finger Lakes Region. ADK Onondaga Chapter is proud to partner with this organization to bring awareness and action against invasive species in our area. Watch our calendar for outings related to invasive species control. Brought to you by our Education Committee!



ADVISORY COUNCIL UPDATE BY DICK HARPER

At this writing the new ADK Board of Directors will be holding its first meeting on February 16, 2022, via Zoom. Sitting on the Board representing the Advisory Council and all chapters will be newly elected Kate Hacker from the Niagara Frontier chapter. Kate will serve for a 3-year term and brings a wealth of experience professionally as well as 30 years of leadership involvement in ADK.

This year ADK celebrates its Centennial with many activities designed to involve as many members as possible. The Fall outing in Lake George will be held September 23-25 with 60 various outings being offered. Also on tap is a 100-Mile Challenge open to all. Hike, walk, ride to help raise money to support ADK's conservation and education mission. Details for both can be found on the ADK website.

Purchase of the Cascade XC Ski Center on Rte. 73 has been finalized. It is a great facility located in the high peaks area that will be used for education, lodging, offices, and as an information center and for hiking, cross country skiing and snowshoeing.

Also, the club plans to sell its facility in Lake George and will relocate many of its offices to Heart Lake and Cascade to bring everything closer together.

Another aspect of the Centennial is an attempt to save and preserve the rich oral history of club members, chapters, and the development of the club itself before much is lost forever. The Advisory Council will propose to the Board for an approval to create Our Story Bridge with the help of a local organization through the Essex library. Funding needs to be generated soon to begin the process. Hopefully chapters, individuals and the club can come together to make it happen.

REPORT FROM DEALING WITH TRAIL EMERGENCIES CLASS BY MARY NIEMI

I signed up for the class, Dealing with Trail Emergencies taught by Jeff Sargent, our Education Chair on January 15, 2022. When I saw the weather report for that Saturday for temperatures of 1 to 3 degrees, I was apprehensive because my hands and feet get cold easily, so I wasn't sure that I would be able to do the outdoor skills in such a low temperature. I didn't have to worry because Jeff modified the class to stay indoors primarily. When we did go outside, there were a few warm-up breaks back inside between activities. I really learned a lot and I appreciated the chance to learn from an experienced hiker like Jeff

who is also a retired firefighter. There was a wealth of insider tips about first aid materials to have in your backpack along with the 10 Essential items to include in your pack. It is one thing to read about or attend a lecture, but I find the chance to practice the skills with an experienced teacher is an invaluable opportunity to really absorb and learn those skills. Even though we all probably would agree that safety and first aid training are important, we don't prioritize it. I am trying to change that about myself, and we have a great Education team to help us do just that.



Improvised Shelter, Jeff Sargent & Mari Niemi, Photo Bruce Holloway



Protecting an injured person from the elements, Pictured Mary Niemi, Photo Bruce Holloway

2022 ADK'S CENTENNIAL CELEBRATION & FALL WEEKEND

SEPTEMBER 23-25, 2022



Silver Bay YMCA

Cold River Chapter is hosting ADK's Centennial Celebration & Fall Outing on September 23 - 25, 2022 at the Silver Bay YMCA Conference & Family Retreat Center in Silver Bay, NY (near Hague). If you haven't been to any other Fall Outing, this is the one you shouldn't miss! The YMCA is on Lake George, with spectacular views of the lake and mountains, and has boats, tennis courts, hiking trails and a gym. If you don't want to stay at the hotel, you can come on Saturday just for the day and join us for a barbecue dinner, or you can camp nearby at NYS Rogers Rock Campground.



Bill McKibben, Environmentalist

There will be 60 outings, including a pontoon boat tour of Lake George, musical entertainment on Friday night by Dan Berggren and Jamcrackers, and a special guest speaker on Saturday night – noted environmentalist and author Bill McKibben.



Dan Berggren and the Jamcrackers

Pre-Registration for this event is required. Watch for [registration](#) to open in early March!

Agenda at a Glance		
Friday	Saturday	Sunday
8:30 am to 1:00 pm Outings	7:30 am to 9:00 am Breakfast	7:30 am to 9:00 am Breakfast
4:00 pm Silver Bay YMCA Check-in (if lodging booked)	6:00 am to 10:00 am Outings Start	9:00 am to 11:00 am Outings Depart
4:00 pm to 5:30 pm Happy Hour with the ADK Board of Directors	9:00 am to 4:00 pm Centennial Check-In	10 am Check Out from Silver Bay YMCA (if lodging booked)
5:30 pm to 7:00 pm Buffet Dinner	11:30 am to 1:00 pm Lunch	
7:30 pm Dan Berggren and The Jamcrackers	5:30 pm to 7:00 pm Dinner	
	7:00 pm to 7:30 pm Bill McKibben	



As we reflect on 100 years of the ADK and the role our Chapter has played, we have some stories to tell. Our Chapter, founded in 1951, is rich with a history of service. Welcome to part one of our four-part series as we celebrate all that we have accomplished. Meet Edward Ketchledge, an ESF Botanist and ADK Onondaga Chapter member, who in the 1960's, worked with a fervent passion to restore the unique alpine plants of the high peaks which were eroding at an alarming rate. Onondaga Chapter members, Mary and Bill Coffin, remember packing seed and fertilizer to the summit of Algonquin Mountain with "Ketch" and other Onondaga Chapter Members in the 1980's. Follows is the story courtesy of The Wild Center, Tupper Lake, NY.

-Lisa Druke

THE POWER OF ONE Summit Laureate – Edward Ketchledge

One person solved the summit ecosystem collapse mystery. It took resilient plants to endure in one of the world's harshest climates for 12,000 years. But after 12,000 years, Adirondack summit plants began to wash away. In April of 1964, a noted botanist named Edward Ketchledge recorded a dramatic series of washouts on Dix Mountain. Over the next three summers, he climbed the 46 high peaks in the Adirondacks. All 46 showed signs of plant collapse. The cause turned out to be boots: The plants had no adaptation to foot traffic.

When hikers discovered the summits in large numbers, the plants' shallow roots were snapped, their hold on the surface loosened and the mosses they depended on squashed. The problem seemed insurmountable. An entire ancient system was washing away forever.

In 1967, with permits in hand, Ed Ketchledge planted small plots on Dix Mountain. Using common lawn fertilizer and grass seed, he got some plots to take hold. Most of the non-alpine grass fortunately died, and very slowly alpine plants re-colonized the protected plots.



Ketchledge eventually showed that the plants alone could recover, given protection and time.

Others have picked up his work, and the summits, rather than turning to bare rock, have turned into another story where people, armed with science, have helped the wild side of the Adirondacks.

