

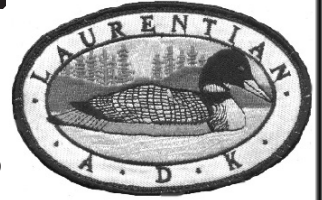


# North Wind

The Laurentian Chapter of the Adirondack Mountain Club

St. Lawrence & Ottawa River Valley Region

July - September 2018



## SUNY Potsdam Educational Affiliate Program

In 2012 the Laurentian Chapter launched an Educational Affiliate Program (EAP) at SUNY Potsdam. The concept, created by John Gilewicz (now president of the ADK) at University of Buffalo, is that a formal agreement is made between a chapter and a college, under which students get a very favorable ADK membership rate; the college facilitates, sometimes subsidising the costs; and the chapter creates a specially designed program to foster safe outdoor recreation techniques, environmental sensitivity, and leadership skills among the students. In the UB pilot, the program emphasized technique training (Leave No Trace, backcountry first aid, map and compass, cross country skiing, etc) and a culminating EAP trip leadership training session that was declared mandatory for a student to be a trip leader.

Our program started following the UB model, but it was soon apparent that our circumstances were different. At Potsdam there is an active Wilderness Education program, whose students know the basic material of the pilot EAP very well. Also Potsdam is close to the mountains, so both the Wilderness Ed students and the whole community were much more experienced in mountain travel. We asked the students for suggestions about how to make our EAP more relevant, and an inspired suggestion came from Jonathan Ryan and Kirk Sweet: concede the technique content as already known, and give the leadership clinic much earlier in the school year, so that students could lead their own outings.

The result has been a very successful program. Nearly all our outings are student-led. A year features a couple of early outdoor trips and trail maintenance days in September and October; the leadership training session in November; and a Spring term with a full slate of trips (this year we had ten). There are also a few special events, including a State-wide student outdoor weekend near Lake Placid. The students seem to acknowledge that it is indeed different to lead a trip for a group of unknown participants than to lead one for

their own highly-trained and well-equipped friends and classmates in Wilderness Ed. We now have 16 student leaders, and countless others who take part in outings.

The EAP depends on the efforts of a lot of people. Credit is due to Maureen Taylor of Student Government Association/Venture Outdoors, our Educational Affiliate Representative from the College; Mark Simon and Adam Wheeler of Wilderness Education; Bill Brown, faculty advisor on outdoor recreation; Marianne Hebert, who has extended her role as Outings Coordinator in the regular chapter to the EAP as well; and the student leaders.

John Barron



*2017 Leadership Training.*

*L-R, presenter Marianne Hebert; presenter Lauren Jackson-Beck; Mari Robinson; Justice Akwei; Eric Nicotina; Rebecca Augustine; Marguerite Mosher; William Scofield; Andrew Barone; student presenter Abbey Chimi-leski. Not pictured, John (Jack) Rendon. Photo presenter John Barron*

# Chair

John Barron

On Memorial Day weekend, I attended my final meetings as Recording Secretary of the Adirondack 46ers. Nine years have gone by since Tom Wheeler first appointed me to that office, at the start of his own term as President. Much has changed since those days, and it seems a good time to reflect.

The number of people hiking in the High Peaks has grown enormously, and the number of recorded 46ers has mirrored that fact. The number of finishers in the past few years has been: 2014 - 531; 2015 - 606; 2016 - 712; 2017 - 735. By contrast, 176 finished in 2008.

The 46ers have gone through an impressive evolution to keep pace with this volume. They still maintain the tradition of corresponding with hikers on the quest; but while typewritten letters from one person, Grace Hudowalski, accomplished that task for decades, now there are many personal correspondents aided by advanced technology.

The 46ers have always tried to “give back to the mountains”. They encourage financial donations, which are forwarded as grants to organizations promoting wilderness. High on the list has been the ADK, which has benefited by funding of the pro trail crew’s preseason sweep, the summit steward program, and rehabilitation of specific trails. A very effective collaboration has evolved among the 46ers, the ADK, and the DEC, with each contributing funds, supplies, transportation, and/or (often volunteer) labor to meet requirements.

The 46ers also have their own volunteer trail crews, which seem to accomplish more each year. There is the volunteer-run Outdoor Skills Workshop that promotes safe and responsible outdoor recreation. A new program off to a great start this year is the Trailhead Steward program, in which 46er volunteers greet hikers at popular trailheads, chat about their planned routes and have sometimes suggested alternatives, and hand out Leave No Trace information and supplies.

