

North Wind April – May – June 2023

Spring Road Walks by Marianne Hebert

We all welcome Spring, looking forward to warm days and the opportunity to swap our skis and snowshoes for hiking boots and new vistas. Most of us embrace the “mud season” in all its squishy glory but struggle with how to navigate the muddy trails. Our [stewards tell us](#) to “walk through, not around, mud and water on trails to avoid trampling vegetation and widening trails.”

But most hikers soon discover side-stepping around a questionable mud hole is way more pleasant than striding through it, and letting murky water seep over your socks and into your boots. If no one is there to see you, no big deal, right? Wrong! There may be endangered plants where you step off the trail, and widening the trails leads to erosion. [Click here to learn more about mud season etiquette](#)

Why not stay off the trails until they have dried up? There are lots of dirt roads in St. Lawrence County that have little road traffic and interesting features such as rock walls and beaver dams. We have compiled a few of our [favorite road walks](#) and encourage you to explore!

Do you have a favorite road walk you think would be a good candidate for our list? Let us know: chair@adklaurentian.org





Conservation Report

Tom VandeWater
Vice Chair,
Conservation

New land conserved between Lampsons Falls & Boyd Pond:

The Northeast Wilderness Trust (NEWT) has recently purchased 1400 acres along the Grasse River (as reported in the Adirondack Explorer in October) just west of Lampsons Falls. This land has recently been logged selectively but still has some beautiful trees, important riparian areas and wonderful rock ridges, including a rocky point with one of the best views in the northwest Adirondacks. The St. Lawrence Land Trust holds a conservation easement on the land as well.

By connecting two segments of State Forest outside the Park boundary and the Forest Preserve parcel at Lampsons Falls, NEWT is looking to further the Adirondack to Algonquin Park wildlife corridor and protect the land as Wilderness. Access is easiest from the Degrasse State Forest and from Boyd Pond (if careful attention is paid to permission for parking near the gate to the property at the end of the county road to Boyd Pond.)

From the Lampsons Falls trail system, a summer crossing would be possible at low water below the falls. Due to recent logging activity and rock ridges, it's easy to get lost on the property, so good maps are essential. (I'd be happy to set a time for hiking with anyone interested in exploring the area before blackflies in April.)

NEWT researchers recently explored the area with wildlife cameras and may set up a small research facility at an old hunting camp on the property.

NEWT has also recently purchased an important private inholding at the edge of the Five Ponds and Pepperbox Wilderness.

Protecting these locations will further wildlife conservation, carbon sequestration and recreation.



ADK Laurentian

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 VandeWater – Vice-Chair, Conservation
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Mary MacKinnon – Vice-Chair, Membership
membership@adklaurentian.org

David Katz – Secretary, Webmaster
secretary@adklaurentian.org

Ellie Menz – Treasurer treasurer@adklaurentian.org

Appointed Positions

Marg Madore – Hospitality Coordinator
hospitality@adklaurentian.org

Mary Cabral – Archivist archivist@adklaurentian.org

John Barron – Publicity Coordinator
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Mark Simon – Stone Valley Trail Coordinator
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Daqing Hou & Xiaoli Wang – Outdoors Indoors
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Andy Rawdon – North Wind Editor
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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)



Chapter Chair Report

Marianne Hebert

KIOSK SURVEY: The DEC is looking for public opinion on kiosk signs located on DEC properties. It is part of a “get outside” campaign, and you could help improve our trail head signage. You might even win a [sweepstakes prize](#)!

NEW YORK ANNUAL LOON CENSUS, July 15th. Our chapter will participate in the 2023 loon census. We are working with staff at the Adirondack Center for the Loon to adopt a lake and learn how to do the survey. Chapter members with canoes or kayaks can help! Look for details in the outings section of our next newsletter.

SUMMER POTLUCK PICNIC, 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. Come enjoy the beach! There will be a potluck picnic late afternoon. The Chapter will supply hotdogs, hamburgers and condiments. Members will bring sides and desserts.

COMPLIMENTARY MEMBERSHIPS: If you know of a potential chapter member who might be a good candidate for our complementary membership program, let us know! We will sponsor a new member by paying the membership fee for one year for candidates who are willing to participate in chapter activities. [More information and application materials](#)

Membership WELCOME NEW MEMBERS

- Thomas and Beatrice Oles and family, Lorraine N.Y
- Eric Walter, Canton N.Y

Membership Report

Mary Mackinnon
Vice-Chair, Membership

The Membership challenge was not won by the Laurentian Chapter in 2022, however, the number of members of the Laurentian chapter increased from 353 members in January 2022 to 357 in February 2023. The number of households in the Laurentian Chapter increased from 226 households in January 2022 to 232 households in February 2023. The chapter has 318 voting members.

