



North Wind

The Laurentian Chapter of the Adirondack Mountain Club

St. Lawrence & Ottawa River Valley Region



April - June 2014

About two years ago our chapter introduced its first Educational Affiliate Program (EAP). This concept, created by incoming ADK President John Gilewicz, allows a chapter to create a special arrangement with a college under which students can become ADK student members for only \$25 per year. The chapter undertakes to provide special programming for the students, which depending on local circumstances may include instructional clinics, trips for students only, and other special benefits. There are a couple of all-Club EAP weekends during the year: College Weekend at Heart Lake in October, offering camping and a wide variety of presentations, clinics, and hikes; and Winter Adirondacks Trip in February, which features a couple of nights at Johns Brook Lodge and a winter ascent of one of the nearby High Peaks.

The Laurentian Chapter's EAP with SUNY Potsdam now has thirteen student members, and many more students have come on an outing or two to try the program. There is a growing group of experienced chapter leaders, augmented by some SUNY Potsdam staff members, who are helping lead trips and organize the program. SUNY Potsdam Student Government Association is providing on-campus publicity and sign-up support along with transportation at no charge to students and leaders on EAP trips. Three Laurentian EAP outings have gone ahead this fall, to Debar and Azure as well as a huge student turnout on Stone Valley trail maintenance weekend, which was co-listed as a regular and an EAP trip.

In late November we ran our first EAP trip leadership course. It is a Club requirement that EAP members take this course before they can lead an ADK trip. Following a classroom session and a model hike to illustrate leadership principles and some of the common problems, we emerged with seven new trip leaders, able to lead in either the EAP or the regular program. Welcome to Jonathan Ryan, Kirk Sweet, Ryan Arno, Kelly Glascott, Valerie Paige, Justin Maggs, and Ashley Tranello. We hope to see you often on the trails. John Barron



Catamount Lodge in South Colton. Ellie Donaldson; Jim Clarke; Tom McCulloch; Jean Fallon; Karynn von Cramon; Marianne Hebert; Andreas and Simon von Cramon. Photo: John Barron.

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



Chair

Tom Wheeler

Spring is coming at last. It has been a long winter and March promises to be cold as well. I was speaking to an ice fisherman yesterday who said the ice on the Oswegatchie River was 2 feet deep. No doubt the frost line in the ground this year is quite deep and in much of the North Country mud season will be a long one. Mud season is that period when the ground thaws in the top layers but the frost underneath prevents the soil from draining. We try to avoid hiking except on rocky trails during this period because of the potential for permanent damage to trails.

During the only significant thaw this winter there was a major ice jam in Wanakena which badly damaged their historic footbridge. Wanakena has been an especially friendly community to our chapter. We hosted fall outing there and many of us participated in several trails day events in that community. Many of us have started hikes into the Five Ponds Wilderness in Wanakena and sometimes at the footbridge. Because of this the Executive Committee of our chapter voted to donate the sum of \$250 to the rebuilding fund for the footbridge.

I hope you all get out and enjoy this beautiful season.

Executive Committee

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Conservation

John Omohundro

Environmental Protection Fund - the Governors budget offered little for the EPF, down now to about \$157M from its originally planned \$250M. Even *The New York Times* editorialized against it as being puny for the environment. Funds are needed for stewardship of wild lands, community clean water and brownfield cleanups, and paying for the Finch-Pruyn lands needs to continue.

The governor could easily dedicate more money from his bottle return fund. Write your Albany rep to urge him or her to remedy this shortage. Online or US mail: I can help with an address if you wish.

The Stone Valley Cooperative Recreation Area Agreement under development since June went to public comment in January, was revised in February, and should be on the chapter website by March's end. This has been a big project for the several property owners and trail stewards but now for the first time we have in writing a document describing what the SWCRA is, what we hope to preserve it for, and how we will work together to care for it. Highlights of the plan: the St. Lawrence Mountain Biking Assoc. (SLMBA) will take charge of biking trails; kayakers will conduct more self-regulation during releases; we review in writing possible impacts of proposed new elements like trails, whitewater access for boaters and the public; we created

signage guidelines. The motorized recreationists have asked for road access through the area, but we have suggested they take this up directly with Brookfield Renewable, the property owner. Our partners group actually makes no policy, but we do make recommendations to the property owners. Another question yet to answer: is the SVCRA coterminous with all Brookfield boundaries in the area, or just the FERC boundaries?

Appointed Positions

Chapter Archivist: Carolyn Kaczka
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Education

Jeff Miller

We welcomed the New Year with two great presentations in our Outdoors-In-doors program. In January, John Omohundro showed "The Mountains Will Wait For You", a documentary about Grace Hudowalski, the first woman to summit the 46 High Peaks. Those in attendance enthusiastically shared their memories of Grace, as well as their own experiences as 46'ers. In February Gene Kaczka led the group in a slideshow tour through Australia and New Zealand, reliving the adventure that he and Carolyn shared together last year. If Gene were a travel agent, he would have taken many reservations that night!

