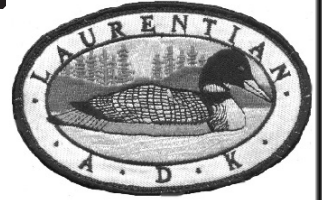




# North Wind

The Laurentian Chapter of the Adirondack Mountain Club

*St. Lawrence & Ottawa River Valley Region*



April - June 2013

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## Spring Outing 2013

The Laurentian Chapter is pleased to present “Spring in the North Country”, ADK’s Spring Outing 2013. The Outing will take place June 14-16, and will be based out of State University of New York at Potsdam. We have planned a full schedule of varied outdoor trips, and also historic and cultural events highlighting the unique features of the North Country.

In addition to many hiking, paddling, bicycling, and children-focused event, there will be food and entertainment. We have two Adirondack folk music concerts planned, one by chapter member and singer/songwriter Jamie Savage and the other by Dan Berggren, Dan Duggan, and Peggy Lynn which will take place at Snell Music Theatre, the acoustically-excellent performance venue of the Crane School of Music. On Friday evening, astronomer and chapter member Jeff Miller will put on a planetarium showing entitled “A Celestial Journey through the North Country Sky”.

Registration will open about February 1. For information and registration you may go to [www.adktravel.org](http://www.adktravel.org) and then click to Seasonal Outings and Spring Outing. If you would like our printed brochure or have any questions you may contact Spring Outing chair John Barron at (613) 828-2296 or [johnbarron@sympatico.ca](mailto:johnbarron@sympatico.ca).

For the latest information on Spring Outing see - <http://adklaurentian.org/springouting2013/>

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<http://www.adklaurentian.org/>



# REPORTS FROM THE OFFICERS

*Photo credit Brian Baston*

## Chair

*John Barron*

The marquee event of our spring season will be ADK Spring Outing, which runs from June 14-16. It will be based at SUNY Potsdam and features thirty varied and exciting outdoor trips. Chapter member Jamie Savage will perform some of his own folk songs for us at Happy Hour on Friday, and we have a Saturday evening concert by Adirondack folk musicians Dan Duggan, Peggy Lynn, and Dan Berggren at Snell Hall. Jeff Miller will run an astronomy event on Friday evening. There's a barbecue supper on Friday and a buffet-style banquet on Saturday. Complete details about the Outing can be reached through our web site, [www.adklaurentian.org](http://www.adklaurentian.org), and we have printed brochures available on request. If you have any questions or would like to register for it, contact me at [johnbarron@sympatico.ca](mailto:johnbarron@sympatico.ca) or (613) 828-2296.

We're grateful to Mary Coffin, who made a presentation about the North Country National Scenic Trail at last fall's pot luck party, for a complementary membership in the North Country Trail Association. The recipient is our new Vice Chair, Conservation, John Omohundro, who will be following a number of trail-related topics, as well as broader conservation issues, on behalf of the chapter.

Besides John, other additions to the executive committee are Lila Hunnewell as Vice Chair, Membership, who has a number of good ideas for reaching out to prospective new members; and Mary Jane Watson, whose financial expertise will be welcome as Treasurer, and who also has wide-ranging outdoor interests including trail support, outings, and the Raquette River Blueway Corridor. Bill Mueller is continuing as Vice Chair, Outings.

We had much better luck with the weather this winter than we did last, and many of the outings were able to go ahead with good weather and ground conditions. Hope to see you out on the trails as spring gets underway.

