



North Wind

The Laurentian Chapter of the Adirondack Mountain Club

April—June 2022

Celebrating our 50th Anniversary in 2022!



Submit your photos for the

2022 Laurentian Chapter Photo Contest

(see page 2 for details)



2020—A Perfect Mirror

Photo: Jeff Miller



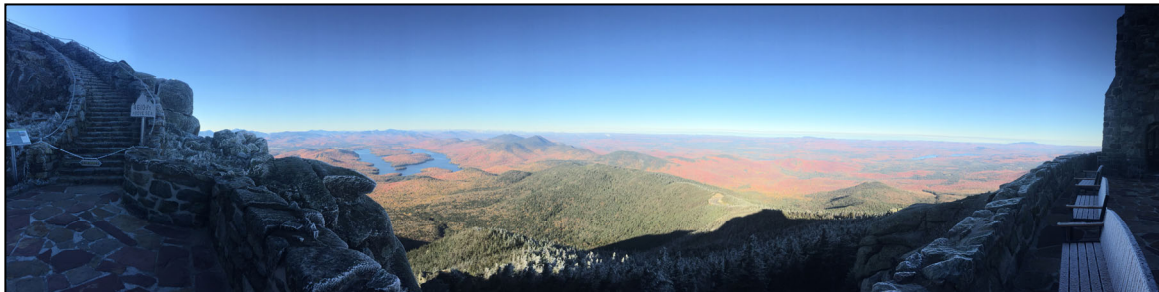
2019—New Secret Spot

Photo: Amanda Oldacre



2018—Whiteface Thrill

Photo: Blaire Madore



2017—Hard Frost and Soft Autumn Carpet—Whiteface Mountain **Photo: Jeanna Matthews**

Laurentian Chapter of the Adirondack Mountain Club 50th Anniversary Celebration

Save the date!

Sunday, July 24th at 3:00PM

Sandstoner Park, 43 Pine Street, Potsdam

Games, Paddling, Activities

Picnic catered by Big Spoon, Free to Chapter members.

Report from Chapter Chair Marianne Hebert



Mud season is a time of great joy to ADK Laurentian members when warm temperatures beckon, but bug season is still a few weeks away. Snow and ice give way to blue skies and balmy days making us want to get off the couch and stretch our legs. Watch this [video](#) for tips on staying safe and how to best protect the trails during this beloved season.

Sunday July 24th is our 50th Anniversary celebration, and we hope everyone is planning to participate in the many activities we are organizing. We will be posting updates on our [website](#) and [Facebook](#) page as we firm up details.

Volunteers needed: We are looking for two volunteers to fill two coordinator vacancies. The Hospitality Coordinator assists with events such as the potlucks, and the Merchandise Coordinator manages the ordering and selling of Laurentian Chapter swag. Contact [Marianne](#) if you are interested in helping with either endeavor.

COVID continues to be a challenge for group gatherings and protocols for staying safe change frequently as the pandemic fluctuates. We will continue to follow [ADK guidelines](#) which are updated often.

ADK 2022 Centennial Photo Contest: The ADK is sponsoring a club wide photo contest featuring dramatic and inspirational images of the Adirondacks and Catskill mountains. There are two categories: People recreating, and Nature. It would be fabulous if we had some entries from our Chapter members. Deadline is April 22, 2022. Details on how to enter are in the latest (March/April) issue of Adirondack magazine.



2021 Laurentian Chapter Photo Contest Grand Prize Winner
Wanakena Mill Pond
Holly Woodworth

ADK Laurentian Chapter Executive Committee

[Marianne Hebert](#)

Chair, Social Media Coordinator, EAP Outings Coordinator
chair@adklaurentian.org

[Joan Trivilino](#)

Vice-Chair, Outings
outings@adklaurentian.org

[Blair Madore](#)

Vice-Chair, Education, Red Sandstone Trail Coordinator
education@adklaurentian.org

[Tom van de Water](#)

Vice-Chair, Conservation
conservation@adklaurentian.org

[Mary MacKinnon](#)

Vice-Chair, Membership
membership@adklaurentian.org

[David Katz](#)

Secretary, Webmaster
secretary@adklaurentian.org

[Tom Ortmeyer](#)

Advisory Council Trustee
trustee@adklaurentian.org



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2022 Laurentian Chapter Photo Contest

We are pleased to announce our 2022 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, 2021 and September 30, 2022 for this year's contest, and received by October 10, 2022. 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 taken on chapter outings.