It’s been a tough balancing act, and doesn’t show signs of getting any easier. But on the upside, more finishers, well motivated, can make greater efforts on behalf of the mountain wilderness. I’ve been very fortunate to have watched this evolution. I hope that all involved in the preservation of wilderness can continue to enable as excellent an experience as I have enjoyed.



Mount Arab EAP Hike, February 2018. TL Mari Robinson

## Executive Committee

Chair: John Barron  
johnbarron@sympatico.ca  
613-828-2296

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

Secretary: Blair Madore  
madorebf@potdam.edu  
315-265-0602

Treasurer: Marie Fernandez de Alaiza  
marfagm@yahoo.com  
786-291-3473

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

## ADK Forever Wild Online Auction - Request for Support

ADK is running this auction as a major fund raiser and requests donations. This would be an ideal opportunity for a business owner/ADK member to gain exposure for their business, while also supporting the organization with a tax-deductible gift. Ideal items include unique experiences, gift certificates for restaurants (\$50+ please), shows, etc. Hand-made or custom items are also very popular. The process is very simple. Go to the following link, select "donate an item", and fill in the description, photo, etc. <https://www.biddingforgood.com/auction/item/donate.action?auctionId=332153227> Physical items can be dropped off or shipped to ADK-MSA at 814 Goggins Road, Lake George, NY 12845. In addition, sponsors are also being sought for this event. Any donation valued at \$500 or more, automatically becomes an Auction Sponsor with a link on the main site and mentions in e-blasts and social media. If questions, contact Sunday Conine at 518-668-4447.

Thanks - John Barron

## Conservation

David Katz

The national news is full of doom and gloom, irreconcilable differences between red states and blue states, tales of environmental destruction, and other indications that the apocalypse is upon us. In our recent two-week car-camping trip to Colorado, Anne and I decided to turn the news off and look instead for political commonalities, environmental rejuvenation, hope and happiness, and other indications that the apocalypse may not be arriving quite so fast. Here's a sampling of what we found in the 12 states (some red, some blue, some purple) and one province we crossed:

Conservation-oriented agriculture such as terracing, shelter belts, runoff-control strips, and minimum-tillage cropping. Gullies from long ago have been stabilized. Large areas were devoted to pasture. Convenience stores sell hormone-free grass-pastured beef products. The majority of irrigation systems were set up to minimize wasted water.

Thoughtfully designed and beautifully maintained state, provincial, and municipal parks. Most had a mix of open, brushy, and wooded areas creating a variety of wildlife habitats. Several states are making prairie-restoration efforts. All of the campgrounds had recycling centers, and one had a composting toilet.

Birds and beasts everywhere. Without trying, we noted at least 30 species of birds. Farmers and ranchers are also co-existing with pronghorn antelope, white-tail deer, prairie dogs, woodchucks, and no doubt a variety of other mammals that we didn't see, except occasionally in the grip of passing raptors.

Innovative efforts to engage park users with the local environment. Paths traversing a variety of habitats offer information about the habitats as well as walking and biking. Signs along one nature trail had scientific information on one side; poetry on the other. Another trail featured a children's book (Little Cloud), one page per sign over the length of the trail.

Historical inspiration. The Aldo Leopold Foundation, located at what used to be Leopold's family's rural retreat near Baraboo WI, was hosting an international environmental leadership workshop the day we visited on our way out. On the return trip, we wandered around Malabar Farm State Park near Mansfield OH, where Louis Bromfield and his collaborators explored farmland restoration and sustainable farming methods in the mid-twentieth century and where they continue to introduce people to wise land use.

Yes, there's still plenty wrong with the way we humans interact with the rest of our living world, and it's often hard to tell whether we're moving in useful or problematic directions. But seeing the breadth and depth of our collective interest in living well with our environment gives me hope that we will find our way to healthy, rewarding, and sustainable ecological relationships.

