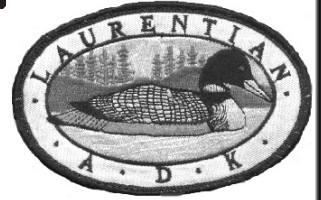




# North Wind

The Laurentian Chapter of the Adirondack Mountain Club

St. Lawrence & Ottawa River Valley Region



Oct - Dec 2014



*Whiteface Mtn. from Jay Range. Photo by John Barron*

## Chapter to Run First Sequel of Outing Leadership Training Course

The Laurentian Chapter's outing schedule depends on our volunteer leaders. We are always happy to add new leaders - it leads to new ideas, new destinations, new leadership styles, and a dynamic program. We've never had a training course on how to lead trips. Instead people observed and learned, sometimes with mentorship, and then tried it out - but we're soon to offer our first trip leadership course.

The impetus came out of the Educational Affiliate Program. One of the goals the ADK set for that program is leadership development among student members. It is a mandatory requirement that, as a prerequisite to leading any ADK event, an EAP student member must take the EAP trip leadership course, developed and taught by John Gilewicz of the Niagara Frontier Chapter and newly-elected president of the ADK. In November 2013, John Gilewicz, Marianne Hebert, and I ran the EAP course for six new student leaders. In evaluating the results, it occurred to Marianne and me that the course would be valuable in our regular program as well.

We made a significant modification to last November's course by adding to the classroom component a model hike, held at Higley Flow State Park, that would illustrate many of the concepts. Participants ran through the whole cycle of leading a trip, including: thinking up a destination and developing a publicity entry; answering questions from potential participants and signing them up; coordinating getting to the trailhead; running the outing on trail; getting back home; and writing a Backtrack report for the *North Wind* afterward.

Those of us who've led many trips over the years have inevitably had things go awry to some extent during a trip. Solving these problems can be viewed as a challenge and part of the fun of being a leader. What we've done is incorporated simulations of a number of these situations into the model hike. We hope that solving them in a simulated environment will give participants the confidence to handle them on an actual event out in the wilds.

Although miscues in the outdoors can have major consequences and should always be taken seriously, quite a few of our real-life experiences can be viewed with hindsight as having a certain element of the comical as well. So we find that the simulation can often raise a smile. Experienced chapter leaders are very welcome on this event - we're sure their knowledge will add extra dimension to the experience.

This first sequel of our trip leadership course will take place on Saturday, November 1; see the entry in the Outings schedule. We hope for a good turnout of both new and experienced leaders.

John Barron

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



*Nun da Gao Ridge. Michael Minthorn, Megan Macgillivray, Ken Macgillivray, Carol Gable. Photo by Marianne Hebert*

## Chair

*Tom Wheeler*

The Adirondack Mountain Club, as demonstrated by its financial statements, had its best year ever in 2013. We sometimes refer to those people down in Lake George, at the advocacy office in Albany, or the facilities at Adirondack Loj and Johns Brook Lodge as the “main club” or “headquarters.” Their success benefits us through the programs they have for protecting the wild areas of New York through advocacy, education, and recreational programs.

But for many of us, while the main club is important, the heart of our experience with ADK is at the local chapter. The local chapter permits us to become directly involved in the outdoors, to have the fellowship of shared adventures, and to focus on the local issues that most directly concern us. To me the outings are the heart of the chapter experience. The outings I participated in twenty years ago still have an impact on my life, as I made lasting friendships and learned the lore of the outdoors from more experienced hikers and campers. As I gained that experience I also began to lead outings and share my enthusiasm with others.

If you have not been on a chapter outing I encourage you to do so. It is the heart of the chapter experience. If you have been, bring along a friend so that they can learn about the transforming nature of the wilderness experience.