## Executive Committee

Chair: John Barron  
[JohnBarron@sympatico.ca](mailto:JohnBarron@sympatico.ca)  
613-828-2296

Outings: Bill Mueller  
[b-hutch-m@twcnny.rr.com](mailto:b-hutch-m@twcnny.rr.com)  
315-262-2952

Education: Betsy Tisdale  
315-265-4721

Conservation: John Omohundro  
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Membership : Lila Hunnewell  
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315-854-8000

Secretary: Dana Chudzinski  
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315-528-3468

Treasurer: Mary Jane Watson  
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Director: David Trithart  
[dtrithar@twcnny.rr.com](mailto:dtrithar@twcnny.rr.com)  
315-265-8117

As your new Conservation VP, I define my role as inviting you into a greater understanding of and advocacy for open space in and around the Adirondacks. In addition to ADK's concerns inside the Blue Line (the park's boundaries), I will keep an eye on what's happening in our chapter's region—at the county's Environment Management Council, for example, also the St. Lawrence Land Trust, the St. Lawrence River, and the Raquette River Advisory Council, among others.

First of all, you have to tune into the news on these matters. I strongly recommend you subscribe to the club's e-newsletter (from Lake George): [adktoday@adk.org](mailto:adktoday@adk.org). For news summaries, I strongly recommend you subscribe to the e-newsletter "Adirondack Almanac": [adirondackalmanac.org](http://adirondackalmanac.org). I recommend you study the "Advocacy Report" in your Adirondack. Occasionally I'll report on what other environmental groups in the region are doing: Adirondack Council, Protect!, and Adirondack Wild, for example.

Second, you have to do something to advocate for your environmental concerns. Donate money, join organizations, write letters, attend meetings—it's what citizens do. I'll point to issues to support, and how to do it, but you have to select your issues and your methods.

ADK has chosen to focus on invasive species for 2013. Other crucial issues are the state's consideration to permit hydraulic fracking for gas production, how to classify the lands in the large new Finch-Pruyn purchase south of Newcomb; whether increasing the bobcat trapping quota was a sound idea, the APA's consideration of simplified rules for clearcutting within the Blue Line (cutting is prohibited on state land, but only half the park is state land)...

There's so much to talk about I'll probably write longer reports, with links, on the chapter's website. (Geez, I never thought I'd become a blogger.)

If you want to join my exclusive inner circle of really-cool-members-trying-to-stay-informed, tell me so at [omohunjt@northnet.org](mailto:omohunjt@northnet.org). To improve your chances, attach a chocolate-chip cookie.

## Appointed Positions

Chapter Archivist: Carolyn Kaczka  
[gckaczka@twcny.rr.com](mailto:gckaczka@twcny.rr.com)  
315-265-4806

Publicity: Tom Ortmeyer  
[tortmeyer@twcny.rr.com](mailto:tortmeyer@twcny.rr.com)  
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Red Sandstone: John Omohundro  
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315-265-8365

Hospitality: Joann Ferris  
315-262-2553

Merchandising: open

Social Media Coordinator  
Marianne Hebert  
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[hebertm@potdam.edu](mailto:hebertm@potdam.edu)

## Education

Betsy Tisdale

Two down, two to go. Outdoors / Indoors

Art Johnson, Mary Egan, and Betsy Tisdale read aloud Jeanne Robert Foster's poems about the struggles of early settlers in the Johnstown - Chestertown area. An appreciative audience of twelve attended in January on a cold, starry night.

Glenn Johnson of SUNY Potsdam, and Angelena Ross, his former student who now works for the DEC locally, presented an excellent program in February about the life and times of the spruce grouse in the Adirondacks. Their dedicated on-going field research has resulted in some recommendations to help this locally endangered bird multiply. Again we attracted 12 people to this informative event.

This year we have asked guidance counselors at Colton-Pierrepont School, and at the middle school in Canton to each select a student for Camp Colby.

Thanks to a tip from Blair Madore, we have four high school students interested in a week of summer trail work for ADK.





White Hill trail register. Photo - D. Trithart

Bill Mueller

**April 21 (Sunday) Spring "Mud Season" Pot Luck Party.** Bring a dish to share and your own tableware. First Presbyterian Church, 42 Elm St., Potsdam. Arrive at 5:00 PM for supper to start at 5:30 PM. Our guest speaker Dr. Hadley Kruckzek-Aaron of SUNY Potsdam's Department of Anthropology will tell us the story of the archaeological project at Timbucto in North Elba, Essex County. They are uncovering evidence of abolitionist settlements established prior to the Civil War. Contact John Barron at 613-828-2296 or johnbarron@sympatico.ca.