This coming weekend, our March presentation will be from the project leaders of Nature Up North, Erika Barthelmess and Jake Malcomb. And in our final presentation in April, Lila Hunnewell will lead a reading of nature poetry written by chapter members. Hopefully you've submitted your original poems, and will share them with the group.

This summer, the Laurentian Chapter will again sponsor two children to attend Camp Colby near Saranac Lake. In addition to fishing, canoeing and archery, students learn science, solve challenges, play games, catch salamanders, net butterflies and discover the interconnectedness of life on Earth. This is a great program for kids, and we look forward to providing this opportunity again.



L Sun on Tabletop Mtn. Photo by Blair Madore

OUTINGS

Apr. - June 2014

Bill Mueller

April 6 (Sunday) An “Outdoors-Indoors” event: Members’ Nature Poetry. 7 - 8 PM in the Potsdam Civic Center Community Room (handicapped-accessible). The majesty of the Adirondacks and other natural areas have inspired poetry from many members. We will have poetry-readings with discussion after. Refreshments will be served.

April 13 (Sunday) Mud Season Potluck Dinner. Spring Potluck will be held at the Presbyterian Church in Potsdam, beginning at 5 PM. Our guest speaker will be Andrew Hamlin, ADK Trails Coordinator. His talk will provide a brief history of the program, a review of the trails programs’ accomplishments over the last decade, developments in methods and skills, and future directions of the program.

April 19 (Saturday) Tooley Pond Road, Spring Waterfall Walk on April 19th. We will stop along the road and (when necessary) walk in to see several waterfalls which should be spectacular with spring melt. To get a little more exercise we will ascend Tooley Pond Mt. after a short hike of about a mile. Level 1, Easy. Contact Tom Wheeler at 315-386-2482 or northflow@gmail.com.

April 22 (Tuesday) Earth Day Hike. We will hike to Lampson Falls and probably beyond, starting mid-morning. Bring lunch. RT less than 4 mi., moderate difficulty (hills, mud, rough footpaths). Each participant is asked to bring and read a short writing about nature, original or otherwise. Members only. Contact John Omohundro at 315-265-8365 or omohunjt@northnet.org.

April 26 (Saturday) Everton Falls clean-up. Meet at 9:30 at the Cutters 28 Port Kent Road, Nicholville,

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

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

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

or at 10:00 at the falls (Red Tavern Road ,county road 14 out of St.Regis Falls) at 10:00. Contact Duncan Cutter at 315-328-4675 or dcutter1@twcny.rr.com.

April 27 (Sunday) Hike Gould Lake Conservation Area, Ontario. 1.5 hours from the Ogdensburg Bridge. Circular route a short distance west of Frontenac Park, incorporating a stretch of the Rideau Trail. High cliffs, good water views. Many short climbs and descents with a total of 10 miles, makes this a level 4 (strenuous) trip. Contact John Barron at 613-828-2296 or johnbarron@sympatico.ca.

May 3 (Saturday) Azure Mountain Hike and Trail Work. We will hike up the trail to the summit doing some minor trail work as needed (brushing in, drainage work, blow-down removal). Approximately 10 SUNY Potsdam students will be on the mountain hauling rocks to the summit as a fund raiser to raise money for their leadership trip to New Mexico. Meeting at 9am at the trail head. Contact Mike McLean at 315-262-2564 or mppmclean@twcny.rr.com.

May 4 (Sunday) Afternoon walk in the Clarkson woods looking for spring wildflowers. Level 1, easy. Contact Tom Ortmeyer for details, 315-265-8219, tortmeyer@gmail.com.

May 10 (Saturday) Phelps and Big Slide Mts. via Klondike Notch. We will head in from South Meadows up to Klondike Notch lean-to and head up Phelps following a nice defined herd path and gradual trail. Back down to the lean-to and continue along the Klondike Notch Trail and then a left turn over Yard to Big Slide. From there down the Brothers to the Garden. About 11 miles round trip. Level 5, very strenuous. 8 AM trail-head start. Contact Mike McLean at 315-262-2564 or mppmclean@twcny.rr.com.

May 16-18 (Friday-Sunday) Paddle on South End of Indian Lake w/ option to camp. MEMBERS ONLY. Over the weekend, paddle 16 miles round trip

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 Islands State Campground or do a long day trip on Saturday. The camping option can include exploring the lower Jessup River. Participants must make their own reservations for a campsite, but campsites may be shared. Leader's site will accommodate six on first come basis. Limited to 12 paddled boats. Contact Dick Mooers at 315-854-4186 or rmooers@twcnny.rr.com.