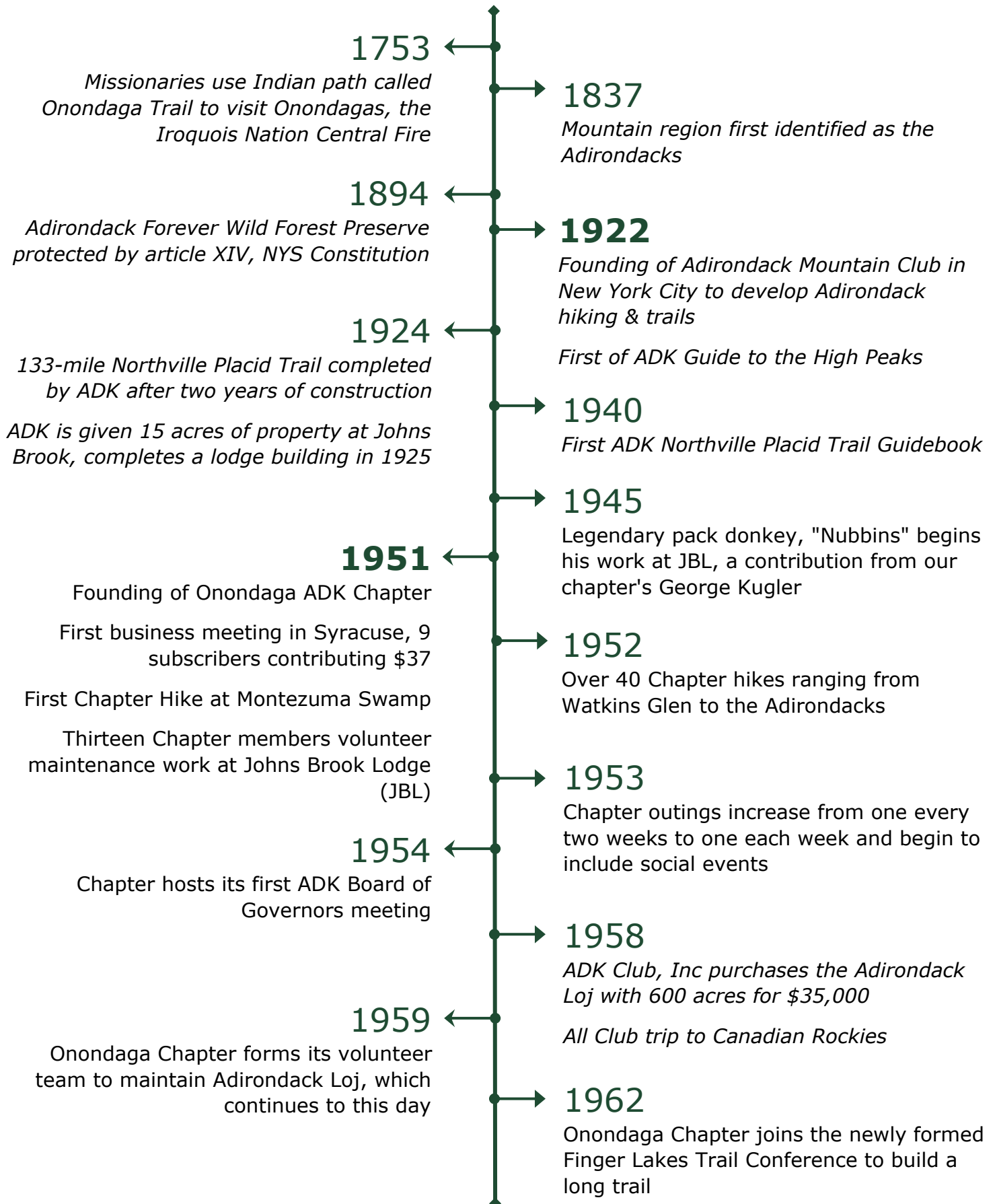
Photo and story courtesy of the Wild Center, Tupper Lake, NY

Explore. Educate. Protect.

CHAPTER HISTORY TIMELINE, PART 1



BY BILL COFFIN



Note: Adirondack Mountain Club highlights in italics



OPPORTUNITIES!

FIVE NOTABLE HIKES ON THE NORTH COUNTRY NATIONAL TRAIL IN NYS

Don't miss this opportunity to hike and explore a section of the NCT in NY this year while accruing [NCT 100](#) and [FLT 60](#) mileage AND a "Hike 5 patch". The NCTA NYS Volunteer Council is hosting a guided day hike on each section as follows:

- May 24 FLT/NCT Rock City
- June 11 FLT/NCT Mitchellsville Gorge
- July 9 FLT/NCT Tinker Falls
- August 13 CNY/NCT Stone Quarry Art Park
- Sept. 10 ADIR/NCT Puffer Pond

Registration is required for each hike from www.fingerlakestrail.org. The hikes are free.

Questions about the first 3 hikes, please contact the hike leader Deb Nero: dn13@cornell.edu or (607) 227-7957.

TRAILHEAD STEWARDS NEEDED

The ADK Trailhead Stewardship Program at Heart Lake is one of ADK's most successful high-profile programs. Perhaps you have met a Trailhead Steward at the High Peaks Information Center (HPIC). These folks greet hikers, answer questions, and help folks make good decisions for a safe and enjoyable outing.

Are you interested in becoming a volunteer Trailhead Steward? Applications for the 2022 season are now open. Weekend and holiday shifts are available. July and August shifts are weeklong, but there is the possibility of split shifts and substitute shifts. Generous volunteer benefits are included.

[Apply Here](#)

If you have any questions, you may contact [Bobby Clark](#), HPIC Manager.

ADK CENTENNIAL GUIDEBOOK PEAKS AND PONDS

ADK is thrilled to announce the upcoming publication of our centennial guidebook, Peaks and Ponds, Adirondack Day Hikes, due out in early spring!

This brand-new collection of 37 classic and lesser-known day hikes honors ADK's 100-year anniversary. It will take you to beautiful remote spots throughout the park — places such as Moss Lake, Catamount Mountain, Tirrell Pond, and Kipp Mountain. Many of the hikes might even become your new favorites! It's a collaborative work by two of ADK's own staffers, who are seasoned outdoor adventurers: Bobby Clark, manager of our High Peaks Information Center and Cat Hadlow, who works the front desk at Adirondack Loj.

The book also features snippets of ADK history. Learn about topics such as how ADK builds trails to curtail erosion, and how we helped fight the building of dams along the Hudson River. Sections about wilderness safety and ethics will help you have a safe, low-impact outing.