**April 22 (Monday) Earth Day Walk.** MEMBERS ONLY. In the afternoon we'll walk to the North Tip of Sugar Island on the Red Sandstone Trail, admiring fluvia, flora and fauna. Walkers are asked to bring and read a short text to commemorate the occasion. Poetry, prose, lyrics, sacred text, famous or original. Easy: 3 miles round trip on mostly level terrain. Contact: John or Susan Omohundro at 315-265-8365 or omohunjt@northnet.org.

**April 27 (Saturday) Everton Falls Cleanup.** We will meet at the Cutter home in Nicholville at 10:00 AM. Bring lunch and a bag to collect roadside trash at this attractive roadside park on the St. Regis River, a stone's throw from the once-thriving but now ghost town of Everton! Contact Duncan Cutter at 315-328-4675 or dcutter1@twcny.rr.com.

**April 28 (Sunday) Frontenac Park.** Hike a long loop starting at Kingsford Dam. Lakes, Laurentian Shield rocks, viewpoints, history. 12 miles. Level 4. In Ontario, 1.5 hours from the Ogdensburg Bridge. Contact John Barron at 613-828-2296 or johnbarron@sympatico.ca.

#### Foot travel

Difficulty Level	Feet of ascent	miles
5. Very strenuous	over 1500	10+
4. Strenuous	1000-1500	8-10
3. Moderate	500-1000	5-8
2. Fairly easy	to 499	3-5
1. Easy	level mostly	1-3

#### Cycling

Leaders should specify mileage, elevation, and surface.

Check for additions, deletions and changes on our chapter website, [www.adklaurentian.org](http://www.adklaurentian.org)

Please contact the leaders at least a day before the trip.

Car pooling makes sense, as does sharing the cost of gas.

**May 4 (Saturday) Azure Mt. Trail Work and Clean-up Day.** Join us and learn the joys of work while enjoying the beauty on this local gem of a fire tower mountain. We'll work the morning away, enjoy some time at the top, and then off to lunch at Deer Valley Trails. Contact: Mike McLean at 315-262-2564 or mpmclean@twcny.rr.com.

**May 11 (Saturday) Coney Mountain.** Coney is a lovely mountain south of Tupper Lake with an open rocky summit and great views of the lake. This is a great hike for families and anyone new to mountain climbing. Level 2-Fairly Easy (2.2 mile RT, 523 ft elevation gain). Contact Marianne Hebert at 315-265-0756 or hebertm@potsdam.edu.

**May 12 (Sunday) Paddle Meacham Lake to Osgood River.** Paddle up the outlet and across the southern end of Meacham Lake admiring Debar Mountain's profile across the lake - optional continuation up the Osgood River to the first esker. Level 2, fairly easy. Contact Duncan Cutter at 315-328-4675 or dcutter1@twcny.rr.com.

**May 18 (Saturday) Lampson Falls Clean-up.** Meeting mid-morning, we'll hike into the falls to participate in the Chapter's annual clean-up activities. Enjoying this beautiful area, we'll walk along the Grass River for a short way and then picnic on the rock ledge looking across to the falls. A fun relaxed outing on hopefully a beautiful spring day. Contact Gene & Carolyn Kaczka at 315-265-4806 or gckaczka@twcny.rr.com.

**May 18 (Saturday) Bushwhack: Blue Ridge East via Stephens Pond.** One of the ADK Hundred Highest. We will head in on the NP Trail from Lake Durant to arrive at Stephens Pond. From there we will bushwhack approximately 2 miles to the wooded summit of Blue Ridge east. The area was relatively open woods

on my prior two trips, but do come prepared for tough/thick bushwhacking. 12 miles round trip, 1700 foot elevation gain. Level 5, very strenuous. Contact Mike McLean at 315-262-2564 or mpmclean@twcny.rr.com.

