

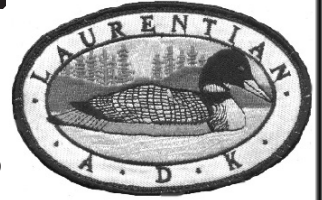


# North Wind

The Laurentian Chapter of the Adirondack Mountain Club

*St. Lawrence & Ottawa River Valley Region*

October - December 2017



## Trailwork by ADK

“Who made this trail?” could mean either “yuck” or “wow.” The former might describe one laid out by an amateur in the 1920s; the latter might refer to one created by recent professional crews. Trail making has come a long way.

ADK has been in the trail-making business since its founding in 1922. According to *With Wilderness at Heart: A Short History of the Adirondack Mountain Club (ADK, 1996)*, by the late Lake Placid resident Bruce Wadsworth, the early club trails chairs were officers of the state’s conservation department! No conflict of interest, I guess. One of the first trails the new club helped to create was the Northville-Lake Placid trail, complete with some of the first park leantos. The club then began its long career of lobbying for protection of resources by successfully prompting the state legislature to field rangers to protect these facilities.

With conservation department help, ADK acquired Johns Brook Lodge in 1924 from Rogers Lumber. From there, volunteers laid out and built trails like Wolfjaw to Armstrong, the Wolfjaw Notch, and the Klondike Notch. In 1928 the club contracted masons to build a stone shelter on Marcy’s summit, which lasted until it was dismantled in 1968.

Little was accomplished during the Depression. A. T. Shorey, also a conservation employee and infamous for his “shortcut” near Basin, became club trails chair, laying out popular trails like Elk Lake to Dix Mountain. We have cursed the good man’s memory after attempting his tough “Shorey’s Shortcut” in the Great Range. ADK was sharply critical of Roosevelt’s Civilian Conservation Corps for building roads into the Forest Preserve, increasing the potential for motorized access. Some CCC-built roads we hike today are from South Meadow to Marcy Dam and from Axton to Duck Hole.

World War Two stopped trail work again, but it surged afterward, with an influx of hardened young people and better gear. Until 1951 no state permit was needed to make a trail, but henceforth there was more oversight. Jim Goodwin led the club to build trails to Big Slide, Hedgehog, and Porter.

The modern era of trail building began with Rudy Strobel as trails chair in the 1960s. He engineered his trails to protect the environment by building features such as water bars. He encouraged chapters to adopt trails to maintain. He also led the construction of the Lake Arnold to Colden trail and a relocated Cascade Mountain Trail. In the ‘60s also, the club adopted a “no dump” policy at leantos, even though the DEC was content with dump pits. ADK’s Almy Coggleshall invented the slogan, “if you carry it in, carry it out.” Along with Ed Ketchledge, Almy organized massive cleanups of the dumps.

Bob Hofer continued the modern era of trail work in the 1970s. He wrote a trail-makers’ manual and founded the pro trail crew. Tony Goodwin was the first crew boss, in 1979; he recruited consultants from the Appalachian Mountain Club (AMC), where high standards had been followed for decades. Several of us Laurentians have known Tony.

The first North Country Operations director, Jeff Brown, hired Willie Janeway from the AMC as the first trails coordinator in 1984. Some of us in Laurentian Chapter remember Willie from his St. Lawrence University days— he’s now executive director of the Adirondack Council. The heavy rock work that we admire today became standard with Willie’s guidance. He also organized volunteer crews and promoted the adopt-a-leanto and adopt-a-trail programs.

In the early 1990s club trail chair Nat Wells, an Adirondack resident from Hoel Pond, linked ADK to other trail organizations, considered developing mountain biking trails, and helped organize the first National Trails Day work day (1993).

One creation of the 21st century that I admire is the high school volunteer trail crew, which is somewhat like a farm team for the pros. Wadsworth reports that since 1985, volunteer and pro crews have averaged 10,000 hours of work a year. There’s more “wow” now than “yuck.”

