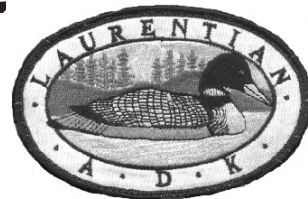




North Wind

The Laurentian Chapter of the Adirondack Mountain Club

St. Lawrence & Ottawa River Valley Region



July - September 2015

Ididaride - ADK's annual biking event

We are rolling down the long and sometimes steep hill on Rt. 28 into the hamlet of North River, with the Hudson River appearing suddenly on the left. The end is almost in sight. It's mostly flat from here, a welcome change from the ride we have had so far. Ididaride is a very hilly 76 mile loop. But with a few notorious exceptions the hills are long and gradual, in contrast to so many Adirondack hiking trails. Though the route is often on major highways, the traffic is light and the shoulders are usually wide and smooth.

Last August I had the company of my son and his fiancée as we rode as "ride escorts" for the 9th Ididaride. We had been assigned to stay near the back of the pack of riders — to monitor, encourage, and summon help if needed. What we mostly got to do was talk with interesting people and take nice, long breaks at every food station. We were in radio communication with Deb Zack back at "base" in North Creek, and with the roving vehicle providing "tech support".

It soon becomes clear that as riders find their comfortable pace the line will spread out over many miles of highway. But we have a strong and/or stubborn group - and all but a very few will finish the ride. Those who have participated before know what awaits them at the end. Piles of great food and drink, including microbrew beer. The water and electrolytes provided at the rest stops have been appreciated — but beer!

Ididaride is a major fund-raising event for ADK, and a lot of work for the many ADK staff and volunteers who make it happen. For many of the riders this will be the big ride of the year - the goal for all the training rides throughout the summer. There is something about joining with this many other cyclists that makes it all easier than you expected. Oh, it's still a long ride, but you're not surprised to be thinking — let's do it again next year.

David Trithart

Ididaride specifications: 76 miles beginning and ending at North Creek, NY. Total elevation gain: 6340 ft.

Rest/food stations: 4 Number of participants in 2014: 495 2015 date: Aug. 9 To register: www.adk.org



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



Distinguished Volunteer Award 2015. Tom Wheeler, John Barron

Chair

Tom Wheeler

At our Spring Potluck I had the honor to present John Barron with our Distinguished Volunteer Award. I know that many of you were in attendance, but many of our membership were unable to attend.

Our distinguished volunteer award, our highest award, is given to those who have rendered outstanding service to the chapter. Ours is a volunteer organization which over the years has achieved its level of success only because of the efforts of individuals who commit their time and effort to our chapter. John Barron is an individual who has made such a commitment. His enthusiasm, intelligence, leadership, and interest have had a profound impact on the success of our chapter over the past ten years.

He has served as our Publicity Coordinator, as our Chapter Chair for four years, as a leader in our involvement in the Educational Affiliates Program, and as an alternate director at the club level. At last count he has led over seventy five outings for the chapter. John makes his home in Ottawa, Canada and has traveled countless miles to attend meetings and to participate in our programs.

Recognizing his energy and intelligence, I appointed him secretary of the Adirondack Forty Sixers when I was president. He now is entering his seventh year in that position. I believe this demonstrates not only his commitment to our club, but also to the Adirondacks experience.

On another note, several of our members celebrated National Trails Day in Wakena on June 6th. It was nice to see John and Tom Ortmeyer among others in a well attended event which focused on improvement of the Cranberry 50 trail network.

Best wishes for an enjoyable summer.

Executive Committee

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

Outings: Marianne Hebert
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Education: Jeff Miller
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Conservation: John Omohundro
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Secretary: Dana Chudzinski
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Treasurer: Mary Jane Watson
mjwatson@localnet.com
315-262-2617

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

Conservation

John Omohundro

Whitewater development plans in Colton. The Town of Colton has received a grant to improve parking, signage, access, gates, and to build an overlook at the southeast entry to Stone Valley trail. These facilities are partly for whitewater boaters but have use to all visitors. Because I deemed the impact of these changes to be minimal for the hikers' experience, I supported conceptual approval when it came before the Raquette River Advisory Council (RRAC) in May. The project has been frustratingly difficult to execute, given the many approvals required.

Aquatic Invasive Species on the Raquette River. Partly because ADK has taken on invasives as a major project and partly because we can see for ourselves their advance into our region, I have helped initiate two projects to confront invasives. First, I'm on a RRAC subcommittee to lobby the state to site well the boat cleaning stations on roads approaching the Raquette. Second, I'm working with SUNY Potsdam, ADK, and Adirondack Nature Conservancy to apply for a grant to survey the Raquette for aquatic invasive species.