Also new for ADK, this 160-page, full-color volume includes GPS coordinates and QR codes for trailheads and parking areas. You will also find page map sketches by illustrator Terry Brosseau; scores of beautiful photographs; round-trip distances; and difficulty ratings.

Keep an eye on ADK.org and our newsletter for publication date information. If you have questions, please call Laura Rappaport, publications director, 518-668-4447.



CALLING ALL PADDLERS!

We all know about Trail Stewards but did you know that there are opportunities to become a Water Trail Steward?

In partnership with the National Park Service

The Erie Canalway National Heritage Corridor is seeking volunteers to care for all 450 miles of the NYS Canalway Water Trail. Last year, the first year of stewarding the Water Trail, 21 sections were adopted by more than 40 volunteer stewards from Western New York, Eastern New York and on the Champlain. There were no takers in Central New York between Lyons and Utica on the Erie Canal nor on the Cayuga-Seneca.

Sections are 8-12 miles and usually include 2-4 launch sites. Stewards are asked to spend a minimum of four hours per month between May 1 and October 31. Stewards clean up launch areas, pick up light debris in the water, report issues and act as friendly ambassadors for the region. Imagine having your own little piece of this iconic waterway to care for!

An online orientation, supply kits, t-shirts, and collateral materials are provided to all participants. You will find more information including a map of the sections on the [stewardship website](#).

Need more information? Contact the Program Manager, [Mona Caron via email](#) or 518-237-7000 x204

FINGER LAKES TRAIL CONFERENCE CROSS COUNTY HIKE SERIES

Looking for a few great hikes? Looking to do some day hikes without worrying about transportation logistics? If this sounds interesting, join the folks of the Finger Lakes Trail Conference for 6 fun, stress-free hikes through Tompkins County with the 2022 Cross County Hike Series!

Hikers are divided into groups according to hiking pace. We accommodate all speeds, from trail runners to the Nature Appreciative hikers who usually take 2 days to do each hike – one day with the groups and a second day of their choosing.

Registration is required and the registration fee covers bus transportation to shuttle hikers from their cars at the end of the hike to the start of the hike. Registration will be open on the [FLT website](#) by the time this newsletter reaches you. Register early as this year the first hike is on April 16. Questions can be directed to this year's Cross County Hike Coordinator [Deb Nero](#).

READY FOR A CHALLENGE?

ADK 100 Mile Challenge Walk, Run, Hike, Paddle in any combination for 100 miles.	Adirondack 46er Climb all 46 peaks over 4,000 feet.	ADK 6 Pack 6 Mountains and 6 Breweries anyone?	ADK-9 9 dog-friendly hikes for you and your canine companion to tackle.	Cranberry Lake 50 50 Mile circuit of Cranberry Lake.	Fire Tower Challenge Climb 23 ADK and Catskill mountains with fire towers.
FLT 60 Hike 60 miles on the Finger Lakes Trail!	Fulton Chain Trifecta Hike 3 pretty mountains near Old Forge.	Lake George 12ster 12 Peak Challenge in the Southern ADK	Lake Placid 9er 9 peaks in the Lake Placid Region.	NCT Hike 100 Hike any 100 miles on the North Country Trail.	Saranac Lake 6er Conquer 6 Mountains near Saranac Lake.



CALENDAR OF EVENTS

Date	Day	Outing	Leader
Repeating	Wed	Walking Wednesdays	S.Schwinge/M. Niemi
Mar 3	Thu	Paddle Outings Planning 2022 – Fayetteville Library	B. Veilleux
Mar 5	Sat	E. Lake Road to Tromp Rd Snowshoe (NCT100/FLT60)	M. Niemi
Mar 6	Sun	Bear Lake Snowshoe	J. Smith
Mar 7	Mon	Three Falls Woods Hike	S. Schwinge
Mar 12	Sat	Middle Settlement Lake Snowshoe	S. Manca
Mar 13	Sun	Mildred Faust, Long Trail and Glacier Lake Hike	M. Stevens
Mar 19	Sat	Creek Walk to Onondaga Lake Hike	M & B Coffin
Mar 20	Sun	Gorge Trail Hike (NCT100)	L. Druke
Mar 26	Sat	Spring Social/Business Meeting	P. Urban/S. Manca
Mar 27	Sun	OK Slip Falls Snowshoe / Hike	D. Frio
Apr 2	Sat	Abbott Loop Hike (NCT100/FLT60)	S. Manca/L. Robertson
Apr 3	Sun	Green Lakes Perimeter Trail	M. Stevens
Apr 4	Mon	Highland Forest History Trail	S. Schwinge
Apr 9	Sat	Trail Steward Refresher, Boots on Ground (NCT100/FLT60)	M. Coffin/D. Frio/B. Rosati
Apr 10	Sun	Cayuga Trail: Western Section	A. Furze
Apr 10	Sun	Lakeview WMA Beach Hike	D. Frio
Apr 12	Tue	Clark Reservation	J. Lang
Apr 16	Sat	Link Trail Mt. Pleasant to Nelson Rd	K. Disque
Apr 17	Sun	Baltimore Woods	T. Evans
Apr 20	Wed	PLWA - Pigeon Lake Wilderness Trail Maintenance	S. Schwinge
Apr 23	Sat	Onondaga Lake Park Walk	B. Veilleux
Apr 24	Sun	Highland Forest Bridge / Culvert Install (NCT100/FLT60)	M. Coffin / D. Grant
Apr 27	Wed	PLWA - Pigeon Lake Wilderness Trail Maintenance	S. Schwinge
Apr 30-May 1	Sat-Sun	Remsen Falls Lean-to Backpack	J. Bristol
Apr 30	Sat	Northern Montezuma WMA	M. Niemi
May 1	Sun	New Member Hike - Webber to Fairbanks Rds (FLT/NCT)	P. Whaley
May 2	Mon	FLT Chippewa Falls Spur Trail (FLT60)	S. Schwinge
May 7	Sat	FLT Map 22 - Trail Relocation Project (FLT60)	D. Frio / B. Rosati
May 8	Sun	Mother's Day - Onondaga Lake Park Walk	B. Veilleux
May 8	Sun	Otter Creek Hike / Millsite Lake B-day Picnic	J. Smith
May 10	Tue	Baltimore Woods	J. Lang
May 13 – 15	Fri-Sun	New Woodstock Tread Rehabilitation (NCT100/FLT60)	M. Coffin / B. Rosati
May 14	Sat	Cayuga Trail: Eastern Section	A. Furze
May 14	Sat	FL PRISM Invasive Species Awareness –Bear Swamp	J. Sargent
May 15	Sun	Jim Schug Trail (aka the Dryden Lake Trail)	T. Evans
May 21	Sat	Intro to Backpacking	J. Sargent
May 22	Sun	Skytop Loop Quarry	M. Stevens
May 28 - 30	Sat - Mon	French Louie Backpack (NCT100)	J. Bristol
May 28	Sat	Chaumont Barrens	K. Disque
May 29	Sun	Cornell Botanical Gardens	M. Niemi

Notice to Participants

Choose only outings suitable to your abilities; call the leader if you are unsure. Outing leaders are not guides; they are volunteers willing to share their knowledge and experience with you. Please give them your cooperation and respect. Stay with the group at all times. Stay behind the leader unless permission is given to go ahead, and then stay within sight of the group. Make sure the leader is aware if you must leave the group. Dress properly for the type outing and the weather and be prepared for changing weather conditions. The leader has the right to refuse anyone who is not prepared for the outing.