John Omohundro

This November we will have the opportunity to vote on two very significant matters with significant potential impact to the Adirondack Park and the Forest Preserve. A very important proposed constitutional amendment, would set up a 250 acre land bank to be used for the purpose of mitigating unintended consequences affecting local governments in areas near the forest preserve. Proposal 3 would create a forest preserve land bank of 250 acres for qualifying local projects. The land bank would be referred to in law as the Health and Safety Land Account. Municipalities would request to use acres in the land bank to address bridge and road hazards, water wells to meet drinking water standards, and stabilizing public utility lines. Before local governments could begin requesting acres in the land bank, the state would acquire 250 new acres to include in the Forest Preserve. The measure would also allow bike paths, sewer lines, and electric, telephone, and broadband lines within the width of highways (49.5 feet or the width of the easement in existence on July 1, 2015) cutting through the Forest Preserve. The Adirondack Mountain Club was involved in the development of this proposed amendment recognizing that the presently existing process which requires a constitutional amendment for any adjustment, however minor, is unwieldy and creates unnecessary hardship for local governments and residents in the Adirondack Park. ADK supports this Proposal as does the Adirondack Counsel and local governments within the park.

The other issue on the ballot is a proposed Constitutional Convention. A constitutional convention would consist of delegates from each senate district and fifteen at large delegates selected by the voters. While there is every wish to clean up the mess in Albany and its dysfunction and apparent corruption, there is great scepticism that this could be accomplished without substantial risk to the Forever Wild clause. Neil Woodworth has indicated that it is highly likely that the powerful state political machinery will be able to select the very delegates that would be called upon to enact reforms. For this reason and others the mountain club (and our state legislators from the park area) oppose approval of the constitutional convention. Should the convention be approved, delegates would be selected in 2018 and any proposed new constitution would be subject to voter approval in 2019.



*Paddling in Kingston. L-R: Jean Giblin, TL Toni Towle, Tom Ortmeyer, Bill Mueller, Jeanna Matthews, Kate Schiltz, Lynn Frenette. Photo TL John Barron*

### Executive Committee

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

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

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

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

Membership : Randy Saumier  
jus2soon@gmail.com  
315-705-4287

A/Secretary: John Barron  
johnbarron@sympatico.ca  
613-828-2296

Treasurer: Marie Fernandez de  
Alaiza  
marfagm@yahoo.com  
315-262-2617

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

# ByLaws Review

John Baron

The Laurentian Chapter operates under bylaws that have to be reviewed and updated every five years approximately. A review is due now, and a committee consisting of Tom Ortmeyer, David Katz, and me has taken on the task.

The bylaws, which Dick Mooers played a major role in creating in the early days of the chapter, have stood the test of time very well. Usually changing circumstances suggest minor changes but on the whole they don't change very much. This review is no exception.

Considered carefully and recommended to stay the same:

- Membership requirements to be on the executive committee - must be a Laurentian Chapter voting member.
- Quorum requirements for committee meetings and general meetings

- Effect of Club bylaws on chapter bylaws - no changes suggested
- Role of committees and subcommittees

## 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  
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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: Blair Madore  
madorebf@potsdam.edu  
315-265-0602

Hospitality: Mary MacKinnon  
315-265-6027

Merchandising: open

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

## Recommended changes

- Delete the list and detailed descriptions of appointive positions. This shortens and simplifies the bylaws, maintains the chapter's ability to add or delete appointives without changing the bylaws, and is more correct in a procedural sense. Appointive positions continue to be recognized as extremely important.
- Chapter objectives have been adjusted to be more specific to our circumstances in Laurentian, including identifying the chapter's geographic area.
- E-Mail voting has been recognized in the bylaws as allowable, and guidelines for conducting E-Mail votes between meetings are given.
- Holding more than one executive committee position simultaneously continues not to be allowed except for alternate director who may hold another position. The text has been clarified.
- Deleted Robert's Rules of Order as a framework for conducting meetings, recognizing that in fact an informal, collaborative, and consensus based approach has been the reality.

A draft of the proposed revised bylaws is posted on the chapter web site, [www.adklaurentian.org](http://www.adklaurentian.org). All are encouraged to look over them and send any comments or suggested changes to one of us at [johnbarron@sympatico.ca](mailto:johnbarron@sympatico.ca), [davidk@slc.com](mailto:davidk@slc.com), or [tortmeyer@gmail.com](mailto:tortmeyer@gmail.com). A vote of the general membership will be held at the annual meeting to approve the new bylaws.

# OUTINGS

## Oct. - Dec. 2017

Marianne Hebert

**Sun. Oct. 1:** Owl's Head of Long Lake. This is a fire tower peak, with views accordingly. Pace slow to moderate. 6.5 miles RT, 1200 feet of gain. Level 3 plus. Optional supper at the Adirondack Hotel dining room. Contact John Barron, (613) 828-2296, [johnbarron@sympatico.ca](mailto:johnbarron@sympatico.ca) by Friday September 29.

