

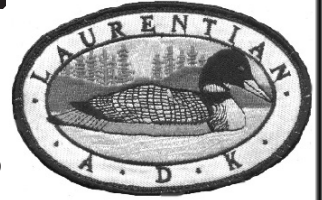


North Wind

The Laurentian Chapter of the Adirondack Mountain Club

St. Lawrence & Ottawa River Valley Region

July - September 2019



National Trails Day 2019

On May 31 - June 2, ADK's celebration of National Trails Day returned for the sixth time to Cranberry Lake and Wanakena. A highlight was the Friday afternoon official opening of the Lost Pond Nature Trail. Conceived by the Five Ponds Partners (FPP), the same community organization that planned and developed the Cranberry Lake 50 (CL 50), this short walk is a tribute to the late Dr. Edwin "Ketch" Ketchledge, a former professor at SUNY-ESF who is renowned as an environmental conservationist (one of his many achievements is originating the High Peaks Summit Steward program). While at ESF's Cranberry Lake Biological Station, Ketch constructed a shorter version of this trail, that reached the shore of Lost Pond but did not encircle it. Over several decades the path had fallen into disuse and had all but disappeared.

FPP decided, in planning a reroute to take the CL 50 off Highway 3, to incorporate Ketch's old trail as part of a connector linking the Peavine Swamp trail with Cranberry Lake Village. That connector was built on National Trails Day 2015. Later FPP, with help from many sources including Ranger School students, completed and extended Ketch's old route, which now includes a shoreline trail around the pond. The trail was officially opened at this year's National Trails Day, with Jamie Savage serving as Master of Ceremonies. Some of those who contributed are pictured. To explore the trail yourself, follow the Columbian Road which follows the Oswegatchie River upstream from Hwy 3 toward Cranberry Lake. In a few hundred yards you will reach a large trailhead parking lot on the right.

On Saturday, ten crews averaging about a dozen

participants each fanned out to different destinations to improve the trails and related facilities. The pontoon boat association of Cranberry Lake made a major contribution, ferrying several crews out to remote work sites or trailheads most accessible by water. Many different tasks were accomplished, including campsite and fireplace cleanup, building and cleaning drainages, sidecutting, bog bridge construction, stone turnpike installation, lean-to staining, and an interpretive hike. The weekend wound up with an outdoor supper party at the Pine Cone Grill, including live music, draws, and door prizes. With free camping at Cranberry Lake State Campground as an accommodation option, everyone seemed to have a very enjoyable weekend.

John Barron



Lost Pond Nature Trail opening ceremony. L-R: Jamie Savage (Chair, Five Ponds Partners); Peter O'Shea (FPP); Ron Capone (FPP); Jeff Denkenberger (Forester, Molpus Woodlands); David Zubin (FPP); Peter D'luhosch (Forester, DEC); Dan Spada (retired Wetlands Ecologist, Adirondack Park Agency) Photo: John Barron

Chair

John Barron

We've been laying groundwork to enable electronic distribution of the North Wind. Thanks are due to David Katz, who has adapted our E-Letter mechanism to this new purpose. We plan to begin sending an electronic copy to all chapter members for whom we have e-mail addressees. We're going to offer members the option to decline a paper copy as a way to save postage, paper, environmental impact, and manual effort. It might take an issue or two to get it running smoothly but our hope is that before too long we can phase out most of our paper mailing. We don't plan to discontinue anyone's paper copy except upon their request.

We said farewell this season to Maureen Taylor upon her retirement from SUNY Potsdam Student Government Association. Maureen was the founding Education Affiliate Representative of our Educational Affiliate Program at the College. The EAP would not have come about without Maureen's support. Over the years many students have benefited both directly and indirectly by her guidance. Maureen will be missed. Happily she has been able to turn the program over to a successor, Cindy Aumell, whom we welcome.

In May I experienced the novelty of participating on two trips with another chapter: both with Onondaga Chapter and both led by Jerry Smith. I learned about them from the all-Club calendar, which is maintained on the Club's web site, www.adk.org and lists most of the outings with all chapters. This calendar is a major resource. In this case for example a relatively far-away chapter was coming up to my region and I could join the trips with very little driving. Another reason might be to go to a particular destination that our chapter seldom or never visits. The all-Club calendar can be reached from a link under "Coming Events" on the home page of our own chapter's web site, www.adklaurentian.org.