New hikers should call the leader before their first outing. Most outings starting in the morning are designed for a full day with return to the meeting place prior to dinnertime.

Hazardous weather or insufficient snow on snowshoe and/or cross-country ski trips may require a change of destination.

Transportation: Carpooling is highly discouraged at this time during the Covid-19 pandemic.

Risk: There are risks involved in our outings. Anyone participating does so at their own risk, and is required to sign the *Release of Liability Form* provided by the leader.

Overnight Outings: Overnight outings are open only to ADK members.

Dogs: Please contact the leader in advance if you would like to bring a dog. It is up to the leader to decide if a dog is allowed to join the hike.

Ratings For Difficulty

<u>Rating</u>	<u>Effort</u>	<u>Elevation Gained (ft)</u>	<u>Miles</u>
E	Easy	≅ Level	< 4
M	Moderate	< 1000 or	4 - 7
S	Strenuous	1000-2500 or	7 - 12
VS	Very Strenuous	> 2500 or	> 12
A	Adirondacks		

Meeting Places

Participants gather at a meeting place as designated in the outing write-up. Primary meeting places are:

Thruway Exit 34: For outings to the east and northeast. Park & Ride Lot is on the left as you approach the toll plaza from N. Peterboro St (Canastota).

Thruway Exit 39: Park & Ride Lot (relocated to Jones Rd). Heading west on Rt. 690, the Jones Rd. exit is located just before the 690 exit for the Thruway entrance.

DeWitt Wegmans Park & Ride For outings to the southeast. Exit Route 481 at Fayetteville. Wegmans is on Route 5 east of the Route 481 exit. Meet at the Bus Park and Ride in front of the Hobby Lobby.

Green Hills Plaza For outings to the south and southwest. Parking lot is on the east side of South Salina Street across from Green Hills Farms, just south of the Syracuse city line.

Gander Outdoors Cicero, NY. For outings to the north. From NY 31, take the access road for I-81 N. Gander Outdoors is on the right just past the on-ramp for I-81.

Hike Equipment Checklist

- ✓ Water (amount appropriate for outing/weather)
- ✓ Lunch and extra food
- ✓ Clothing appropriate for outing/weather
- ✓ Rain gear
- ✓ Map and compass
- ✓ Headlamp or flashlight (extra batteries)
- ✓ Whistle
- ✓ Waterproof emergency blanket
- ✓ First-aid kit
- ✓ Hiking poles (if you use them)
- ✓ Work gloves (for work hikes)
- ✓ Bright clothing (in hunting season)
- ✓ Snowshoes/skis (in winter)
- ✓ PPE: Mask and hand sanitizer



Notice: All participants must be vaccinated unless a valid medical exemption is provided and must continue to follow the Safety guidelines. Thank you.

Covid-19 ADK Outing Safety Guidelines:

1. Trip leader screening: Are you feeling well today? Do you have your PPE? A participant may not have any of the signs or symptoms of a respiratory infection at the time of the program, or within the last 10 days to the program.
2. You may not participate if you have tested positive for COVID-19 in the past 10 days or had contact with a confirmed or suspected COVID-19 case within the last 10 days
3. Carpooling is highly discouraged
4. PPE required: Each person must carry a mask. Hand sanitizer is recommended. One must use the mask, when indoors or if social distance of 6 feet cannot be maintained.

**8833 Walking Wednesday
Every Wednesday 9:00 AM**

Meeting Place: Dewitt Wegmans Park & Ride in front of Hobby Lobby
Rating: (E-M)
Leader(s): Mary Niemi 315-751-7492 maryrwniemi@gmail.com and Sigi Schwinge 315-437-6906, sigischwinge@aol.com (for info).
Every Wednesday some of our members take a 3-6 mile hike on one of the many trails in CNY. The first Wednesday of each month during Spring, Summer and Fall is usually devoted to trail maintenance. The Wednesday hikes welcome new participants. Please bring lunch and sufficient water. Call or email the leaders if you have Wednesday free and would like to hike.

**8834 Paddle Outings Planning 2022 -
Fayetteville Library
Thur. Mar 3 6:00 PM**

Meeting Place: Fayetteville Library, 300 Orchard St, Fayetteville, NY 13066
Leader(s): Brenda Veilleux, (315) 463-9103
Let's meet and plan for paddling outings for summer and fall. Bring your paddle guide books and ideas to paddle, possible dates and enthusiasm. If you are interested in joining the call list, "Paddle Partners", if you need a partner in your boat or if you wish someone just to go along

in their own craft, please contact Brenda to be added to the list. If unable to attend, please share your suggestions to Brenda Veilleux 315-463-9103 or Mary Coffin 315-687-3589. Please RSVP to register. Masks are required to be worn indoors.

**8835 East Lake Rd to Tromp Rd Snowshoe
(NCT100/FLT60)**

Sat. Mar 5 9:00 AM

Meeting Place: Dewitt Wegmans Park & Ride in front of Hobby Lobby
Rating/Distance: (M) 4 miles
R/T Drive: 30 miles
Map(s): DeLorme 61, FLT 02
Leader(s): Mary Niemi, 315-751-7492 maryrwniemi@gmail.com
We will park at trailhead parking on E. Lake Rd. by DeRuyter Lake and hike to Tromp Rd. and return. Depending on conditions, bring micro-spikes and/or snowshoes. Bring water and snacks.

