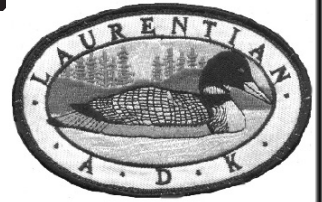




North Wind

The Laurentian Chapter of the Adirondack Mountain Club

St. Lawrence & Ottawa River Valley Region



July - Sept 2014



*Rainbow Falls (along Tooley Pond Rd.) on
Apr. 19, 2014. John Barron photo.*

ADK and Trails

When they think about the Adirondack Mountain Club, most people probably think about hiking. Members soon learn that ADK is about much more than that. Advocacy and education have become increasingly important on the ADK agenda. But even if we just look at trails, ADK is more than people going out for a walk in the woods. Those trails are always needing work, and ADK plays a major role in trail building and maintenance throughout the state.

A quick look at the adk.org website reveals a category called "Stewardship" (this is the "S" in "ADK CARES" that you will read about later in this issue). The "Volunteer Trail Schedule" that you will find there gives you an idea of ADK's level of involvement with trail work. Maybe it will also inspire you to join one of the single or multi-day work projects listed there. For energetic youth, there are 5-day projects - reserved for 14-17 year olds. Don't overlook the workshops and special events such as National Trails Day and the occasional "work weekends."

Another approach to getting involved with trails is through a Backcountry Stewardship Program. These are managed through Stewardship Agreements with the New York State Dept. of Environmental Conservation (DEC). They include the longstanding "Adopt-a-leanto" program, and the Trail Steward program. The latter has adopters doing critical maintenance on sections of trails throughout the Forest Preserve.

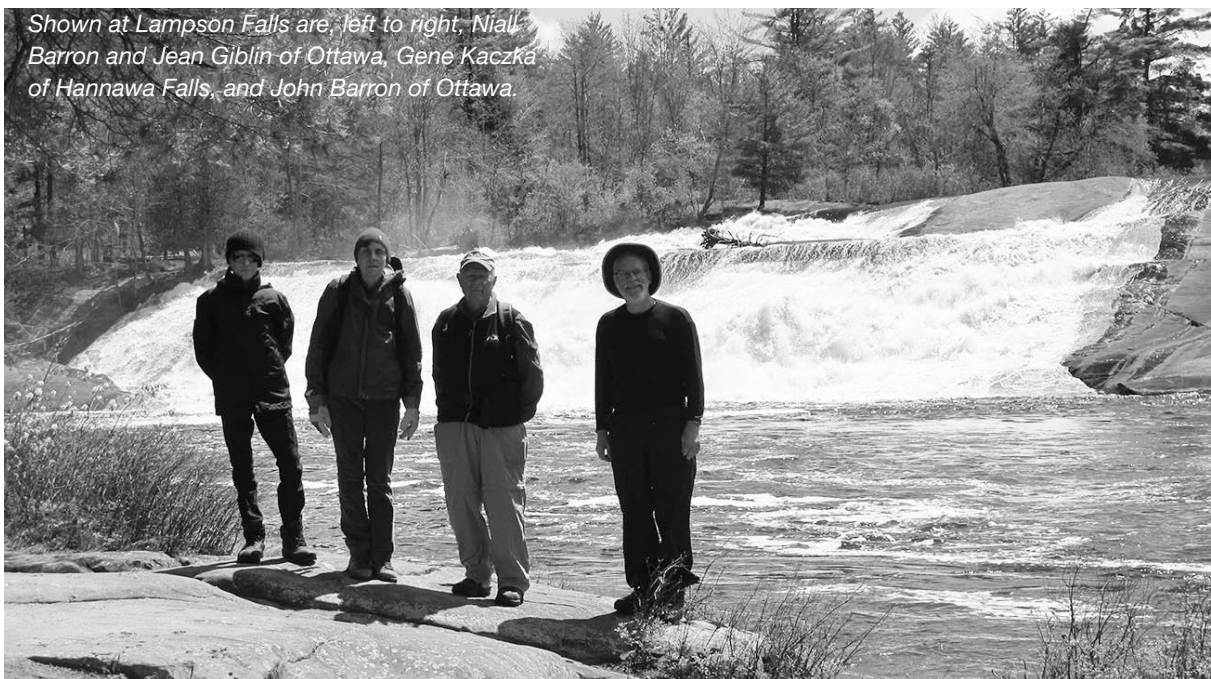
Trail work with the best views is undoubtedly with the Summit Steward Program. Their focus is on educating trail users about fragile summit environments.