## Executive Committee

Chair: Tom Wheeler  
northflow@gmail.com  
315-386-2482

Outings: Bill Mueller  
b-hutch-m@twcnny.rr.com  
315-262-2952

Education: Jeff Miller  
jeff@stlawu.edu  
315-265-2975

Conservation: John Omohundro  
omohunjt@northnet.org  
315-265-8365

Membership : Lila Hunnewell  
lhunnew61@aol.com  
315-854-8000

Secretary: Dana Chudzinski  
chudski63@yahoo.com  
315-528-3468

Treasurer: Mary Jane Watson  
mjwatson@localnet.com  
315-262-2617

Director: Tom Ortmeyer  
tortmeyer@twcnny.rr.com  
315-265-8219

*Invasive Species bill passes.* The Aquatic Invasive Species Spread Prevention Bill passed both the Assembly and Senate and has gone to the governor for signature. Since he declared invasive species week in July, I expect him to have signed it by the time you read this. The law will require boaters before launching to clean their boats and related gear. This law applies to us paddlers as well as motor boaters. Preventing the spread of invasives is extremely difficult but confronting the aquatic invasives offers the best chances.

*Oil transport in the park.* ADK has joined with other environmental organizations to explore further the risks of transporting large quantities of Bakken field crude oil along the Lake Champlain. This route carries the oil through the park in a few places. While the transport companies haven't publicized it yet, there is a rumor that they will also be carrying tar sands oil from Alberta. One of the problems has been that the cars carrying toxics like oil were relatively easy to damage and spill or start fires. These cars are being phased out. Developments on these fronts are being watched closely.

*Trail News.* The Red Sandstone Trail is pleased to be working with Eagle Scout candidate Lucas Hanss, who proposes to design and install a new boat landing structure on the north tip of Sugar Island by Columbus Day this year. Mark Simon and I have been working with the Stone Valley Cooperative Recreation Area partners to locate new interpretive, navigational, and safety signage, to be paid for by a state development grant.

*Staying connected.* While coverage of Adirondack Park issues has greatly expanded since NCPR established its Adirondack Bureau under Brian Mann, two other excellent ways for chapter members to keep up with events are online. ADK publishes an e-newsletter; ask to subscribe at [advocacy@adk.org](mailto:advocacy@adk.org). The Adirondack Almanack's daily newsletter has also become a vital source of information of all kinds: history, current events, profiles, breaking news, weather advisories, etc. etc. To subscribe, go to [adirondackalmanack.com](http://adirondackalmanack.com).

*Representative sought.* The chapter has been invited to send a representative to the monthly meetings of the county trails committee, which plans motor, horse, foot and other trails. Tom Ortmeyer served well as chapter rep for several years and can explain the issues and the duties. If you are interested, contact me and I'll arrange a meeting with Tom O.

## Appointed Positions

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

Publicity/Education Affiliate Program:  
John Barron  
[JohnBarron@sympatico.ca](mailto:JohnBarron@sympatico.ca)  
613-828-2296

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Webmaster: David Katz  
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315-386-4393

E-letter Editor: Dick Mooers  
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315-265-2774

Trails Coordinators  
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[Simonm@potdam.edu](mailto:Simonm@potdam.edu)  
315-262-2571  
Red Sandstone: John Omohundro  
[Omohunjt@northnet.org](mailto:Omohunjt@northnet.org)  
315-265-8365

Hospitality: Joann Ferris  
315-262-2553, and Mary MacKinnon  
315-265-6027

Merchandising: open

Social Media Coordinator  
Marianne Hebert  
315-265-0756  
[hebertm@potdam.edu](mailto:hebertm@potdam.edu)

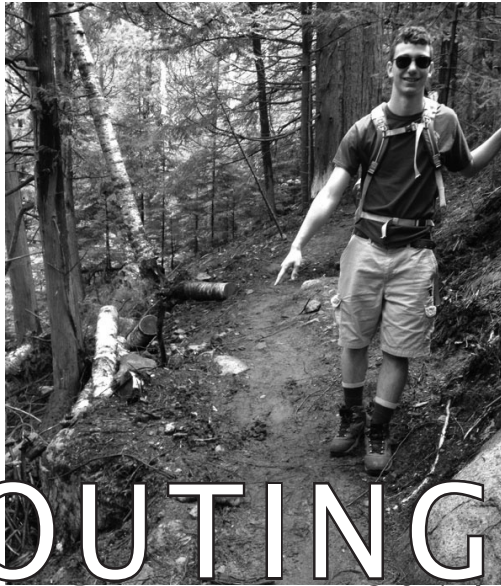
## Education

Jeff Miller

The Laurentian Chapter sponsored Lucas Hanss for the ADK Teen Trails program this summer. Lucas spent five days working with other teens to improve a section of the trail on Hurricane Mt. Lucas writes "I had a wonderful time working with my fellow trail crew members. While I was on Hurricane Mt. we worked on building about a half mile of new trail, and about a quarter mile of redone trail. I learned valuable skills that will help me complete my Eagle Scout project. I am very happy that I got to have this unique experience." Lucas has been invited to join us at the Fall Potluck to tell us a bit more about his adventure.