Two all-Club outings take place this season: Ididaride!, the challenging cycling event for both road cyclists and mountain bikers, is on July 27. Fall Outing takes place in Harriman State Park from September 6-8. Both are listed with contact information on our own summer schedule.



Nine cyclists all in a row. Photo: Jeanna Matthews

Executive Committee

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

Outings: Joan Trivilino
joantrivilino@hotmail.com
315-265-5040

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

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

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

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

Two Heads Are Better Than One

Adk's chapters have great ideas but haven't had a regular way to share them with each other. To facilitate sharing, Jules Greiner, the Club's Membership Director, last winter began exploring ways to improve communications among chapters and between chapters and Adk headquarters. Electronic meetings are an easy way for chapters to get together in the same "place" at the same time, and a few months ago Adk began coordinating monthly chats for chapter Chairs and Directors via Slack online collaboration software.

About half of Adk's chapters have a conservation chair. Some conservation issues are local and can be addressed by the local chapter's conservation person. For instance, plans for Plumb Brook in Russell in the center of St Lawrence County would probably be of interest mostly to the Laurentian Chapter.

But some issues affect wider geographical areas and therefore multiple chapters. For instance, the Laurentian and North Woods chapters might want to work together to comment on the Debar Mountain Unit Management Plan. Or we might want to work with the Black River chapter on issues affecting the Oswegatchie River watershed. Or we might want make sure our public comments on the Raquette River Greenway align with the Club's comments.

Might our conservation efforts benefit by regular communication among chapter conservation chairs or with the club's conservation staff? In April, the club decided to find out, and in May we held the first Slack conservation meeting. It was the first beautiful evening of spring and not as well attended as we might have hoped. But some good first steps came out of the hour's chat, and we plan to continue the meetings to see where they lead. Stay tuned.

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 & E-letter Ed.: David Katz
davidk@slc.com
315-386-4393

Merchandise Coordinator: Jim Burdick
jburd001@gmail.com
716- 338-7237

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



Clarkson Wildflower Walk. Photo: Tom Ortmeyer

OUTINGS

July - Sept. 2019

Joan Trivilino

Sat. July 13. Paddling on Tupper Lake. Views of surrounding mountains, many islands and coves. Boat rentals available on site. Contact John Barron, (613) 828-2296 or johnbarron@sympatico.ca.

Sat. July 27. Ididaride! ADK's challenging long-distance cycling tour based in North Creek. Two options, a 75 mile road course and a 25 mile mountain bike course. Both have a lot of elevation gain. For information and to register, go to www.adk.org, click "Play" and find "Ididaride" among the cycling events.

Sat. Aug. 3. Cycling along the Rideau Canal. From Burritt's Rapids to Merrickville. Several lock stations and the picturesque village of Merrickville. 15 miles RT, Level 2. Contact John Barron, (613) 828-2296 or johnbarron@sympatico.ca

Sat. Aug 17. Ampersand Mountain. This is a 5.5 mile RT hike 1800 foot elevation change. There are excellent views of the High Peaks from the summit. Plan on an optional swim on Middle Saranac Lake at the end of the hike. Strenuous. Contact Tom Ortmeyer, (315) 244-3707 ortortmeyer@gmail.com.

Sat. Aug. 24. St Regis River canoe. This is a joint outing with the North Woods chapter. We'll launch just above the falls and paddle up this winding, grass-banked river as far as the group wishes, probably 2-3 miles, before lunch on the shore and returning to our put-in. It will be necessary to walk our boats through a rocky area, coming and going. Boat limit 8. Contact us by Aug. 22 for details on time and place: adknwoutings@gmail.com. Leaders: John and Susan Omohundro

Fri Sept. 6 - Sun Sept. 8. ADK Fall Outing. Harri-man State Park. Sponsored by several downstate chapters. Large variety of hikes and paddling trips. Go to www.adk.org and click "Play" and "Fall Outing" for information and to register.

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.



Red Sandstone Trail Work. Garbage collector: John Barron. Photo: Blair Madore



Tooley Pond Waterfalls. Blair Madore (TL), Margaret Madore, Ken Williams, Marka Newman, Marie Fernandez de Alaiza, Pamela Mahaffy, Gaetan Foisy, Ahn Ho, Gretchen Koehler, Nancy Foisy, Jim Burdick, Amanda Oldacre, and Anne Badoleto.