### 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: open

Trails Coordinators  
Stone Valley: Mark Simon  
Simonm@potdam.edu  
315-262-2571  
Red Sandstone: Blair Madore  
madorebf@potdam.edu  
315-265-0602

Hospitality: Mary MacKinnon  
315-265-6027

Outdoors/Indoors Program - Danielle  
Jerry and Bob Platte (907) 231-1332  
dgjerry434@gmail.com

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



# OUTINGS

## July - Sept. 2018

Marianne Hebert

**Sat. Jul 14: Paddling in Newcomb.** Lake Harris, Rich Lake, and the headwaters of the Hudson River. Several possible points of interest including Great Camp Santanoni Gatehouse Complex and SUNY ESF Adirondack Interpretive Center. Boat rentals available. Level 2. Contact John Barron, (613) 828-2296 or [johnbarron@sympatico.ca](mailto:johnbarron@sympatico.ca).

**Wed. Jul 18: Evening paddle in Madrid.** We'll meet at 5pm for an evening paddle upstream from the Municipal park in Madrid. Rental kayaks may be available. Level 2. Contact Tom Ortmeyer, 315-244-3707, [tortmeyer@gmail.com](mailto:tortmeyer@gmail.com) for details.

**Save the date: Sun. July 29:** Azure Mountain Centennial Celebration. Join the Azure Mountain Friends and community in celebrating the 100th anniversary of the fire tower. Meet on the summit at 10:00am for reading and speeches. Refreshments and raffle drawing at 2:00pm in Saint Regis Falls. For details: <http://azurmountain.org/> (Not an ADK event).

**Sat. Aug 4: Silver Lake Mountain and Bog.** Silver Lake Mountain is an easy "Kids on the Trail" hike, about 2 miles RT and 700ft elevation gain. The nearby bog, includes a boardwalk through a variety of habitats and a trail to a 200 foot bluff overlooking Silver Lake, 2.5 miles RT, ~200 foot elevation gain. Total miles 5.5, elevation gain 900ft, option to do either or both legs. Level 2, Fairly easy. Contact Marianne Hebert [hebertm@potsdam.edu](mailto:hebertm@potsdam.edu) 315 265-0756.

**Sat. Aug 11: Debar Pond** paddle & picnic with optional bushwhack up Baldface. We can carry through the lodge campus, about 0.2 mi. The pond is less than a mile long so some may wish to bushwhack Baldface (less than a mile, but 1,000 ft gain) in search of blueberries and summit views. We can swim and picnic at the lodge beach. Co-listed with North Woods chapter. Members only. Limit 12 boats. John Omohundro, [adknwoutings@gmail.com](mailto:adknwoutings@gmail.com)

**Sat. Aug. 18: Grass River Red Trail Hike.** We will explore the proposed red trail in the Grass River Wild Forest downstream from Lampson Falls. 6-9 miles. Level 4. Contact Tom Ortmeyer, 315-244-3707, [tortmeyer@gmail.com](mailto:tortmeyer@gmail.com) for details

**Sat. Aug 25: Hike Stone Valley.** One of the most popular nature walks in the North Country, the trail fol-

### 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.

lows the shore of the Raquette River, offering a unique variety of rapids, waterfalls, woodlands and geological features. 3 miles round trip, a few short climbs and descents but no significant elevation gains. Families with small children should note that there are bluffs along the route. Level I. Contact Kate: [kate12270827@gmail.com](mailto:kate12270827@gmail.com) (720) 237-5059; or Marianne Hebert: [hebertm@potsdam.edu](mailto:hebertm@potsdam.edu), (315) 265-0756.

**Sun. Aug 26: Gourmet Picnic Paddle.** Bring your best food to share on this paddle on Blake Reservoir. Meet at the boat launch on the south end of the lake at 5 PM for the pleasant paddle to Blake Campsite's lovely beach. (No cheating by dropping off your food by car!) Eagles are fairly common on Blake, so let's hope for a sighting. Contact TL Dick Mooers, 315-854-4186 or [rmooers@twcnny.rr.com](mailto:rmooers@twcnny.rr.com).

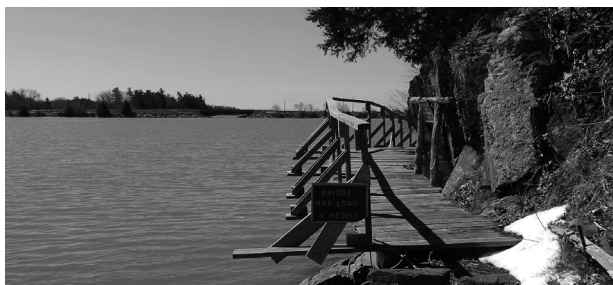
**Sat. Sep 8: Castle Rock.** Easy hike to a spectacular high viewpoint over Blue Mountain Lake. A Kids on the Trail destination, and children are welcome. 4 miles RT, 700 ft of gain. Level 2. Option for swimming and/or supper in Long Lake afterward. Contact John Barron, (613) 828-2296 or [johnbarron@sympatico.ca](mailto:johnbarron@sympatico.ca).