Improving Recreation on Easements in SLC. I met in April with Senior Forester Pat Whalen at the local NYS-DEC substation to discuss mutual interests for recreation on easements in our area. One likelihood would be a trail on the west shore of the Raquette connecting Moody with Jamestown Falls. If you are interested in reading my notes of our discussion, which includes our mutual "wish list" of recreational developments—some of which could happen if a chapter member takes the lead!—I'll send them to you.

Appointed Positions

Chapter Archivist: Carolyn Kaczka
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315-265-4806

Publicity/Education Affiliate Program:
John Barron
JohnBarron@sympatico.ca
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Webmaster: David Katz
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315-386-4393

E-letter Editor: Dick Mooers
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Trails Coordinators
Stone Valley: Mark Simon
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315-262-2571
Red Sandstone: John Omohundro
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@potsdam.edu

Education

Jeff Miller

We had a strong finish to this year's Outdoors-Indoors presentations. Kevin "MudRat" MacKenzie took us through some of the High Peaks' most scenic and seldom-explored venues. He showed photos and videos of his many backcountry adventures, most of which followed vertical routes where few dare to travel. As one attendee commented: "I'm familiar with all of the areas Kevin talked about, but not the paths he followed!" It was a great way to end this season's presentations.

Shortly I will begin planning for next year's Outdoors-Indoors program. Please let me know if you or someone you know has a great adventure that you would like to share, and I'll be happy to add you to the schedule.



National Trails Day. Wanakena. Glasby Pond crew.
Photo by crew leader Noah.



Everton Falls Cleanup. Sheila Cerwonka. . Photo by Duncan Cutter

OUTINGS

July - Sept. 2015

Marianne Hebert

Sat, Jul 11: Cycling from Ingleside to Morrisburg. Follows Ontario's Waterfront Trail along the St. Lawrence, on bike paths and some paved shoulders. Bird sanctuary, Upper Canada Village, site of the War of 1812 Battle of Crysler's Farm, swimming. 30 miles RT. Level 3, moderate. Contact John Barron, 613-828-2296 or johnbarron@sympatico.ca

Wed, Jul 22: Evening paddle/picnic on Brandy Brook. We'll start at the Brandy Brook boat ramp and paddle either upstream or downstream depending on the weather. Bring a sack supper. Contact Tom Ortmeier, 315-265-8219, tortmeyer@gmail.com

Sat, Aug 1: Bike the Seaway Trail in Massena – Starting at Robert Moses State Park, we will cycle along the beautiful St. Lawrence River, following the Seaway trail towards Wilson Hill. Along the way we will explore many off-road cycling options including a trail across from Alcoa, trails behind the Massena Intake, trails through the Massena Beach and Country Club and a trail to Whalen Park. Portions of the ride will be on the road including out to Wilson Hill. Mileage will be roughly 15 miles one way (30 miles roundtrip), relatively flat terrain. Contact Jeanna Matthews, jeanna.matthews@gmail.com.

Sat, Aug 8: Indian Head and Fish Hawk Cliffs – A long walk to a lovely overlook of Ausable Lake. The first 3+ miles along the Ausable Club's Lake dirt road is fairly easy with a gentle climb to the lake. We will explore the trails to the cliffs, which are fairly steep.

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.

Bring lunch. 10.5 miles, elevation gain 750ft. Level 5 for the distance. Contact Marianne Hebert, 315 265-0756 or hebertm@potsdam.edu

Mon, Aug 10: Evening Paddle/walk/picnic on the Racquette. A late afternoon start and leisurely paddle downriver about 3.5 miles to Hannawa Falls. The picnic area near the start of the Red Sandstone trail has charcoal grills if you have something in your supper to cook, and you can walk part of the trail if so inclined. Members Only. John and Susan Omohundro, 315/265-8365, omohunjt@northnet.org

Sat, Aug 15: Meet for picnic lunch at noon in pavilion, Alexandria Bay (1000 Islands), followed by an easy hike on trails near Nature Center, Wellesley Island State Park. Bring lunch and something to share. Beautiful water views; don't forget the camera. Some people may want to stay on for dinner in the area. Contact Lila Hunnewell, 854-8000.

Sat, Aug 22: Cycling to Kring Point State Park. We'll bicycle from a scenic overlook on Route 12 to scenic Kring Point State Park, lunch, relax, and swim, and then return for a total of 30 miles. Moderate. Contact Tom Ortmeier, 315-265-8219, tortmeyer@gmail.com

Mon, Sept 7: Wolf Lake State Park Hike. A 5.2-mile loop over undulating terrain to three attractive glacial lakes, each with a lean-to, in a state forest near Edwards. Level 2. Contact Neal Burdick, 386-4648 or nealburdick@gmail.com.

