



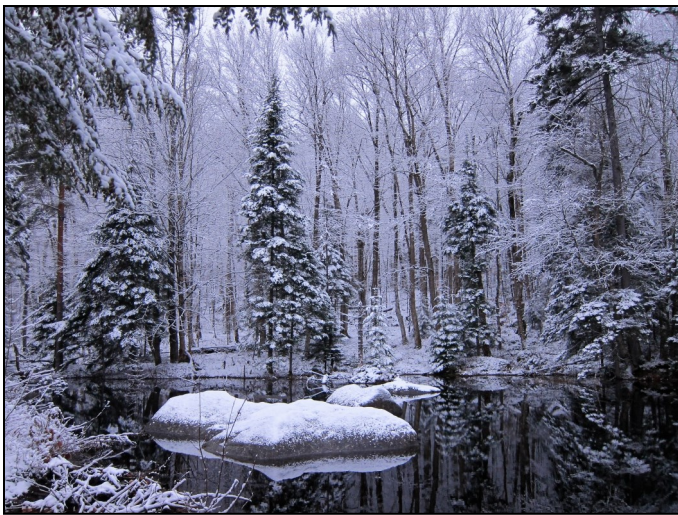
North Wind

The Laurentian Chapter of the Adirondack Mountain Club

January—March 2023

Laurentian Chapter Photo Contest Winners Announced!

By Tom Ortmeyer, Photo Contest Organizer



Grand Prize

*Along the Dead Creek Flow Trail
Holly Woodworth*

The Laurentian Chapter Photo Contest annually recognizes photos that capture the natural beauty of the Adirondacks/ St. Lawrence and Ottawa River Valleys, and represent the conservation and recreational goals of the Laurentian Chapter and ADK. Entries are accepted from Chapter members, and from non-members on chapter outings. The contest awards a grand prize every year, and winners in each of categories: Artistic, Action, Landscape, Nature, and People.

See the Category Winners on pages 5-7.

All entries are available to view here:

https://drive.google.com/drive/folders/1k7uoqNgkEBY2xQvtEcwBe1_EklmSLCKx

This year's judges: Jean Giblin, Jeanna Matthews, and Andy Rawdon. Photo Contest organized by Tom Ortmeyer.

Clarkson University & SUNY Potsdam Students Work on Red Sandstone Trail

By Blair Madore, Red Sandstone Trail Coordinator

This fall, three groups of college students came out to work on the **Red Sandstone Trail**. Their contributions to maintaining our trails are incredibly important. The Red Sandstone Trail is over 5 miles long and has stairs, bridges, signs, signposts and slopes that continually need work.

We continually work on cutting back new growth and clearing fallen branches and trees. A large amount of the work of regular maintenance is done by a few regular trail hikers (unsung and unknown heroes) but the trail needs regular project work by groups of volunteers, like these students.

Students from the **Clarkson University Outing Club** spent about four hours cutting brush and weed whacking on the west side of Sugar Island on September 24. They did a great job of clearing the trail out to a 6-8 foot width. The 8 participants included Justin Pettica, Reid Rhines, Tucker Webber and Zachary Russell.



...cont'd on page 9

Also in this issue—Outings Schedule on pages 3-4/Outdoors Indoors Schedule on page 4/Backtracks on page 8

Report from Chapter Chair Marianne Hebert



'Tis the season for the flu and hopefully not another COVID spike, so outdoor activities continue to be the easiest way to recreate safely. Take a walk, hike, ski or snowshoe! We encourage you to explore local trails. Here are a few resources:

Laurentian Chapter trail guide:

<https://adklaurentian.org/?page=trails.html>

St. Lawrence County Trails:

<https://www.stlctrails.com/>

Loony Loop Challenge:

https://adklaurentian.org/?page=loony_loop_challenge.html

Kids on the Trails:

https://adklaurentian.org/?page=ADK_Kids_Challenge.html

Outings – Not just hiking!