**Fri. Oct. 6-Mon. Oct 9:** 40th Annual ADK LI Columbus Day Weekend in the High Peaks. Enjoy the Fall foliage with the Long Island Chapter, accommodations at the ADK Loj, hikes at all levels. Registration and costs on pg. 11: <https://ti.nyurl.com/ADK-LI-40> Contact Cathy Stare ([cstare@yahoo.com](mailto:cstare@yahoo.com)) to confirm availability and reserve a spot.

**Sat. Oct. 7:** Fall foliage hike to Boreas Ponds. Curious about the newly acquired Boreas Ponds Tract area? This will be pleasant walk along the dirt road to the Boreas Ponds, with spectacular views of the high peaks. No major elevation changes though there are a few ups and downs. 7.2 miles RT. Level 3. Contact Marianne Hebert (315) 265-0756 or [hebertm@potssdam.edu](mailto:hebertm@potssdam.edu).

**Sat. Oct. 14:** ADK Fall Trails Day, High Peaks Region. This is the last chance to clean drainages of fallen leaves and other debris before the snow arrives. Ten different trails located in the Adirondack High Peak Region will be focused on. A cold, continental breakfast will be served at the High Peaks Information Center (HPIC) starting at 7:30 am before the crews leave for the day at around 8:45 am. Participants can camp for free in the ADK Wilderness Campground both Friday and Saturday nights. Pre-registration is required if staying in the campground. <https://www.adk.org/protect/volunteer/fall-trails-day/>

**Sat. Oct. 21-Sun. Oct. 22:** Trail Maintenance Weekend. Join Mark Simon, coordinator of the Stone Valley Trail, and many students and other supporters in a work blitz to maintain and upgrade trails in our region. Projects range from difficult and technical to easy. Areas that have been featured in the past include Stone Valley Trail System, Red Sandstone Trail, Azure Mountain, and the climbing site at Snow Bowl State Forest. Contact Mark Simon at 315 261-8644 or [simonm@potssdam.edu](mailto:simonm@potssdam.edu).

**Sun. Oct. 22:** Trail Maintenance on the Red Sandstone Trail. Come out for a few hours to help with general trimming and maintenance of this beautiful trail that runs from Hannawa to Potsdam. Anyone wanting to work on a more technical project should contact me well in advance. Call or email to determine start time and location. Blair Madore [madorebf@potssdam.edu](mailto:madorebf@potssdam.edu) or 315 261-0751.

### 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.

**Sat. Oct. 28:** Hike along the St. Regis in Nicholville. Meet at Duncan and Lois Cutter's house in Nicholville (28 Port Kent Road) at 10:00 to explore the wooded trails on the Cutter estate. Attractions include a natural spring, the scenic remnants of Nicholville's 1910 power dam, the Northcountry's largest sand mine, views of the river from Eagle Rock, and a series of beaver dams. 3 miles RT, Level 2, Fairly Easy. Contact Duncan Cutter (315) 328-4675 or [cut57@twcnj.rr.com](mailto:cut57@twcnj.rr.com).

**Sat. Nov. 4:** Murphys Point Provincial Park. Near Perth Ontario, about 1 hour from the Ogdensburg Bridge. Several short, easy trail segments featuring the historic Silver Queen Mica Mine, old homesteads, and Big Rideau Lake. About 8 miles. Small hills but little elevation gain. Level 2-3. Contact John Barron, (613) 828-2296 or [johnbarron@sympatico.ca](mailto:johnbarron@sympatico.ca).

**Sat. Nov. 11:** Hurricane Mountain. We'll hope for a sunny late autumn day to climb Hurricane Mountain and go up the newly climbable fire tower. We will hike from the Rte. 9N trailhead, and the hike is 6.8 miles roundtrip with a 2000 foot elevation gain. You will be rewarded by great views from the summit as well as the tower. Strenuous, Level 5. Contact Tom Ortmeier, [tortmeyer@gmail.com](mailto:tortmeyer@gmail.com), 315-244-3707.