I wish to extend a sincere thank you to the chapter member who made efforts to spread the word about ADK and encouraged others to join. For more than 100 years ADK has been a cornerstone in protecting the wilderness, providing educational opportunities, and promoting the enjoyment of this pristine area of the USA where we are fortunate to reside. The ADK is the NONPROFIT Voice of the Adirondack Park and members of ADK are important in providing support with efforts to protect this fragile resource.

I encourage you to begin now to plan the outings and fun waiting for you this summer--from the Loony Loop challenge to climbing one of the many mountains, large and small. Families, please pick up the book “Kids on the Trail” (written by members of the Laurentian Chapter). The ADK has opportunities for teens to learn and explore while adventuring in the park.

Hiking, cycling, paddling, and camping are available for experts and first-timers. Please remember that the chapter has members of the famous 46ers as well as families who introduced their children to outdoor activities while carrying them in carriers.

Do not hesitate to ask for information and advice on destinations in the Adirondacks. If you have any questions about the chapter or upcoming events please contact me: Mary Mackinnon, Vice-Chair, Membership, membership@adklaurentian.org



Advisory Council Director's Report by Tom Ortmeyer

The Advisory Council's Outings and Meetings Committee presented their draft Outdoor Leader's Guide to the AC in late 2022. This went to both AC members and chapter chairs. This draft caused significant comments, and several meetings were held to discuss these.

In particular, the feedback indicated that the draft guide was overly complex, and didn't distinguish between what was required and what were suggested good practices. There were also comments that trip requirements need to vary from trip to trip.

In response, the committee and AC leadership separated the OLG into two parts—first, a set of requirements that trip leaders must meet, and second, a draft set of leader requirements and best practices, to be edited by ADK Education and Outings staff, with input from the ADK board and AC.

This The AC voted in favor of these two documents, and they were presented to the board at their January meeting. The editing/updating of the Guide is being organized now.

Also, AC Chair Ned Gardner announced his resignation as Chair on January 17. Soon after, I was asked to assume the role of Acting Chair, which I agreed to. That left the Vice-Chair position open, and the AC leadership committee is seeking an Acting Vice-Chair. These acting officers will serve through the end of 2023. An election for a full slate AC officers will be held in late 2023.



Everyone enjoyed themselves on the Southville State Forest Snowshoe
Photos by Blair Madore

In Memoriam

Armond Spencer 1933–2023

by John Omohundo

Armond and his wife, Ann, became active in the Laurentian Chapter in the early 1980s when their four children began moving out to college and careers. He served as chapter outings chair, and he and Ann performed much trail work on the Red Sandstone Trail, at Lampson Falls, on Catamount Mountain, and the Northville–Lake Placid trail. He served as what he called Ann's "consort to the chairman" during her long service in various offices for the chapter and the club.

He and Ann both completed the Winter 46, and he climbed Cascade on his 80th birthday. Armond was fond of bushwhacking and had superior trail-finding and fire-building skills. He camped out often, even in winter. His many funny anecdotes about his life turned out to be his way of sharing a philosophy of how to live. He retired from an illustrious career teaching mathematics—and workshoping around the country teaching others how to teach mathematics— at SUNY Potsdam. He and Ann settled in Black Mountain, North Carolina, amidst the Blue Ridge Mountains, where he died on February 9.



Spence and Ann. Photo by John Omohundo



Spence and Ann hiking through the woods near Lilypad Pond.
photo by Jeff Miller

Memories of Spence – by Jeff Miller

I've known Armond (Spence to his friends) since 1989 when my wife Cheryl started teaching with him at SUNY Potsdam. Over the years I went on several outings with Ann and Spence and have many stories to tell, but one in particular stands out in my mind.

October 12, 2013: Spence and Ann led a group of us on a hike through the woods in Parishville, stopping at three ponds: Lilypad Pond, Long Pond and Little Rock Pond. The weather was warm for October, there was a bluebird sky, and the trail was in good condition with several rolling hills to cross. I was tracking our route on my phone, which was a new ability a decade ago. Spence was interested in my route tracking, and at one point when we were returning, he asked me if I thought we were at the highest point of the trail. I checked my phone map, and sure enough we were at the highest point. At that point, he stepped over to Ann and gave her a kiss. He explained that he always gave Ann a kiss when they reached the highest point on their hike. I thought that was an incredibly romantic tradition, and I think it perfectly summarizes the relationship that Spence had with Ann.

In Memoriam

Blair Madore:

"In December of 2005 I led my first hike/cookout at Higley Flow State Park, a trip I have repeated almost every December since then. I'm so delighted that Armond and Anne participated in that first event as the "grandparents" of the group - keeping the kids entertained and in line. Spence's large frame, deep but warm voice, twinkling eyes and broad smile made him the ideal grandfather for a day. Spencer was a role model for me in my career as a math professor but I love how he also showed me how that career could combine with my love of the outdoors through participation in the Laurentian Chapter."



