

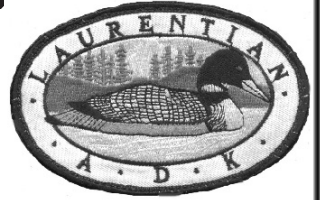


North Wind

The Laurentian Chapter of the Adirondack Mountain Club

St. Lawrence & Ottawa River Valley Region

July - Sept. 2016



Ottawa Tulip Walk - At the Ornamental Gardens, L-R: Marianne Hebert, Jean Giblin, TL John Barron. Not pictured Joann Krach. Photo Jeanna Matthews

Membership Survey

If you haven't done so already, there is still time to complete the Laurentian Chapter Membership survey.
DEADLINE AUGUST 30th!

The Laurentian Chapter Executive Board is seeking feedback from members (and potential members) about the Chapter's programs and services. The survey can be completed online at tinyurl.com/adkl2016. Alternatively, you can download the survey and print it or request a paper copy from Marianne Hebert, hebertm@potdam.edu (315) 265-0756. Completed print surveys should be mailed to Marianne Hebert, 9 Spring St, Potsdam NY 13576.

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



Colden Mt. L-R, Rebecca Weller, Leslie Salathe, Patrick Carroll, Steve Taylor, Ian Taylor. Not pictured, TL John Barron, Amy Bateman. Photo unknown hiker.

Chair

Tom Wheeler

It was quite a surprise to me when John Omohundro mentioned how many state forests there are within St. Lawrence County. We drive by a few on the highways we frequently travel but often give them but fleeting notice. However, after John brought this up I went to the DEC website and its listing of State Forests by region. There I found pages for each forest with descriptions and maps. A number of them are quite intriguing. Moreover, they are spread throughout the county outside the blue line. I have visited a few in the past month and some look quite inviting for a hike, birdwatching, or a walk in the woods. This also took me to areas within the county that I had not visited before. The experience enhanced my appreciation for what a scenic and varied county this is. We live in a county that is richly endowed with recreational opportunities. Our country roads are ideal for bicycling. Our rivers have scenic waterfalls and paddling opportunities. We have varied landscapes, ponds, lakes, swamps, fens, mountains, and hardwood, pine, mixed and boreal forests. Over 200 species of birds can be seen in the county. The varied landscape provides ecosystems with tremendous diversity in plant life. One could spend a lifetime outdoors in this county and still leave great portions unexplored. This is truly the land of recreational opportunity. And of course, our Canadian members would suggest that just north of the county there are additional wonderful recreational opportunities.

It is summer. This is the perfect time of year to get out and explore whether in a chapter outing, with friends and family, or on your own. Have a great summer.

Executive Committee

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

Outings: Marianne Hebert
hebertm@potsdam.edu
315-265-0756

Education: Jeanna Matthews
jeanna.matthews@gmail.com
315-250-0566

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

Membership : Vacant

Secretary: Karynn von Cramon
kvoncramon@gmail.com
603-498-0321

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

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

Identifying key state forest parcels in SLC - ADK has asked us in St. Lawrence County to identify which of the 71 state forest parcels outside the Blue Line mean the most to hikers, skiers, birders, and such recreationists that make up our membership. We've been polling some active users, and report here briefly on our findings. You may wish to contribute your opinion: email me or ask for maps to review. So far, it appears that the most popular parcels are: Brasher, Southville, Downerville, DeGrasse, Greenwood Creek, Trout Lake, Yellow Lake, High Flats, South Hammond, the Grass River Conservation easements, Seveys Conservation easements, Snow Bowl, Whippoorwill Corners, and Wolf Lake.

The transition for Trail Coordinator - This July I reach a milestone birthday (no, not 21) and will retire as coordinator of the Red Sandstone Trail. I'm pleased to announce that Blair Madore has stepped up to coordinate the trail. Blair has both the technical and leadership skills to maintain and even improve the trail. I will be pleased to serve as one of his minions. You will be too.

AIS steward on Raquette River - At our request, the Adirondack Watershed Institute of Paul Smiths College dedicated funds this summer to hire, train, and supervise a steward along the Raquette in the Blake Flow area to chat with boaters and watch for invasive plants. There will also be a boat-cleaning station at the Rt 56 pull-out near the bridge in the hamlet of Colton.