Blair Madore led a hike up Hurricane Mt. at the end of August so that we could bring Lucas along to show us his new trail. I can report that the sections of trail worked on by the teens were beautifully done and very easy to traverse; those sections are now in much better shape than other portions of the trail still in need of work. Blair and I have decided that in the future we will try to schedule a hike along with a sponsored teen so that they can show off their trail work project.





Lucas Hanss - Hurricane Mtn.  
Photo by Jeff Miller

# OUTINGS

## Oct. - Dec. 2014

*Bill Mueller*

Hunting season is September 27-December 14  
Wear bright orange on the trail!

**October 4 (Saturday)** Hike around Massawepie Lake. Approximately 6 miles with a few short climbs and descents but no significant elevation gain. We will traverse dramatic eskers, visit the source of the Grass River, and have lunch on one of the peninsulas. Level 2, fairly easy. Contact Marianne Hebert at 315-265-0756 or hebertm@potdsam.edu.

**October 8 (Wednesday)** Wednesday Walk in the Woods (WWW). Meet at 9:00 AM by the Village of Potsdam water tower on the Clarkson hill campus (accessed from US 11 near the RR overpass) 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 may be slippery footing on the wetland side trail. WWW is also offered November 12. It's OK to come unannounced, but unless you contact me, you won't know if there has been a last-minute cancellation. Level 1, easy. Contact Dick Mooers at 315-854-4186 or rmooers@twcnny.rr.com.

**October 11 (Saturday)** Essex Chain Paddle (Newcomb). The Essex Chain Lakes area is a newer state acquisition that will rival the familiar St. Regis Canoe Area. Road round trip from Potsdam is 170 miles paved, 20 miles unpaved (high clearance vehicle recommended). The trip begins with 0.25 cart/carry to a short crossing of Deer Pond, then a 0.5 mile cart/carry to Third Lake. Paddle the length of Third and Second Lakes, for a short carry to First Lake. We will not likely make the 0.4 mile carry to Grassy Pond as we need to repeat the lakes and carries returning to our vehicles. We can, though, paddle from Third Lake to Fourth and even Fifth Lake as an option. Paddling is rated fairly easy, but the trip as a whole is rated moderately strenuous because of the

### 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.

total length of paddling (6-10 miles depending on options), Level 4, strenuous. Contact Dick Mooers at 315-854-4186 or rmooers@twcnny.rr.com.

**October 12 (Sunday)** Hoffman Notch. Point-to-point hike through a remote mountain pass near Schroon Lake. 7.5 miles one way. Car shuttle. Minimal elevation gain. Optional stop for supper afterwards at the dining room of the Adirondack Hotel in Long Lake. Level 3, moderate. Contact John Barron at 613-828-2296 or johnbarron@sympatico.ca.

**October 18 (Saturday)** Cycling the Amish Loop. We'll start this popular ride in Rensselaer Falls, pass through Kendrew Corners and Mud Lake into Heuvelton for a lunch break. Then back on the River Road to complete the loop. 28 miles. Level 3, moderate. Contact Tom Ortmeyer at 315-265-8219 or tortmeyer@gmail.com.

**October 19 (Sunday)** Hike Deer Pond Loop. Approximately 7 or 8 miles. Lunch at Deer pond. Level 3, moderate. Contact Armond Spencer 315-379-1383.

**October 25 (Saturday)** Hike Johns Brook Lodge area. Depending on conditions we will hike into Johns Brook Lodge with a short trip up Short Job, a small prominence with excellent views of the great range. A bit of history thrown in as we go and an introduction to the trailheads and the JBL property. About 8 miles altogether. Level 4, strenuous. Contact Tom Wheeler at 315-386-2482 or northflow@gmail.com.