Southville State Forest. Joan Trivilino and Jane Subramanian. Photo by Marianne Hebert



Southville State Forest. Photo: Marianne Hebert

I'm writing this from ADK Cycle Outing Headquarters on the Clarkson campus, and we are well into this year's event. The weather turned warmer and drier just in time to give some great days. We've had some great support this year from Laurentian Chapter members John Barron, Greg Smith, Cyndi Grover, and Blair and Marg Madore.

About a year ago, ADK nominated the Eastern High Peaks for the Hot Spot Program of the Leave No Trace Center for Outdoor Ethics. This program identifies areas around the country that are experiencing heavy recreational pressures. This nomination was successful, and the center has scheduled a week of educational programming focused on preventive measures to reduce impacts, and solutions to protect these areas for generations to come. Specific issues to be addressed include damage to alpine plants, trail erosions, human waste, and negative human/wildlife interactions. In Hot Spot Week, the Center team will partner with ADK, NYSDEC, and others to host public workshops, trailhead and summit outreach, service opportunities, and public awareness. On August 8, there will be a trailwork day on the new Cascade Trail, and volunteers for that day are welcome. There are also other volunteer opportunities for members throughout the week. For more information, contact Seth Jones, programs@adk.org or Cathy Pedlar, cathypedlar@gmail.com, or cathy@adk.org.

Announcing the 2019 Laurentian Chapter Photo Contest

The Laurentian Chapter is pleased to announce its 2019 Photo Contest. 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, 2018 and September 30, 2019 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.



Apr. - June 2019

April 22. Mt Arab. Eleven from North Woods and Laurentian Chapters undertook a short climb to celebrate Earth Day, which turned beautifully blue and warm. We heard a hermit thrush and spotted three soaring hawks (or buzzards—enthusiasts disagreed). Coltsfoot was blooming at the trailhead. On the trail we found much more mud than ice. The hikers we met as we ascended reported they'd encountered a bear at the outhouse. Tidy bear! Sprawled on a south-facing rock slab, we shared our contributions to the Earth Day celebration. There was a cartoon, a history of Earth Day, two original essays, two original poems, and even a harmonica concert. Several of us had attended the original Earth Day events in 1970. We picked up some trash for our good deed. TL John Omohundro

April 28, Sunday. Tooley Pond Road Waterfall Hike
Participants: Blair Madore (TL), Margaret Madore, Ken Williams, Marka Newman, Marie Fernadez de Alaiza, Pamela Mahaffy, Gaetan Foisy, Ahn Ho, Gretchen Koehler, Nancy Foisy, Jim Burdick, Amanda Oldacre, and Anne Badoleto. The day started cool and damp. Light snow on the trees made everything look hauntingly beautiful, leading many to comment that we were in a fairytale, or even Westeros from GoT. The water levels in the river were extremely high and we enjoyed the thunder and the spray of Basford, Sinclair and Rainbow Falls. This year our hike was in late April so the Copper Rock Falls was not covered in ice, though it was rough and muddy and we had to jump several small streams. Copper Rock Falls is about a half mile of continual rapids and waterfalls. It did not disappoint. And as we returned to the cars the day warmed and the sunshine appeared.

May 4, Saturday. Red Sandstone Trail Saturday Participants: John Barron (Ottawa), Sue and John Omohundro (Saranac Lake), Bob Platte (Potsdam) and Trip Leader Blair Madore (Potsdam). We started with collecting garbage near the Hannawa Falls trailhead (thanks to John Barron for the trashbags) then divided into two groups to sweep different sections of the trail. John and Sue walked from Hannawa to the northern trailhead, collecting garbage, moving debris off the trail and cataloging vandalism and weather damage. Blair, John and Bob walked the Sugar Island section trimming branches and felling three "widowmakers"

Compiled by Joan Trivilino

. The water levels are extremely high – stressing our bridges and boardwalks. They were able to make plans for a bridge replacement and determine a reroute of another section to the highwater route. There are many remaining projects on the trail. If anyone would like to help please contact Trail Coordinator Blair Madore at madorebf@potdam.edu or 315 261 0751.