Finally, there is the ADK Professional Trail Crew. This group has become widely known for their expertise in trail construction. The work they do, using mainly native materials and hand labor, receives critical annual support from the New York State Environmental Protection Fund. They have also become leaders in training volunteer trail workers.

The Laurentian Chapter also has several active trails initiatives, where new volunteers are always welcome. Notable among these are the Red Sandstone Trail in Hannawa Falls and Potsdam, and the Stone Valley Trails in Colton. ADK is not only about trails; but if you have an interest in giving back to the trails you have come to enjoy, ADK can help you find a way.

David Trithart

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



Chair

Tom Wheeler

For some time now I have been seeing the slogan ADK CARES on various mailings from ADK and have been oblivious to its meaning. There is the obvious warm fuzzy meaning which seemed nice but a little odd for a mountain club. But I never really thought about it beyond this. But now being chapter chair it seemed incumbent upon me to delve just a little deeper. The answer was easy to discover. CARES stands for the multifaceted efforts of ADK in Conservation, Advocacy, Recreation, Education, and Stewardship.

Our chapter as well engages in those multifaceted activities. Our Chapter CARES locally. As you review our newsletters, the reports of our vice chairs, and the outings schedule we can find aspects of each of these programs. You as members of the chapter can participate in each of these efforts or, if you wish, the programs which are most important to you.

I had the opportunity during the past month to have a conference call with ADK President John Gilowicz and several other chapter chairs. John arranged the call as part of his effort to inform the chapters of the direction of ADK in the coming years. He explained the process by which the club is implementing the strategic plan adopted last year. This plan has forty goals, but in implementation, the club is focusing on the ten most important goals. If one of those ten is accomplished, only then will there be focus on one of the remaining thirty. This seems an appropriate way to ensure that the club's limited energies are not disbursed too broadly. One of the lessons I learned when I was on the Board was that there are always many more worthy projects than resources available. Being selective and working within available resources is one of the most important roles of club management.

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Akwesasne Memorandum of Understanding (MOU) - The news in late May was that the residents of Akwesasne, St. Lawrence County legislature, and the State of New York had come to an agreement about a long-standing land settlement claim by the Mohawks. In the MOU, parts of Brasher and Massena towns will be made available for sale to the reservation. To sweeten the deal, the state promises to look into the feasibility of the interstate highway known as “the rooftop highway.” The state also offered to explore opening parts of State Rt 56 in Colton to four-wheelers to further the cross-county trail. Officials in the two affected townships are not happy with the deal, and some Mohawks are also upset. It’s too soon to understand the impact of changing the highway law on motors in the Stone Valley Cooperative Recreation Area. The MOU still needs to be approved by the state legislature and Congress.

Stone Valley Cooperative Recreation Area - The Town of Colton’s work to develop the southeast trailhead for whitewater release events continues, funded by a grant from the NY Department of State. There will be a viewing platform overlooking the first set of rapids, near the dam. Parking and signage will be expanded. The town has purchased a nearby building to serve as its visitor reception center, offering changing rooms, restrooms, and other amenities. The impact on the seven-mile hiker trail will be minimal except for increased use if the promotion efforts are successful.

Plans by others to develop a mountain bike trail on the west side of the river, between the pipeline and the hiking trail, are on hold until the property owner, Brookfield Renewable, officially designates cycling as an “approved use” in its land use plans—probably in the next year or so. Meanwhile, a fine new trail is in operation on the east side of Lenney Road in the O’Malley Brook area, maintained by the area’s cyclists.