Appointed Positions

Chapter Archivist: Carolyn Kaczka
gckaczka@twcny.rr.com
315-265-4806

Publicity/Education Affiliate Program:
John Barron
JohnBarron@sympatico.ca
613-828-2296

Newsletter: David Trithart
dtrithar@twcny.rr.com
315-265-8117

Webmaster: David Katz
davidk@slc.com
315-386-4393

E-letter Editor: Dick Mooers
rmooers@twcny.rr.com
315-265-2774

Trails Coordinators
Stone Valley: Mark Simon
Simonm@potsdam.edu
315-262-2571
Red Sandstone: John Omohundro
Omohunjt@northnet.org
315-265-8365

Hospitality: Mary MacKinnon
315-265-6027

Merchandising: open

Social Media Coordinator
Marianne Hebert
315-265-0756
hebertm@potsdam.edu



Bear Mountain hike. In foreground L to R: Gretchen Gedroiz, Jackie Beattie, and Art Boni. Photo: John Omohundro



Cycling, Robert Moses/Robert H. Saunders power dam in the background. L-R, Brandon, John Jr, John Sr, TL Jeanna, Terri, Kimberley, Marianne, Joseph. Photo John B

OUTINGS

July - Sept. 2016

Marianne Hebert

Sat, Jul 16: Paddling, Tupper Lake to the Wild Center - On the Raquette River. Exploratory. 5 miles RT, Level 2-3 depending on wind. Boat rentals available. Options include swimming and/or supper afterward. Contact John Barron, (613) 828-2296 or johnbarron@sympatico.ca

Sat, July 23: Paddle Upper Chateaugay Lake. We'll launch at the Narrows and head up the west side of the lake about 4 miles to the South Inlet wetlands, have lunch, look for a place to swim, and tour the lake on the way back. PFD's must be worn. Moderate to Strenuous. Contact Tom Ortmeier (315-265-8219, tortmeyer@gmail.com) for details.

Sat, July 30: Moxham Mountain – We will explore the trail to this rocky ridge summit near Minerva, NY. We will encounter several overlooks along the way with scenic views of Gore Mountain. There are steep cliffs on the summit, so beware! 5.4 miles RT, elevation gain 1152. Level 3. Contact Marianne Hebert, hebertm@potsdam.edu (315) 265-0756.

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.

Sat, Aug 13: Trip Leader Training Hike - We'll walk and talk at Lampson Falls for a couple of hours. Pick up some tips for selecting, describing, and leading a hike for ADK. Being a trip leader is not only a valuable service to the chapter, it gives you the choice of what to do and where to go! Easy. Level 1. Members only. John Omohundro, 315-244-9131.

Sat, Aug. 20: Climb St. Regis Mountain. 7 miles round trip, 1300 feet vertical gain. This is a pleasant mid-range hike perfect for a lazy August day, with great views of the lakes and mountains from the summit. Moderate to Strenuous. Contact Tom Ortmeier (315-265-8219, tortmeyer@gmail.com) for details.

Sat, Sep 10: Tetsmine Lake Loop, Frontenac Park - In Ontario, 1.5 hours from Ogdensburg Bridge. Features dramatic Moulton Gorge. Possible swimming. Rough terrain in places. 8 miles RT, Level 3. Contact John Barron, (613) 828-2296 or johnbarron@sympatico.ca

Sat, Sep 17: Paddling, South Creek (Middle Saranac Lake access) to Ampersand Bay (Lower Saranac Lake) – This is a 9 mile version of the usual “14 Miler” run most Septembers by the chapter. Level 3, open water. Meet at South Creek parking area at 9 AM to spot cars, with launch at 10 AM. Bring lunch or snack, dining locally after the paddle. Participants must contact leader Dick Mooers, rmooers@twcnny.rr.com, 315-854-4186.