Sat, Sep 12: Catamount. This medium-sized mountain not far from Whiteface features much open rock, a climb through "the chimney", and sweeping views from the summit. 6 miles RT, 1600 ft elevation gain, Level 3 plus. Contact John Barron, (613) 828-2296 or johnbarron@sympatico.ca.

Sat, Sep 19: Azure Mountain Bushwhack and Sum-



Wellesley Island. Photo by John Barron (TL).

mit Rock Work. We will bushwhack and scramble up the south side of the mountain along interesting cliffs and boulders and enjoy the views as we climb. Once on top we will spend some time placing rocks carried to the summit in erosion concern areas. A two mile hike at a relaxed pace with a bit a rock hauling, bringing along a canvas bag as they work best for carrying the rocks. Level 3 Moderate, contact Michael McLean at 315-262-2564 or mpmclean@twcnny.rr.com

Sat, Sep 26: Hike on portions of the Cranberry 50 trail near Peavine Swamp. On National Trails day we put in a mile of new trail which will soon provide elimination of several miles of road walking along route 3. The new trail is quite scenic with mature deciduous woods, a beaver flow, and a pleasant trail bed. Depending on whether the final connector has been completed, we may need to do a loop or spot cars. Altogether about five miles of pleasant hiking in beautiful woods. Contact Tom Wheeler 315-386-2482 or northflow@gmail.com.



Iditaride Riders 2014. Photo provided by Deb Zack.

Director

Tom Ortmeier

2015 National Trails Day Wanakena, NY

On June 6, Adirondack Mountain Club's National Trails Day event was held in Wanakena. The Trails Day Event began with a reception Friday evening. Camping at the Cranberry Lake DEC Campground provided by DEC. Saturday morning began bright and early with trail teams heading out on eight projects. Many of the projects focused on improving elements of the popular Cranberry Lake 50 trail system. In particular, two of the projects involved creating trails that remove the majority of the road segments of the trail. Tom Wheeler, Chapter Chair, was on the team working near the Peavine Swamp.

John Barron and I both opted to work on installing new pit privies at Glasby Pond and Cat Mountain Pond. Both ponds are on the Cranberry Lake 50, on opposite sides of Cat Mountain. These two projects started with a boat ride from the Ranger School to Janack's Landing. The boat rides were provided by volunteers from Wanakena, and were a highlight of the day. The privies were waiting for us at the landing, and we carried them into the ponds, cleared the path from the campsite to the privy locations, dug the pits, and set the privies.

The event ended in a banquet on the Oswegatchie River at the Pine Cone Restaurant, complete with music, speeches and a large camp fire. Trail Days Volunteers had the chance to meet with ADK summer staff at the event, including the two leaders of the privy crews, Zach and Nate. I were impressed by their capability and enthusiasm. We also met or renewed acquaintances with many Wanakena and Cranberry Lake residents, including Sherman Craig, Jamie Savage and, of course, Neil and Holly Woodworth.

The event was a combined effort of the Adirondack Mountain Club, the Five Ponds Partners, SUNY-ESF Ranger School, and Department of Environmental Conservation Region 6. The organization was very good, the weather was great, and none of us could think of a better way to spend National Trails Day.

Invited to celebrate National Trails Day® with the Adirondack Mountain Club (ADK) on June 6th. ADK will be hosting eight different trail projects that vary in difficulty to ensure there is something for everybody. This year's event will take place in Wanakena, NY. ADK is very happy to be returning to the Cranberry Lake/Wanakena area for the fifth time and to be partnering with the Five Ponds Partners, SUNY-ESF Ranger School, and Department of Environmental Conservation (DEC) Region 6 for this event. Trail projects will take place in the Five Ponds Wilderness and Cranberry Lake Wild Forest, with two of the projects making improvements to the Cranberry Lake 50.

BACKTRACKS



Call for Outing Leaders

The Chapter is always looking for volunteers to help lead outings. If you have ideas about hikes, bikes or paddles you would like to lead, we can help bring you up to speed with trip leaders dos-and-don'ts and administrative logistics. Contact: Marianne Hebert hebertm@potsdam.edu for more info.

ADK Laurentian Outings – April-June 2015

Saturday, Apr 4: Lampson Falls. John Omohundro, Susan Omohundro, Karen Wright, Ann and Armond Spenser (TL). We had planned to go 4/4, but cancelled. We should have gone. On the trip, the sun finally came out on the way home! But the falls were spectacular, the trail was icy, and the down-river bridges were under water, and we had a good time.