**October 25th (Saturday)** Back Country Trail Work. Day Trip. Help build and maintain our local trails. Work site locations may include: Stone Valley, The Red Sandstone Trail, The Rock Climbing site at South Colton, and Mount Azure. Projects may include: building new section of trail, building a timber frame bridge, cutting new bench alongside-slopes, clearing brush, and picking up litter, and installing trail markers. Beginners and experienced trail workers alike are encouraged to help build and maintain our local trails. Difficulty level will depend on projects that you are involved in, some projects will be very strenuous, other projects such as installing trail markers are easy. Bring items listed on the

Day Trip List; meet at 8:00am at 224 Lenny Road. Contact: Mark Simon [simonm@potsteam.edu](mailto:simonm@potsteam.edu) 267-3130. Levels vary Easy to Very Difficult

**October 26 (Sunday)** Azure Mt. Hike and Rock Work. We will climb Azure and enjoy the views and fire tower before spending time relocating rocks hikers have carried up the mountain. Bring along 2 cloth/canvas bags to carry the rocks. 2 miles round trip to the top and extra half mile or so in rock hauling. Level 1, easy. Contact Mike McLean at 315-262-2564 or [mpmclean@twcny.rr.com](mailto:mpmclean@twcny.rr.com).

**October 26 (Sunday)** (Of course this depends on when the birds come in, any date change will be posted on the website) Malone Snow Geese Return. This year we'll go up in the afternoon, take a walk in the park and watch the spectacular evening display as the Snow Geese come back to settle on the Salmon River. Plan to stop for dinner on the way home. Level 1 Ann Spencer 379-1383

**November 1 (Saturday)** Trip Leadership Clinic. If you've considered the possibility of leading outings in the ADK, here is a chance to practice leading a model hike and learn ways to handle some of the situations that can arise. This will be an all-day event at Higley Flow State Park. We will use our imaginations to conjure up all the types of outings that occur in the chapter. Everyone welcome, including prospective leaders, those with general interest, and experienced leaders with anecdotes about their own experiences. Members only. Level 1, easy. Contact John Barron at 613-828-2296 or [johnbarron@sympatico.ca](mailto:johnbarron@sympatico.ca) or Marianne Hebert at 315-265-0756 or [hebertm@potsteam.edu](mailto:hebertm@potsteam.edu).

**November 5 (Wednesday)** Jenkins Mountain Bushwhack/Hike. Six miles RT, 900 ft elevation gain. We'll approach the mountain from the south, bushwhacking on eskers, then join the trail for the last half. Retrace our steps to return. Should the weather dictate, we'll skip the climb and circle the ponds. Moderate difficulty. Be prepared for some ice. 8 AM rendezvous. Members only. Level 3, moderate. Contact John and Susan Omohundro at 315-265-8365 or [omohunj@northnet.org](mailto:omohunj@northnet.org).

**November 12 (Wednesday)** Wednesday Walk in the Woods. See October 8 for description / contact information.

**November 16 (Sunday)** Fall Potluck Dinner with speaker Mark McMurray (SLU Head of Special Collections): topic is Adirondack fiction. Presbyterian church, Canton. 5-9 PM.

**December 6 (Saturday)** Early Winter Hike/Ski/Snowshoe at Higley Flow State Park. We'll walk/ski/snowshoe as conditions permit for about 2 miles and finish off with a campfire at the Warm Brook Lean-To. Hot dogs and marshmallows provided. You bring the kids, their grandparents and the dogs (leashed of course). Level 1, easy. Contact Blair Madore at 315-265-0602 or [madorebf@potsteam.edu](mailto:madorebf@potsteam.edu).

**December 20 (Saturday)** Hike Adirondack Loj and Heart Lake area. Hike/snowshoe depending on conditions into Marcy Dam; return by the old trail. Then a quick peek at

Adirondack Loj and tour of the Loj properties. A bit of history thrown in as we go and an introduction to the trailheads and what the property has to offer. Level 1, easy. Contact Tom Wheeler at 315-386-2482 or [northflow@gmail.com](mailto:northflow@gmail.com).