Sat, Sep 24: Tooley Pond Bike and Hike - We will explore the lovely Tooley Pond waterfalls with biking from falls to falls. The plan is to leave one car down by the bridge near Sinclair falls and then start the biking from Copper Rock Falls (after hiking in to see that falls). There should be roughly 8 miles of biking and 3-4 miles of walking. Biking will be mostly downhill, but not exclusively and walking will be relatively easy trails. We should hit at least 5 gorgeous waterfalls - big payoff for not a huge amount of effort. Level 2. Contact Jeanna Matthews (jeanna.matthews@gmail.com) and Marianne Hebert (hebertm@potsdam.edu)

Sat, Oct 1: Lows Ridge Hike - We'll hike 2.5 miles on the dirt road to the Upper Dam and Hitchins Pond. There is a marsh, pond, and mixed forest along the way which should provide looks at birds and other wildlife. From the Upper Dam, the one mile trail up the ridge ascends steeply at times. The long stone ridge offers broad, gorgeous views of the Bog River Valley and High Peaks. Relaxed pace. About 7 miles round trip and 450 feet of elevation gain. Level 3, Moderate. Contact Eileen and Tom Wheeler at 386-2482.

Sun, Oct 2: Kate Mountain - Off-trail hike to this small mountain near Onchiota. Great views and, it is reported, ravens. 5 miles RT, 1200 feet gain but extra effort in bushwhacking. Level 4. Contact John Barron, (613) 828-2296 or johnbarron@sympatico.ca



Pinnacle hike: L-R, Jeanna Matthews, Marianne Hebert, Laurel Allen, Mary Ann Gour, Tom Ortmeyer, Claire Velsey. Photo TL John Barron.

Director

Tom Ortmeyer

The Adirondack Mountain Club celebrated National Trails Day on June 4 by organizing and hosting volunteer trail crews at the Heart Lake facility. Projects included addressing trail erosion in the Wilmington Wild Forest and on the Cascade Mountain trail. New pit privies were installed at the Cascade Mountain trail head and the Avalanche Camp lean-to, and the Mr. Van privy was replaced. A group climbed Wright Mountain with a seasoned High Peaks Summit steward, and learned alpine summit rehabilitation (and carried as many rocks as they wanted to aid in the effort). Trail hardening projects on the Avalanche Pass Trail and the Van Hoevenberg Trail.

Trail workers camped at the Heart Lake campground. I've heard the place was "rockin'" as the crews gathered under the new events tent at Adirondack Loj for a celebration dinner and music after completing their projects. Over 100 volunteers were participated this year—and there are a number of photos posted on the ADK blog showing the trail work activities, showing the hard work and the fun had by those participating.

Many of us will visit at least one of these locations this summer— if you do, please appreciate the trail work done on National Trails Day (or try out one of the new privys). Much more trail work is done every year by ADK pro and volunteer trail crews, DEC personnel, and others. Many other groups around the nation also did trail maintenance on National Trails Day, and I don't believe there is a better way to kick off the summer hiking season.

Membership

Welcome New Members

Sean Flanagan	Canton, NY
John and Kathleen Heinemann	Potsdam, NY
Susan Johnner Brothers	Winthrop, NY
Rick and Robin Scott	Bridport, VT
Elizabeth Weir and James Hoose	Colton, NY
Edgar and Kimberly Lawrence	Moir, NY
Chris Peckham	Chicago, IL
Julie and David Barnes	North Lawrence, NY
Patricia Bartle	Canton, NY
Kelli Curran	Massena, NY
Danny Scaggs	Canton, NY
Robert Platte and Danielle Jerry	Potsdam, NY
Timothy Rapczynski	Colton, NY
James Burns	Lidley, NY
Rod and Robin Woodin	Dickinson Center, NY
Jane Amelotte,	Potsdam
Brandon Amo and Tina Cheever	Potsdam

We welcome new affiliate members:

Craig and Katy Chepeleff	Norwood, NY
Christy Swan	Gilbert, Arizona



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@potsteam.edu for more info.

ADK Laurentian Backtracks – April - June. 2016

Sat, Mar. 19 - The Pinnacle. Sunny and cool. Not much snow depth so we didn't need snowshoes, but we needed microspikes for the icy patches. A couple of inches of fresh powder snow created a beautiful late-winter ambience. Three hikers from the Algonquin Chapter joined us at the trailhead, and we enjoyed their company very much on the trail. L-R, Jeanna Matthews, Marianne Hebert, Laurel Allen, Mary Ann Gour, Tom Ortmeyer, Claire Velsey, TL John Barron.

Sat, Mar 26 - Wellesley Island State Park Hike. We had a "bluebird" day exploring the great variety of trails on the island. We enjoyed awesome views of the St. Lawrence river, and experienced some of the unique features (marshes, deciduous forests, and glacial potholes) that Wellsley Island has to offer. Critters observed included white tail deer, grey squirrels, a pileated woodpecker, Canadian geese, and other waterfowl. Participants: TL Marianne Hebert, Armond Spencer, Ann Spencer, Toni Towle, Peter Blood, Jeanna Matthews, John Barron, Jean Gibling.