**May 25 (Saturday) Marcy Peak.** We'll start off the summer climbing season with a bang by ascending the highest peak in the Adirondacks from the Heart Lake trailhead. We'll be traveling at a more moderate pace, so plan on a long day of hiking. Some of us will be staying down for the 46er Spring Banquet on Sunday, where we will celebrate Brian Baston's recognition as a new 46er. Approx 15 mi round trip distance with an elevation gain of 3500 ft. Level 5. Very Strenuous. Contact Toni Towle/Peter Blood at 613-387-2829 or blackrapids@ripnet.com.

**May 26 (Sunday) Stone Valley Trail Walk.** We will meet at the Colton firehouse at 2:30 PM and walk to "the Tubs" or beyond, depending on group consensus. Bring treats to share, and water or other drinks for yourself. Wear sneakers or sturdy shoes. Level 1, easy. Contact Charlie or Lila Hunnewell at 315-854-8000 or lhunnew61@aol.com.

**June 1 (Saturday) Owl's Head Lookout.** The trail includes a pleasant walk through a hardwood forest, and crosses an unnamed stream several times, requiring a bit of rock hopping. The elevation gain is moderate most of the way, with a short steep climb at the end. Spectacular views of Giant and Rocky Peak Mountains to the south, and Hurricane Mountain to the north. Level 3/4 Moderately Strenuous (5.4 miles RT, 1300 ft elevation gain). Contact Marianne Hebert at

315-265-0756 or hebertm@potdam.edu.

**June 2 (Sunday) Afternoon paddle on Blake Falls Reservoir.** We'll paddle from Raquette River Road boat launch to enjoy the scenery, with several stops along the route. Contact Tom Ortmeyer at 315-265-8219 or tortmeye@gmail.com.

**June 8 (Saturday) Cycling Cape Vincent to Alexandria Bay.** Including Tibbetts Point Lighthouse. With luck we'll have a tail wind for most of the way. One way with a car shuttle. 32 miles, level 3. Contact John Barron, 613-828-2296 or johnbarron@sympatico.ca.

**June 14-16 weekend - Spring Outing** - Laurentian Chapter hosts all of ADK to a weekend of outdoor trips and entertainment based at SUNY Potsdam. For information, John Barron at 613- 828-2296 or johnbarron@sympatico.ca.

**June 29-30 (Saturday & Sunday) Paddle South End of Indian Lake w/ option to camp.** MEMBERS ONLY. Paddle 16 miles from the state boat launch at the south end of Indian Lake to Dug Mt. Brook for a short hike and return. Paddler's choice whether to camp at Indian Lake Is. State Campground and split the distance or do a long day trip. Leader has site #47 (5 miles from launch) Friday and Saturday. For the two-day option the paddle will be 11 miles Saturday, more if the lower Jessup River is explored, and 5 on Sunday. Participants must make their own reservations for a campsite, but campsites may be shared. Limited to 12 paddled boats. Leaders: Dick Mooers assisted by Ellie Menz, contact Dick at 315-854-4186 or rmooers@twcny.rr.com.



*Skiing, Wanakena to High Rock, Saturday February 16. Left to right - John and Susan Omohundro; Tom Ortmeyer; Neil and Holly Woodworth; John Barron. Not pictured, Andreas, Karynn, and Simon von Cramon. Photo by Janet Mellor.*

# BACKTRACKS



*Compiled by Bill Mueller*

hour or two's practice had already learned the techniques needed to ski in varying terrain. We then enjoyed lunch indoors at the Hide Away Cafe in Colton.

**January 6 (Sunday) Snowshoe Mt. Arab.** John & Susan Omohundro (TLs), Joe and MaryBeth Rosenfeld. On the twelfth day of Christmas, my true love gave to me: six deer tracks crossing, five yards of visibility, four people hiking, three trees a-blowdown, two dogs a-resting, and a whole lotta snow in the trees!

