

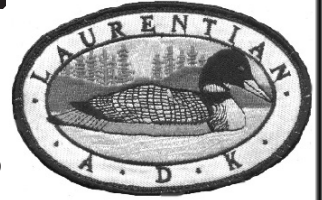


# North Wind

The Laurentian Chapter of the Adirondack Mountain Club

St. Lawrence & Ottawa River Valley Region

January - March 2020



## Ski Trails: groomed and waiting

Features of some cross-country skiing sites make them good choices for beginners. Well-marked trails and equipment available for rent, or even free, are two that recommend the areas described below. They are also great places for experienced skiers.

### *Trail improvements at Higley*

Thanks to Henry Sieg, park superintendent at Higley Flow State Park in S. Colton, for dedicating time and resources to trail improvements this fall. The biggest deterrent to early skiing and grooming on the Warm Brook Trail has been the number of rocks exposed on the trail. Many rocks were removed from the trail this fall by Tim Pearl assisted by Ed Fuhr making it more user friendly in all seasons. There was one sharp turn at the bottom of a steep section which has been modified to make it more skiable. The Raquette Ridge trail, also referred to as the training loop, was rerouted in a couple of spots and sections of the surface leveled where the trail was on a slope. Higley Friends purchased a 30-ton load of wood chips from Curran Logging. These chips were hauled primarily to the Raquette Ridge trail and Warm Brook Trail with lesser amounts to other trails using the Park's Gators.

This year's Trail Day in early Nov. saw 54+ volunteers spreading 30 tons of woodchips, picking up blowdown, cutting back encroaching brush and putting out signs among other tasks.

Trails are open until sundown, and until 8pm on days when a "host" is at the Trails Lodge (see below). Ski and snowshoe rentals are \$7 for adults and free to children under 12.

### *Night Skiing at Higley*

On Tuesday and Thursday nights, when conditions are suitable, come ski the Higley trails by head lamp. The lodge and trails are open until 8:00 on ski nights. Some come to ski, some to snowshoe, and some just to enjoy the lodge and to socialize.



### *Let there be light!!*

Higley Park has purchased motion lights for the E-Z trail and hopes to install them for this winter's season. This will give skiers a lighted loop for night skiing and snowshoeing.

### *Nicandri Nature Center*

Located on the St Lawrence River north of Massena, this facility offers a lot to those looking to explore nature. Snowshoeing & cross-country skiing are winter attractions here.

At the Massena Nature Center, you can come out and enjoy a day of fun on the snowshoeing and cross-country ski trails and take in nature in winter. There are also interesting indoor exhibits, comfortable gathering spaces, and nature-related programs.

The Nature Center has snowshoes and cross country skis available for public use. Equipment is free. Trails are mainly flat. Some follow the riverside.

Regular hours are 9 am to 5 pm - Wed. through Sun. Get directions and confirm hours when the Nature Center is open at [massenanaturecenter.com](http://massenanaturecenter.com)

Our New Year Party and Potluck will be held here on Jan. 4 - see "Outings."

Judy Fuhr and David Trithart



*Nicandri Nature Center. Photo: Mac Shoen*

# Chair

I seem to have come through last summer's health woes in quite good form. It's disappointing to be advised to stay in Canada, but I've been able to continue walking, hiking, and skiing. I've even been able to lead a couple of chapter outings on the Canadian side. Perhaps there may be hope for my eventual return to more active participation.

I'm delighted to see the new executive committee for 2020. The Laurentian Chapter has depth of talent for sure, and is in very good hands. Thanks are due to the nominating committee of Mary MacKinnon, Neal Burdick, and Jeff Miller for their efforts. *John Barron - outgoing chair*

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As acting Chair for the last few months, I have gradually been taking on many of outgoing Chair John Barron's tasks. John is providing me excellent on-the-job training, and I am just beginning to realize the amount of thought, time, and energy that he has put into the Chapter. He will be a tough act to follow. Many thanks, John.

And a big Thank You and Farewell to outgoing officers Jeanna Matthews, Vice-Chair for Education, and Tom Ortmeyer, Director. Thanks as well to Danielle Jerry and Bob Platte for organizing the Outdoors/Indoors Program, to all who led chapter outings, and to everyone else who helped make the Laurentian Chapter a vital part of our community in 2019.

Turning to 2020, I'm pleased to welcome the four new officers elected at the Chapter's annual meeting in November:

- Holly Woodworth, Director, knows the inner workings of ADK better than most people and will represent the Laurentian Chapter on the Club's Board of Directors.

- Carolyn Kaczka, incoming Alternate Director as well as current chapter Archivist, has been an active Laurentian for many years.