**Sat. Sep 15: Portage and Paddle** Boreas Ponds. Rough 3 mile drive to park, then a long walk to a short paddle. Boreas Ponds has a fabulous view of the southeast sides of Allen, Skylight, Marcy, Haystack and other peaks. The area will be very popular once the state's plans for improved access and parking are put into effect, but, for now, count on having a cart for the 7 mile round-trip walk on Gulf Brook Road to the dam that enlarged Boreas Ponds. There is a beautiful view from the dam, but a better view is from the main pond. Travel and time arrangements: TL Dick Mooers, 315-854-4186 or [rmooers@twcnny.rr.com](mailto:rmooers@twcnny.rr.com).

**Sat. Sep 22: Debar Mountain.** This lonely mountain has awesome views though some effort and persistence is needed to get there as it involves 7.4 miles roundtrip

and more than 1700 feet of elevation gain. This is a *Kids on the Trail* hike and we will take a moderate pace suitable for kids and their parents. Possibilities for swimming or camping after the hike exist at Meacham Lake State Park. Call Blair Madore 315 261 0751 or email [madorebf@potssdam.edu](mailto:madorebf@potssdam.edu).

**September 2018 Mt. Desert Island/Acadia National Park** in September. A few years ago four couples from Laurentian Chapter shared a house on Mt. Desert Island, Maine, the location of much of Acadia National Park. They hiked, toured, biked and paddled, not always together, and shared a nightly slide show of what they did that day. Acadia and Mt. Desert Island have a great deal to offer those with the time and willingness to cover the many miles from the chapter's base. If you might be interested in participating in a return outing of about a week (four nights in the rental), contact Dick Mooers, 315-854-4186 or [rmooers@twcny.rr.com](mailto:rmooers@twcny.rr.com), who will research the possibilities and brief the group, if any. No arrangements have been made to date.



*Landon Bay trip The "Hitch Up Matilda" Photo Cindy Stewart*

## Announcing the 2018 Laurentian Chapter Photo Contest

The Laurentian Chapter is pleased to announce its 2018 Photo Contest. Please submit photos to contest organizer Tom Ortmeyer. Digital submissions are preferred. Submissions should be sent by email to [tortm-eye@gmail.com](mailto:tortm-eye@gmail.com). Photos must be taken between October 1, 2017 and September 30, 2018 for this year's contest. Photos submitted from chapter outings are also automatically entered. Photos should be on topics of interest to the Adirondack Mountain Club and Laurentian chapter. Preference will be given to photos taken in and near the Adirondack Mountains and the Saint Lawrence and Ottawa River Valleys plus photos taken at ADK events. Photos from Laurentian Chapter members are accepted, as are photos from non-members that are taken on chapter outings.

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.

## Director

*Tom Ortmeyer*

Summer is arriving, I'm sure that we all are looking forward to the summer activities of our choice. For me, this is the time of year when it is hard to decide what to do—hike, bicycle, paddle or just plain relax.

Our Chapter Outings, and our social events, are a focal point for our chapter activities. I believe that if you all look over our Outings schedule for this quarter, you will find an outing that is of interest to you, and I encourage you to get out and join the outing. Being out on the trail with friends (both old and new) is one of the most enjoyable activities you will find.

And if you don't find what you are looking for in the Laurentian Chapter, you can go to the ADK Club Calendar, which lists all of the outings of chapters as well as the main club.

Speaking of the club, the first-quarter financials are out, and looking reasonable. 2017 was a challenging year for the club financially, due to a number of factors. The Finance Committee and staff worked hard to put together a realistic budget for 2018, and the indications to date are that their plan is working.