## Director

*Tom Ortmeier*

The Adirondack Mountain Club maintains an active and vital advocacy program. In particular, ADK is committed to protecting the wild lands and waters in our backyards. The Advocacy staff in cooperation with club members are very effective in recognizing the key issues, developing clear position statements, and advocating these positions to key public officials. A key to ADK's success in advocacy is that club members have consistently reached out to key individuals supporting the club's positions.

Members traditionally have written letters and attended public hearings on matters of interest. These both continue to be effective methods of making your views known. E-mail has recently become an equally important method for supporting positions of importance. The ADK website's Advocacy page makes this particularly easy to do—on key issues, it provides a draft text that can easily be altered, and sent directly from the website. You can also sign up to receive "Action Alerts" on this page, to keep you informed on the latest key issues.

In many cases, the key individuals are the senators and assembly members who represent us. I was recently asked who my State Senator and Assembly members were—and I couldn't answer. I certainly could name several Senators and Assembly members whose districts are (at least partially) in the county, but wasn't fully sure which were "mine."

A bit of research showed me that Saint Lawrence County is represented by three state Senators, Patty Ritchie in District 48, Joseph Griffo in District 47, and Betty Little in District 45. New York has a population of 19.65 million, and Saint Lawrence County has a population of 112 thousand, approximately 0.5% of the state total. There are 63 Senate districts, so the county is represented by almost 5% of the senators.

In the Assembly, St. Lawrence County is represented by Addie Russell in District 116, Marc Butler in District 118, Janet Duprey in District 115, and Ken Blankenbush in District 117. The Assembly has 150 members, so 2.7% of Assembly members have districts that include a part of the county.

If you're like me, the ADK advocacy web site will help you identify your senator or assembly member—just a couple mouse clicks and it can be all done. If Laurentian Chapter members residing across St. Lawrence County do contact their legislators on key issues, we have the opportunity to reach out to a larger proportion of the legislature than our basic numbers indicate. I encourage you to follow the ADK advocacy initiatives, study the issues, and let the decision makers know of your own position on these issues.

## BACKTRACKS



*Compiled by Bill Mueller*

**May 30-June 1** (Friday-Sunday). ADK Spring Outing at Cazenovia College. John Barron reporting that there were at least eight participants from the Laurentian Region at Spring Outing sponsored by Onondaga chapter. A very good turnout overall; the weather was ideal. The campus of Cazenovia College is beautiful and the food excellent. Entertainment included a Friday evening slide presentation about climbing the Seven Summits and Saturday evening dancing to the music of a local band. There was a wide selection of outings in hiking, paddling, and cycling.

**June 14** (Saturday) Biking the New Stone Valley Mt. Bike Trail. Jim Akins (TL), Phil Bridgeman, Ron Morrow, Eric Hewitson, Doug Bohl, Bailey Bohl, Eric Boldt, Scott Boldt, Gaeten Foisy, Robert & Roberta Dowman. Eleven eager riders came out for the ADK Beginner-Intermediate Mt. Bike Ride of Lenny's Loops yesterday at Stone Valley. The 2.5 mile trail that winds through a mostly pine forest was designed by ADK member and Saint Lawrence county mountain Bike trail coordinator, Ben Yandea. Even after a heavy rain that measured nearly 4 inches of rain, the trail rode amazingly well, thanks to a well thought out design that allows for proper water run off.

**June 21** (Saturday) Cycling Quebec's Route Verte. John Barron (TL), Tom Ortmeyer, Marilyn Levitan, Peter Blood, Toni Towle. We had perfect weather - clear and cool. Our route followed a lightly-travelled residential street along the St. Lawrence and long stretches of an excellently maintained bike path along the historic Soulange Canal. There were attractive parks, broad views of Lake St. Louis near Montreal, and even distant views of the northern Adirondacks.

**June 29** (Sunday) Mt Marshall. Dana Chudzinski(TL), Marianne Hebert, Brenda Bennette, Edward Walker, Marie Fernandez de Alaiza. Climb started from the Upper Works trailhead. Headed down the Calamity Brook trail shortly after 8:00 a.m. Was a clear day and remained that way all day. Hit the foot of Marshall and the real climbing began. Few sections of "trail" were a little tricky to follow but we got to the summit and were rewarded by a great view from a sidetrail just shy of summit. Long day, great day, great group.