Appointed Positions

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Adirondack newsfeed - If you are interested in news and stories about the Adirondacks and you’ve read and enjoyed the *Adirondack Explorer* magazine, I heartily recommend the free e-mail feed from “Adirondack Almanack.” Daily environmental, natural historical, political, artistic, historical, and other types of stories come through in handy short form, linked to the original sources for greater depth. Up-to-date reports on trail conditions in the park are excellent. Visit adirondackalmanac.com

Jean Hardy, 1926-2014

Jean Hardy, formerly a Canton resident and a longtime member of Laurentian Chapter, died in Elizabethtown on May 27. She was 88. Jean and her husband, Jack, were active in the Laurentian chapter almost from its beginning. They led canoe and ski trips, particularly, but Jean was also an active cyclist and sailor. She climbed all the 46 Adirondack high peaks and probably spent more time in the woods solo (or with her dog) than anyone we know. She and Jack summered on the St. Lawrence River. In 2001 they moved to Saranac Lake, where Jack died in 2007. Jean remained a paddler and a skier until her death. Donations to the trail fund in her memory are invited, by check to “Adirondack Mountain Club” and sent to Mary Jane Watson, PO Box 387 South Colton, NY, 13687 for collection and presentation in late July on behalf of the chapter.



Algonquin and Iroquois. Edward Walker; Marie Fernandez de Alaiza; Christian (holding Simon), Karynn, and Andreas von Cramon; Sean Ellison. Not pictured Marianne Hebert. Photo TL John Barron.

OUTINGS

July - Sept. 2014

Bill Mueller

July 2 (Wednesday) Evening Picnic-Paddle Blake Flow, Raquette River. Paddle casually for an hour, then picnic, then paddle a little more, exploring the south end of the flow. We'll meet at 5 pm. Bring a picnic dinner and swim suit. Members Only. Contact John and Susan Omohundro at 315-265-8365 or omohunjt@northnet.org.

July 9 (Wednesday) Wednesday Walk in the Woods (WWW). Meet by the Village of Potsdam water tower on the Clarkson hill campus (accessed from US 11 near the RR overpass) at 9:00 AM for a leisurely walk in the Clarkson woods, including a stop at the beaver marsh viewing tower. Level 1, easy at 2 miles max, with no climbing, but there is some slippery footing on the side trail to the wetland. WWW is also offered August 13 and September 10 to observe the seasonal changes. It's OK to come unannounced, but you won't know it if weather cancels unless you call or email. Contact Dick Mooers at 315-854-4186 or rmooers@twcnv.rr.com.

July 27 (Sunday) Paddle to Raquette Falls from Axton Landing. This approximately 12 mile round trip outing sounds tougher than it really is, as the return six miles is downstream, and the upstream portion is against a gentle current. Level 3, moderate. Contact Dick Mooers at 315-854-4186 or rmooers@twcnv.rr.com.

July 30 (Wednesday) Evening Picnic-Paddle, Lake Ozonia. Put in at Lake Ozonia public boat launch at 5:30 PM, 13 miles east of Potsdam Route 11B, then 7 miles up the Lake Ozonia Rd. Paddle around the lake to our camp for potluck dinner. Mike White will be at the boat launch to take people's food back to camp. RSVP Debbie White at 315-328-4022 or dwhite46r@gmail.com.

August 2 (Saturday) Lyon Mt. Lyon Mt (3830') stands alone in the northeastern Adirondacks in the Chazy High-

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.

lands Wild Forest. The new 7 mi. RT trail (elevation gain 1900') winds its way gradually to the summit and fire tower. From there one is rewarded with 360 degree views of Montreal, Lake Champlain & the Green Mts., and the high peaks to the south. Level 3-4 moderate to strenuous. Contact Tom Wheeler at 315-386-2482 or northflow@gmail.com.

August 6 (Wednesday) Picnic and Paddle at Higley Flow State Park. Put in at the park ramp or the beach at 5:30 PM and paddle a short distance to the fun "Black Lagoon", a cove of a cove, and then go where the spirits (or the spooks) move us. Return to the beach for a self-catered picnic supper around 6:30 PM. A mystery goody to share might be a nice addition, or a ghost story (gluten-free). There is a nice playground for smaller children, and a great swimming beach. Contact Dick and Peggy Mooers at 315-854-4186 or rmooers@twcnv.rr.com.