**8836 Bear Lake Snowshoe
Sun. Mar 6 9:00 AM**

Meeting Place: Thruway 34 (Canastota)
Rating/Distance: (A) (M) 5.2 mi
R/T Drive: 124 miles
Map(s): DeLorme 85
Leader(s): Jerry Smith, smithjpaul@hotmail.com, Sandy Manca, 315-807-9442
It has been some time since I have hiked to Bear Lake, so let's snowshoe or boot walk to a pretty destination in the Adirondacks near McKeever. Of course, dress for the weather and bring snowshoes and microspikes. We'll snack at the lean-to at the lake. We may stop for something hearty in Forestport or Boonville on the return.

**8837 Three Falls Woods Hike
Mon. Mar 7 9:30 AM**

Meeting Place: Contact leader
Rating/Distance: (E) 3 miles
R/T Drive: 10 miles
Map(s): DeLorme 61
Leader(s): Sigi Schwinge 315- 437-6906, sigischwinge@aol.com
We will walk the trails of this Nature Preserve, if the weather allows, we may get close to the falls that should be roaring with the spring run-off. We should be out by ~noon. Monday's walk-n-talk group hikes every Monday, email Sigi for more info.



8838 Middle Settlement Lake Snowshoe
Sat. Mar 12 9:00 AM

Meeting Place: Thruway Exit 34 (Canastota)
 Rating/Distance: (A) (M) 7 miles
 R/T Drive: 160 miles
 Map(s): DeLorme 35
 Leader: Sandy Manca, 315-807-9442
 Join me for a snowshoe in the Ha-De-Ron-Dah Wilderness Area west of Old Forge. We will snowshoe to the lean-to, have lunch and return. Bring lunch and water. If there is insufficient snow, we will hike. Microspikes may be needed. Rain cancels. Questions? Call leader.

8839 Mildred Faust, Long Trail and Glacier Lake – Clark Reservation
Sun. Mar 13 10:00 AM

Meeting Place: Clark Reservation Parking Lot
 Rating/Distance: (M) 4 miles
 Map(s): DeLorme 61
 Leader(s): Melanie Stevens (315)278-2787
 Join me on a hike in this interesting park with rocky outcrops, woodland, a meadow and a glacial plunge basin lake. Wildflowers should be starting to bloom this time of year.

8840 Creek Walk to Onondaga Lake
Sat. Mar 19 10:00 AM

Meeting Place: Kirkpatrick St. Inner Harbor Parking Lot, Syracuse
 Rating/Distance: (E) 3 – 5 miles
 Map(s): DeLorme 60
 Leader: Bill & Mary Coffin, maryccoffin@gmail.com
 We will hike out to Onondaga Lake and check out the eagles and waterfowl and return with the option of also hiking through Franklin Square to a turnaround time and back.

8841 Gorge Trail Hike (NCT 100)
Sun. Mar 20 11:00 AM

Meeting Place: Caz Lake Lot (Rt. 20)
 Rating/Distance: (E-M) 5 miles
 R/T Drive: 4 miles
 Map(s): DeLorme 61
 Leader(s): Lisa Druke, ldruke@twcnny.rr.com
 Join me for a nice walk on the Gorge trail hiking from William St to Bingley Road and return. The trail parallels Chittenango Creek and is a *gorgeous* part of the NCNST. Bring water and a snack.

8842 Spring Social / Business Meeting
Sat. Mar 26 3:00 PM

OPEN to Non-Members – Bring a friend!
 Meeting Place: Collamer United Church, 6865 Fly Rd, East Syracuse. Enter from back of the Church
 Directions: Take Rt. 481 North from Syracuse to Exit 7 (Rt. 298) take right on 298 West to Fly Road, go south on Fly Road (left turn by Adirondack Furniture), the driveway to the church is 1/4 mile on your right.
 Leader(s): Pat Urban 315-420-9382, Sandy Manca 315-807-9442

Social half-hour starts at 3:00 PM, followed by our speaker Heather Housekeeper from 3:30-4:30 PM. Heather, whose specialty is plant identification and the edible and medicinal uses of plants, will present herbs to sustain oneself on the trail. Business meeting at 4:30-5:00 PM. Dinner will follow at 5:00 PM. The dinner will be provided by ADK (venue to be confirmed later). Please check our website at www.adk-on.org for updates on the venue and to register. **Please provide your own place setting.** **Note:** The speaker will present earlier this year (from 3:30-4:30) due to travel. ADK Covid-19 guidelines require participants to be fully vaccinated or have a valid medical exemption and use a mask indoors.

8843 OK Slip Falls Snowshoe / Hike
Sun. Mar 27 8:00 AM

Meeting Place: Contact Leader
 Rating/Distance: (A) (S) 6.4 miles
 R/T Drive: 280 miles
 Map(s): DeLorme 37
 Leader(s): Dick Frio 315 679-0622 ; Richardfrioood@hotmail.com
 We will hike in the Hudson Gorge Wilderness Area to one of the highest falls in the Adirondacks. Be prepared for winter conditions. The trail is relatively flat and popular so most likely the trail will be broken out. Bring micro-spikes as the trail is often icy. Dress in layers and bring snacks, water, and lunch.

8844 Abbott Loop Hike (NCT100/FLT60)
Sat. Apr 2 8:30 AM

Meeting Place: DeWitt Wegmans Park & Ride in front of Hobby Lobby
 Rating/Distance: (S) 8 miles



R/T Drive: 80 miles

Map(s): DeLorme 92

Leader(s): Sandy Manca, 315-807-9442, Lisa Robertson, zosoroxy@gmail.com

Join us for this 8-mile hike in Danby State Forest. We will hike to the pinnacle overlook, have lunch, and continue over the rolling hills to our cars. Snow will be melting; creeks will be flowing. Boots and poles are recommended as there are some creek crossings. Bring lunch and water. Rain cancels.

8845 Green Lakes Perimeter Trail

Sun. Apr 3 8:30 AM

Meeting Place: West Beach Lot, Stone bathrooms, across from Park Rangers. (Rte. 290 entrance, past Main Office & ticket booth).

Rating/Distance: (S) 9.7miles

Map(s): DeLorme 61

Leader(s): Melanie Stevens (315) 278-2787

Green Lakes Perimeter Trail encompasses the outer loop trails in this park including parts of the Green and Round Lake trails and the higher elevation, rolling hill trails of this beautiful park. Bring snacks or lunch and water.

8846 Highland Forest History Trail

Mon. Apr 4 9:00 AM

Meeting Place: Dewitt Wegmans Park & Ride in front of Hobby Lobby

Rating/Distance: (M) 5-6 miles

R/T Drive: 40 miles

Map(s): DeLorme 61

Leader(s): Sigi Schwinge 315-437-6906, sigischwinge@aol.com

From the parking area we take trails and the main park road to get to the History Trail and walk to find remnants of an old community that had a cheese factory. Remember: HF was farmland until about the 1930s. Bring lunch and water.

