

# Adirondack Natural History Weekend at Cranberry Lake

**August 23-25, 2002**

Sponsored by—

**State University of New York  
College of Environmental Science and Forestry  
Faculty of Environmental and Forestry Biology and  
ESF Continuing Education**



Get to know the forests, waters, and wildlife of the Northern Adirondacks from those who know it best.



🌿 At the rustic and remote Cranberry Lake Biological Station

🌿 Guided by faculty from SUNY College of Environmental Science and Forestry

🌿 Wilderness Conservation, Ecology

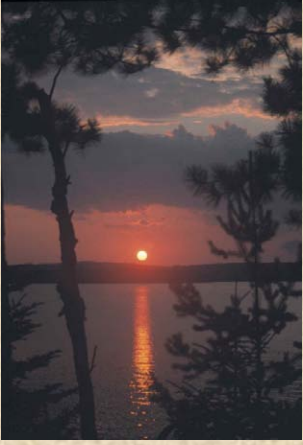
🌿 Edible Plants & Mushrooms

🌿 Sketching, Photography, and Journaling

🌿 Orienteering and GPS, Fly Fishing, and more



**Dates:** August 23-25, 2002



**Adirondack Natural  
History Weekend**

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# Adirondack Natural History Weekend at Cranberry Lake

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## Registration Form

### Print and Mail or Fax to ESF Continuing Education

Name \_\_\_\_\_

Title \_\_\_\_\_

Agency/Company \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Fax ( \_\_\_\_\_ ) \_\_\_\_\_

email \_\_\_\_\_

Dietary or Other Special needs: \_\_\_\_\_

**Register me for the Adirondack Natural History Weekend.** Enclosed, payable to SUNY Research Foundation is:

#### Discounted early registration fees:

- \$375 per person for "bunkhouse" accommodations
- \$435 per person for "semi-private" cabins

#### Fees after August 1:

- \$425 per person for "bunkhouse" accommodations
- \$485 per person for "semi-private" cabins

### Make checks payable to SUNY-ESF

Credit card payment:  VISA     MasterCard

Account #: \_\_\_\_\_

Expires: \_\_\_\_\_ Signature: \_\_\_\_\_

Mail or fax form with payment to:

ESF Continuing Education  
SUNY College of Environmental Science & Forestry  
1 Forestry Drive, Syracuse, NY 13210-2784

**FAX: 315-470-6890**

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## **Registration**

**To Register:** Simply print, fill out and mail or fax the online [registration form](#) with your registration fee. You can also download the [word document](#) registration form and email to [ce@esf.edu](mailto:ce@esf.edu). To tentatively reserve a space, call ESF Continuing Education at (315) 470-6891; or fax to (315) 470-6890.

**Early Registration Deadline:** Registrations *and payment* must be received by August 1, 2002. Space is limited, so early registration is encouraged.

**Program Fees:** Agency purchase orders accepted. *Checks payable to SUNY-ESF. VISA or MasterCard also accepted.*

### **Discounted early registration fees:**

\$375 per person for "bunkhouse" accommodations  
\$435 per person for "semi-private" cabins

### **Fees after August 1:**

\$425 per person for "bunkhouse" accommodations  
\$485 per person for "semi-private" cabins

**Refunds:** Participants who wish to withdraw must give written notice by August 1, 2002 to receive a full refund. A \$75 cancellation fee will be retained after that, however, no refunds will be granted if notice is received after the program begins. Substitutions are permissible at any time. SUNY-ESF reserves the right to cancel any program in the event of insufficient registrations; full refunds will be made in such a case.

# Adirondack Natural History Weekend at Cranberry Lake

August 23-25, 2002

## Weekend Program

### Friday, August 23

- 8:00-11:00 am Arrival  
11:00-12:00 Welcome, Orientation  
12:00-1:00 pm Lunch  
1:00-5:00 **Forest Ecology and Tree Identification, [Dr. Don Leopold](#)**  
OR  
**Map, Compass and GPS: Orienteering in the Wilderness, [Dr. James Gibbs](#)**  
5:30-6:30 Dinner  
8:00-9:00 Fireside Chat- Adirondack Storyteller (tentative)

### Saturday, August 24

- 7:00-7:45 am Breakfast  
8:00-12:00 **Edible and Medicinal Plants, [Dr. Robin Kimmerer](#)**  
OR  
**Lake and Stream Ecology, [Dr. Neil Ringler](#)**  
12:00-1:00 pm Lunch  
1:00-5:00 **Animal Communication, [Dr. Dietland Müller-Schwarze](#)**  
OR  
**Interpreting Nature through Sketch Pad and Lens, [Andy Saunders](#)**  
5:30-6:30 Dinner  
8:00-10:00 Music

### Sunday, August 25

- 7:00-7:45 am Breakfast  
8:00-12:00 **Mushroom Identification and Cuisine, (TBA)**  
OR  
**Cat Mountain Hike, [Dr. Stephen Teale](#)**  
12:00-1:00 pm Lunch  
1:00-5:00 **Wilderness Conservation, [Dr. Rainer Brocke](#) (tentative)**  
OR  
**Adirondack Fly Fishing Techniques, [Dr. Harry Payne](#)**  
5:30-6:30 Dinner  
7:00 Departure

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## **Lodging and Meals**

**Lodging:** Two lodging types are available. Our semi-private cabins can accommodate up to six people. Private bedrooms open onto shared living room areas and baths are shared.