**January 12 (Saturday) Phelps Mt. Winter Climb.** Brian Baston (TL), Toni Towle, Peter Blood, Tom Ortmeier. Phelps is a kinder-gentler 4000+ footer snuggled up below Mt. Marcy and an easy one-day go and return from Adirondack Loj. A soft trail with some slush in places found us on a partly sunny day with beautiful views of Upper Great Range and Giant Mt from the top. With 42 degrees F at the summit, not surprising there was little snow visible on the slopes around us.

**January 19 (Saturday) Snowshoe Azure Mt.** Gene and Carolyn Kaczka (TLs), Tom Ortmeier. Fresh powder 3 to 5 inches greeted us with an icy hard-packed base of perhaps a foot plus of snow. Few trail markers led to our following the faint dimples in the snow of previous climbers. We discovered that we were off trail for at least half of the ascent finding some impressive rock ledge formations never seen before. High summit winds with virtually no snow cover. This unique Azure climb was topped off with lunch at Deer Valley Trails.

**February 3 (Sunday) Winter Climb of Ester and Whiteface.** Toni Towle, Peter Blood (TLs), Brian Baston and Tom Ortmeier. Our group started out for Ester and Whiteface from the ASRC on a beautiful sunny day. The temperature was a bit nippy, but we soon warmed upon the steep climb to Marble Mountain. The trails were very hard packed and we made good time over to Ester, where we enjoyed a break in the warm sun before heading up to Whiteface. It had clouded over by the time we summited Whiteface, but we still had excellent views. For a change of pace we descended via the road to the tollbooth, where we had left a car.

**February 9 (Sunday) Stone Valley Snowshoe.** Tom Ortmeier (TL), Kathie Colarusso, John Barron, Jeff Miller, Jonathan Durant. We had a good day and (just) enough snow overall, could have used a bit more in spots. Great views from the west side going up, with lunch at the gazebo in Colton. The stretches right on the river on the east side were even better, and the hills were a bit of a challenge.

**December 8 (Saturday) Higley Flow State Park Hike and Cookout.** Blair, Margaret and Cole Madore (TLs), Jeff and Rebecca Miller, Lila and Charlie Hunnewell, Marianne Hebert, Mary Jo Whalen, Mike Keane, Andrew White. It was a soggy day, which may have kept some people away, but 10 brave souls were up for a good walk. The late afternoon mist was eerie and beautiful among the pines. On the way back to the Beaver Pond we spotted a mink, his snow white coat standing out against the rusty brown forest ground. At the Beaver Pond lean-to we had a great fire, shared snacks and roasted sausages, the walk out in the dark illuminated by flashlight.

**December 9 (Sunday) Loon Lake Mt.** John Omohundro (TL), Marianne Hebert, Ron Johnson. We popped out above the clouds and sat beside the fire tower for our lunch. The peaks of mountains around us looked like islands in a foamy sea. A thin layer of snow obliged us to wear spikes. We checked out the new boardwalk to Grass Pond across the road from the trailhead: a paddling possibility.

**December 22 (Saturday) Grassy Pond Ski and Snowshoe.** Duncan & Lois Cutter (TRs), Biwan Liu, Marianne Hebert, MiSun Kim, Dianne and Elizabeth Kim, and Lila & Charlie Hunnewell. Our first great snow found us in consensus that the roads were too treacherous to continue to Grassy Pond. So we enjoyed trails from the Cutter's home just outside Nicholville, across tree-bordered meadows along and above the St. Regis River, snow-draped evergreens, a trail-side spring and a giddy view from Eagle Rock to the river 100 feet below. An hour later, lunch commenced around the Cutter's table spiced with lively conversation and a special treat, Marianne's oatmeal cookies with walnuts, white chocolate chips and dried cranberries.

**January 1 (Tuesday) New Year's Day at Clarkson.** Huge recent snowfalls and crisp, sunny winter weather produced the best conditions in several years for exploring the trails. About thirty or so took part. Some spent an hour or so outside on skis or snowshoes, while others simply enjoyed the pot luck party of simple snacks at the Adirondack Lodge.