August 9 (Saturday) Potsdam-Canton bicycle loop. We'll start in Potsdam, and take the southerly back roads to Canton. We'll lunch at Coakley Park, and take time to enjoy the Grasse River Heritage trail. We'll eventually loop back to Potsdam, this time on town roads north of Rte 11. Level 4, moderate. Contact Tom Ortmeyer for details at 315-265-8219 or tortmeyer@gmail.com.

August 13 (Wednesday) Wednesday Walk in the Woods. See July 9 for description and contact information.

August 16 (Saturday) Nun-da-gao Ridge. A picturesque hike along the Nun-da-gao Ridge to Weston Mountain and Lost Pond. This is a moderate-to-strenuous hike along a rocky ridge with many panoramic views and attractions along the way. 5-6 miles with an elevation gain of 1,403 feet. Level 3-4. Contact Marianne Hebert at 315-265-0756 or hebertm@potdsam.edu.

August 17 (Sunday) Mt. Arab. A family-friendly 2 mile roundtrip hike up Mt. Arab with fire tower and steward's cabin on the summit. There will be brief educational stops along the way. We will enjoy lunch at the summit with views

of Tupper Lake and the Adirondack High Peaks. There are also educational activities for children to learn about dragonflies and hummingbirds at the summit. Elevation gain 700'. Level 2, fairly easy. Contact Felicia Neahr at 518-321-4956 or felicia.neahr@gmail.com.

August 20 (Wednesday) Picnic and Paddle on the Grass River. We'll launch on the Little River and paddle up to Taylor Park on the Grass for a picnic. Late afternoon, contact Tom Ortmeyer at 315-265-8219 or tortmeyer@gmail.com.

August 23 (Saturday) Hurricane Mt. A wonderful open peak summit (el. 3678') near Keene with some of the best views in the High Peaks. 5.2 mi. RT. Level 3, moderate. Contact Blair Madore at 315-265-0602 or madorebf@potsdam.edu.

August 30 (Saturday) Cycling the Long Sault Parkway. From Cornwall, Ontario. Highlights include a new power generation visitor centre, the museum of the Lost Villages of the St. Lawrence, and the Parkway linking a chain of islands created when the seaway was built. 35 miles, few hills, mostly bike paths and parkway. Level 3, moderate. Contact John Barron at 613- 828-2296 or johnbarron@sympatico.ca.

September 6 (Saturday) Hike Low's Ridge. Enjoy unobstructed views from a rocky ridge over the Bog River flow and valley; view historic mining/logging structures and possibly a ghost Iron Horse chugging along out there if conditions are right. 8 mi. RT walk along beautiful marsh wetlands and through mixed forests on a mostly level trail. Level 3, moderate. Contact Tom Wheeler at 315-386-2482 or northflow@gmail.com.

September 10 (Wednesday) Wednesday Walk in the Woods. See July 9 for description and contact information.

September 13 (Saturday) Paddle the Saranac River and Lakes. This is the annual "14-miler" for sea kayak and fast canoe paddlers. Meet at South Creek boat launch at 9 AM to arrange the car shuttle to Saranac Lake Village, launching at 10 AM. Paddling at 3-4 mph, lunch is at the Route 3 DEC launch ramp (option for half distance at this point). Full trip take out is at Lake Flower park. Trip goes through the two state locks connecting the four lakes we will use. Level 4, moderately strenuous. Contact Dick Mooers for details at 315-854-4186 or rmooers@twcny.rr.com.

September 20 (Saturday) Afternoon Kids Pirate Hike on Red Sandstone Trail. Co-sponsored by Nature Up North, this 3 mile walk on mostly level ground includes a hot dog and marshmallow cook-out midway along the trail (all food provided). A little known band of Pirates from the Caribbean lost their gold along this trail. Learn the legend and look for their treasure. Along the way we'll learn about frogs, beavers, hydropower, the history of the region and much, much, more. LIMITED TO 24 participants. Contact Blair Madore



Clean-up crew: David Cutter, Armond Spencer, Paul Cutter, Doug Munro. Photo by Duncan Cutter

at 315-265-0602 or madorebf@potsdam.edu to reserve your spot.

