

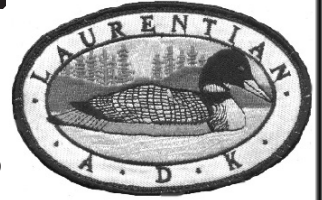


North Wind

The Laurentian Chapter of the Adirondack Mountain Club

St. Lawrence & Ottawa River Valley Region

Oct. - Dec., 2016



Red Sandstone Trail: John Omohundro and Blair Madore.

The picture of John Omohundro turning stewardship of the Red Sandstone Trail to Blair Madore has a special symbolism to this chapter. As you know John initiated the Red Sandstone Trail project, enlisted the chapter and community members in its development, and has overseen numerous trail projects which have brought it into fruition. More than a hiking trail it also provides a visual lesson about Potsdam's historic sandstone industry. It provides a trail connection between Hannawa Falls and Potsdam.

But symbolically John has had the same influence on the Laurentian chapter. He served as chapter chair in three different

decades from the 70s through the 90s. He inspired others to become trip leaders, to participate in outings, and take leadership roles in the chapter. His strong interest in conservation issues which affected not only our area but the Adirondacks as a whole motivated him to develop expertise on a myriad of issues. He became involved in the relicensing of power projects on the Raquette River and other local streams. He attended hearings on unit management plans affecting not only our area but also in the high peaks. He advocated through letters through communication to DEC and Adirondack Park officials and to our local government. He shared his knowledge with other chapter members, enabling them to be stronger advocates for wilderness values. He and Susan spent substantial time doing research on important issues affecting the club.

He has served in other chapter capacities such as newsletter editor (with Susan), outings chair, and most recently as conservation chair. He has led innumerable outings summer spring fall and winter.

In short he has been the heart and soul of the Laurentian chapter for decades. In handing over stewardship of the Red Sandstone Trail we see a symbol of John's future relationship with the chapter. As many of you may know John and Susan are hoping to relocate in the coming year to Saranac Lake to be closer to the high peaks and the lakes they love. Of course they won't be that far away, and I am sure that they will still be involved in the important issues we care about, but the era of his chapter leadership will come to a close. John has been an inspiration to generations of Laurentian chapter members. We have been incredibly fortunate to have him in our leadership. We wish him only the best in the future. His retirement is well-deserved. Now others, and that includes you readers, must step forward to continue the path he has set.

Tom Wheeler



St. Regis Mountain: L-R, Front: Heather McKinnon, Marianne Hebert, Tom Ortmeyer(TL), Xiaoli Wang, Bradley Hou, Andrew Hou. Rear: John Barthelme, Gail Cavenee, Kathryn Farr, Daqing Hou, Mary Ann Bean, Carole Okun, and John Barron.

Chair

Tom Wheeler

An article in Saturday's Adirondack Daily Enterprise reported that the large number of hikers on Labor Day weekend overwhelmed the ADK staff. Julia Goren, who supervises the Summit Steward program reported that Stewards spoke with 1500 hikers on Cascade mountain alone and over 3000 on the three summits with stewards. Neal Woodworth also pointed out that there is much diminished DEC presence in the interior of the high peaks area compared to previous years. This is the result in large part of the state being unwilling to commit the resources necessary for appropriate management of this popular area-- indeed DEC has much less interior presence than twenty years ago when a hiker would routinely encounter rangers such as Pete Fish on the trail.

Presence of authority and education within the area is critical in order to protect fragile ecosystems especially in the higher mountains. The continued popularity of the mountains presents a conundrum. We want people to experience the wild areas ---such experiences can be life changing. But we cannot let the wilderness be destroyed in the process. A more proactive presence by DEC is a necessary part of any solution.