May 5. Clarkson Woods Wildflower Walk. We took an afternoon walk in the Clarkson woods looking for spring wildflowers. Despite the spring arriving a bit later than usual, we found a good variety of flowers, including many trout lilies in full bloom, a good number of red trillium, and one white trillium at the end of the hike which we expect had just opened. A side trip to the wetlands proved worthwhile, with many turtles out sunning themselves. Participants: Tom Ortmeyer (TL), Marianne Hebert, Joanne Ferris.

May 11. Inlet Flow Paddle. Five of us enjoyed a paddle from Wanakena to Cranberry Lake. We explored a quiet part of the lake that has lots of islands as we looked for loons. Upon returning to the lake we enjoyed the sound of a pair of loons calling out to each other. As we sat listening, the pair popped up next to 2 of the boats. We had lunch at Hawks Nest beach on the way back to Wanakena. TL Holly Woodworth

May 11, Saturday. Kate Mountain. Two from the North Woods and one from the Laurentian Chapters enjoyed a bushwhacking ascent of this trailless peak near Onchiota. We had perfect weather (cool, mix of sun and cloud) and ground (no snow, ice, mud, or excess water) conditions. The view from the summit included, besides the low-elevation fields of Vermontville,, a skyline that featured Esther, Whiteface, the Sentinel Range, and more. We were in agreement that this is a perfect time of year to hike Kate. The lack of leaves both improves the far views and facilitates the navigation. TL John Barron



Inlet Flow Paddle. Carolyn Kaczka, Mary Jane Watson, Lowell McBurney, Maggie McBurney. Photo Holly Woodworth

Education

Jeanna Matthews

Donations to local libraries and other educational sponsorship projects

We have been working on ways to use our education sponsorship funds to touch as many community members as possible, and especially local children who might not otherwise be introduced to the Adirondacks. Here is a picture of a “Let’s Go...Hiking” backpack our chapter sponsored. The backpack includes the book “Kids on the Trail: Hiking With Children in the Adirondacks” written by chapter members, Rose Rivezzi and David Trithart, a compass, head lamp, whistle, maps and a New York Empire Park Pass. The idea came Renee Bennett-Kapusniak, Youth Services Librarian at Saratoga Springs Public Library who tells us that the backpack we sponsored was first in a series that now includes another Hiking backpack sponsored by the Glens Falls Saratoga chapter of the ADK, a New York State Park backpack and a Discover Nature backpack.

We are also donating a bear barrel to the Potsdam Public Library. At over \$70, a bear barrel can be expensive investment for those new to camping. Checking one out of the library is a great way to be safe without the upfront investment. Librarian Annie Chase says that the bear barrel will be a “great complement to our North Country Collection”.

If you would like to see a similar donation to your local library and especially if you would be willing to pair the donation with a show-and-tell event highlighting the trips and events of our Laurentian ADK chapter, please reach out to me at jeanna.matthews@gmail.com.

We are always on the look-out for projects worthy of some of our educational sponsorship resources. Other ideas include children interested in attending Camp Colby who otherwise would not have the resources to go, teens interested in participating in trail maintenance projects or teachers interested in taking their classes to experience the Adirondacks.



Kids with backpack hiking kits

Let's Go...Kits

Hiking Kit includes:

Books:

Views From On High: Fire Tower Trails in the Adirondacks and Catskills

Kid's Guide to Hiking: All You Need to Know About Having Fun While Hiking

Kids on the Trail: Hiking With Children in the Adirondacks

Hiking Day

Maps:

Map 742: Lake Placid/High Peaks

Map 743: Lake George/Great Sacandaga

Map 744-Northville/Raquette Lake

Map 745 Old Forge/Oswegatchie

Map 746: Saranac/Paul Smiths

Contents:

Professional Boy Scout Compass

Head Lamp

First Aid Kit

Whistle

Binder: Tips, Safety Reminders, Hiking Guides and more.



Hiking kit donated to a local public library.

Membership

Marianne Hebert

New Members - Welcome.

- Cynthia Atkins
- Allison Janota
- Erin Keniston
- Robin and Sean O'Neill
- Fabien Poirier
- Seth Robert



Red Sandstone Trail work; TL Blair Madore (foreground), Bob Platte (background). Photo John Barron.



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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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*Inlet Flow Paddle - on the lake.
Photo: Holly Woodworth*