May 17 (Saturday) Lampson Falls Clean-up. Meet at 10:30 AM at the entrance to Lampson Falls. Bring a sturdy trash bag and lunch. After cleaning up the area around the falls, we'll enjoy lunch on the rocks facing the falls. For those wishing a longer hike, we can walk down along the Grass River to where the old bridge once crossed the river. The walk out to our cars will be on the old woods road. Contact Gene & Carolyn Kackza at 315-265-4806 or gckackza@twcnny.rr.com.

May 24 (Saturday) Algonquin and Iroquois Mts. We'll enjoy the boardwalks that were built between these two High Peaks last year. Terrific 360 degree views. Moderate pace or slower, very long day. 10 miles RT, 4,000 feet of gain. Level 5, very strenuous. Contact John Barron, at 613-828-2296 or johnbarron@sympatico.ca.

May 30 - June 1 (Friday-Sunday). ADK Spring Outing at Cazenovia College, hosted by Onondaga Chapter. For information see ADK web site under "Recreation" and "Outings". John Barron will be going as a participant and can act as a contact point for anyone from Laurentian wanting to go. Contact John Barron at 613-828-2296 or johnbarron@sympatico.ca.

June 14 (Saturday) Biking the New Stone Valley Mt. Bike Trail. This would be a beginner/intermediate ride of about 1 1/2 hours, meeting at Kunoco in Colton. Helmets mandatory. Level 4, strenuous, with some small hills to climb and a few moderate descents. Contact Jim Akins at 315-386-4348 or akinsacres@gmail.com.

June 21 (Saturday) Cycling Quebec's Route Verte. From Saint-Zotique near the Ontario-Quebec border we will follow the St. Lawrence River to Lake St. Louis near the island of Montreal. Canals and river views. Much of the route is on bike paths. 30 miles RT, Level 3, moderate. Contact John Barron, (613) 828-2296 or johnbarron@sympatico.ca.

June 28 (Saturday) 'Tour de Howe Island' Bike Trip. Starting in Gananoque, Ontario, we'll cycle a loop which will take us across scenic Howe Island, getting on one ferry and off on the other. As we will be along the St Lawrence waterfront for much of route there will be several opportunities for a swim, includ-



Wet Flower: photo by Jeff Miller

ing a beach at our possible lunch stop in Grass Creek Park. Optional trip to the Stonewater pub in Gananoque afterwards. Approximately 25 miles of mostly gently rolling terrain on paved roads. Level 3, moderate. Contact Toni Towle or Peter Blood at 613-387-2829 or blackrapids@gmail.com.

June 29 (Sunday) Climb Mt. Marshall. We will be approaching this 4360 ft. peak by climbing Calamity Brook Trail with many great views of the high peaks. From this trail we will branch off and continue on a trail-less and challenging final section. Total distance, 12.4 miles with an ascent of 2716 feet. Level 5, very strenuous. Contact Dana Chudzinski at 315-528-3468 or chudski63@yahoo.com.



Hiking buddies: Daniel Chichester, Cole Madore, Rebecca Miller. Photo: Jeff Miller

BACKTRACKS



Compiled by Bill Mueller

January 4 (Saturday) Skiing at Catamount Trails. John Barron (TL), Marianne Hebert, Jim Clarke, Andreas, Karynn, and Simon von Cramon, Ellie Donaldson, Tom McCulloch, Jean Fallon. Our planned location, Higley, was closed due to extensive ice storm damage; so we substituted the trails at Catamount Lodge. We explored one of the side trails, enjoying the powder snow, sunshine, and mild temperature. Then we set out for the base of Catamount Mountain where we changed to the snowshoes we had carried and ascended to the summit. This “beginner” trip featured obstacles on the trail, a number of short hills while skiing, and a major climb. Everyone enjoyed it. Supper at the South of the Rock Inn concluded the outing.

January 5 (Sunday) Mt. Marcy. Brian Baston (TL), Tom Ortmeier, Toni Towle and Peter Blood. This trip was originally planned for December 21, but high winds prevented the group from going up that day, and indeed another one too for the same reason! On the third try they made it! The group left the High Peaks Information Center at 6:30am under headlamps with fairly mild temperatures for a winter climb. At about 5mi the group leader had to turn back due to leg cramps. The rest of the group continued to the summit. They experienced some windy conditions but with beautiful views, returning to the start point at 5:15pm.

January 25 (Saturday) Snowshoe/Hike to Nicholville’s Hidden Treasures. Duncan Cutter (TL),

Fourteen of us explored the St. Regis corridor near Nicholville and some old-fashioned sledding at a nearby sand pit for extra fun. First, we snowshoed trails high above the river gorge to the top of Eagle Rock. We then returned to the Cutters for lunch and conversation, before heading across meadowlands and down a steep bushwack to the river, there to view Jakeway Falls encased in ice. The woods trails were rutted from the earlier ice storm and deer traffic, but the 20F temperature made it feel like a “spring” outing. We were able to observe many animal tracks with great pleasure for everyone.