One of the challenges of 2017 was the extensive renovations going on at Heart Lake, including a full remodeling of the High Peaks Information Center. The HPIC work has been pretty well completed, and the construction of the new snack bar, restrooms, and campsites is ongoing this year. I understand the the snack bar (aptly named the Hungry Hiker) is now open Thursdays through Mondays, and features a steak burger from Brasher Falls' Kilcoyne Farms. This definitely sounds like a good excuse to go hiking in the High Peaks.



*Landon Bay - At the viewpoint, L-R: Marianne Hebert, Toni Towle, Peggy Mooers, Lynn Frenette, Cindy Stewart, Anne Youldon, Dick Mooers. Photo TL John Barron*



April - June 2018

**Sat. Mar 17:** Trombley Landing. St. Patrick's Day brought mid-winter conditions - bright sun, pleasantly cold temperatures, gusty winds, and deep powder snow - and it was agreed to change the planned snowshoe trip to a ski trip. We broke trail on the way out, sharing the lead by rotation and making good progress. As we enjoyed lunch at the lean-to a party of snowshoe backpackers arrived, so our tracks got erased. Still the return was much easier than the trip out. Participants: Elisabeth Craven, Gretchen Gedroiz, Carol Edmonds, Jess Collins, John Barron (TL)

**Sat. Apr 21:** Landon Bay. We were favored with the first spring-like weather of the year. The hike is short and easy but contained a lot of points of interest, including a high viewpoint over the Islands, beaver ponds, architectural craftsmanship, and an active osprey nest. Improbably the area contains an Adirondack-sounding "Avalanche Pass" and even a "Hitch Up Matilda". We celebrated afterward at the Stonewater Pub in Gananoque. Participants: Marianne Hebert, Toni Towle, Peggy Mooers, Lynn Frenette, Cindy Stewart, Anne Youldon, Dick Mooers, John Barron (TL).

**Sun. Apr 22:** Climb and cleanup of Pinnacle on Earth Day. Leader: John Omohundro

A happy crowd of 14 from across three counties showed up for this Earth Day cleanup/celebration/walk. Glorious skies heralded the occasion, but the footing didn't measure up. Four inches of snow underfoot was like styrofoam on the walk in, and like sno-cone on the walk out. The smart one skied; the rest of us trudged. On the summit we shared bits of poetry, quotations, and photographs with a Nature theme. Trash was scarce—did we get most of it last year, or was it hidden under the snow? A hawk was spotted, a winter wren burbled his long song, and a butterfly buzzed us as we were loading up at the end.

**Sat. Apr 28:** Everton Falls Clean-up. We encountered pockets of snow on the hardwoods trail but were able to clear all the considerable winter blowdown. Roadside trash was minimal. We trimmed the softwood trail as far as a barrier of deep melt water would allow at this time. We repositioned the handsome new Preserve sign for better visibility and stacked the register with information about other recreation sites. Lunch on the ledges brought us close to roaring water plunging over the Falls. In spite of the high water, one experienced canoeist set off upstream. But for us, the water was too swift at this time to cross to the far side of the Falls to brush out the carry around the Falls. However, we look forward to attending to that task later in the season when we may also resurrect the original Paul Jamieson trail to an overlook above the Preserve's scenic bog. Participants: William Martin, The Nature Conservancy representative. Will Thomas, ADK volunteer, Duncan Cutter, ADK outing leader.

**Sun. Apr 29:** Tooley Pond Road Waterfalls. The forecast called for persistent rain - so we were pleasantly surprised to

## Compiled by Marianne Hebert

only deal with a few light showers. We visited Basford Falls, Sinclair Falls, and Rainbow Falls. All of them were bursting with extremely high water levels. They were very impressive and certainly lifted our spirits. We tried to visit Copper Rock Falls but were forced to turn back by unstable snow and ice. Even the ice formations thrown up by the river were impressive. Finally, we bushwhacked some to get a peek of the majestic Twin Falls. It was an excellent way to spend an otherwise soggy day while making new friendships and renewing old ones. Hope to see you there next year at the same time!