As COVID restrictions lessened, many of our leaders came out of isolation to volunteer their time and expertise. In 2022, we offered more than 80 events—19 hikes, 7 snowshoes, 3 paddles, 2 ski outings and 52 weekly walks. We offered forest bathing (what is “forest bathing”? Check out the article on page 4), an outings leadership workshop, a map and compass clinic, a day of river cleanup and several days of trail work on the Red Sandstone and Stone Valley trails. Check out the 2023 outings: <https://adklaurentian.org/?page=events>

Executive Committee

Welcome new Executive Committee member, Holly Woodworth, Vice Chair—Outings. Reelected to the Executive Committee for another term are Tom Van de Water (Vice-Chair—Conservation) and Ellie Menz (Treasurer). New appointees are Marg Madore, Hospitality Coordinator and Mary Cabral, Archivist. We are grateful for the many volunteers who help make our Chapter successful. We are still looking for a Merchandise Coordinator. Responsibilities include ordering tee-shirts and other swag, managing sales and keeping an inventory. If you are interested, let me know: chair@adklaurentian.org

Save the Date: We aren't sure about a Spring potluck yet, but the Summer potluck picnic is scheduled for July 16, 2023 at Sandstoner Park in Potsdam. We will be outside at the pavilion, and there will be paddleboards and kayaks available in the afternoon starting around 2:00, followed by a picnic. The Chapter will supply hotdogs, hamburgers and condiments; members will bring sides and desserts. Free to members!

Embrace the cold season! Most of us know there are many perks to being a member of the ADK—discounts on parking, lodging and merchandise. Did you know ADK membership includes a season pass for skiing and snowshoeing at the Cascade Welcome Center? Check it out:

<https://adk.org/cascade-welcome-center/>

ADK Laurentian Chapter

Executive Committee

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



Holly Woodworth—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



Ellie Menz—Treasurer
treasurer@adklaurentian.org

Appointments

Marg Madore—Hospitality Coordinator
hospitality@adklaurentian.org

Mary Cabral—Archivist
archivist@adklaurentian.org

John Barron—Publicity Coordinator
publicity@adklaurentian.org

Mark Simon—Stone Valley Trail Coordinator
stonevalley@adklaurentian.org

Daqing Hou & Xiaoli Wang—Outdoors Indoors Program
indoors@adklaurentian.org

Andy Rawdon—North Wind Editor
northwind@adklaurentian.org

Tom Ortmeyer—Advisory Council Trustee
trustee@adklaurentian.org

Merchandise Coordinator—VACANT
(If interested in volunteering for this position, contact
Marianne Hebert at chair@adklaurentian.org)

A Warm Welcome to new members!

Sara Behuniak (Canton, NY)
Carotenuto Family (Canton, NY)
Tiffany Fuse (Canton, NY)
Randy Stoffel (Morristown, NY)
Hanson Family (Rodondale, AZ)
Marcus Vaska (Denville, NJ)

Outings Schedule

January—March 2023



All participants must be vaccinated

January Weekly Walk (Jan. 5, 12, 19, 26) 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, chair@adklaurentian.org, 315-265-0756 for information.

Saturday January 7, Snowshoe Dewey Mountain (Saranac Lake). This small mountain is a nice climb through a deciduous and pine forest to a wooded summit. 3-4 miles, 440 ft elevation gain. Level 2, slow pace. Day use fee \$5. Contact Marianne Hebert, chair@adklaurentian.org, 315-265-0756 for information.

Saturday January 14, Southville State Forest. This is a snowshoe hike for beginners through a beautiful forest and along the west branch of the St. Regis River. If you don't have equipment, contact us in advance and we should be able to help you. Level 1. Little elevation change. 2.3 miles. Contact Blair Madore, madorebf@potsdam.edu, 315-261-0751 for information. This is a joint event with PPLO - *Potsdam Public Library Outside*.

Saturday January 21, XC Ski the Peavine Swamp Trail (weather permitting). This can be a moderately difficult trail depending on snow depth and ice. Distance to be determined. Mid morning until mid afternoon. Bring a lunch. Contact Tom Van de Water, conservation@adklaurentian.org, 315-261-1723 for information.