Executive Committee

Chair: Tom Wheeler
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Membership : Vacant

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Treasurer: Mary Jane Watson
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Conservation

John Omohundro

Red Sandstone Trail - The official passing of the shovel for coordination of the RSSTrail occurred in mid-August. Blair Madore of Potsdam is taking over with his ample organizing and engineering skills. I will remain as a side-kick on his work parties. Our near-term project is constructing a tool shed on Stone Valley coordinator Mark Simon's property, to hold the many tools the chapter has acquired to care for these trails.

Overcrowding in the mountains- After a slump in visitation in the early 21st century, usually attributed to increasing regulations on hikers and campers, recreationists are flooding back into the High Peaks. AdirondackAlmanac.org reports that popular trailheads have doubled the visitors over ten years ago. A third of the 9,000 46er club members completed their peaks in the last ten years; last year, 606 new members were inducted. Perhaps Governor Cuomo's promotion of the park has inspired visitors. It's good for the tourist business. But Neil Woodworth, our club's executive director, has expressed concern that mobs in the eastern High Peaks will diminish each other's "wilderness" experience and erode the trails more quickly. Visitors need to be informed about other great places to hike besides the four or five most popular trailheads. The Saranac Six and Tupper Triad, as well as the fire tower challenges, are examples of efforts to re-direct.

VP for Conservation post - My second term as Vice President for Conservation ends in December, so I'll only be writing one more column here. Over the last four years I've tried to focus my energies on local, county issues such as Stone Valley Cooperative Recreation Area partners, unit management plans, hiking trails, and invasive species. Each VP tailors the post to his or her interests. Perhaps it should be you?! You'll work with great colleagues, you'll learn alot, and the pay is awesome.

Appointed Positions

Chapter Archivist: Carolyn Kaczka
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Publicity/Education Affiliate Program:
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Hospitality: Mary MacKinnon
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Tupper Lake to the Wild Center: L-R: Jon Montan, Tom Ortmeyer, Brandon Amo, Tina Cheever. Photo TL John Barron

We welcome as **new members** Ken Hebb, children Lexi and Henry Hebb, Julie Van Duyne all of the Hermon/Russell area, Freddy Alboit of Ottawa, Emma Brandt of Byfield, Massachusetts, Elsa Coughlin of Cazenovia, Kathryn Farr of Lisbon, and Brian Nardone of Northborough, Massachusetts. We now have 256 households and a total of 406 members in our chapter.



Coney Mountain Hike: L-R Daqing Hou, Bradley Hou, and Tom Ortmeyer (Potsdam), Jeanna Matthews (Massena), Jack Koplowitz, Xiaoli Wang, Andrew Hou, and Marianne Hebert (Potsdam).

OUTINGS

Oct - Dec. 2016

Marianne Hebert

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.

Sat. Oct 8: Lyon Mountain "Hike and Dine" - Need a peak to complete your fire-tower challenge? The new trail up Lyon Mt. sports 11+ switchbacks which make for an easier grade and a more pleasant climb. At 3,820 feet, the summit is the highest peak in the North Country, but is a bit short of qualifying for a "high peak." There are 360 degree views from the fire tower, with great views of Lake Champlain, Vermont and Montreal. A little known side trail on the summit leads to a secluded overlook with views of the southern Adirondacks. Optional early dinner in Malone. Relaxed pace. 6.5 miles RT, 1900 feet elevation gain. Level 4/5. Contact Marianne Hebert (315) 265-0756 or hebertm@potsdam.edu

Sat. Oct, 15. - ADK Fall Trails Day. Help the Club with trail maintenance in the High Peaks. Free breakfast, free camping. To register call 518-523-3441 or register online: www.adk.org/page.php?pid=457&pname=fall-trails-day.

Fri-Sun, Oct. 21-23 - Stone Valley Trail Work. Trail work will consist of trail maintenance and some new construction.

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.