Sunday, April 12: Wellesley Island State Park. Marianne Hebert, Marie Fernandez de Alaiza, Jeanna Matthews, Susan and John Omohundro, Jean Giblin, John Barron (TL). We had a sunny, mild spring day. There were a lot of climbs and descents over the rugged terrain, whose form showed clearly in the absence of any leaves. Highlights included an interior pond where we had lunch at a wildlife viewing shelter; views of the ice flow-studded, still-partially-frozen St. Lawrence on three sides; river-scoured potholes; other islands near and far; and the informative Nature Center. We did a bit of bushwhacking in steep, exciting terrain. The diversity of wildlife we saw was remarkable, including white-tail deer, osprey, garter snake, spring peeper (frog), and mourning cloak (butterfly).

Saturday, April 25: Everton Falls Cleanup - Everything went well: trail maintenance and roadside pick-up. Doug's dog found a porcupine hide, but avoided any quills. We surmise a fisher caught it and ate all that was edible, leaving a perfectly skinned hide. No black flies. Water quite high, with low branches leaning out toward the falls encased in ice from the spray. Participants were Doug Munro and Sheila Cerwonka, Duncan Cutter (TL). It was Doug's 18th consecutive year of volunteering for the annual clean-up as The Nature

Compiled by Marianne Hebert

Conservancy representative. He helps maintain Everton's hardwood trail, first laid out by Paul Jamieson in the 70s, and he helps keep a neat Red Tavern roadside along the Conservancy property.

Saturday, May 2: Bear Mountain Loop. The day turned out warm and sunny. There were a few isolated patches of snow, but happily wildflowers were beginning to show. We saw yellow violets, trout lilies, coltsfoot and spring beauties all in bloom. The group crossed paths with students from SUNY Potsdam's ADK Laurentian Educational Affiliates Program on a planned Venture Outdoors outing. A good day was had by all! John Barron, Niall Barron, Marie Fernandez de Alaiza, Marianne Hebert (TL).

Saturday, May 9: Cat Mountain Hike. John & Susan Omohundro (TL), John Barron, Marianne Hebert, Bill LaRocque, Carol Edmonds, Marie Fernandez de Alaiza. Anyone who would lead a hike when it was 85 degrees needs his head examined. Nevertheless, we heard much birdsong, enjoyed numerous spring flowers, examined elaborate beaver action—ancient and fresh—and shuffled back to the trailhead agreeing we were glad we went. And survived. Whew.

Saturday, June 6: National Trails Day. See the Director's report about this event.



National Trails Day at Wanakena Volunteer Recognition Party at the Pine Cone. Photo by John Barron



Ididaride dogs. Photo by Deb Zack



Ready to set off. Ididaride 2014. Photo provided by Deb Zack

Perry H. Yaw, Jr.

Perry died peacefully, at the age of 97, surrounded by his family, on May 20, 2015, in Canton. He is survived by his loving wife of 74 years, Janet, also three sons, five grandchildren, and five great-grandchildren.

Perry was associated with the Adirondack Mountain Club from the beginning of the Laurentian Chapter in 1972. He was chair from 1979 to 1981. He served as chapter governor, representing us to the club, from 1983 to 1987. He and Janet led many outings and attended many more. He took up the task of chapter historian in the 1980, accumulating and displaying large photo albums of chapter events. He regularly attended the Loj Work Weekends to lend his extensive carpentry skills.

John Omohundro

Welcome New Members

Lila Hunnewell

Sarah Carsman and Andre Mount, Potsdam
Karl Knowlton, Gouverneur
Eilish Strandfeldt, Massena



Everton Falls Cleanup. Doug Munro. Photo by Duncan Cutter



Bear Mountain Loop. L-R: John Barron, Niall Barron, Marie Fernandez de Alaiza, Marianne Hebert.



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

LIKE US on Facebook, edited by Marianne Hebert:

<http://www.facebook.com/groups/140013066028774/>

FOLLOW US on Twitter:

<http://twitter.com/#!/ADKLaurentian>

SUBSCRIBE to our chapter E-letter, published by Dick Mooers, who e-mails late-breaking news and outings:

Request to **rmooers@twcny.rr.com**

Remember the Annual Laurentian Chapter Photo Contest

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.

Details were in the Jan. - Mar. 2015 *North Wind*.

Photo contest winners will be announced at the Laurentian Chapter Annual Meeting in November, 2015. A Grand Prize photo will be selected. Best photos and honorable mention will also be selected in the categories:

Action
Landscape
Nature
People

In 2015, an award will also be made for the best "selfie" photo.

For ease of handling, digital photos are preferred, but hardcopy versions are acceptable. If your photos are originally digital, please submit the highest resolution you have (photo file size of at least 500kbytes are best). Submitters are encouraged to include descriptive titles with their submissions.