Sunday January 22, Snowshoe on the trails in the woods behind our cabin on Pumpkin Hill Rd. in West Parishville. Total distance would be 2 miles at most. Afterward we'll warm up in the cabin. This outing is limited to 10 people. Call ahead to join and get time and location details. David Trithart. 315-244-8875

Saturday January 28, Grass River Snowshoe. We'll start where the South Branch of the Grass crosses Rt. 3 near Cranberry Lake. We'll head downstream, following the abandoned Grass River RR right of way. We'll plan to stop at the 3 paddling put-ins mentioned in Greg Smith's recent article in *Adirondac*. About 5 miles total, with little elevation change. XC skiers welcome, but we will be going at snowshoe speed. Contact Tom Ortmeyer, tortmeyer@gmail.com, 315-244-3707 for information. Level 3 for expected trail conditions.

February Weekly Walk (Feb. 2, 9, 16, 23) 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, chair@adklaurentian.org, 315-265-0756 for information.

Saturday February 4, Azure Mountain. The view from this mountain top is incredible and boasts a fire tower, too. The trail is short (1 mile each way) but steep (over 900 feet of elevation) making for a do-able but exciting snowshoe trek for novices and experienced people alike. If you don't have equipment, contact us in advance and we should be able to help you. Level 2. Contact Blair Madore, madorebf@potsdam.edu, 315-261-0751 for information. This is a joint event with PPLO - *Potsdam Public Library Outside*.

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.		

Outings Schedule

January—March 2023 (cont'd)

Saturday February 11, Winter Forest Bathing Snowshoe to Lampson Falls. Immerse your senses in the Winter Woods, connect deeply to nature, self and others through this guided walk with a series of invitations and small circle sharing. Level 1, little to no elevation gain, but a short downhill and incline to the rocks across from the Falls. ~ 1-1/4 miles RT. Limit 6 participants, Must RSVP and have your own snowshoes. Contact Debra Mitchell, dmitchell317@twcny.rr.com, 315-244-3082 for information.

Saturday February 11, Snowshoe Catamount Mountain (South Colton). This small mountain offers a nice overlook of the Crary 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, chair@adklaurentian.org, 315-265-0756 for information.

Saturday February 18, Skiing at Murphy's Point Provincial Park. About one hour from Ogdensburg Bridge. Variable, undulating terrain. Trackset trails, mostly wide and open. ~ 5 miles, Level 3, moderate. Contact John Barron, johnbarron@sympatico.ca, 613-828-2296 for information.

Saturday February 25, Stone Valley Photo Op. We'll explore 3 or more top photo sites along the upstream end of Stone Valley, with a plan to view and photograph the unique ice, water and snow views of winter. Dress warmly, we'll be out 2-3 hours while walking 2-3 miles. Level 2. Depending on conditions, either traction devices (microspikes, etc.) or snowshoes will be required. Leader will announce the requirement before the outing. Contact Tom Ortmeyer, tortmeyer@gmail.com, 315-244-3707 for information.

March Weekly Walk (Mar. 2, 9, 16, 23, 30). 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, chair@adklaurentian.org, 315-265-0756 for information.

Saturday March 4, Clear Pond Snowshoe into and around Clear Pond for a total of about 5.5 miles. It's suitable for novices who are reasonably fit. This wild forest offers a real feeling of remoteness even though it's not far from Parishville. If you don't have equipment, contact us in advance and we should be able to help you. Level 2-3. Contact Blair Madore, madorebf@potsdam.edu, 315-261-0751 for information. This is a joint event with PPLO - Potsdam Public Library Outside.

Saturday March 11, Snowshoe Whippoorwill Corners State Forest. A picturesque trail along Plumb Brook. 2.5-3 miles. 210 ft. elevation gain. Level 2, slow pace. Contact Marianne Hebert, chair@adklaurentian.org, 315-265-0756 for information.

Outdoors Indoors Schedule

Sunday January 15, Conservation Through the Lives of Adirondack Loons. Jen Denny (Adirondack Center for Loon Conservation). 7pm-8:15pm. Hybrid: Potsdam Civic Center Community Room or zoom: <https://clarkson.zoom.us/j/8224806323> Contact Daqing Hou, indoors@adklaurentian.org for information.