Message from
Membership Vice-Chair
Mary MacKinnon



Hello fellow Laurentian Chapter ADK Members

As the Vice-Chair of Membership, I am writing to tell you about some exciting activities planned in 2022. Your membership and participation are a crucial part of ADK's success.

ADK Celebrates 100 years—50 years for Laurentian Chapter

This year marks the centenary of ADK, and 50 years for the Laurentian Chapter. For 100 years ADK has been a cornerstone in protecting the wilderness, providing educational opportunities, and promoting the enjoyment of the great outdoors.

Year-long celebrations

Mark your calendars for July 24th when the Laurentian Chapter will meet at the Pine Street Arena in Potsdam for celebrations and a catered buffet provided for members (see the announcement on the front page of this newsletter). Throughout the summer, stay up to date here:

<https://adklaurentian.org/>

<https://www.prod.facebook.com/groups/adklaurentian/>

Membership Challenge

(Chance to win a 50% off coupon for the ADK store)

As part of the 2022 centenary celebrations, ADK announced a Chapter Membership Challenge. This friendly inter-chapter contest will be won by the chapter that achieves the greatest per cent increase in membership. Each member of the winning chapter will receive a 50% off coupon for an entire ADK online store purchase (some exclusions apply).

With your participation, the Laurentian Chapter can increase our membership and win the opportunity to shop for some ADK merchandise. Your participation will enhance and support the Laurentian chapter:

**Participate in one of the many organized events and
Bring a friend!**

Please introduce one or more persons or families to the world of ADK and the many benefits of membership. This will not only boost membership, but will benefit the goals of ADK.

If you have any questions about the Chapter, the Contest, or upcoming events, please contact me.

[Mary MacKinnon](#)

Some Trip Reports...

Feb. 5 Beginner's Snowshoe at the Nicandri Center. We began by working with the Nicandri Center staff to outfit a wide range of foot sizes with snowshoes, plus a pull behind sled for one participant. Once we were all set with our 'shoes and got them on, we headed out on the River Trail. We enjoyed the hike through the woods and along the top of the riverbank, but especially the winter scenery and critter tracks through the snow. Post-hike, we gathered in the Center and enjoyed the fire and cookies.

Participants: co-TL's Tom Ortmeyer and Jeanna Matthews, Saied, Norah, Abdullah and Laneem Alshahrani, Esma Noli, Mohammed Ali, Mahnoor Ali, Hareem, Zabra Nahyan and Mohriz Zarrin, and Breyne Moskowitz.



Feb. 12 Catamount Mountain. The weather in South Colton was predictably changeable. We started with blue skies and clouds and 35 F, and ended with clouds spitting snow and 28 F. The trail was mostly broken, until the last 1/4 mile. Thanks to Tom Lawrence for leading during the last snowy bit. Participants: Brenda Curley, Jane Subramanian, Tom Lawrence, Marianne Hebert TL.

Feb. 19 Stone Valley Snowshoe. We met by the Colton Museum, checked conditions, and decided on micro-spikes for the hike. The winter scenery was great as we headed down the west side, the ice formations on upper Stone Valley were amazing. The weather was alternating between snow flurries, sunshine, and gusty wind, and gave us ever-changing vistas. We crossed the new Browns Bridge at the halfway point, and continued up the east side dealing with some drifting from the west wind on top of black ice in places. We enjoyed the river views from the east side, and rewarded ourselves with food and drink at the Raquette River Pub 7.7 miles into the hike before completing the final 0.1 miles to the trail head. Participants: Tom Ortmeyer TL, Jeff Miller, Dana Chudzinski.

