



## North Wind

*The Laurentian Chapter of the Adirondack Mountain Club*

*October—December 2022*

*Celebrating our 50th Anniversary in 2022!*



### 50th Anniversary Celebration—Sandstoner Park—Potsdam

**July 24, 2022**



*Music by Josh Barkley and  
Gabe Schmid-Doyle*

Despite dire weather predictions, the 50th Anniversary Celebration took place outdoors at the pavilion at Sandstoner Park in Potsdam. The violent thunderstorms held off, and though we had some strong winds and a short bit of rain, the stouthearted attendees took it all in stride.

Over 60 attendees participated in the festivities and to catch up with old friends. The day started early afternoon with folks gathering to chat and peruse old photos. The paddle and bicycle outings were cancelled, but the Red Sandstone hike led by John and Susan Omohundro went on as planned. Kayaks and paddle boards were available, but there were only a few takers as the weather was forbidding. A few kids enjoyed the

nature bingo cards created for the event. Several Laurentian authors made their books available: Peggy Mooers, Neil Burdick, David Trithart and Rose Rivezzi.



*Holly Woodworth, John Omohundro, Kathleen  
Fitzgerald, Bob Josephson*



*THE CAKE!*

Hors d'oeuvres were served before dinner, and instrumental music was provided by Josh Barkley and Gabe Schmid-Doyle. The picnic was catered by Big Spoon, and a custom cake with the Laurentian loon logo completed the meal. As the day wore on, we were fortunate to have the winds die down and the sun make a cheery appearance. After dinner we all joined in to sing the Tahawus official ADK song. The highlight of the evening was the open-mike oral history segment for members to reminisce about their best, worst and funniest memories of the Chapter.



*Peter Brouwer, Joan Kepes, Ron Turbide*

An event like this could not happen without the help of a lot of volunteers. Thank you to everyone who helped make the day a special one: The planning committee (Rose Rivezzi, David Trithart, Joan Trivillino); set up and decorations (Ellie Menz, Gabby Smith, Mary MacKinnon, Joan Trivillino and Debra Mitchell); Rose Rivezzi managed the picnic reservations; and David Katz created and managed the celebration web page. A special thanks to Joan Trivillino who took lots of pictures—some of which appear here, but more can be found at: <https://www.adklaurentian.org/?page=news>

## Report from Chapter Chair Marianne Hebert



### Fall Potluck and Annual Meeting—CANCELLED

We decided to cancel the Fall Potluck and Annual Meeting this year due to concerns about transmission of COVID. We will hold elections electronically. If we don't have your email address on file, we will send you a ballot via USPS. Watch your email for election details or check our website for updates.

### Outdoors Indoors

We are considering holding the Outdoors-Indoors lectures in person this Spring. Conversations with organizers and presenters are ongoing, but we are optimistic that we can have mask-optional lectures. Look for details in the Winter *North Wind*.

### Summer 2023 Picnic

Given the success of the 50<sup>th</sup> anniversary party this summer, we are planning to hold a summer potluck picnic at Sandstone Park in Potsdam. Outdoor events seem to be the best meeting venue these days. Details will be published in the Spring 2023 *North Wind*.

### Get out and Play!

We have a great array of outings this Fall:

<https://adklaurentian.org/?page=events>

### ADK Voices

The Club has launched the ADK Voices oral history project: <https://www.adkvoices.org/> Listen to stories about ADK's history, outings, chapter projects and more! Take a listen, and you might be inspired to contribute your own story. To record stories, contact: [adkvoices1@gmail.com](mailto:adkvoices1@gmail.com)

### New Year's Day Annual Outing

Mark your calendar! Sunday, January 1, 2023 is the date of our annual New Year's Outing at Higley Flow State Park. Snowshoe or ski and enjoy refreshments with old and new members!