Sunday February 19, Taking care of everything from Lighthouses to Outhouses. Henry Sieg, 7pm-8:15pm. Hybrid: Potsdam Civic Center Community Room or zoom: <https://clarkson.zoom.us/j/8224806323> Contact Daqing Hou, indoors@adklaurentian.org for information.

Sunday March 12:, From Hutboy to Editor: My 55 Years Working for ADK. Neal Burdick (past editor of *Adirondack Magazine*), 7pm-8:15pm. Hybrid: Potsdam Civic Center Community Room or zoom: <https://clarkson.zoom.us/j/8224806323> Contact Daqing Hou, indoors@adklaurentian.org for information.

What is "forest bathing"?

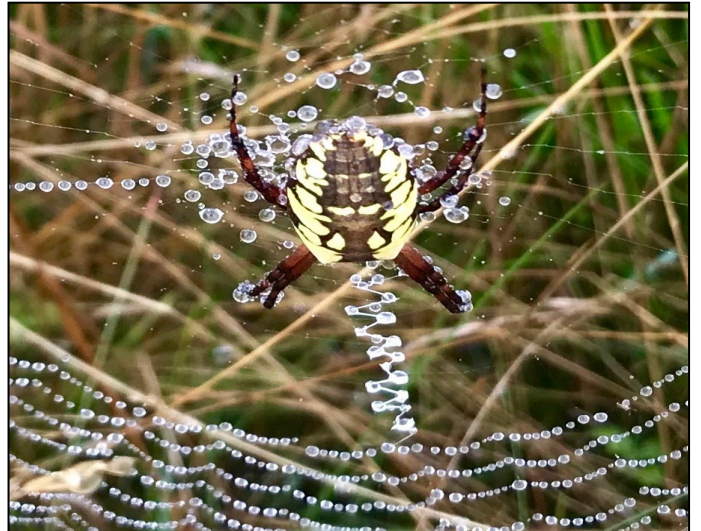
In 1982, the Japanese Ministry of Agriculture, Forestry, and Fisheries created the term shinrin-yoku, which translates to "forest bathing" or "absorbing the forest atmosphere." The practice encourages people to simply spend time in nature—no actual bathing required. It's also very low impact, which means you don't have to go for intense trail runs or hikes. The goal of forest bathing is to live in the present moment while immersing your senses in the sights and sounds of a natural setting.

Photo Contest Winners

Artistic



Artistic—1st Prize
Jakeway Falls—St. Regis River, Nicholville
Duncan Cutter

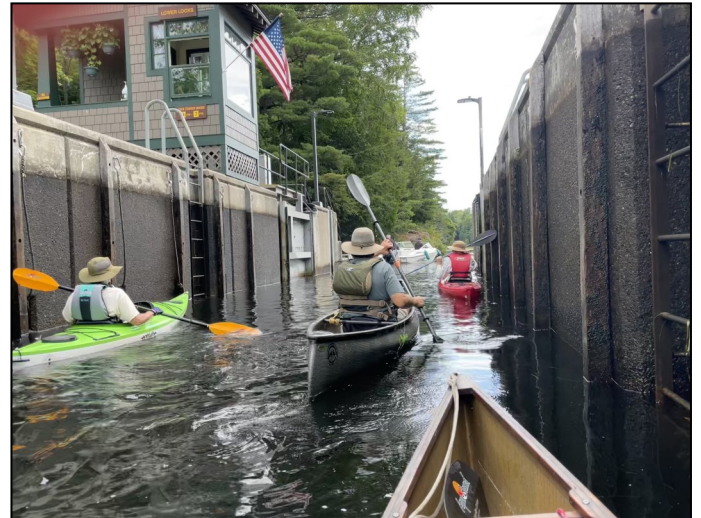


Artistic—Honorable Mention
Yellow Garden Spider
Bob Platte

Action



Action—1st Prize
Saranac River
Holly Chorba



Action—Honorable Mention
Anchors Aweigh! Lower Lock, Saranac River
Cyndi Grover

Photo Contest Winners

Nature



Nature—1st Prize
Upper and Lower Lakes
Holly Chorba



Nature—Honorable Mention
Nature Always Wins
Jeff Miller

People



People—1st Prize
Clarksboro Trail
Marianne Hebert



People—Honorable Mention
Exchange Student's First Snowshoe Adventure
Jeff Miller

Don't forget to bring your camera on your
2023 outings!