- Jim Burdick applies his background as former director of DEC Camp Colby and now teacher of chemistry at Canton High School to the post of Vice-Chair for Education.

- Tom van de Water will make good use of his knowledge of environmental science, the North Country's geography, and local history in his role as Vice-Chair for Conservation.

See you in the woods in 2020! *David Katz - incoming chair*

## Executive Committee

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

Outings: Joan Trivilino  
joantrivilino@hotmail.com  
315-276-1663

Education: Jim Burdick jburd001@gmail.com 716 338 7237

Conservation: Tom Van de Water  
tvandewater@ccsdk12.org  
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Membership : Marianne Hebert  
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315-265-0756

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

Treasurer: Marie Fernandez de Alaiza  
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786-291-3473

Director: Holly Woodworth  
hswoodworth@gmail.com  
315-848-2953



*Evening snowshoe  
at Nicandri Nature  
Center. Photo cour-  
tesy of Nicandri  
Nature Center*

The recent talk by Neil Woodworth at the potluck in Canton gives me a chance to reflect on “conservation” and its role in our Laurentian Chapter.

Neil emphasized the importance of New York State efforts toward sustainable energy to counter climate change. Our chapter, club, state, nation and world must be part of this effort to reduce our carbon footprint and enable ecological areas like the Adirondacks to survive in the coming years. Yes, we’ll still support good trail work to prevent erosion and try to keep invasives from our woods and waters, but controlling climate chaos is linked to every effort we make in the Adirondacks.

Conservation discussions with a “conservative” root need to be a way to engage with our neighbors and governments. Common ground often exists in saving what we have, regardless of politics. Encouraging non-motorized uses may, sometimes, be more of a challenge. But showing others that we love our local recreational opportunities and support our local economies, is a step. I hope talk of conservation can open doors and give us a chance to celebrate the Adirondacks with our neighbors.

I challenge us to lead in conservation, reducing our own burning of fuel in particular. Maybe we can even develop an “Adirondack Green Card” to encourage a limit to our own carbon use, with each person voluntarily setting a limit to carbon use for recreation. We could use our “carbon units” conservatively and consider carefully before setting off on our next adventure by car or plane. We’d save up for big trips and look at local “offsets” in our forests and soils. We need to celebrate the conservation of carbon left in the ground, soil and trees.

If you haven’t yet, let your voice be heard on issues like “The St. Lawrence River Watershed Revitalization Plan” which has a site to fill out a survey:

<https://content.govdelivery.com/accounts/NYSDEC/bulletins/26e5a08>.

And make comments on the amendment and Environmental Impact Statement for the Remsen-Lake Placid Travel Corridor by December 20:

<http://www.thearta.org/about/UMP%202019%20Amendment.pdf>

(I’m not sure what our official position is as a Club, but I hope we favor non-motorized recreation in this corridor. “Wilderness Railroad” seems an oxymoron, though I understand the argument for the Remsen-Tupper Lake section as public transportation to reduce carbon impact. It’s just that a tourist railroad doesn’t seem likely to do that and a long distance bike corridor would draw more people to appreciate that wild corridor.)

## Appointed Positions

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

Publicity: John Barron  
JohnBarron@sympatico.ca  
613-828-2296

Newsletter: David Trithart  
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315-265-8117

Webmaster & E-letter Ed.: David Katz  
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315-386-4393

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

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  
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Outdoors/Indoors Program -Daqing Hou & Xiaoli Wang  
dhoul@clarkson.edu  
315 268 7675

Social Media Coordinator/  
Education Affiliate Program  
Marianne Hebert  
315-265-0756



*Higley Trails Kiosk. Sign-in. Get map. Photo: Rose Rivezzi*



# OUTINGS

## Jan - Mar. 2020

Joan Trivilino

**Sat. January 4, 2020.** New Year Party and Potluck. For the first time we're shifting the traditional New Year's Day party to the following Saturday and are holding it at the Eugene L Nicandri Nature Center at Robert Moses State Park near Massena. 11:00 AM to 2:00 PM out on the great trails suitable for skiing, snowshoeing, or walking. 2:00 PM a short presentation by Nature Center staff/volunteers about the Center followed by a simple no-cooking potluck party and we'll finish by 5 PM. Contact David Katz at (315) 386-4393 or davidk@slc.com.

**Sat. January 25.** Massawepie Snowshoe - We'll trek along the top of some eskers among some big and little lakes, visiting their shorelines. Massawepie easement is on Rte 3 near Childwold. Rolling terrain, 4 miles approx. Joint outing with North Woods Chapter. Let us know that you're interested by Jan. 23. John and Susan Omohundro, adknwoutings@gmail.com, 315-244-9131. Limit 12.