**Sun. Nov. 12:** 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. Photo contest results will be announced. Guest speaker Richard Grover will make a presentation on behalf of the Algonquin to Adirondack Collaborative, featuring planning for the A2A Trail. Contact Tom Wheeler at 315-386-2482 or [northflow@gmail.com](mailto:northflow@gmail.com).

**Sat. Nov. 18:** Janack's Landing - This mostly level trail connects Wanakena to a lean-to on the site of John Janack's cabin. John was the first observer in the Cat Mountain fire tower at the turn of the twentieth century. The lean-to is situated on scenic Dead Creek Flow, a leg of the spidery Cran-

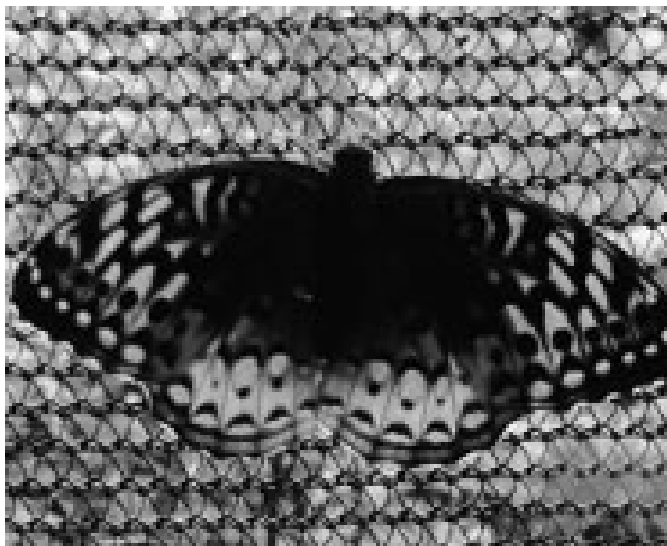


berry Lake. 6.5 miles RT. Level 3, moderate. Shared with North Woods chapter. ADK members only. TL: John Omohundro, 315-244-9131.

**Sat. Dec. 9:** Snowshoe at the Newcomb VIC at an easy pace over rolling terrain. It's a bit of a drive but a pretty high probability of snow for snowshoeing. Interesting terrain with the possibility of wildlife viewing, especially of some species which are hard to find in lower terrain. Try to leave by 8 and perhaps have an early meal in Long Lake on the way back. Contact Tom Wheeler at 315-386-2482.

**Sat. Dec. 16:** Annual Early Season Hike/Ski/Snowshoe at Higley Flow State Park. Bring your kids, their grandparents, and your leashed dogs to this annual romp. We'll ski or snowshoe or hike as the conditions permit for about 2-3 miles followed by a cookout at the Warm Brook Lean-To. I'll supply the hot dogs and hot chocolate. Level, 1 Easy. Contact Blair Madore, [madorebf@potsteam.edu](mailto:madorebf@potsteam.edu) or 315 261-0751.

**Mon. Jan. 1:** New Year's Day Potluck and Outing. Spend the afternoon walking, snowshoeing or skiing with Laurentian Chapter members. Outdoor activities start at 2:00pm and continue all afternoon until dark, snacks about 4:00pm. Details forthcoming.



*Fritillary at Paul Smiths VIC. Photo by Marianne Hebert*

## Director

*Tom Ortmeier*

As the summer season comes to a close, it is good to take a quick look back and reflect on what turned out to be a very busy summer for many of us.

First of all at Heart Lake, the High Peaks Information Center (HPIC) renovations have been completed and the center is in use with good reviews. However, there are a number of things remaining to be done on the project, and the construction of the new washhouse and concession stand have been delayed until Spring 2018. Four weddings took place at the Adirondac Loj this summer, among all of the other activities, and two more are planned for this fall.

Wes Lampman has become ADK's first Chief Operating Officer. He replaces former Deputy Executive Director John Million, who has relocated to Minnesota. Laurie Martin has joined ADK as Development Director. Laurie has a strong background in conservation and land policy, plus fund raising for environmental groups.

The ADK Pro Trail Crew had another busy season, with significant projects on the Mt. Colden Trail (sponsored by the 46ers) and Avalanche Pass. In our area, they have completed a project in the Horseshoe Lake Wild Forest, and they are now reported to be working on the Beaver Flow Trail in the Five Ponds Wilderness.