September 21(Sunday) Whiteface and Esther Mts. The Wilmington trail will take us to Esther on the way to Whiteface. Great views are the reward after this 6.3 mile (one way) climb. Total elevation gain 4000'. Level 5, very strenuous. Contact Dana Chudzinski at 315-528-3468 or chudski63@yahoo.com.

September 30 (Tuesday) Mont St. Hillaire (Quebec). One of the Monteregian Hills a short distance east of Montreal, this mountain features extraordinary geology, attractive forests, excellent trails, and great views. New freeways have shortened the driving time from St. Lawrence County considerably. 8 miles, 1,800' elevation gain. Level 4, strenuous. Contact John Barron at 613-828-2296 or johnbarron@sympatico.ca.



Gould Lake Conservation Area. April 27. Marianne Hebert, John Barron, Marie Fernandez de Alaiza.

BACKTRACKS



Compiled by Bill Mueller

April 6 (Sunday) - EAP Hike to The Pinnacle. John Barron (TL), Ashley Tomei, Max Meixner, Shane Chambyr. The trip was postponed by one day because of weather. The original participants couldn't accommodate the change and had to cancel, but a new group signed on. We didn't have snowshoes for everyone but crossed our fingers and set out anyway. It was fine for the first mile and a half, but as it warmed we began to posthole. By the time our legs were disappearing completely in the corn snow, we decided it was time to retreat. Still an enjoyable day in the sun. We stopped to admire St. Regis Falls on the return.

April 19 (Saturday) Tooley Pond Road Waterfalls and Hike. Tom & Eileen Wheeler (TLs), Carolyn Kaczka, Marylin Denesha, John Barron, Jean Giblin, James Griswold, Ann & Armond Spenser, Marcia Button, Rajir & Yectika Narula, Mary Jane Nichols. A cool, cloudy April day, perfect for hiking, we experienced high water on the Grass River, spectacular falls, a lingering build-up of ice and snow in places, and a delightful climb through an early Spring woods up Tooley Pond Mt.

April 26 (Saturday) Everton Falls clean-up. Duncan Cutter (TL), Doug Munro, David & Paul Cutter, Armond Spencer. We have the chores down to a pleasurable routine on this annual event: Fallen trees and limbs on the Hardwood trail were cleared and the trail brushed out in prep for summer hikers, all supervised by Nature Conservancy rep Doug Munro, and policing the canoe launch, falls and parking areas for litter. After two hours the job was complete and we sat for coffee and lunch on the ledge above the falls, and to share tales of the kinds of trash discovered this year, such as a coffee maker, and enough beer cans to establish beyond any reasonable doubt preferred brands in this part of the north country.

April 27 (Sunday) Gould Lake Conservation Area. John Barron (TL), Michael Minthorn, Marianne Hebert and Marie Fernandez de Alaiza. The last snow of a long winter had finally vanished. Rugged terrain as we expected. Not too much mud. Cool and cloudy. Wildlife highlights included a mallard that said "Quack!", turkey vultures that soared overhead, a loon that dove for fish and a beaver that slapped its tail.

May 4 (Sunday) Clarkson Woods Wildflower Walk. Tom and Ann Ortmeyer (TLs), Marianne Hebert, Joanne Ferris. On a slightly cool, somewhat rainy day, we toured the woods and found red trillium, spring beauties, colt's foot, hepatica, white violet and early meadow rue in bloom, and several more varieties just waiting for a bit of sun to pop open.

May 17 (Saturday) Lampson Falls Cleanup. Gene & Carolyn Kaczka (TLs). John Barron, Jean Giblin and their son Niall, drove from Ottawa to join the annual Lampson Falls clean-up hike. Sunshine dispelled threatened rain for the day. The day was lovely and the falls awe-inspiring! The trail along the Grasse River below the falls showed the effects of winter's wrath, as we encountered numerous downed tree limbs blocking the trail. Our three hand saws got quite a workout. But the trail to the old bridge site is now open again. Of the four trail bridges built by the chapter in 2010, three remain in place. This most satisfying day culminated in ice cream cones from Stewarts.