**January 17-19.** ADK Winter Outing at Tug Hill visit [www.adk.org](http://www.adk.org) for details.

**Sat. Jan. 25.** Hike or Snowshoe Catamount Mountain (South Colton) This small mountain offers a nice overlook of the Carry Falls Reservoir. Depending on conditions, we can hike or snowshoe. The first mile is a gradual climb, and then gets pretty steep for the last ½ mile. Colton Winterfest will be in full swing, so we have the option to visit Catamount Lodge afterwards for refreshments and to see the quilt show. 3-4 miles RT, 330 ft elevation gain. Level 2, slow pace. Contact Marianne Hebert 315-265-0756 or hebertm@potsdam.edu.

**Sun. Jan. 26.** Outdoors/Indoors. Eileen Wheeler. Alaska: Birds, Other Wildlife, and Scenic Vistas. Potsdam Civic Center Community Room. 7-9 pm,

**Sat. Feb. 1.** Snowshoe Trip to Lilypad and Long Ponds - We'll snowshoe on the Goldmine Road south of Parishville, then take the trail to scenic Lilypad Pond and on to Long Pond for lunch. 5 miles round-trip, elevation gain 200 feet. Level 3. Moderate. Contact Tom Ortmeyer at 315- 244-3707 or tortmeyer@gmail.com

**Sat. Feb. 8:** Tupper Triad Join us as we attempt to snowshoe all three small mountains (Goodman, Coney and Arab) that form this winter challenge. Together, that is 7.6 miles and about 1700 feet of ascent. Of course, participants can opt out after the first or second hike, as they see fit. (There's no guarantee the leader will make it through all three either). Contact Blair Madore at 315-261-0751 or madorebf@potsdam.edu

### 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.

**Sun. Feb. 9.** Outdoors/Indoors. Tom Langen. An Introduction to the Natural History of the Adirondack Mountains. Potsdam Civic Center Community Room. 7-9 pm,

**Sat. Feb. 15.** Skiing and Snowshoeing at Summerstown Trails. A half day exploration of this area near Cornwall, Ontario. Groomed trails, easy terrain. Equipment is available for rental on site. Level 1-2. Contact John Barron at (613) 828-2296 or johnbarron@sympatico.ca.

**Sat. Feb 22.** Ski the Peavine Swamp Lean-to Loop. We'll start at the Ranger School end of the trail in Wanakena. First we'll visit the lean-to that is 1.4 miles up the trail in a pretty grove of large white pine. Then we will continue around the loop enjoying some moderately steep hills. Total distance is about 4.5 miles. Level 3. Optional late lunch at the Pine Cone Grill in Wanakena. Contact Holly Woodworth at hswoodworth@gmail.com or 315 848-2953.

**Sun. Feb. 23.** Snowshoe at Paul Smith's VIC. The VIC is hosting its 3rd Annual Snowshoe Festival. We won't participate in the races, but there will be other activities and refreshments. There is also a day use fee to use the trails. 3-4 miles RT, not much elevation gain. Level 2, slow pace. Contact Marianne Hebert 315-265-0756 or hebertm@potsdam.edu.

**Sun. Mar. 1.** Outdoors/Indoors. Marianne Hebert. Hiking in the Cotswolds. Potsdam Civic Center Community Room. 7-9 pm,

**Sat. March 7.** Skiing in Parc Guindon. This large municipal park in Cornwall has a network of groomed and trackset cross country ski trails. About 8 km (5 miles), a few minor hills. Level 2. Contact John Barron at (613) 828-2296 or johnbarron@sympatico.ca.

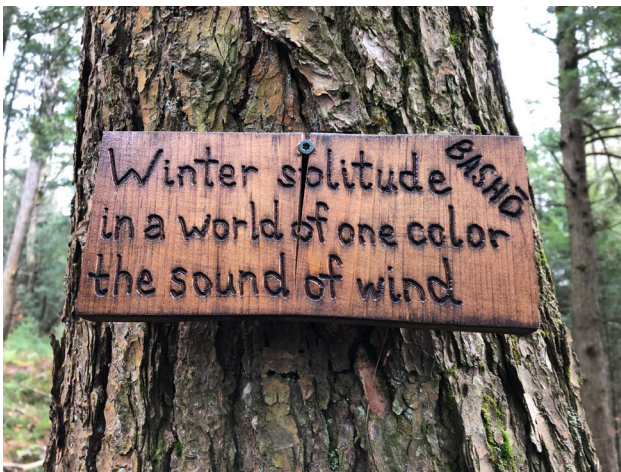
**Sat. March 14.** XC Ski to Great Camp Santanoni Join us for an ADK classic 9.8 mile roundtrip ski to the historic Great Camp Santanoni. We've timed this for their winter open-house so we can enjoy hot drinks and a warm fire when we arrive. Level 3-4. Call Blair Madore 315-261-0751 or madorebf@potsdam.edu.