Beginners and experienced trail workers alike are encouraged to help with building and maintaining trails. Difficulty level will depend on which project that you are involved in; some projects will be very strenuous, other projects such as installing trail markers are easy. Call Mark Simon 315-262-2571 or simonm@potsdam.edu

Sun. Oct. 23 – Red Sandstone Trail Work. Trail work will consist of trail maintenance and some new construction. Beginners and experienced trail workers alike are encouraged to help with building and maintaining trails. Level 2/3. Contact Blair Madore 315 261 0751 or madorebf@potsdam.edu for details.

Sat. Nov 5 - Map and Compass Class - Bought a compass but not sure how to use it? Lack of practice made you rusty? Totally lost and want to be found? Here's the solution: attend this basic M and C course. We'll practice map-to-compass and vice versa, concluding with a short bushwhack, probably at Higley State Park. Bring compass and a snack, you'll be home for late lunch (we hope!). Members only. Easy. John Omohundro, 315-244-9131.

Sat. Nov 12 - Azure Mountain "Hike and Dine" - We'll do a late season climb of Azure Mountain, followed by a late lunch at a local restaurant. Depending on conditions, microspikes or similar footwear may be required. 2 miles RT, 944 elevation gain. Level 2. Contact Tom Ortmeyer (315-265-8219, tortmeyer@gmail.com) for details.

Sun, Nov 13: Annual Meeting and Fall Pot Luck First Presbyterian Church on the Park, 17 Park St., Canton. Bring a dish to share and your own tableware. Arrive at 5:00 PM for supper to start promptly at 5:30. The speaker for the potluck will be Pete Hickey discussing the forty-sixer trails program. Pete is the head trailmaster of the 46ers and quite an entertaining speaker.

Sat. Dec 3 - Cooper Marsh Conservation Area "Hike and Dine". On the Ontario side of the St. Lawrence, thirty minutes east of Cornwall. A couple of hours of easy walking on trails and boardwalks through wetlands. Level 1. Hiking or snowshoeing depending on surface conditions. Children welcome. Optional late lunch/early supper at Truffles Burger

Bar in Cornwall. Contact John Barron at (613) 828-2296 or johnbarron@sympatico.ca

Sat. Dec. 10 - 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 Beaver Pond Lean-To. Hot dogs and marshmallows provided. You bring the kids, their grandparents and the dogs (leashed of course). Contact Blair Madore 315 261-0751 or email madorebf@potsdam.edu.

Sun. Dec. 11 - Indian Creek Nature Center - An easy afternoon snowshoe (or walk) at the Indian Creek Nature Center, near Rensselaer Falls. Bring the family and try it out. Snowshoes to loan for kids and adults. 2-3 miles. Level 1. Ann Spencer (315) 379-1383.

Sun. Jan. 1 - New Year Day Potluck - New Year's day Outing and Potluck at the Spencer's in Canton, 545 Pink Schoolhouse Road (off the Canton Russell road about 4 miles South of Canton). Some Options: If we're lucky and have snow, there is skiing at the Best Western Golf course, or the Kip trail. Also snowshoeing or hiking or skiing (a little tougher than golf course skiing) on the Spencer's property trails. Plan to eat about 2:30. Contact Ann Spencer (315) 379-1383.



Giant Mountain from West River Trail. Photo by John Barron



Cathedral Rocks: L-R, Niall Barron, Dick and Peggy Mooers, Marianne Hebert, Marie Fernandez de Alaiza. Photo: John Barron

Director

Tom Ortmeier

The agenda packet for the September board meeting includes several items of note. It has been a busy summer for the club, including busy Education and Field programs. The Education staff led 2 Leave No Trace trainer programs, and conducted wilderness trips and a new teen backpacking program. The Pro Trails crew worked in Regions 5 and 6 in the Adirondacks and 3 and 4 in the Catskills. This includes five weeks of trail work on Mt. Colden, sponsored by the Adirondack 46ers. As a result, the club income and expenses are running very close to the budgeted levels.