Sat, Apr 9: Bear Mountain Hike. The inch of fresh snow didn't discourage us, but the micro-spikes mostly just collected leaves and mud. The sky grew increasingly blue, and our vistas of Cranberry Lake were excellent, unimpeded by leaves. Most of the lake surface was open although ice blocked some of the arms. We didn't see another soul until the hike was over. Participants: TLs John and Susan Omohundro, Linda Roesner, Bill LaRocque, Art Boni, Jackie Beattie, Elisabeth Craven, Chris Barnes, Beth Krawiec, John Barron, Gretchen Gedroiz, Judith Peabody.

Wed, Apr 20: Pitchoff Mountain Climb. Bluebird sky, no wind — a perfect day for a ridge walk. Winter wrens sang to us at the beginning and end. Footing was fine until the second 3400-footer. Then... icefalls on very steep trails. Bushwhacking around them required butt-sliding and spruce-clinging over cliffs, and some good luck to emerge unscathed. We agreed: this series of ups and downs is not for the faint of heart. TL John

Compiled by Marianne Hebert

and Susan Omohundro. Participants Bill LaRoque, Jackie Beattie, Gretchen Gedroiz, plus two Hurricane chapter members.

Sun, Apr 24: Tooley Pond Road Waterfalls. We were lucky to have glorious sunshine and temperatures in the high 50s. Although this spring is quite dry the waterfalls were still relatively full and glorious to behold. We had easy walks to Basford, Rainbow, Twin, and Sinclair falls where we reveled in the sights and sounds of so much water thrashing over rock. Copious pictures were taken while we talked of past and future adventures. Participants: Jean Fallon of Colton, John Barron and Jean Gibling of Ottawa, Marianne Hebert of Potsdam, Janet Green of Canton, Linda Kenny of Canton, Barbara Quirk of Ogdensburg, Gromit (dog), Blair and Margaret Madore of Potsdam, Rachel LaRock, Rita Lewis, and Isaac LaRock of Ogdensburg and Dave Walsh of Watertown.

Sat, Apr 30: Everton Falls annual clean-up — There were no ADK volunteers, but we had good help from the Nature Conservancy representative Todd Dunham and volunteer Tim Cutter, visiting from Connecticut. Chores completed: cleaned roadsides of all trash, pruned the hardwood trail, and cleared the softwood trail of trees brought down by winter storms. Duncan is planning to return later to clear the canoe carry of blowdown. Participants: Duncan Cutter TL, Tim Cutter, Todd Dunham.

Sun, May 1: Spring wildflower walk in the Clarkson woods. It was cool and a bit drizzly, but the group still enjoyed the search for wildflowers (red trillium, azure bluets, trout lilies and sessile bellwort we all in bloom). We explored some of the trails, did a little puddle jumping, and ended the day with tea and hot cocoa at Jernabi's Coffeehouse. Participants: Marianne Hebert, Jean Gibling, John Barron, TL Thomas Ortmeyer.

Sat, May 7: Phelps Mountain - A nice hike with good company, but the trail up Phelps is steep, rocky, and very "rooty" due to severe erosion. Not our favorite trail, you might say! The summit was windy but lovely with excellent views. Participants: John and Sue Omohundro, Tom and Eileen Wheeler TLs)

Sun, May 8: Frontenac Provincial Park Hike. The morning started cold, gloomy and rainy, but by the time we got to the trail head, the skies cleared and the sun came out. It was warm enough for a comfortable hike, but cool enough to keep the black flies at bay. We encountered several beaver dams, lots of trillium, a fox and a great blue heron. Participants: Toni Towle (TL), John Barron, Marianne Hebert.