ADK's first Cycle Outing will be held next June in Potsdam, on the Clarkson University campus. The Outing will be co-led by John Barron and myself, and is an outgrowth of our Cycle Routes e-book. The outing is planned to be similar in nature to ADK's popular Paddle Outing, with trips planned and led by the outing participants. Details of the outing are on the ADK Outings web page, and a brief description is in this month's issue of Adirondack. While this outing is not a chapter activity, we would welcome local volunteers, particularly those interested in leading a trip in this initial outing when the trips will be new to most of the participants. And of course, you are all welcome to sign up for the outing and ride every day.

Note that ADK's Forever Wild On Line Auction runs October 4 through October 25, with previews beginning on line on September 25. I'm sure there will be many interesting lots in the auction.



July to Sept. 2017

Sat, Jul 1: Robert Moses State Park, Massena Bike and Hike. Cancelled

Sun, Jul 2: Oak Rim Trail at Barnes Corners. The group had a lovely hike along the Oak Rim Trail at Barnes corners. Attractions included scenic waterfalls and views of the Inman Gulf. Participants: two Laurentian Chapter members and four from the Black River Chapter. TL Marie Steinbeck.

Sat, Jul 8: Bicycle the Madrid-Waddington loop. We gathered at the Madrid park, and cycled to Waddington via the Ruddy Road along the Grass River. We picnicked in Whitaker Park, where we had great views and were entertained by a variety of birdlife. We then cycled through Waddington on the bike path, and arrived at the Howard Park beach just as a brief rain shower arrived. After outlasting the shower, we headed back to Madrid, with a brief nap taken along the way at Waddington Town Beach. Participants: Cindy Stewart, John Steinbeck, Doreen Hanson, Ray Spahn, Jeanna Matthews, Kate Schiltz, Marie Steinbeck, John Barron, Tom Ortmeyer (TL).

Sat, Jul 22: Paddling in Kingston, Ontario. The weather was ideal. We reached all the scenic high-points of our trip plan and a lot of others too, including Kingston's four Martello towers; the new Isabel Bader Centre for Performing Arts; the grim old Kingston Penitentiary (now a historic site); and Portsmouth Olympic Harbour, used for the sailing events during the Montreal Olympics in 1976. Participants: Jean Giblin, Toni Towle (TL), Tom Ortmeyer, Bill Mueller, Jeanna Matthews, Kate Schiltz, Lynn Frenette, John Barron (TL).

Sun, Jul 23: Hike Azure Mountain and Fire Tower History lecture. We had fun group and sunny day for a late morning hike up Azure. Two of us continued on to Paul Smith's VIC for a lecture by Marty Podskoch on the history of the Adirondack

*Compiled by Marianne Hebert*

Fire Towers. We took short visit to the butterfly house where we learned the difference between painted lady and a fritillary butterfly. Participants: Jane Subramanian, Kimberley & John LaShomb, Brandon Lashomb, Marianne Hebert (TL).

Sat, Aug 13: Mountain Bike to Burntbridge Pond. Tom Ortmeyer (TL). Cancelled.

Sun, Aug 20: Canoe down the Grass River. Cancelled

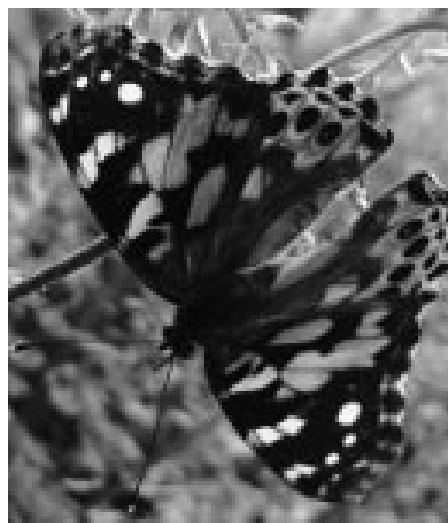
Sat. Sept. 9: Landon Bay Centre. The outing was somewhat like a shortish hike and somewhat like a longer-than-average nature walk. We saw varied forest, Frontenac Axis rocks, relics of earlier human occupation, and water features including a great view over the Thousand Islands. Only one of us braved the chilly St. Lawrence River for a brief swim. Most of us continued on for an early supper at the Stonewater Pub in Gananoque. L-R, Dani ben-Avraham, Monique Tirion, Bill Mueller, Annegret Staiger, Jeanna Matthews, Toni Towle (TL), Pat Gray, John Barron (TL).