The busy summer has raised some issues. In his executive director report, Neil Woodworth reports on both the condition of the Adirondack Loj Road and on overuse and large party issues in the High Peaks. The Adirondack Loj Road is a Town of North Elba Road, and a full repaving of the road is beyond the capability of the Town at this point. The Town would like the state to take over the road, due to high volume on the road. Recently, the town removed the no parking signs between the bridge and the Loj, creating significant congestion and safety issues. After discussion between ADK and the town, the signs have now been removed. The ongoing discussion on road maintenance is continuing.

This summer has been one of the busiest on record in the High Peaks. Quoting Neil's report, "Crowding on the summits, inappropriate behavior and poor human waste disposal has resulted in disappointing summit experiences for many visitors." The club was also involved in addressing a situation where a large group arrived at the Loj before the entry booth was staffed, and began hiking despite warnings that the group size was illegal. An ADK Summit Steward identified the group as they began arriving on Algonquin, and DEC Rangers located the group and issued tickets. As many of you may have heard, Deputy Executive Director John Million has resigned his post effective at the end of 2016. John has been a key staff member for a number of years, and has been wearing quite a number of hats. He will be missed. A search for John's replacement is underway, and the President and Executive Director are evaluating the overall staff structure and looking at opportunities for career advancement. Best wishes to John and his wife Katie in their new endeavors.



Niall Barron at the lookout above Bear Run. In the background, Bear Den Mountain, Dix, Dial, Nippletop, Colvin. Photo: John Barron

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 Backtracks – July - Sept. 2016

ADK Laurentian Outings Backtracks – July-Sept 2016

Sat, Jun 18: Wolf Lake State Park Hike. Nine of us plus two dogs braved very warm temperatures and the opening day of bass season to hike a loop through Wolf Lake State Forest, with rest stops at Huckleberry Lake (busy with anglers), Moon Lake (where some of us swam and we all relaxed at the only vacant lean-to) and Wolf Lake. We hiked either 5.4 miles if you believe the maps and brochures, or 4.5 miles if you believe the DEC signs. With assistance from some, John Barthelme counted 23 bird species seen or heard, including a loon with chicks getting diving lessons and baby herons in their rookery. We observed several ponds and wetlands (the dogs did more in-depth examination of each one) and marveled at an immense beaver dam. We agreed that the blue trail from Wolf Lake to the eastern of the two trailheads would benefit from some maintenance. Refreshing ice cream treats at Wood's General Store in Edwards capped the day. Neal Burdick (TL) and Barbara Burdick, Canton; Marianne Hebert, Potsdam; John Barthelme, Colton; Carolyn Kaczka, Hannawa Falls; Danielle Jerry and Bob Platte, Potsdam; Jeanna Matthews, Massena; John Barron, Ottawa. Also four-footed tag-alongs Heidi Burdick and Scota Jerry/Platte

Sun, Jun 19: Coney Mountain: It was a great day for an afternoon hike-- we appreciated the shaded trail on the hike up, and then emerged onto the sunny summit with great views of Tupper, Little Tupper and Horseshoe Lakes, and mountains at all angles. When we'd had our visual fill, we trooped back down the mountain and then stopped for a well-earned ice cream cone just up the road. Participants: Daqing Hou, Bradley Hou, and Tom Ortmeyer (Potsdam), Jeanna Matthews (Massena), Jack Koplowitz, Xiaoli Wang, Andrew Hou, and Marianne Hebert (Potsdam).

Sat, Jun 25 - Cathedral Rocks, Bear Run and Pyramid. We had a beautiful sunny day as we explored the Ausable Club trails in search of the elusive "Bear Run." A plethora of cobwebs and the faintness of the path confirmed that this was an infrequently used trail. We found it to be a bit of a scramble up the narrow chimney of Bear Run, but a fascinating climb

Compiled by Marianne Hebert

with a balancing rock above our heads. The cliffs on top were a bit treacherous, so we didn't linger long. Pyramid Falls was a nice spot to rest on the way back. Participants: John Barron, Niall Barron (Ottawa), Dick and Peggy Mooers (Potsdam), Marie Fernandez de Alaiza (Potsdam), Marianne Hebert TL (Potsdam).