There will be another
Laurentian Chapter Photo Contest in 2023!



Photo Contest Winners

Landscape



Landscape—1st Prize
Dug Mountain Autumn
Bob Platte



Landscape—Honorable Mention
Osgood Put-In
Holly Chorba

Stone Valley Trail Work—October 29th



Front (L to R): Elias Nelson, Isaac Tavernier, Nate Gidney, Malachi Conant, Rico Tisdale, Conner Todd, and Walden Nelson.
Back (L to R): Dave Nelson, John Burnham, Matt Denney, Ron Tavernier, Adam Tisdale, Steven House, Melinda Conant and Tom Ortemeyer.

Backtracks...



Higley Warm Brook

December 18th: Leonard Pond Snowshoe

We moved the outing to Higley Flow State Park as we were worried that the amount of heavy snow at Leonard Pond might be too much of a slog for a beginner's snowshoe. Three of us set out on the Woods Trail and indeed found a good deal of blow down and deep drifts to overcome. It was a magical winter landscape—with lots of deer tracks and one lone coyote track. We did just 2 miles, but it seemed like a lot more!

(Photos by M. Hebert)



*Higley Erratic Boulder
L-R: Gabby Smith, Anne Csete*

December 10th: Early Season Hike and Campfire at Higley Flow State Park



It was the coldest day of the winter (10°F) thus far, but it was clear and sunny. A motley crew of club members and guests assembled at the warming cabin. We carried our supplies on a wheeled cart and proceeded down the Cedar Trail to the Beaver Pond lean to. We left our supplies there and continued down to Raquette Ridge before returning to the Beaver Pond lean to. Bob Platte built a great fire (Norwegian style), and we enjoyed hot dogs, grilled cheese, hot chocolate and tea not to mention some delightful Christmas cookies. Maybe it's the cold air, or maybe the hot fire, or maybe the companionship but that food never tasted better! All told we did about 2 miles of hiking and had a great time. This event was presented jointly with the *Potsdam Public Library on the Outside* program.

Participants: Marianne Hebert, Eleanor Menz, Bob Platte, Danielle Jerry, Kailey Mahar, Beth Anderson, Rita Huynh, Halie Kerns, Michael Garcia, Blair Madore (TL) and William Eckhardt (TL).

November 5th: Upper Canada Migratory Bird Sanctuary



*Sunny and Warm on the Waterfront Trail
L-R, Marianne Hebert, TL John Barron.
Photo Jean Giblin.*

Round trip of ~7.5 miles. We saw few walkers, but quite a few cyclists and a fair number of birds. The horses at Upper Canada Village were fun to see too.

October 22nd: Low's Ridge

We had a beautiful fall day for our trip on the Low's Ridge Upper Dam Trail. After a lovely walk up the woods road, we explored the remains of Low's buildings and admired the view of Hitchins Pond before climbing the new switch-backed trail to the top of the ridge. The views were terrific as was the company.



Photo TL Holly Woodworth

Red Sandstone Trail Work

(cont'd from page 1)

Students from Clarkson's **Delta Upsilon Fraternity** also worked on the Red Sandstone Trail—on September 24-25 and October 16th. On September 24th they cut wood for a new bridge and carried all the materials into the site. On the 25th they completed about 130 feet of bench cutting, cedar rail installation, and moving rock along the pipeline making a tremendous difference in walkability in slippery conditions. On October 16th they assisted in rebuilding a 28-foot bridge at the center of Sugar Island. Their service chair, Teddy Koeven, who organizes their participation, personally pulled our cart full of materials and tools 1.5 miles into the woods. Teddy is a beast!