Beaver Dam at Lost Pond

## ADK Laurentian Chapter Executive Committee

### Marianne Hebert

Chair, Social Media Coordinator, EAP Outings Coordinator  
[chair@adklaurentian.org](mailto:chair@adklaurentian.org)

### Joan Trivilino

Vice-Chair, Outings  
[outings@adklaurentian.org](mailto:outings@adklaurentian.org)

### Blair Madore

Vice-Chair, Education, Red Sandstone Trail Coordinator  
[education@adklaurentian.org](mailto:education@adklaurentian.org)

### Tom van de Water

Vice-Chair, Conservation  
[conservation@adklaurentian.org](mailto:conservation@adklaurentian.org)

### Mary MacKinnon

Vice-Chair, Membership  
[membership@adklaurentian.org](mailto:membership@adklaurentian.org)

### David Katz

Secretary, Webmaster  
[secretary@adklaurentian.org](mailto:secretary@adklaurentian.org)

### Tom Ortmeier

Advisory Council Trustee  
[trustee@adklaurentian.org](mailto:trustee@adklaurentian.org)



### Lost Pond Loop



(L to R) Debby Nikkari, Cindi Mondesir, Jim Hanson, Anne Csete, Rita Lewis, John Wilson. Photo by M. Hebert

It was a beautiful Fall day (Saturday, September 24th) for a hike around Lost Pond near Cranberry Lake. Seven of us enjoyed the amble and only encountered a few muddy spots. We found lots of mushrooms and wildflowers and a pine tree where a bear had left claw marks.



Message from  
Membership Vice-Chair  
Mary MacKinnon



**A Warm Welcome to new members!**

Stuart Wilson (Amherst, NY)  
Andrew Walton (Maxville, Ontario)  
Beth Denny (Canton, NY)  
Clare Taylor (Brockville, Ontario)  
Sarah Looney (Norfolk, NY)  
Rust Eddy (Canton, NY)

**Membership News**

The year began with a Club-wide membership challenge to increase the number of members in the twenty-nine chapters of the Adirondack Mountain Club. Thank you to those members of the Laurentian Chapter who introduced friends and families to the benefits of involvement in ADK. The challenge continues and all members are encouraged to introduce at least one person to ADK before the end of the year.

The 50th-anniversary celebration of the Laurentian Chapter was a success. The gathering was an opportunity to welcome new members and to spend time with some founding members of our chapter. The "Open Mike" was the culmination of the party—an opportunity for members to talk about the early years of the Chapter; the challenges and efforts to protect our wild areas; and the story of the men and women who formed the chapter. They had the foresight to fight for protection of wild areas in the Adirondacks.

**Laurentian Chapter by Numbers**

**339 members**  
**49 families**  
**222 Households**  
**Total voting 314**  
**2 Affiliate members**

If you have questions about the Laurentian Chapter, please contact me. Mary MacKinnon ([geordiemary@gmail.com](mailto:geordiemary@gmail.com))

## Nominating Committee

This year's nominating committee—John Barron, Eileen Wheeler, and Jeff Miller—are pleased to present the following nominees:

- Vice Chair, Conservation: Tom Van de Water
- Vice Chair, Membership: Mary MacKinnon
- Vice Chair, Outings: Holly Woodsworth
- Treasurer: Ellie Menz

Biographies of the nominees follow:

**Tom Van de Water:** Tom has taught Earth and Environmental Science at Canton High School for over 30 years and worked for the US Forest Service in Idaho summers for over 40 years. He is writing an environmental history of the Grass(e) River and has lived in the watershed most of his life. He and his wife Betsy Kepes are proud grandparents of future ADKer Sylvie Louise Van de Water, also a resident of Orebed Road.

**Mary MacKinnon:** Mary is originally from Britain and arrived in Potsdam with her husband in 2005 by way of Vermont and Canada. She has enjoyed the Adirondacks as a source of the physical and emotional well-being that nature and the outdoors have provided her since childhood and appreciates ADK for providing friendship and guidance in exploring the area's wilderness. She has been an outing participant in all seasons and has taken on increasing leadership roles including several years as hospitality coordinator. Mary is currently Vice Chair, Membership on an appointed basis for close to a year.