Sat. Jul 16 - Paddling, Tupper Lake to the Wild Center. From the State boat launch we paddled under the Rte 30 highway bridge and followed the Raquette River along a winding course through wetlands to the Wild Center. Jon identified a small sandy pullout with enough room for a lunch break. We paddled around the distinctive oxbow and retraced our route, taking a shortcut through the wetlands and across Simon Pond where mountains were visible. The day's wildlife highlight was a clear sighting of an American bittern. Participants: Jon Montan, Tom Ortmeyer, Brandon Amo, Tina Cheever. Photo TL John Barron.

Sat, July 23: Paddle Upper Chateaugay Lake. A late changing weather forecast led to a 1 day delay in this outing. Our Sunday paddle started at the boat launch along the Narrows, and we paddled up to the quiet sandbar at the entrance to the upper lake. From there, we followed the west shore, talking to several along the way who confirmed a thunderstorm the day before. We went to the wetlands at South Inlet on the lake, had a brief lunch, and headed back to down to a now crowded sand bar where we rested, swam and waded out an extended underwater ridge. Rested up, we paddled back to the launch, packed up and ended the outing with a well-earned ice cream in Brainardsville.

Sat, July 30: Moxham Mountain –Cancelled due to lack of participants

Sat, Aug 13: Trip Leader Training Hike – Cancelled due to weather and lack of participants.

Sat, Aug. 20: Climb St. Regis Mountain. We gathered from the four corners of our region, and set out to climb St. Regis Mountain on a warm August day. The hike through the forest was good, the company was better, and we emerged on the summit for a late lunch with a marvelous view of lakes and mountains. With the fire tower restoration underway, we were able to climb the stairs for a full 360 degree view of the area. Participants: Heather McKinnon, Marianne Hebert, Xiaoli Wang, Bradley Hou, Andrew Hou, John Barthelme, Gail Cavenee, Kathryn Farr, Daqing Hou, Mary Ann Bean, Carole Okun, John Barron, Tom Ortmeyer (TL).

Sunday, September 11 - Tetsmine Lake Loop, Frontenac Park. We postponed the trip one day while severe thunderstorms cleared out the summer's heat and humidity, and were left with perfect conditions - sunny and warm. We saw Frontenac Axis rocks, varied forest, relics of old mining and logging operations, and a number of lakes and beaver

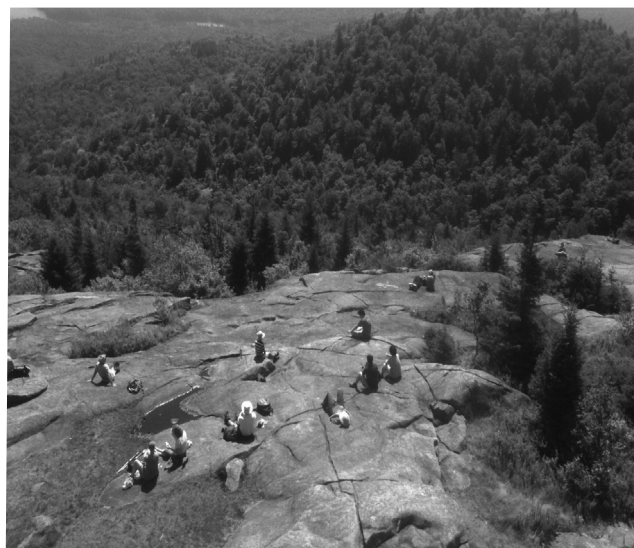
ponds. In the afternoon several of us went for a swim in Clearwater Lake. Supper at the Stonewater Brew Pub in Gananoque afterwards. Participants: TL John Barron, Toni Towle, Peter Blood, John Barthelme, Bill Mueller.