Sat. Sept. 16: Ancient Pines and Jackrabbit trail. Carol Edmonds, Elisabeth Craven, Ed & Patty Troische, Linda Roesner, Rich and Sarah Whelden, Jim Connolly, Tammy Venne, Frank and Lethe Lescinsky. TL: John and Susan Omohundro

'Twas a sunny, warm day as we reached the ancient pines by a short bushwhack. Each old survivor, over 350 years old, bore a little numbered tag. Some leaned alarmingly. Most had relatively small canopies—perhaps to reduce wind resistance? We followed a herd path looping back to Route 86, picking up the Jackrabbit ski trail heading northwest to Paul Smiths VIC. This trail also boasts handsome tall pines, but these were youngsters at about 200 years old. We saw raccoon scat in a couple of places, and, lunching at the leanto overlooking Chapel Pond, we observed an odd mushroom without stem and cap, more like folded petals in a lily bud. We concluded our diverse adventures by taking turns pumping air into Carol's car tire with a bicycle pump.



*Landon Bay - Sept. 9. L-R, Dani ben-Avraham, Monique Tirion, Bill Mueller, Annegret Staiger, Jeanna Matthews, TL Toni Towle, Pat Gray, TL John Barron. Photo by an unknown hiker.*



*Azure Mountain Hike. Painted Lady butterfly. Photo: Marianne Hebert (TL)*

### *2017 Photo Contest Closing*

The submission deadline for the 2017 Laurentian Chapter Photo contest is rapidly approaching. Photo entries must be taken between October 1, 2016 and September 30, 2017. Submissions will be taken through October 10, these should be emailed to: [tortemey@gmail.com](mailto:tortemey@gmail.com). See [www.adklaurentian.org](http://www.adklaurentian.org) for contest details.



*Azure Mountain. L-R: Brandon Lashomb, Jane Subramanian, John and Kimberley LaShomb. Photo: Marianne Hebert (TL)*



*Cycling from Madrid to Waddington. L-R: Cindy Stewart, John Steinbeck, Doreen Hanson, TL Tom Ortmeyer, Ray Spahn, Jeanna Matthews, Kate Schiltz, Marie Steinbeck, John Barron. Photo by one of the lifeguards*

## **Membership**

*Randy Saumier*

### *New Members - Welcome.*

- Kim & John LaShomb, Norfolk, NY
- Kate Schiltz, Canton, NY
- Dawn & Michael Mills, Ogdensburg, NY
- Michael Neaton and Jill Cunningham, Potsdam, NY
- Will Sienkiewicz, Johnson City, NY



### *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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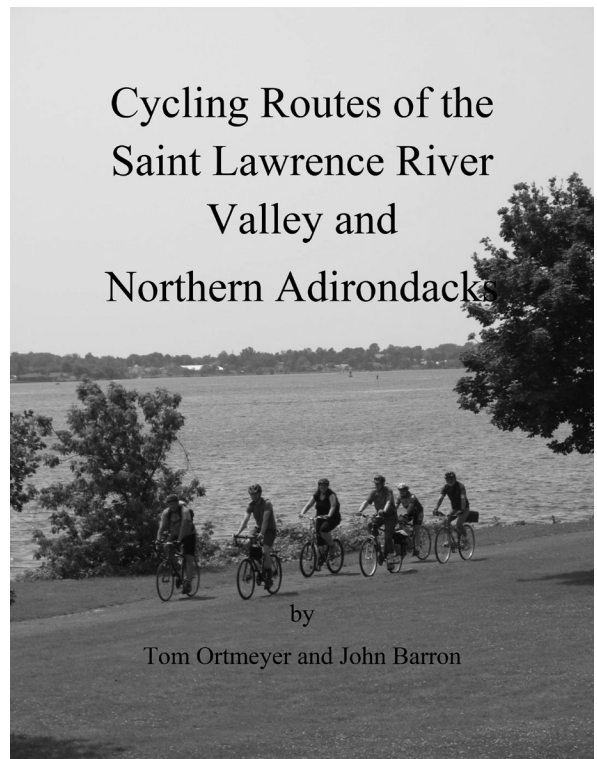
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## Cycling Routes of the Saint Lawrence River Valley and Northern Adirondacks



by  
Tom Ortmeier and John Barron

Cover photo of the new cycling guide.  
Obtain guide at: [www.adk.org/product-  
category/digital-books/](http://www.adk.org/product-category/digital-books/)