**January 5 (Saturday) Skiing in Higley Flow State Park.** John Barron (TL), Louis Tremaine, Pat Alden, Mona Torabi, Michele LaPointe, Simon & Andreas von Cramon, Tom Ortmeier, Hamid Eisazadeh. Ideal snow conditions and pleasant, sunny winter weather created a perfect day for skiing the well-groomed trails of Higley. Some participants were on skis for the first time, and after an



**February 16 (Saturday) Skiing Wanakena to High Rock.** John Barron (TL), Tom Ortmeyer, Andreas, Karynn & Simon von Cramon, John & Susan Omohundro, Janet Mellor. The conditions could not have been better - sunny and pleasantly cold with a blanket of deep powder snow. At our destination we met Holly and Neil Woodworth who had skied in just ahead of us. Afterwards several of us enjoyed clam chowder at the Pine Cone before leaving for home.

## BRIAN BASTON - 46R

I was interested in hiking to lose weight to overcome my diabetes, and to get into better physical condition. I was already walking 3 miles a day and lost 30 lbs, getting my diabetes under control with diet and exercise.

I started hiking and paddling with ADK Laurentian Chapter. After hearing about the 46 high peaks, I climbed Esther Mountain, my first high peak at age 63, on October 4th, 2009, with John Barron (trip leader) and succeeded with great physical pain and exhaustion. It took me three days to be able to walk without holding onto furniture, countertop, or door frames. One week later, I was able to make it to the summit of Lyon Mountain with no problem.

One month later, on November 2009, I attempted to climb Cliff Mountain with Mike McLean (trip leader), I failed as it was much longer and I ran out of energy. In summer 2010, I made another attempt to climb Seymour Mountain with John Barron and failed again! Much too long.

After that second failure, I pretty much gave up, but I kept looking for a shorter mountain. Then on June 5, 2011, Dana Chudzinski scheduled Giant Mountain at 2.8 miles one way. That was what I had been looking for.

It was ironic that Toni Towle and Peter Blood were on my first and second high peaks, twenty months apart. They introduced me to camping which made it much easier on the long climbs. Also I found that I could climb with other chapters. That increased my high peak climbs.

After 20 months of being a 1er, I was able to climb 45 high peaks in 15 months, including 10 winter climbs. I finished the 46 high peaks on Basin Mountain, September 21, 2012 at the age of 65. Many times when climbing an exhausting high peak, I would ask myself, "why am I doing this



again?" Then I would reach the summit with those breathtaking views. It was all worth it.

## Membership

*Lila Hunnewell*

Welcome to New Members

We welcome the following, who have joined our chapter this season:

Carol Mulvaugh; Dan Allen; Ronald Frank and Joyce Lilholt; Michael Hodge; Russell King; Jeff and Tina Maynes; Mohammed Akalach; and William Sommerfield



*North Wind*

The Newsletter of the Laurentian Chapter  
of Adirondack Mountain Club  
7 Barclay St. Potsdam, NY 13676

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## Just Connect

VISIT the chapter website, ably  
maintained by David Katz, for color  
photos, trail maps, updated officer  
reports, and outings:

**[www.adklaurentian.org](http://www.adklaurentian.org)**

LIKE US on Facebook, edited by  
Marianne Hebert:

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### **After 20 Years Laurentian Chapter Loon Shirts Are Back!!!**

A beautiful 5 color Loon logo silk screen shirt can be yours if you place your order by  
May 1<sup>st</sup>. Shirts ready mid-May

Shirts are a 50/50 blend cotton/polyester by "Gildan." Tee shirts are white – sweatshirts  
birch grey. Sizes available: Small – 2XX

Short Sleeve Tee Shirt: \$15.00  
Long Sleeve Tee Shirt: \$18.00  
Crew Sweatshirt: \$24.00  
Hooded Sweatshirt with pockets: \$32.00

Questions: Contact Carolyn Kaczka @ 315-265-4806 or [gekaczka@twcnj.rr.com](mailto:gekaczka@twcnj.rr.com)  
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