**July 2** (Wednesday) Evening Picnic-Paddle Blake Flow, Raquette River. John & Susan Omohundro (TLs), Peggy & Dick Mooers. The first of the Wednesday evening paddles on this upper Raquette flow reminded us why we liked this time of day. The wind calmed down and the sun eased up, so we paddled with all our senses alert. Saw sheep laurel and iris, heard ovenbird and white-throated sparrow, tasted dark chocolate peanut butter cups, smelled balsam and spicy grasses, and felt sand in our swimsuits after a pre-dinner dip.

**July 9** (Wednesday) Wednesday Walk in the Woods (WWW). Dick Mooers (TL), Kathy Batson, Sheila Cerwonka and Marianne Hebert. After a wildly windy night, there was plenty of tree damage to negotiate on the two mile loop

walk. Wildlife sightings included green heron, great blue heron, eastern phoebe, oven bird, Canada goose and, by ear, red-eyed vireo and hermit thrush. Frogs were seen in a tiny trailside pond. There were a few plants blooming, especially sheep laurel in the wetland. No heron nests were seen on the large beaver pond, which is showing signs of eutrophication. On August 13 there was a repeat walk with Marianne Hebert and Dick Mooers enjoying a shower-refreshed stroll, finding little changed in the wetland. Birds observed, included some very active belted kingfishers, eastern phoebes, and a hairy woodpecker drilling overhead.

**July 27** (Sunday) Raquette Falls Paddle. Jo DenBleyker, Harry Doelger, Mary Mackinnon and Martha Orologio joined Dick Mooers (TL) for the 12 mile paddle from Axton Landing to Raquette Falls and back on one of those hoped-for days when the National Weather Service gets a bad forecast dead wrong. We enjoyed the sunshine and dramatic cumulus clouds, the scenic falls, the adult and young mink crossing the river, the clutch of common mergansers sunning on a rock, the numerous mallards, the many great blue herons, the flock of four belted kingfishers, and each other's company. Jo enjoyed the river swims—very much and very often. We also thank the NWS for giving us the river pretty much to ourselves. Can we go again?

**August 6** (Wednesday) Picnic and Paddle at Higley Flow State Park. The draw of The Black Lagoon? Exotic goodies at the picnic? Whatever the reason, there was a good turnout with Diane Dowe, Charles and Lila Hunnewell, Tom Ortmeyer and Janet Wakefield joining Dick and Peggy Mooers (TLs) for the picnic and the paddle. We enjoyed the fun of the lagoon and Stump Bay's very real beauty - a lovely body of water in spite of its name.

**August 9** (Saturday): Potsdam-Canton Bicycle Loop. Tom Ortmeyer (TL), Carolyn Kaczka, Lila Hunnewell, Charlie Hunnewell, Ann Ortmeyer. Bikers Carolyn and Tom left Potsdam on a very nice summer day. We went out the Bagdad Road, and then explored several roads (some unpaved) before coming into Canton on Park Street. We met Lila, Charlie, and Ann for a nice picnic lunch at Heritage Park in the middle of the Grasse River. We then returned on a scenic route that included the Finnegan and Flat Rock Roads to get back to Potsdam.

**August 16** (Saturday) Nun-da-gao Ridge and Weston Mountain. Marianne Hebert (TL), Michael Minthorn, Megan Macgillivray, Ken Macgillivray, Carol Gable, Marie Fernandez de Alaiza, Abby Smith, Bill Juda. It was a chilly and cloudy morning, but that didn't dampen our spirits. The group had a great day and enjoyed all the attractions Nun-da-gao has to offer.

**August 23** (Saturday) Hurricane Mountain. Blair Madore (TL), Cole Madore, Carol Gable, Lucas Hanss, Rebecca and Jeff Miller. We started about 9:30 from Route 9N and leisurely walked the first mile. This area was recently worked by an ADK teen trail crew that included our own Lucas Hanss. Luke was able to point out in detail the work they had



completed and the techniques involved. He also observed work recently completed by other groups including a prison detail and we all saw materials waiting to be used by further volunteers. The ranger had put a request for volunteers right on the pile of wood! The rest of the trail was in horrible shape as it was in parts muddy, steep and rocky. The views on top raised our spirits, and lunch our energy levels, for the walk down. We topped off the hike with dinner at Tail O' the Pup on the way home. A perfect Adirondack day.