8847 Boots on Ground Stewards Refresher Training (NCT100/FLT60)

Sat. Apr 9 10:00 AM

Meeting Place: Highland Forest Skyline Lodge

Rating/Distance: (M) 4-6 miles

Map(s): DeLorme 61, USGS DeRuyter/Fabius, FLT O2

Leader(s): Mary Coffin, maryccoffin@gmail.com, Dick Frio, richardfrioood@hotmail.com, Bob Rosati, brosati@twcny.rr.com

Start the season off with a bang. We will review trail steward maintenance criteria and reporting procedures with a "boots on the ground", "hands on the tool" hike on a section of the FLT and NCT. Bring gloves, lunch and water and dress for the weather. Tools are supplied. No experience needed.

8848 Cayuga Trail: Western Section

Sun. Apr 10 9:00 AM

Meeting Place: Contact Leader

Rating/Distance: (M) 6 miles

R/T Drive: 100 miles

Map(s): DeLorme 76, Cayuga Trails Club

Leader(s): Ann Furze 315-263-6719 (call/text) annfurze49@gmail.com

We'll hike east from Freese Rd. through Cornell Botanic Gardens proper, visiting the wildflower garden and the Neuman Arboretum. By crossing suspension bridges to view various waterfalls and gorges, we will return via Beebe Lake. Wildflowers should be sighted this time of year! Contact leader for details and participation.

8849 Lakeview WMA Beach Hike

Sun. Apr 10 10:00 AM

Meeting Place: Gander Outdoors

Rating/Distance: (E-M) 6 miles (flat)

R/T Drive: 100 miles

Map(s): DeLorme 32

Leader(s): Dick Frio: 315-679-0622 Richardfrioood@hotmail.com

This wildlife barrier is part of the largest freshwater barrier beach in New York State. The trail begins at Southwick Beach thru a section of hardwoods and ends up on the shoreline of Lake Ontario. The trail can be muddy. Bring snacks, water, and lunch.

8850 Clark Reservation

Tues. Apr 12

Meeting Time/Place: Contact Leader

Rating/Distance: (E) 3-4 miles

Map(s): DeLorme 61

Leader(s): John

Lang, JohnnyLang1949@gmail.com

We will explore this beautiful close-to-home state park using a variety of trails. Terrain in places can be tricky so bring sturdy shoes and hiking poles. Inclement weather cancels. Contact leader ahead of time for the meeting time and place.



8851 Link Trail Mt. Pleasant to Nelson Rd (NCT100)

Sat. Apr 16 10:00 AM

Meeting Place: Thruway Exit 34 (Canastota)

Rating/Distance: (M) 5 miles

R/T Drive: 3 miles

Map: Delorme 61

Leader: Kathy Disque, 315-656-3383 or email kathydisque@yahoo.com

Let's take a leisurely hike on the North Country Trail from Canastota to Nelson Road. We'll check the progress of the re-route around the stairway and look for early wildflowers.

8852 Baltimore Woods

Sun. Apr 17 Contact Leader

Meeting Place: 4007 Bishop Hill Road, Marcellus (the large parking area at top of hill)

Rating/Distance: (E-M) 3-5 miles

Map: see:

<https://baltimorewoods.org/visit/interpretive-center-trails/>

Leader: Theresa J. Evans, 315-414-0431, tj_evans@verizon.net - **call or email leader for time of hike and trail conditions.**

Let's get some fresh air to celebrate Easter and spring. This is a nature preserve under the Central New York Land Trust. We will hike a series of trails, which encompass some ups and downs in these woods. We might also spot some early wildflowers. Speed will be moderate. Bring snacks/lunch/water. Note the trail conditions could be variable at this time.

8853 PLWA – Pigeon Lake Wilderness Trail Maintenance

Wed. Apr. 20

Meeting Time/Place: Contact Leader

Rating/Distance: (A) (M-S) 6-7 miles

R/T Drive: 200 miles

Map(s): DeLorme 36, ADK West Central Guide

Leader(s): Sigi Schwinge 315-437-6906, sigischwinge@aol.com

We'll pick one of our chapter's adopted trails east of Big Moose Rd. Weather and trail conditions will ultimately decide when we can go and where we can work. If you are interested, please let leader know and I'll contact you closer to the date. Enjoy the creeks, ponds, views and camaraderie of the

group as a bonus. No experience necessary. Pack food and water (this will be an all-day event with early departure), rain gear and hand tools if you have them, or we'll provide.

8854 Onondaga Lake Park Walk

Sat. Apr. 23 12:00 PM

Meeting Place: Contact Leader

Rating/Distance: (E) ~4 miles

Map(s): DeLorme 61

Leader(s): Brenda Veilleux 315-463-9103

Easy going walk at a beautiful lake park. We will go as fast or as slow as we like. Call leader for meeting place (before 8:00 pm night before).

8855 Highland Forest Bridge / Culvert Install (NCT100/FLT60)

Sun. Apr. 24 10:00 AM

Meeting Place: Highland's Skyline Visitor's Center

Rating/Distance: (M) 4-6 miles

Map(s): 2011 Delorme 61, USGS DeRuyter/Fabius, FLT O2

Leader(s): Mary Coffin, maryccoffin@gmail.com, 315-687-3589, (cell) 315-657-0229, Dave Grant

We will work on completing drainage projects on the FLT/NCT relocation project. Dave will direct the bridge work and Mary will direct the culvert installation. We will also refine the tread in several places. Covid-19 has held this project up for two years and this year we would like to "get'er done". No experience needed and tools will be supplied by the ADK. Just bring willing hands, water and a snack/lunch.

8856 PLWA – Pigeon Lake Wilderness Trail Wilderness

Wed. Apr 27

Meeting Time/Place: Contact Leader

Rating/Distance: (A) (M-S) 6-7 miles

R/T Drive: 200 miles

Map(s): DeLorme 36, ADK West Central Guide

Leader(s): Sigi Schwinge 315-437-6906, sigischwinge@aol.com

We'll pick one of our chapter's adopted trails east of Big Moose Rd. Weather and trail conditions will ultimately decide when we can go and where we can work. If you are interested, please let leader know and I'll contact you closer to the date. Enjoy the creeks, ponds, views, and camaraderie of the group as a bonus. No experience necessary. Pack food and water (this will be an all-day event with



early departure), rain gear and hand tools if you have them, or we'll provide.