**Holly Woodsworth:** Holly has been a member of the Adirondack Mountain Club for over 40 years. She has led many outings and is a lean-to & trail adopter. She retired to Wanakena where she enjoys hiking, paddling, X-C skiing, and snowshoeing.

**Ellie Menz:** Eleanor (Ellie) Menz is the current Chapter treasurer. She likes to ski, bike, and hike and is a CPA who resides in Colton.

## 2022 Laurentian Chapter Photo Contest

The deadline for entries is fast approaching. Photos must be taken between October 1, 2021 and September 30, 2022. **Entries must be received by October 10, 2022.** Submit to Tom Ortmeyer ([tortmeyer@gmail.com](mailto:tortmeyer@gmail.com)) or post on the cloud with an invitation sent to this address. Photos submitted from chapter outings are 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 or near the Adirondack Mountains/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.

## Outings Schedule...Joan Trivilino

October—December 2022



### All participants must be vaccinated

**October Weekly Walk** (October 6, 13, 20, 27) Bayside Cemetery Thursdays 7:30am. We will walk the roads for approximately 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](mailto:Marianne.Hebert@adklaurentian.org) (315-265-0756) for information.

**Saturday October 8. Hike at the Iroquois Dam Horse Trails** in Waddington. We will explore the roads and horse trails near the Iroquois Dam. Scenery will include vistas of the St. Lawrence River, meadows, marshes and arboreal forests. This is a great birding spot, bring binoculars. 5-7 miles with no elevation gain. Level 3 - Moderate. Contact [Marianne Hebert](mailto:Marianne.Hebert@adklaurentian.org) (315-265-0756) for information.

**Saturday, October 15. Intro to Forest Bathing with Debra Mitchell at Higley Flow State Park.** Come experience nature through immersion of the senses, feel your deep connection. We will engage in silence with times for sharing and exploration. Total distance 2 miles, rolling terrain. Bring a bottle of water, wear good shoes. Limited to 7 people, contact [Debra Mitchell](mailto:Debra.Mitchell@adklaurentian.org) (315-244-3082) for information.

### Saturday, October 15. Fundamental Map and Compass Course

Learn—or refresh—the basics of map reading, compass use, and putting both together to navigate city streets or the backcountry. Instructor Sheila Young, certified guide, will instruct in choosing a map and a compass and using them. The class will be held in Tupper Lake as a combination of desk-top learning, outdoor practice, and a fairly short bushwhack to practice learned skills. All equipment provided. To reserve your spot and printed materials, register by October 5 with [John Omohundro](mailto:John.Omohundro@adklaurentian.org). Saving 3 spots for Laurentians Chapter members.

**Saturday, October 22. Lows Ridge Upper Dam Trail.** The trail begins near Horseshoe Lake, south of Tupper Lake. It is mostly flat and follows an old road past a vast peatland to Hitchins Pond. There is a 2/10-mile scramble to the top of a rocky ridge overlooking the pond and surrounding area. The scramble is optional, you could choose to just relax and enjoy the view of the pond. It is approximately a 5 mile round-trip without the scramble and 5.4 with it. Contact: [Holly Woodworth](mailto:Holly.Woodworth@adklaurentian.org) (315 848 2953) for information.

**Sunday, October 23. Hike in Lilypad Pond, White Hill Wild Forest Area, Parishville.** This is a 6-1/2 mile round-trip hike over somewhat rugged terrain; passing several ponds in what feels like very remote country. Morning start with lunch at Lilypad Pond, then return. Contact trip leaders [David Trithart](mailto:David.Trithart@adklaurentian.org) and Rose Rivezzi (315-212-1750) for information.

**November Weekly Walk (Nov. 3, 10, 17, 24) Clarkson Munter Trails Thursdays 7:30am.** We will walk the trail for approximately 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](mailto:Marianne.Hebert@adklaurentian.org) (315-265-0756) for information.