Sat, May 14: Cycling in Ottawa/Tulip Viewing in Ottawa. A forecast of cold rain led to cancellation of the cycling plan. However, several wanted to do short walks to see the flowers, and we went ahead on that basis. We viewed the most extensive tulip beds around Dow's Lake. Lunch indoors at Dow's Lake Pavilion, followed by walks at the Central Experimental Farm's Ornamental Gardens, the Dominion Arboretum, and the Fletcher Wildlife Garden. Toured the Rideau Canal and the Ottawa River by car. We brought umbrellas for the sometimes-heavy showers. Participants: Marianne Hebert, Jean Giblin, Joann Krach. Jeanna Matthews, TL John Barron

Sat, May 21: Lampson Falls Clean-up. Seven folks enjoyed a lovely spring hike to the falls. Many fellow hikers of all ages, with children definitely in the majority, were in evidence everywhere; a heartening sight! We had to look hard to find much trash and litter - a wonderful situation. However, several small bags were carried out. Lunch together on the rocks was relaxed and most pleasant. Participants: Gene and Carolyn Kaczka, TL; Lila and Charles Hunnewell, Tom Ort-meyer, Dave Walsh and Christine Sitts.

Sat, May 28: Colden. An early threat of thunderstorms evolved to a warm but enjoyable sunny day for hiking. Regrettably the leader began having some problems on the trail and decided near Lake Arnold that it was best not to continue. The official trip turned back there and participants could continue as an independent group which they elected to do. One other shortened the hike and those pictured reached the summit. L-R, Rebecca Weller, Leslie Salathe, Patrick Carroll, Steve Taylor, Ian Taylor. Not pictured, TL John Barron, Amy Bateman. Photo unknown hiker.

Sat, Jun 4: Robert Moses State Park, Massena Bike and Hike. We had a lovely day at Robert Moses State Park. We started the day at Eisenhower Lock where there was a ship waiting for us at 9 AM. We relocated the cars to the Nature Center and took off from there to Hawkins Point where we saw a 15 minutes film about the seaway and looked over the exhibits. From there, we biked to the 45 parallel sign, the Barnhart Marina, Barnhart Beach and then back to the Nature Center. We ate some lunch, checked out progress on the new Nature Center building (looking good!) and then walked the Upper Loop trail. We called it a day a bit before 2. In total, Terry reported we had biked 10.4 miles and then the Upper Loop Trail is 1.6 miles. A fun day of many interesting stops, beautiful weather and some good exercise. Participants: John LaShomb Sr. John LaShomb Jr., Kimberly LaShomb, Marianne Hebert, Jeanna Matthews (TL), John Barron, Terri Persons,

Brandon LaShomb, Joseph Koong.

Sat, Jun 11: Paddle/Sail Carry Falls Reservoir. Cancelled due to unusually cold weather.



At Hawkins Point Visitors Center, L-R: John LaShomb Sr., John LaShomb Jr., Kimberly LaShomb, Marianne Hebert, Jeanna Matthews (TL), John Barron, Terri Persons, Brandon LaShomb, Joseph Koong. Photo by Visitors Center staff.

Education

Jeanna Matthews

Our chapter sponsors several summer experiences for middle school and high school students. Two middle school students, one from Ogdensburg and one from Edwards-Knox, received scholarships to attend Camp Colby and will be doing so soon. We will also be sponsoring a high school student from Massena to participate in the Avalanche Lake Bog Bridging Project from July 20-25. That student will help with the construction of bog bridges, using dimensional lumber. This is the student's second summer receiving a trail scholarship from our chapter. He says, "Last year's program taught me how to work as a team, instead as an individual, and respect nature and the forest trails. ... Not only will this program benefit my future college and career goals, it will support my efforts in the Boys Scouts as I move toward earning the rank of Eagle."

For next year, please spread the word to high school students interested in a trail maintenance project or middle school students interested in Camp Colby.

This year's Outdoors-Indoors talk series, organized by Jeff Miller, wrapped up on Sunday, April 17, Dick Mooers will talk about the trip he and Peggy took through many great national parks and monuments along a route to California, the Oregon coast, Washington, Montana, Wyoming, North Dakota and Alaska. It was a wonderful way to celebrate the 100th Anniversary of the National Parks that happened that same week.



North Wind

The Newsletter of the Laurentian Chapter
of Adirondack Mountain Club
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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Membership_Survey_2016.pdf](http://adklaurentian.org/pages/pdf/Membership_Survey_2016.pdf)

If anyone wishes to have a print survey mailed to
them, or for any other questions, contact Marianne He-
bert: hebertm@potsdam.edu, 315-265-0756.

Printed surveys can be returned to: Marianne He-
bert, 9 Spring Street, Potsdam, NY 13676.