The bunkhouses accommodate six to eight, with bathroom facilities available a quick walk away at a washhouse.

You will need to bring your own bedding (sleeping bag and pillow). Beds/bunks with mattresses are provided. The natural history weekend included lodging Friday and Saturday nights, August 23 and 24.

**Meals:** The weekend package included lunch and dinner on Friday, August 23, breakfast, lunch and dinner on Saturday and Sunday, August 24 and 25.

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August 23-25, 2002

## Program Descriptions

### **Forest Ecology and Tree Identification** - Prof. Don Leopold

In the vicinity of CLBS, the northern hardwood forest is the predominant forest type. In the Adirondacks, these forests are maturing after having been clear cut a century ago. Yet, several natural processes are working to shape the forest as it approaches a state reminiscent of the old growth forest. In this session you will learn the major tree species and the common plants that inhabit the northern forest community. You will also hear about the affects of deer browse, invasive species, and atmospheric contaminants on forest growth.

### **Map, Compass and GPS: Orienteering in the Wilderness** - Prof. James Gibbs

Finding one's way in the woods can be a simple matter of getting back to your car at the end of the day or it can involve locating places, boundaries, or what-have-you with the aid of portable technology. The compass has long been the key tool for navigating in the woods and in this session, you will learn and practice its use in the wilderness. GPS uses sophisticated satellite technology to pinpoint your location with astonishing accuracy and commercially available units (provided) are very user-friendly. Here, you will learn to operate a GPS unit to find remote locations.

### **Edible and Medicinal Plants** - Prof. Robin Kimmerer

The word "Adirondack" means bark-eater, a name given to the indigenous people, in reference to their ability to live there in spite of the apparent scarcity of food in the region. In actuality, natural foods are bountiful and tasty - if you know what to look for. Learn what plants Native Americans found useful for food as well as medicine in this talk and outing. You will also prepare a meal of local edible plants that you will identify and collect with the help of an expert.

### **Lake and Stream Ecology** - Prof. Neil Ringler

Fish, amphibians, reptiles - The large animals we commonly associate with the aquatic environment sit at the top of food webs supported by insects, plankton, and aquatic vegetation. Life beneath the waves is as complex as it is on land and is affected by human activities from the introduction of non-native game fish to the emission of airborne pollutants in the Midwest. In this session you will go out on the water, sample aquatic life and learn to identify many of the important species.

### **Animal Communication** - Prof. Dietland Müller-Schwarzé

Animals communicate with each other in an amazing array of sounds, scents, and sights. From bird songs to the flash of a deer's tail to the powerful sex pheromone of a female moth, the need to communicate is as vital to life as the need to eat. In this session, you will observe many of the more subtle ways that animals communicate such information as territorial boundaries, sexual maturity, aggression, and fear. Binoculars, a good nose, good ears and some patience are the recommended tools of the trade.

### **Interpreting Nature Through Sketch Pad and Camera Lens** - Prof. Andy Saunders

A full appreciation of the natural world extends beyond an understanding of the components and interactions of ecosystems and the sketch pad and camera lens are more than tools for recording natural images. In this session you will learn not only how to skillfully capture natural form but also how to use the process as a pathway to a deeper appreciation of nature.

### **Mushroom Identification and Cuisine** - To be announced

The largest organism on earth was a honey mushroom with all of its underground parts. This edible species and many more are common in the Adirondacks, especially in late August. Although many would-be mushroom tasters cautiously avoid wild mushrooms, you can safely learn to distinguish safe from harmful mushrooms with the aid of a mycology professor. To cap off the experience, you will prepare tasty dishes of mushrooms that you have collected from the nearby forest.

### **Cat Mountain Hike** - Prof. Stephen Teale

Spectacular views of the Five Ponds Wilderness from the 2200+ ft. elevation summit of Cat Mountain are made possible by the sheer rock faces on the west side of the mountain. The trail to Cat Mountain is a gentle 2.5 mile hike from Dead Creek Flow on Cranberry Lake. The hike will be complemented with a discussion of forest ecology and history with

special attention paid to recovery from the severe blowdown of 1995 which can be seen on the trail to the summit.

**Wilderness Wildlife Conservation** - Prof. Rainer Brocke

Wildlife conservation and management in the Adirondacks is practiced as an integration of wildlife biology and resource management with a global environmental perspective. This session consists of a short walk led by Dr. Rainer Brocke who will discuss issues related to the successful, unsuccessful and future restoration of large mammals in the Adirondacks including moose, lynx, and wolf.

**Adirondack Fly Fishing Techniques** - Prof. Harrison Payne

Successful fly fishers know the feeding habits of their quarry (Lake and Stream Ecology, above) and how to "read the water." In this session, everyone will learn the basics of fly casting, then you will take a trip up river to an excellent spot for brook trout. Please bring your balanced rod and reel and an assortment of dry flies.

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Wilderness Conservation, Ecology

Edible Plants & Mushrooms

Sketching, Photography, and Journaling

Orienteering and GPS, Fly Fishing, and more

**Questions?** Contact ESF Continuing Education at (315) 470-6891, [ce@esf.edu](mailto:ce@esf.edu).

