**Saturday, November 5. Upper Canada Migratory Bird Sanctuary in Ontario between Cornwall and Morrisburg.** Easy walking on stone-dust bike paths. 10 km, slow pace, easy. Level 2. A Laurentian Chapter Loonie Loop Challenge hike. Contact [John Barron](mailto:John.Barron@adklaurentian.org) (613-828-2296) for information.

**Saturday, November 12. O'Malley Brook Hike (or snowshoe depending on snow conditions).** Micro-spikes may be recommended. The trail consists of dirt paths and rolling hills. We will follow the brook through a deciduous forest and explore some of the bike trails. 4-5 miles RT, elevation gain 300 feet. Level 3 - Moderate. Contact [Marianne Hebert](mailto:Marianne.Hebert@adklaurentian.org) (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](http://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.

## Outings Schedule...Joan Trivilino

### October—December 2022 (cont'd)

**December Weekly Walk (Dec. 1, 8, 15, 22, 29) Red Sandstone Trail Access Roads Thursdays 7:30am.** We will walk the dirt access roads for approximately 2 miles, 1 hour round trip. If the roads are icy, traction devices such as micro-spikes are recommended. Meet at 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 (County Route 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, December 10. Leonard Pond Snowshoe (or hike depending on snow conditions).** We will snowshoe to Leonard Pond (near Sevey's Corners). This outing is a location on the NYS Birding Trail, so bring binoculars, and hopefully we will see some interesting avian friends. 2-3 miles, elevation gain 100 ft. Level 2 Fairly easy. Contact [Marianne Hebert](#) (315-265-0756) for information.

**Saturday, December 17. Whiteface Mountain Veterans Memorial Highway Annual Ski Trip.** We will ski up and down the Highway, the highest road in New York State. This is a traditional early season ski trip, although we are scheduling it a little later than in the past because of climate change. It is a 10-mile round-trip, moderately strenuous (level 4) cross-country skiing, depending on conditions, which can include bare spots and windblown areas with icy terrain. The elevation gain is 2400 ft. including the optional short hike to the castle at the top. Contact [Jim Lynch](#) (315-212-1604) for information.

**Sunday, January 1, 2023. ADK Laurentian Chapter Annual New Year's Outing at Higley Flow State Park 1:00-3:00 PM.** Come ski, snowshoe and tailgate at the park to kick off the New Year in nature. Bring a snack, weather permitting we will have a bonfire and the Lodge will be open. Contact [Joan Trivilino](#) (315 276-1663) for information.

---

#### Azure Mountain Hike



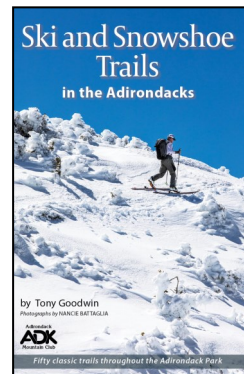
We didn't have many takers for the planned Wellesley Island hike, so we opted to do something closer to home, Azure Mountain! It was a warm day (Saturday, August 14th), but the clouds were heavenly!

(L-R) Marianne Hebert and Sean Brynda

Photo by Azure Summit Steward Bailey Trainor

---

#### New Book from ADK



***Ski and Snowshoe Trails in the Adirondacks*** by Tony Goodwin, is due out soon. This second edition of Goodwin's classic guidebook to winter trips is a comprehensive collection of fifty popular and lesser-known adventures for all ability levels throughout the park. It includes the iconic Mount Marcy and Whiteface Mountain Toll Road climbs, as well as lesser-known trips, such as Hoffman Notch and Berry Mill Flow.

The 160-page, full-color book includes GPS coordinates for trailheads and parking areas. It also features page map sketches by illustrator Terry Brosseau and scores of photographs by well-known regional photographer Nancie Battaglia. Information about winter safety, round-trip distances, and difficulty ratings for skiers and snowshoers are all part of the package.

For more information and updated publication date, contact ADK Publications Director [Laura Rappaport](#).