**8857 Remsen Falls Lean-to Backpack
Sat.-Sun. Apr 30 – May 1**

Meeting Time/Place: Contact Leader
Rating/Distance: (A) (S) 14 miles
R/T Drive: 200 miles
Map(s): DeLorme 35
Leader(s): Jim Bristol, 315-935-3623
Let's take a little walk to Remsen Falls lean-to and spend the night. Because of the time of year, I can guarantee that the black flies will be out. Head nets and bug dope are required. Call leader for details. Trip size is limited to 8.

**8858 Northern Montezuma WMA
Sat. Apr 30 7:30 AM**

Meeting Place: Thruway Exit 39-Commuter Lot on Jones Rd. Call leader for meeting time & location, if you are not coming to Exit 39.
Rating/Distance: (E-M) 4-5 miles
R/T Drive: 60 miles
Map: DeLorme 59
Leader: Mary Niemi 315-751-7492, maryrwniemi@gmail.com
This hike is during bird migration season and birds are attracted to flooded areas which are hard to predict in advance. In order to maximize our chances of seeing birds, I will be following the alerts from The Montezuma Audubon Center in Savannah, NY for the best options for viewing while walking in the Montezuma Wetlands Complex. Bring water and lunch.

**8859 New Member Hike – Webber to Fairbanks Rds (FLT60/NCT100)
Sun. May 1 12:00 PM**

Meeting Place: Caz. Lake Parking Lot (on Rte 20)
Rating/Distance: (E-M) 4 miles
R/T drive: 20 miles
Map(s): Delorme 61, FLT02
Leader: Peg Whaley 315-633-0154, pegw1909@gmail.com

This is part of the NCT/FLT Onondaga Trail. We will hike from Webber Rd. at the foot of the former Mystic Mountain to Fairbanks Road. We will enjoy a snack at Armstrong Pond. Bring snack and water.

**8860 FLT Chippewa Falls Spur Trail (FLT60)
Mon. May 2 9:00 AM**

Meeting Place: Dewitt Wegmans Park & Ride in front of the Hobby Lobby
Rating/Distance: (M) 4 miles
R/T Drive: 65 miles
Map(s): DeLorme 77, FLT M21
Leader(s): Sigi Schwinge 315-437-6906, sigischwinge@aol.com
Walk from Stoney Brook Rd. to the little waterfall that can roar when well fed by rain, and back. Some may opt to extend our outing to other nearby trails. Bring lunch and water.

**8861 Map 22 FLT Trail Relocation Project (FLT60)
Sat. May 7 9:00 AM**

Meeting Place: Dewitt Wegmans Park & Ride in front of the Hobby Lobby
Rating/Distance: (M-S)
R/T Drive: 50 miles
Map(s): DeLorme 77, FLT M22
Leader(s): Dick Frio 315 -679-0622, Richardfrioood@hotmail.com, Bob Rosati, 315-766-7054, brosati@twcnny.rr.com

This will be the FLTC kick off date for work on the trail relocation project. We will focus primarily on the connection from the trail above Paradise Garden lean-to to the new FLTC property on CR12. When completed up to Chippewa Falls, this will eliminate a substantial road walk. This will involve blow down removal, side cutting, benching and raking to establish a new trail. New members are welcome. The chapter will provide all essential tools. You can bring loppers, hand saws and rakes. Definitely bring enthusiasm, work gloves, bug spray, water and lunch. We guarantee that you will enjoy the camaraderie on an ADK Onondaga Trail maintenance project.

**8862 Mother's Day - Onondaga Lake Park Walk
Sun. May 8 12:00 PM**

Meeting Place: Contact Leader
Rating/Distance: (E) ~4 miles
Map(s): DeLorme 61
Leader(s): Brenda Veilleux 315-463-9103



Enjoy a Mother's day stroll at this beautiful park. We will go as far as we like. Call leader for meeting place (before 8:00 pm night before).

8863 Otter Creek Hike / Millsite Lake B-day Picnic

Sun. May 8 **see below**

Meeting Place: Gander Outdoors at **9:00 AM**, or meet the leader at the Big M in Alexandria Bay at **10:30 AM**

Rating/Distance: (E) 4 miles

R/T Drive: 180 miles

Map(s): DeLorme 92

Leader(s): Jerry Smith, smithjpaul@hotmail.com

Every year my birthday falls on or about May 1st. This year it falls on Sunday, May 8th. Join me at my camp on Millsite Lake in Redwood for a birthday (75 years young!) party-picnic. We'll meet at the Big M in Alexandria Bay (on Rt.12) at 10:30 AM. Our first walk will be at Otter Creek Preserve in Alexandria Bay. Next, we'll drive 7 miles to Redwood. After lunch we will walk the easy Butterfield Lake overlook. Kayaks are also available at my camp, but the water will be too cold for capsizing or swimming.

8864 Baltimore Woods Hike

Tues. May 10

Meeting Time/Place: Contact Leader

Rating/Distance: (E) 3-4 miles

Map(s): DeLorme 61

Leader(s): John

Lang, JohnnyLang1949@gmail.com

We will explore this lovely park outside of Marcellus casting a willful eye for trilliums and other spring blooms. Terrain, although not steep, is varied and can be muddy. Wear boots. Bring hiking poles. Inclement weather cancels. Contact leader ahead of time for meeting place and time if interested.

8865 New Woodstock Tread Rehabilitation (NCT100/FLT60)

Fri., Sat., Sun. May 13, 14, 15

Meeting Time/Place: Contact Leader

Rating/Distance: (M) 2- 3 miles

Map(s): DeLorme 61, FLT02

Leaders(s): Mary Coffin, maryccoffin@gmail.com, 315-687-3589, cell-315-657-0229, Bob Rosati, brosati@twcny.rr.com

On this work session, we will be restoring slumped tread in a steep hillside. No expedience is needed just the willingness to work while enjoying being outdoors. A quick explanation of the criteria for benching and tread restoration will be given. This is similar to the work we did to restore tread above Tinker Falls last year. Join us for a day or all three. We will supply tools, but extra rakes and shovels would assist. Bring gloves, water, and lunch.

8866 Cayuga Trail: Eastern Section

Sat. May 14 **9:00 AM**

Meeting Place: Contact Leader

Rating/Distance: (S) 9 miles

R/T Drive: 100 miles

Map(s): DeLorme 76, Cayuga Trails Club Map

Leader(s): Ann Furze, 315-263-6719 (call/text), annfurze49@gmail.com

Hike this rolling wooded and open trail that follows Fall Creek from the Cornell campus Flat Rock, crossing the suspension bridge, to Rt. 13, returning on the opposite side of the creek. Bring water, snack & lunch. Please contact leader for details and participation.