Students who participated include Teddy Koeven, Logan Bielawski, Robert Viera, Steven Cheh, Colby Herrington, Jack Baummer, David Vicaro, Bobby Boll, Steven Festus, Kyle Vitkus, Adonis Scaltsas, Evan Smith, and Steward Cedillo.

Finally, six students from the **Environmental Studies Program at SUNY Potsdam** cleared brush and weed-whacked the east side of Sugar Island on October 2nd. They were led by their instructor Dr. Jessica Rogers who was quick to point out that their major was started by Dr. John Omohundro, our longtime chapter member, who also created the Red Sandstone Trail. So, this was a nice legacy experience for the students.



Participants: Theresa Cerosaletti, Mary Keating, Amber Timmons, Morgan Trego, Liam O'Neil, Anastasia Ivanova and Dr. Jessica Rogers.

Working with the Clarkson students was satisfying for many reasons. I shared with them some history of the area, including the story of Thomas Clarkson, his death, and how their University came into existence. Surprisingly, few had heard about this before. Even if they had heard the story, their experience on the trails now connects them to the places where it all happened.

Blair Madore

Thank you to Trail Volunteers!

To thank students and other trail volunteers for their work, the chapter authorized the purchase of Trail Worker t-shirts.



Students from Clarkson's **Delta Upsilon Fraternity** receiving their shirts from Chapter Chair, Marianne Hebert.



A **SUNY Potsdam Wilderness Education** student displaying his Trail Worker t-shirt.

Wilderness Education Students from SUNY Potsdam repair The Gulch



Project Leader: Zoey Fiber. Participants: Jacob Ford, Mason Fuller, Jaiden Widdall, Genevieve Gonzalaz, Chelsea Wright, Danny Neri, Charles Bennet, Harper Barrett, Vincent Lashway, Libby Boissey, Adam Wheeler, Henry Mueller, Norah Pease, Sara Shaver, Kelly Bloom, Kali Shores, Norah Pease, & Colden Wheeler.

The Gulch, a steep area along the shores of Sugar Island flow, was a trouble spot on the Red Sandstone Trail. As a result of continued erosion, the bridge in that area was washed away and the stair structures had fallen into disrepair. Most hikers detour around the mess – even though this takes them through private property. Luckily the landowner is aware and OK with this arrangement, even if it is not ideal. The detour takes people too close to his home and routinely sets his dogs into a tizzy. We'd like to get the trail off his property.

Therefore, this fall students from the **Wilderness Education Program at SUNY Potsdam** took on a challenging trail work project for one of their classes. The students developed a plan that required no additional materials. They used bench cutting to make a moderately sloped trail to ensure hiker safety.

Nonetheless, there is no avoiding the inevitability of continued erosion in the area. It is likely that a large boulder will become dislodged and a large tree will fall in the next few years. The students' plan is the most likely to survive these impacts and easiest to repair. Next spring we will add cribbing or other supports to keep the trail from eroding. Hikers should continue to use caution in this area but they can now pass more easily without detouring onto private land or disturbing the landowner's dogs.

In addition to building the new trail, students put in the hard work to pull up the old decaying stairs and bridges and haul the materials up to the road for disposal. As you can see, in such a steeply sloped area this is a major undertaking. We are lucky to have such skilled and hardworking volunteers dedicated to our trail! Participants' comments:

"Trail work was a first time experience for me, but working hard as well as getting dirty was so fun, and this type of work made me feel connected to the community which is worthwhile" - Chelsea Wright

"I really loved working with classmates in an outdoor setting, and getting to see what our hands and hard work did at the end of the day." - Norah Pease

"Working with my hands and being able to see the results of something I helped create was super sick. I liked working together with others and there was a great sense of teamwork and community. " Henry Mueller

"Dirty clean fun" - Mason Fuller



*The **SUNY Potsdam Wilderness Education** Minor was created by chapter member Mark Simon and is now led by chapter member Adam Wheeler. They are regular contributors to our trail work at Stone Valley and Red Sandstone Trail.*