**Sat. May 5:** Bicycle Trip Canton to Upper and Lower Lakes Bird Conservation Area. We headed west from Canton to the Grass River, where we took the old road between the river and the wetland-- it took just a bit of path clearing. We then turned south toward Rensselaer Falls, and headed into the Indian Creek Nature Center, where they were having a work day. After a brief chat we went out to the board walk and enjoyed the wetland there. We stopped for lunch at the Lower Lake outlet, and then headed back to Canton. The ride on the quiet Irish Settlement Road along the east side of the conservation area was a highlight of the trip. We saw a number of ducks, geese, hawks and vultures, but few flowers due to the late spring. Participants: Kim LaShomb, John LaShomb, Cheryl Laneve, Richard Wheldon, Tom Ortmeier (TL)

**Sat. May 19: Sunday May 20 -** Cycling in Ottawa. We postponed one day on account of rain. The new day started cool and very windy, and improved to warm and sunny. Our route carried us along the Ottawa River; past Parliament Hill; up the steep hill beside the Staircase Locks that begin the Rideau Canal; along the Canal to Dow's Lake where the most extensive tulip beds are located; along a bike path following the city's first trial light rail transit line; and back to our start point. Three called it a day there, while three continued on to view the Deschênes Rapids from the Quebec side of the Ottawa River. Participants: Marianne Hebert, TL John Barron, Kim LaShomb, Jean GIBLIN, John LaShomb, Dick Mooers.

**Sat. May 26:** Haystack of Ray Brook. Under a borderline weather forecast, several people cancelled out hours before the trip. Two of us met at the trailhead, and luck was with us as we had no rain at all. At the summit the mist in the air did not impede good views of several small nearby mountains, Scarface in the middle distance, and many of the Sawtooth Mountains as well as the Seward Range and Seymour on the southwestern horizon. Paula Skiff and TL John Barron

**Sat. Jun. 2** Hike around Massawepie Lake A cloudy morning evolved into a beautiful sunny afternoon. The trails were a bit muddy, and we were happy to meet trail crews building new boardwalks in the boggy areas. The trails surprised us with a bounty of pink lady slippers and other wildflowers. Lunch on the peninsula was interrupted by a lonely loon calling for company. Participants: Pat and Robin Sullivan, Kate Schlitz, David Campbell, Marianne Hebert (TL).



## Azure Mountain Fire Tower's 100th Anniversary

On July 29 the Friends of Azure Mountain are celebrating the 100th anniversary of the fire tower. The Laurentian Chapter is assembling a gift basket to be raffled as part of a fund raiser during the event. We invite donations from chapter members of North Country-themed items, particularly artistic or homemade items to include. Contact for the gift basket and also to answer all questions about the event is Marianne Hebert at [hebertm@potsdam.edu](mailto:hebertm@potsdam.edu) or (315) 265-0756.

More details about the plans for July 29 are at [www.azuremountain.org](http://www.azuremountain.org).

John Barron



*Cycling in Ottawa at Dow's Lake, L-R: Jean Giblin, Kim LaShomb, John LaShomb, Dick Mooers, TL John Barron, Marianne Hebert. Photo a bystander.*



*Everton Falls Cleanup: William Martin, The Nature Conservancy representative; Will Thomas, ADK volunteer. Photo: Duncan Cutter, ADK outing leader*



*EAP Hike: Stone Valley. TLs Andrew Barone and Mari Robinson*



*Tooley Pond Trip: Sinclair Falls. Photo by Blair Madore*

## Membership

Randy Saumier

### New Members - Welcome.

- Garret Glasgow, Canton, NY
- Craig Lalonde, Ogdensburg, NY
- James Burdick and Amanda Oldacre, Potsdam, NY
- Elmer Gerbrecht, Buffalo, NY
- Chad and Anna Greer, Potsdam, NY
- Kailey Mahar, Potsdam, NY
- Russell Strait, Norfolk, NY
- Daniel White, Cooperstown, NY
- Daniel Collins, Colton, NY
- Betsy Darrow, Canton, NY
- Sinead McSharry, Clinton, NY
- Mikhaela Neelin, Beaconsfield, QC
- Gary Shaver, Greeley, ON
- Eben Smith, Cambridge, MA
- Jennifer Weinert, Ottawa, ON



### *North Wind*

The Newsletter of the Laurentian Chapter  
of Adirondack Mountain Club  
7 Barclay St. Potsdam, NY 13676

STANDARD  
NONPROFIT  
U.S. POSTAGE PAID  
CANTON, NY  
PERMIT NO. 14

---

## 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:

**[http://www.facebook.com/  
groups/140013066028774/](http://www.facebook.com/groups/140013066028774/)**

FOLLOW US on Twitter:

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



*Landon Bay trip - Osprey Nest. Photo: Cindy Stewart*