**August 27 (Wednesday)** Picnic and Paddle on the Grass River. Tom and Ann Ortmeyer (TL's), Ann and Armond Spencer, Alison Charles, Dale Pondysh. The week delay brought us much improved weather and a good group. The paddle down the Little River included cardinal flowers, blue heron, and cedar waxwings. On the way up the Grasse, we passed rope jumpers and backyard sitters. We dined at Taylor Park, drifted back down the Grasse, and had a close encounter with a young heron on the way back to the launch site.

**August 30 (Saturday)** Cycling the Long Sault Parkway. John Barron (TL), Jeanna Matthews, Tom Ortmeyer, Peter Blood, Toni Towle. From Cornwall we cycled west on bike paths past the Robert Moses - Robert H. Saunders power dam, skirted some parkland, and arrived at the Museum of the Lost Villages of the St. Lawrence where we spent more than an hour admiring the buildings and exhibits. Then onward to the Parkway, a scenic ride through the islands. We stopped for lunch and a swim on East Woodlands Island. On the return we checked out a dive site at a submerged and abandoned lock; the site of the Lost Village of Moulinette, and the new power generation museum. A cold beer was a perfect ending to a varied and interesting day.

## Welcome New Members

*Lila Hunnewell*

Marie-Reine Fourier, Ottawa, Ontario  
Eddy and Kim Lawrence, Moriah  
Catherine McNall, Potsdam



*Long Sault Parkway. Jeanna Matthews, Toni Towle, Peter Blood, Tom Ortmeyer. Photo by John Barron*

## Nominating Committee

The nominating committee consists of John Barron, Duncan Cutter, and Eileen Wheeler.

We are pleased to present the following nominations:

For Vice Chair, Outings - Marianne Hebert

For Vice Chair, Conservation - John Omohundro

For Vice Chair, Membership - Lila Hunnewell

For Treasurer - Mary Jane Watson

To Complete Term as Alternate Director - John Barron

**Marianne Hebert:** Marianne Hebert is currently employed at SUNY Potsdam College Libraries as a librarian and coordinator of Collection Development. In 2013, she served as the local arrangements coordinator for the ADK Spring Outing hosted by the Laurentian Chapter. She is currently the Social Media Coordinator for the Chapter and previously served as Chapter Secretary 2009-2011. Marianne is an avid hiker who aspires to be a 46er.

**John Omohundro:** John has been a member of the chapter almost since its inception, and has served in many capacities including Conservation, Outings, and three terms as Chair. An avid canoeist, hiker, XC skier, and winter 46er, he has, along with his wife Susan, led many outings. Besides being incumbent Conservation chair he is currently coordinator of the Red Sandstone Trail and chapter representative to the Raquette River Advisory Council, overseeing environmental and recreational elements of Brookfield's hydro license along the Raquette. John is a retired professor of anthropology and environmental studies at SUNY Potsdam.

**Mary Jane Watson:** A native of the North Country, Mary Jane graduated from Colton-Pierrepont Central School, Elmira College (BA), and Clarkson (MS). After retiring from a 30 year career as a partner with a local CPA firm she completed an MA at McGill. She is currently Treasurer of the chapter and also of the Colton Fire District and the Orchestra of Northern New York. Mary Jane is active in the Raquette River Blueway Corridor and the Sunday Rock Legacy Project. She is a hiker and paddler, and has been a strong advocate on environmental conservation issues both through the chapter and by other means.

**Lila Hunnewell:** A retired editor/writer with a lifelong interest in the outdoors, Lila moved to The North Country eight years ago and has been an enthusiastic member of ADK for several years. She and her husband Charles have been active participants and prospective leaders in the Outings program. Through the Laurentian Chapter's activities and active members, she has developed an appreciation and love of the Adirondacks. Lila is the Chapter's current Membership Co-chair.

**John Barron:** John has been a chapter member since 1997. He has served a number of years as Publicity Coordinator, one term as Secretary, and two terms as Chair. He is currently coordinator of the chapter's Educational Affiliate Program at SUNY Potsdam, and an active participant and leader in the Outings program. John is retired from the Technical Services branch of the Canadian Coast Guard. He lives in Ottawa.



### *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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