Chapter Extended Outing Proposals.

The Laurentian chapter is considering two outings of about a week to eastern Canada in late August – mid-September 2017. If you are fairly interested—no commitments yet—please respond to rmooers@twcny.rr.com, indicating your preference between the two trips and your preferred time frame in late summer 2017 so that the concepts can be fleshed out this winter with dates, travel information, accommodations, and so forth. The leader prefers the trips to be self-arranged and self-funded to the extent possible. (A) Hiking the High Gaspé, concentrating on the highest peaks of eastern Quebec. Stay at Gîte de Mont Albert (hotel) or camp. (B) Hiking and Paddling at Mt. Carleton Provincial Park, NB. Hike the rough, rounded summits and paddle the streams and lakes of this large, lightly used park just over the border from the US. Camping, some cottage rentals available. Either trip's activities will be rated 3-4, but there are sluggish options. Summits either place are known to have severe weather. Either trip will include parts of the International Appalachian Trail. On your own, the first trip could be extended to Forillon National Park and Percé, QC, and the second trip might be extended to include Baxter State Park (Katahdin) or Acadia National Park. Either trip requires travel in excess of one full day each way, but either could be broken at Quebec City (teaser). Car-pooling/destination group camping, certainly. Participants cooperatively will plan the details of the selected trip. Laurentian Chapter full members have preference.



At Clearwater Lake on Tetsmine Lake Loop trip. Toni Towle, Peter Blood, John Barthelme, Bill Muelle. Photo: John Barron.



St. Regis Mountain: Photo from fire tower by Heather McKinnon

Membership Survey: preliminary results

Marianne Hebert

First: thanks to everyone who took the time to complete our membership survey. While the number of the responses wasn't huge (38 responses, or roughly 15% of our membership), we did get some interesting feedback from the most engaged members and those who are most likely to participate in our programs.

Demographics: Age of respondents: 55% of respondents were 60 or older, 29% were 45-59, and 16% were between 30-45 years old. We had no responses from members under 30, which I hope means they were too busy to participate, rather than indifferent.

If our Chapter were to try new things, what would you like to see us do? The top five responses were: Wilderness First Aid (18); Orienteering (16); Potluck barbecues or picnics (15); Multi-day excursions (12); Cooking classes for camping cuisine (10).

What types of Chapter outings would you like to see more of? The top five responses were: Fire tower hikes (20); Wildflower walks (15); Adirondack High peaks hikes (13); Canadian hikes and snowshoes (12); Bird watching (12).

Other trends: We had some great ideas that we hope to implement into our regular program. Some of the top requests: Young Adult programming, Mid-Week outings; Short walks after work; Beginning hiking and paddling; Family Friendly outings; Social and cultural events; Yoga!

The Laurentian Chapter Leaders do a great job in volunteering their time and expertise, for which we are all grateful, but we could always use more help. If you have an interest in one of the areas listed above, you could lead an outing! To find out how, contact Outings Chair: Marianne Hebert (hebertm@potdams.edu) 315-265-0756.

A complete membership survey report will be posted to the Chapter website in the next few weeks.



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**

Announcing the 2016 Laurentian Chapter Photo Contest

The Laurentian Chapter is pleased to announce its 2016 Photo Contest. The photo contest rules have been revised by the chapter executive committee, and are included in previous issues of *North Wind*. Please submit photos to contest organizer Tom Ortmeyer. Digital submissions are preferred. Submissions should be sent by email to tortmeyer@gmail.com. Photos must be taken between October 1, 2015 and September 30, 2016 for this year's contest. Photos submitted from chapter outings are also automatically entered.

Since its beginning, the photo contest entries have become the archive of chapter activities and outings. The full set of entries is shown at the Fall Potluck, and are always a favorite of the evening.