Outings Schedule...Joan Trivilino

April—June 2022



All participants must be vaccinated

April Weekly Walk, Red Sandstone Trail Roads Thursdays 7:30am. We will walk the roads for approximately 2 miles, 1 hour round trip. If the roads are icy, traction devices such as micro-spikes are recommended. Meet at 7:30am in the trail head parking lot located off the "Back Hannawa Road" (CR59) between Potsdam and Hannawa Falls. From Potsdam, at the intersection of RT 11 and Clarkson Ave (CR 59), drive south for 2.5 miles. The dirt access road to the northern parking lot is on the left just past Sweeney Road. A brown "trail parking" sign marks the entrance to the parking lot. Leaders for each week will vary. Contact [Marianne Hebert](#) 315-265-0756 for information.

Saturday, April 16—Orebed Creek State Forest Wildflower Walk. We will walk uphill on the road and bushwhack back down along Orebed Creek, admiring the carpets of wildflowers and spring birdsong enroute. About 3 miles, fairly easy. Contact [David Katz](#) for information.

Saturday, April 23—Harper Falls Wildflower Walk. We will enjoy the wildflowers along the Harper Falls Trail to the falls on the North Branch Grass River. If there is interest, we can continue downstream as far as the confluence with the Grasse River main branch. Total distance: approx. 2 miles RT to Harper Falls, up to 4 more miles RT if we continue downstream, fairly easy. Contact [David Katz](#) for information.

Saturday, April 30: Outing Leadership Clinic. Learn our basic procedures and relive some of our experiences in this introduction to being an ADK Laurentian outing leader. The morning presentation will cover planning outings, writing descriptions, vetting participants, and risk management, followed by a half-day simulated outing at Higley Flow State Park. Model hike is about two miles, in easy to moderate terrain, at a slow pace. Dress in layers and bring lunch. Members only. Contact [Marianne Hebert](#) 315-265-0756 for information.

May Weekly Walk, Clarkson Munter Trails Thursdays 7:30am. We will walk the roads for approx. 2 miles, 1 hour round trip. Meet near the parking lot by Stewarts Gas Station (26 Maple Street, Potsdam). Leaders for each week will vary. Contact [Marianne Hebert](#) 315-265-0756 for information.

The Details		
Foot Travel—		
Difficulty Level	Elevation Gain	Miles Traveled
5—Very Strenuous	> 1,500 feet	10+
4—Strenuous	1,000—1,500 feet	8-10
3—Moderate	500—1,000 feet	5-8
2—Fairly Easy	< 500 feet	3-5
1—Easy	Mostly level	1-3
Cycling— Leaders will specify mileage, elevation and surface.		
*Check for last minute updates: www.adklaurentian.org		
*Please contact the leader at least one day before the trip.		
*Car pooling makes sense—so does sharing the cost of gas.		

Saturday, May 7—Bear Mt. We will begin at the Gilbert Tract parking area on Route 3 and hike out and back to the mountain. There is a lovely view of Cranberry Lake a short way past the top of the mountain. We hope to find wildflowers and to beat the beginning of bug season. It is approx. 6.6 mile RT with a 660 ft. ascent with some switchbacks making the climb easier. Contact: [Holly Woodworth](#) 315 848 2953 for information.

Saturday, May 14—Whippoorwill Corners Wildflower Walk. The wildflowers should still be in full bloom for a walk along Plumb Brook, returning to the trailhead via the horse trails, with optional follow-up walk on the upland trails. Total distance 2 miles, fairly easy. Add 1 – 2 miles for the upland trails. Contact [David Katz](#) for information.

Saturday, May 21—Bicycle ride starting at 10am. Beginning in Potsdam and following an approx. 20 mile loop through Stockholm. This route is fairly flat and on mostly lightly traveled roads. Contact [David Trithart](#) for information.

Sunday, May 22—Spring Mud Hike at Glenmeal State Forest. Break in your boots with a hike in a little gem of a forest in Pierrepont. 2-3 miles, elevation gain 100 ft. Contact [Marianne Hebert](#) 315-265-0756 for information.