May 24 (Saturday) Algonquin and Iroquois. John Barron (TL); Andreas, Karynn, Christian, and Simon von Cramon; Marie Fernandez de Alaiza; Edward Walker; Sean Ellison; Marianne Hebert. This was a strenuous and exciting trip. The weather was mostly very good - sunny and cool, but there were wildly changing clouds all around us, and squalls kept sweeping through, one of which briefly drenched us on Algonquin. The new boardwalks are a marvel. We got new perspectives on many peaks, and several of us added one or two peaks to their climbing lists.



With a little help from my friend...Spence steadying Paul - roadside clean-up

Director

Tom Ortmeyer

Most of us have heard the story of the elephant and the blind men. The first blind man comes upon the elephant, reaches out, and feels a leg. "The elephant is a pillar!" he proclaims. "No, the elephant is like a thick tree branch," said the second, who had reached out and felt the trunk. Similarly, the other 4 felt different parts of the elephant and came to wildly different conclusions as just what this elephant is.

I attended my first ADK Board meeting in March, and it occurred to me that the Adirondack Mountain Club is much like this elephant. My first "touch" with ADK was on a Laurentian Chapter outing led by Betsy Tisdale. Later, I reached out and touched the club through its National Trails Day events, seasonal outings, and of course visiting the Adirondack Loj at Heart Lake. But at the board meeting, I learned of many more of the club's activities. These activities include Conservation, Advocacy, Recreation, Education and Stewardship. To my mind, this makes the Adirondack Mountain Club the broadest and most effective of the conservation groups that focus on the Adirondack Mountains.

The Advocacy report was a highlight of the meeting. The description of hiking and paddling opportunities in the newly acquired Essex Chain of Lakes made me want to head right over, even in March. ADK has been one of the key partners over many years in protecting these lands and opening them for appropriate recreational use. A second key item is a new one—concern over the increasing level of train traffic carrying crude oil along the Lake Champlain shoreline. This is an issue first raised by the Northwoods Chapter, and ADK's Public Affairs Office quickly took on studying the issue and working to raise awareness of this issue. This remains very much a work in progress, and is a part of a much larger national discussion. Clearly, any large oil spill is a matter of great concern. However, there is no doubt that the consequences of such a spill on the shores and wetlands of Lake Champlain would have significantly higher potential for damage relative to most other locations, and will require additional care in preparing and implementing a plan for protecting the lake.

I came away from the meeting pleased that my membership in Adirondack Mountain Club is supporting these important activities.

For more information on oil transport see:
<http://adkmtclub.blogspot.com/2014/03/canadian-pacific-rail-line-carries.html>

Welcome New Members

Lila Hunnewell

James Bullard, Potsdam
David Campbell, Edwards
Tim and Amy Dougan, Potsdam
Alex French, Potsdam
Jason Kelly, Ottawa, Ontario
Johanna Kingsley and Nate Goodell, Ogdensburg
Michael Lynch, Akwesasne
Jacob Malcomb and Lyndsay LaBarge, Canton



6th Annual Laurentian Chapter Photo Contest Reminder

Please remember to submit photos to the Laurentian Chapter's 6th Annual Photo Contest. Photographs taken in the period October 1, 2013 to September 30, 2014 are eligible, and the submission deadline is October 5. The contest is open to members of the Adirondack Mountain Club, who may submit photos taken anywhere during the contest period; and to non-member participants on Laurentian Chapter outings, who may submit photos taken during those outings during the contest period. The criteria are: technical quality; artistic expression; and extent to which the photo conveys the Chapter's goals of conservation, education, and responsible outdoor recreation.

Submit photo entries to Tom Ortmeyer at: tortmeyer@twcny.rr.com. If you have questions or want to transfer photos in other ways, contact Tom at that address or at (315) 265-8219.

For further details and to see previous winners, go to <http://www.adklaurentian.org/>



North Wind

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

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Just Connect

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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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