February 8 (Saturday) Colvin and Blake via the Ausable Club. Cindy and Mike McLean (TLs), Rob Roy, Wayne Richter. Trip changed to Sunday the 9th. Wonderful winter conditions allowed a nice ski up the Lake Road and over Lower Ausable Lake as well. The

Carry Trail was unbroken fluffy powder of 1-3 feet in depth over significant ice, making the 1.1 miles up last for almost 2 1/2 hours. A mostly sunny morning allowed for wonderful views along the trail to Blake. Did not attempt Colvin due to hiker fatigue. Trip down Carry Trail quite fast, as well as a wonderful ski back down the Lake road.

February 9 (Sunday) Snowshoe Downerville State Forest. Jim and Marsha Akins (TLs), Bruce Fehn, Marie Fernandez de Alaiza, Marianne Hebert. An enthusiastic group participated in a snowshoe hike in Downerville State Forest. We hiked in from the DEC access road off of the Downerville Road and joined up with the Mt. Bike trail system. The trip lasting 2 hours, was approximately 4 miles in length with a stop along the North Branch of the Grasse River.

February 15 (Saturday) Snowshoeing near Upper Saranac Lake. John Barron (TL); Andreas, Karryn, and Simon von Cramon; Marie Fernandez de Alaiza; Bruce Fehn; Jean Giblin. Fresh snow the day before and pleasant weather the day of the trip led to perfect conditions. We made the short steep climb to the summit of Panther Mountain where Simon, our youngest participant, used an erratic to practice bouldering. We all enjoyed the fast, sliding descent. Some of us went on to make a circuit of the nearby Fernow Forest Nature Trail, peaceful and quiet in the gently falling snow.



On Panther Mountain: Bruce Fehn; Karryn, Simon, and Andreas von Cramon; Marie Fernandez de Alaiza; John Barron. Photo: Jean Giblin.



Crossing Flowed Lands, 2009. Photo: Art Boni

Director

Tom Ortmeyer

I am pleased and honored to have become ADK Director representing the Laurentian Chapter. While I haven't yet attended a board meeting, I did attend a training session this past October that I found to be helpful. The presentations by Executive Director Neil Woodworth and our current 2014 President John Gilewicz were particularly informative, in setting out the activities of the club and the challenges that will be facing the club and the Adirondack. I was impressed with the range of activities that were discussed that day. I plan to provide updates of these club level activities in this column in the coming issues.

I also heard from many at the meeting of their appreciation of the work that my predecessor David Trithart did during his terms as Director. While I regularly heard his reports to us on the club activities, I did not fully appreciate the extent of his efforts to the club on our behalf. I'd like to take this opportunity on behalf of the chapter to thank David for his service during his 7 years as Director.

Welcome New Members

Lila Hunnewell

Ryan Arno, Potsdam
 Joanna Battersby, Potsdam
 Chrissy Dagenais, La Peche, QC
 Daniel Dudek and Gail Anderson, Potsdam
 Jean Fallon, Colton
 Bruce and Marilyn Fehn, Parishville
 Kelly Glascott, Potsdam
 Zaivy Luke-Aleman
 Justin Maggs, Potsdam
 Andrew Merrill, Portland, OR
 Garth Olsen, Potsdam
 Valerie Paige, Potsdam
 Jonathan Ryan, Potsdam
 Juanita Ruckh and family, Parishville
 Bruce and Andrea Smith, Canton
 Kirk Peter Sweet, Potsdam
 Elizabeth Taurisano, Highland Falls
 Peter Valenti, Potsdam
 Michael Weaver, Gouverneur
 Benjamin Yandeau, Potsdam.

Outdoors / Indoors 2014

7 - 8 p.m. in the Potsdam Civic Center Community Room (handicapped-accessible). Refreshments will be served.

April 6, 2014 – Members' Nature Poetry. The Adirondacks and other natural areas have inspired many of our members to write poems. We will read aloud and discuss a selection of them. Please email your outdoors-related poems, very soon, to Lila Hunnewell, Lhunnew61@aol.com, to be included (and also placed on our chapter's website). Use Arial, 12-pt. type. No docx attachments.

Chapter Poetry

After the Outdoors/Indoors reading of members' poetry on April 6, be sure to look for a collection of our members' and friends' poems on our Chapter website!



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7 Barclay St. Potsdam, NY 13676

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maintained by David Katz, for color
photos, trail maps, updated officer
reports, and outings:

www.adklaurentian.org

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Marianne Hebert:

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