Outings Schedule...Joan Trivilino

April—June 2022 (cont'd)

June Weekly Walk, Bayside Cemetery Thursdays 6:00pm. We will walk the roads for approx. 2 miles, 1 hour round trip. Meet at the entrance to Bayside Cemetery (730 CR59 "Back Hannawa Road"). Leaders for each week will vary. Contact [Marianne Hebert](#) 315-265-0756 for information.

Saturday June 4—Paddle Trip from Massena Intake. We will launch from the newly-renovated Massena Intake Boat Launch and explore the peninsulas and bays of the St. Lawrence upstream. About 5 miles of paddling. Level 3. Contact [Tom Ortmeier](#) 315-244-3707 for information.

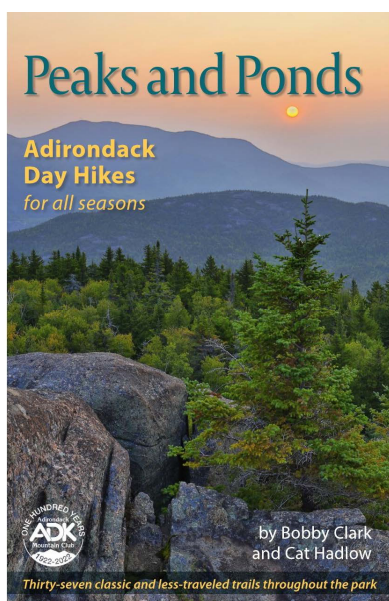
Sunday, June 12—Clean up the Saranac River. Grab your grungiest clothes, your closed toe/lace up sneakers, and an old pair of garden gloves, and join us as we clean up the Saranac River downriver from downtown Saranac Lake for a mile or two. The canoes and all the equipment you need will be provided by St. Regis Canoe Outfitters, so bring yourself and a sense of adventure. You never know what you might find at the bottom of the river. In years past we uncovered bed springs, shopping carts, a guitar, more cans of beer, plastic bags, and more tires than you can imagine. Come join us and help fill a boat. A joint outing with all kinds of river users. Starting at noon for about three hours. Refreshments after. Single paddlers welcome: we'll pair you up. Contact [John Omuhundro](#) for information.

Saturday, June 25—Tooley Pond Road "Clarksboro Trail". We will explore the new trail to an outlook which has a lovely view of Twin Falls. 2.2 miles RT, 250 ft elevation gain. After lunch, we will have time to explore some of the waterfalls along Tooley Pond Road, most likely Sinclair and Basford Falls for an additional mile of hiking. Contact [Marianne Hebert](#) 315-265-0756 for information.

SAVE these dates for our Laurentian Chapter 50th Anniversary Celebrations—Details coming soon

Saturday, July 16 Canadian celebration in Murphy's Point Provincial Park. As the Spring North Wind goes to press the US/Canada border is still subject to awkward public health restrictions. In case these continue into the summer, we're planning a gathering (weather alternate is Sunday July 17). There will be outdoor activities and a picnic. Details in the Summer North Wind.

Sunday, July 24—50th Anniversary Celebration of the Laurentian Chapter at Sandstoner Park in Potsdam. Paddling, games, 50 years in review, picnic catered by Big Spoon Kitchen.



ADK Centennial Guidebook, *Peaks and Ponds*, coming soon!

ADK is thrilled to announce the upcoming publication of *Peaks and Ponds, Adirondack Day Hikes*, due out in early spring!

This brand-new collection of 37 classic and lesser-known day hikes honors ADK's 100-year anniversary. It will take you to beautiful remote spots throughout the Park—Moss Lake, Catamount Mountain, Tirrell Pond, and Kipp Mountain. It's a collaborative work by two of ADK's own staffers, Bobby Clark, manager of our High Peaks Information Center and Cat Hadlow, who works the front desk at Adirondack Loj.

This 160-page, full-color volume includes **GPS coordinates and QR codes** for trailheads and parking areas. *Peaks and Ponds* follows the 5.5" x 8.5" format of our popular samplers, *Views from on High* and *Kids on the Trail*. It will be available for \$18.95 at ADK.org, or by calling 800-395-8080 (member discounts apply), and at select retailers.

For questions, please call Laura Rappaport, Publications Director, 518-668-4447.