*Bakers Woods Red Pine Plantation. Photo: Marianne Hebert*



*L-R: Tom Ortmeyer, Holly Woodworth, Ashley Oxenford, Phil Popinny, Linda Quackenbush, David Quackenbush, Jane Subramanian. Photo: Marianne Hebert*



*Bakers Woods Poetry. Photo: Marianne Hebert*

## Director

*Tom Ortmeyer*

Our December Board of Director's meeting was significant for a number of reasons. It was John Gilewicz's final meeting as President. John has served 6 years as our President, and was the first person to do this. John has provided strong leadership for the club during this period, perhaps most importantly being directly involved in the recent search for our new Executive Director.

The meeting was Michael Barrett's first as Executive Director, and came at the completion of his third week with us. Michael has been busy during this time, including a number of meetings with members and with staff. I was quite impressed with what he's been able to accomplish in a short time.

Also, this was my last meeting as the Laurentian Chapter's representative. I have completed my third term on the board, and it has been an honor to represent the chapter on the board. Holly Woodworth will take over representing us on the board, and I know she is looking forward to doing this. I was elected as Associate Vice-President at the October board meeting, so will continue to serve on the executive committee.

I will also take this time to note that the DEC has published their draft Remson-Lake Placid Travel Corridor Management plan. The plan is available on their website, and they are taking comments on the plan through January 8. I encourage you to submit comments to this plan. As some of you may remember from previous columns, it is a goal of mine to be able to ride the rail trail from Tupper Lake to Lake Placid once it is completed.

## Announcing 2019 Photo Contest Winners

The winners of the 2019 Adirondack Mountain Club Laurentian Chapter Photo Contest were announced on November 10 at the Laurentian Chapter Annual meeting.

Photographer Amanda Oldacre took the Grand Prize with the photo "New Secret Spot", which also received the First Prize in the Landscape category. Amanda also took first prize in the People category with her photo "Baby's First Mountain Adventure".

Jim Burdick won the Action category with his photo "Helping Hand".

First place in the Nature category went to Holly Woodworth for "On the Shore of the Oswegatchie".

Jeff Miller won First Place in the Artistic category with "A Frosty Ascent of Catamount Mountain 10".

Honorable Mentions went to Jeanna Matthews, Bob Platte, and Jeff Miller.

The contest was managed by Tom Ortmeyer and judged by Geri Ames, John Barron, Cynthia Grover.

See the winning photos at [www.adklaurentian.org](http://www.adklaurentian.org)





Oct. - Dec. 2019

Saturday, October 12, Essex Chain of Lakes Cycling. Starting off from the Deer Pond parking area, Ellie Menz, Tom Ortmeyer and Dick Mooers (TL) cycled about 10 miles on some of the administrative roads in the Essex Chain of Lakes area in pleasantly cool, partly sunny fall conditions, visiting Deer Pond, Third, Fourth and Fifth Ponds, and Jackson Pond. Jackson Pond is perhaps the most scenic, but all the small ponds and lakes are worth visiting. Best known for paddling, the Essex Chain of Lakes area is pretty good for cycling, too. Most of the roads are in good enough condition for cycling with fat tire/mountain bikes, but there are many places where the ride is rough and a number of short, steep road sections that dictate using a bike with lots of gears. Even though our trip was on Columbus Day weekend we met only two other people.

Saturday October 19- Horseshoe to Hitchins Pond Hike - TL John & Susan Omohundro. Mary Jane Watson joined us and four North Woods chapter members for a walk to Hitchins Pond on a colorful, sunny, cool fall day. Along the way we looked for relics of A. A. Low's early 20th-century enterprises, which included maple syrup, bottled spring water, lumber, hydropower, and more, shipped out on his private railroad. Nature is reclaiming those relics; the maple syrup factory is now almost invisible beneath the undergrowth and leaf litter.

Sunday October 20: Bike ride from Hopkinton to St. Regis Falls via Lake Ozonia, Trip leader Tom Ortmeyer reported that there were no takers.