8867 Invasive Species Awareness – Bear Swamp

Sat. May 14

Meeting Time/Place: Contact Leader

Rating/Distance: (E-M) 4 miles

R/T Drive: 50 miles (depends on meeting location)

Map(s): DeLorme 60

Leader(s): Jeff Sargent, sargentjj@netzero.com

We will be led on a hike by Matt Gallo, the Terrestrial Program Outreach Coordinator for Finger Lakes PRISM. We will discuss the invasive species in the area and why they are a problem, and then search for evidence of their presence. Bring your lunch and 10 essentials. Instructions to download the iMapInvasives App to a smart phone will be provided in advance of the training.

8868 Jim Schug Trail (aka the Dryden Lake Trail)

Sun. May 15



Meeting Time/Place: Contact Leader
 Rating/Distance: (E/M) 4.2 one way – if do both ways 8.4 miles
 R/T Drive: 80 miles
 Map(s): DeLorme 76, Trail Link by Rails to Trail Conservancy
 Leader(s): Theresa & Jay Evans, 315-414-0431, tj_evans@verizon.net

Please call or email leader if plan to attend. We have a few options on this hike, so the group or individual participants can choose. We will be parking at Dryden Lake parking area and can go to end of trail and back. This would be 8.4 miles. Alternatively, we can choose to go out whatever distance we choose and turn around sooner. My minimum goal is 4-5 miles. Again, we might spot some early wildflowers on this old rail trail that passes a small ponds and patches of woods. Please bring lunch/snacks, water and join us to explore this gem of a nature preserve.

8869 Introduction to Backpacking
Sat. May 21 9 – 4 PM

Meeting Place: Contact Leader Jeff Sargent at email: mailto:sargentjj@netzero.com
 Rating Distance: None – outside classroom and demonstration
 Leader: Jeff Sargent, sargentjj@netzero.com
 Discussion and demonstrations to prepare hikers for backpacking trips. Topics will include gear selection, navigation and trip guides, physical preparations, food selection and storage, water purification and Leave No Trace principles. Class size limited to 10. This class will be outside and under cover, but participants must have masks. Hand washing station is available.

8870 Skytop Loop Quarry Hike
Sun. May 22 10:00 AM

Meeting Place: Skytop Parking Lot
 Rating/Distance: (M) 4.5 miles
 Map(s): DeLorme 61
 Leader(s): Melanie Stevens, 315-278-2787
 The Skytop Loop Trail is a wooded trail located near Jamesville – a great hiking trail. Bring water and a snack.

8871 French Louie Backpack NCT100
Sat. – Mon. May 28 - 30

Meeting Place: Contact Leader
 Rating/Distance: (A) (S) 22 miles over 3 days
 R/T Drive: 280 miles
 Map(s): DeLorme 36
 Leader(s): Jim Bristol, 315-935-3623
 Let's go visit God's backyard. This backpack trip will be a 3-day loop that takes us into some of the most remote areas of all of New York. Bugs will be out. Head nets and bug dope will be required. Every ounce counts so pack as light as possible. A true back country trip. Call leader for details. Trip size is limited to 8.

8872 Chaumont Barrens
Sat. May 28 10:00 AM

Meeting Place: Gander Outdoors (Cicero)
 Rating/Distance: (E) 2 miles
 R/T Drive: 150 miles
 Map: DeLorme 25
 Leader(s): Kathy Disque 315- 656-3383
kathydisque@yahoo.com
 Hike the unique Alvar landscape at this Nature Conservancy property in northern New York. There are many unusual flowers that bloom in this area, the orchids and prairie smoke should be in bloom. We will hike slowly with many opportunities to explore the area and take pictures.

8873 Cornell Botanical Gardens
Sun. May 29 9:00 AM

Meeting Place: Green Hills Plaza
 Rating/Distance: (M) 4-5 miles
 R/T Drive: 100 miles
 Map: DeLorme 76, Cornell Botanic Gardens
 Leader: Mary Niemi, 315-751-7492
maryrwniemi@gmail.com
 Let's walk through the beautiful botanic gardens at Cornell to see their collection of Spring shrubs and flowers. Bring water, snacks.



MARK YOUR CALENDAR:

EARTH DAY CLEAN UP: Saturday, April 23

Leader: Ann Furze 315-263-6719,
annfurze49@gmail.com

Set aside time this day to help clean up our local trails or parks either individually or in a group. This will be in cooperation with OCRRA's guidelines. Details will follow.

BIKE ERIE CANAL: Saturday, May 24

Meeting Time: 3:00 PM

Meeting Place: Sims Store at Erie Canal Park

Distance/Rating: 11 miles Flat to Jordan

Leader: Jerry Smith, smithjpaul@hotmail.com

This is a flat, dirt towpath from Camillus to Jordan with 3 road crossings. Hybrid is better than a narrow-tire road bike but... Wear a helmet and carry a water bottle for this one-hour ride to Jordan. We'll stop at the pizza shop for a drink or a slice.

NATIONAL TRAILS DAY: Saturday, June 4, 2022. ADK will focus on the Northville Placid Trail – more details to follow. The outdoors are calling out to us, telling us this is the perfect time for a hike — it is National Trails Day after all, which is celebrated only on the first Saturday in June of each year, falling on June 4 this year. Organized by the American Hiking Society, this event aims to bring together all trail enthusiasts, young and old, while honoring those who help maintain and preserve hiking trails for everyone to enjoy.

ADK CENTENNIAL CELEBRATION / FALL OUTING

September 23–25, 2022 COLD RIVER CHAPTER HOST. Join us and our Cold River Chapter at the Silver Bay YMCA Conference & Family Retreat Center in Silver Bay, NY. Registration opens in March. Open to the public, this event will celebrate ADK's century of teaching people how to explore and protect New York's public lands and waters. Scenic views of Lake George will serve as the backdrop to three days and two nights of guided hikes, music, boat tours, food and more. Registration opens in March 2022.

NORTH COUNTRY NATIONAL SCENIC TRAILS DAY.

September 24, 2022. More detail to follow.

ADVENTURE TRAVEL with John Lang 315-492-3414

Fulton Chain Deluxe. Mon Aug 28 - Fri Sept 2, 2022. We will paddle from Old Forge to Blue Mtn Lake staying and visiting several ADK Great Camps. Cost \$1100+. Trip is full. Call for wait list.

Costa Rica. December 5-18, 2022. Cost \$2500+ air. Trip is full. Call for wait list.

Israel. Feb 28 -Mar 15, 2023. Cost \$2500+ air.

Mailing Address:

Adirondack Mountain Club
Onondaga Chapter
8729 Bridgeport Kirkville Rd
Kirkville, NY 13082

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