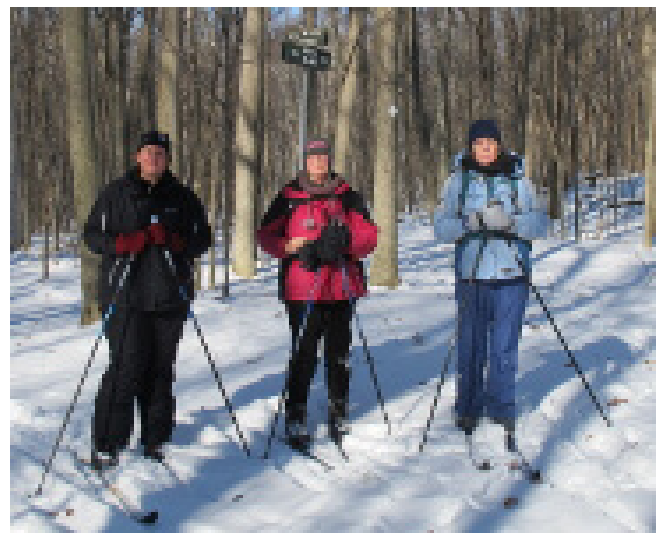
Sat. Nov. 2: Hike Baker Woods Preserve. This new preserve, part of the Indian River Lakes Conservancy was full of delightful surprises. We explored several trails that meander through an old red pine plantation, past wetlands, a beaver pond and the Indian River. Benches, poetry placards and sculpted signs guided us along well maintained trails. We had a slightly overcast day with mild temperatures, and a good time was had by all. Participants: Tom Ortmeyer, Holly Woodworth, Ashley Oxenford, Phil Popinny, Linda Quackenbush, David Quackenbush, Jane Subramanian, Marianne Hebert (TL).

*Compiled by Joan Trivilino*

Saturday November 16 - Parc Guindon. We planned an ad hoc exploratory hike to check out the cross country ski trails of this municipal park in Cornwall in anticipation of a winter trip. Improbably, six inches of fresh snow came a couple of days before the outing, turning the recon itself into a ski trip. Beautiful, sunny, winter-like weather. Trail conditions varied from powder snow on the less popular trails to mixed heavy snow and broken ice where there had been heavy pedestrian traffic. Route finding was an enjoyable challenge.: Jeanna Matthews, Jean Giblin joined TLs Marianne Hebert and John Barron



*Charleston Lake: TL John Barron, Jean Giblin, Tom Lawrence, Marianne Hebert, Toni Towle, Peggy Mooers, Dick Mooers, Tom Ortmeyer. Photo Gisele Gilfillan*



*Parc Guindon, L-R: Jeanna Matthews, Marianne Hebert, Jean Giblin Photo: John Barron*

# Trails

Blair Madore

## Red Sandstone Trail Maintenance

The bridge across a waterway near the tip of Sugar Island was washed out of place in the spring of 2018 by high water but was still somewhat functional. High water in the spring of 2019 moved and damaged the bridge further. It was necessary to build a new bridge that could withstand high water conditions.

The Clarkson Timber Bridge team agreed to provide the labor and pre-construction was done on Saturday 19 by students Patrick and Ben at my home. On the morning of Sunday October 20, a group of us assembled at Lehman Park to float in the materials and tools. We built a catamaran using two canoes and the bridge timbers. Though it was low moving it was the stablest canoe paddle I ever took. Once all hands were together at the northern tip of Sugar Island, with materials and tools, we could begin assembly.

One part of the crew constructed a center pile and filled it with rocks. This was an enormous amount of work and the key to the whole structure. The rest of the crew nailed boards to the timbers. Finally, working together we put in cedar posts at either end and laid the timbers into place. The bridge timbers are attached to the posts so even extremely high water will not be able to float it. It was a challenging but fun day!

The students involved were: Patrick Macko, Ben Molloy, Joe Suzedell, Claudia Beltran, Elise Sadlowski and Nick Scala. We owe the Clarkson Timber Bridge Team a great amount of gratitude.

On October 27, I returned to do the finishing touches with the help of Harold Ellingsen. Stairs were added at both ends and chicken wire was stapled to the bridge decking for traction. The entire project took about 85 man hours and cost about \$500 in materials. We are seeking reimbursement from the Racquette River Advisory Committee for the materials.

Anyone interested in helping with future trail projects is encouraged to contact me via phone or email.



Red Sandstone Trail Work. Photo by Blair Madore

## Membership

Marianne Hebert

### New Members - Welcome.

- Orin Brown
- Mallorie Conroy
- James Hoose
- Ben Muckey
- Anastasia Ivanova



Red Sandstone Trail: Bridge completed. Photo: Blair Madore



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



*Night at the Higley Trails Lodge  
Photo: Ed Fuhr*