Spence lighting a fire after skiing on their property in Canton. Photo by Jeff Miller

Marianne Hebert has fond memories hiking and skiing with Ann and Armond. "In 2010 we attempted a snowshoe to Harper Falls from Lampson Falls, roughly a 7 mile outing. This was one of my first chapter snowshoes, and I learned many basics especially how leaders rotate breaking trail after every 100 steps. And probably one of my most memorable outings was the "wild goose chase" in Malone where we watched a bazillion snow geese land on a tiny pond.

At right is a photo from a lovely Chapter hike with Ann and Armand up Wakely Mountain in 2012.

Cliff Daley recalls:

"Among many attributes, he was an outstanding volunteer and contributed meaningfully on our Catamount mountain (north of Whiteface) trail maintenance activities and Lampson Falls."



Wakely Mountain, 2012: L-R Joe Colarusso, Kathie Colarusso, Ann Spencer, Lisa Weismiller, Armond Spencer, Marianne Hebert (TL), Brian Baston.



Outings Schedule April – June 2023

Holly Woodworth
Vice Chair, Outings

Foot Travel

Difficulty Level	Elevation Gain	Miles.traveled
5—Very Strenuous	>1,500 feet.	10+
4—Strenuous	1,000–1500 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.

APRIL WEEKLY WALKS (Apr. 6, 13, 20, 27) CLARKSON MUNTER TRAIL Thursdays 7:30am. We will walk the roads 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, chair@adklaurentian.org, 315-265-0756 for information.

SAT. APRIL 8: SPRING WATERFALL HIKE. We will do a series of short hikes to see and photograph waterfalls during the spring flood along the South Branch of the Grasse River along the Tooley Pond road. We will do a total of about 3 miles hiking in short bursts. Please bring your parents, their grandkids, leashed dogs, your camera and your best smile. Call Blair Madore at 315 261 0751 or email madorebf@potsdam.edu. Level 2.

SAT. APRIL 15: TRAIL WORK ON THE RED SANDSTONE TRAIL Projects will vary depending on weather and participants but may include brush cutting, posting trail signs, installing posts, building bridges, bench cutting, and rock moving. Please bring gloves, water and bug spray. Call Blair Madore at 315 261 0751 or email madorebf@potsdam.edu. Level 2.

SAT. APRIL 22: SPRING ROAD WALK, CEMETERY RD, SOUTH COLTON This is an easy walk to an old cemetery and a beach overlooking Blake reservoir. Option to explore a side trail to the reservoir. 2 miles RT, or 3–4 if we explore the side trail. No elevation gain. Level 1 or 2. Fairly easy. Contact Marianne Hebert, chair@adklaurentian.org 315 265-0756

SAT. APRIL 29: HIKING FROM SKYCROFT TO CHAFFEY'S LOCK IN ONTARIO, about 1.5 hours from the Ogdensburg Bridge. Follows a stretch of the Rideau Trail and a stretch of the Cataraqui rail trail. 7 miles RT, no change in elevation, easy to moderate, Level 2–3. Features a historic resort hotel property and a Rideau Canal lockstation. Contact John Barron at (613) 828-2296 or johnbarron@sympatico.ca

SUN, APRIL 30: 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 en route. About 3 miles, fairly easy. Contact David Katz, secretary@adklaurentian.org.

MAY WEEKLY WALKS (May 4, 11, 18, 25) 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, chair@adklaurentian.org, 315-265-0756 for information.

SAT. MAY 6: SPRING ROAD WALK ALAMOGIN RD, LONESOME BAY STATE FOREST This is an out and back walk along a tree lined dirt road with some sunny spots to warm us if the day is chilly. We will see interesting rock formations along the way and there should be a stunning variety of native wildflowers. 4 miles RT, elevation gain less than 100 feet, a few rolling hills. Level 2, Fairly easy. Contact Marianne Hebert, chair@adklaurentian.org 315 265-0756.

SUN, MAY 7: HARPER FALLS WILDFLOWER WALK. We will enjoy the wildflowers in Downerville State Forest and Grass River Wild Forest along the North Branch Grass River from Downerville to Harper's Falls, approx. 4 miles roundtrip, fairly easy. We will pause for snacks at Harper's Falls. Contact David Katz, secretary@adklaurentian.org.

Outings Schedule

April – June

2023

continued



SAT. MAY 13: TRAIL WORK ON THE RED SANDSTONE TRAIL Projects will vary depending on weather and participants but may include brush cutting, posting trail signs, installing posts, building bridges, bench cutting, and rock moving. Please bring gloves, water and bug spray. Call Blair Madore at 315 261 0751 or email madorebf@potsdam.edu. Level 2.

SUN. MAY 21: GRASS RIVER HIKE. We'll start where the Grass River crosses Rt. 3 near Cranberry Lake and follow the abandoned Grass River RR right-of-way. It's about 4 mi RT, level walk, with a few spots to view the river. We may walk a little farther, if there's interest. This is a joint trip with the North Woods Chapter. North Woods and Laurentian chapter members only. Contact omohunjt@northnet.org or 315-244-9131.

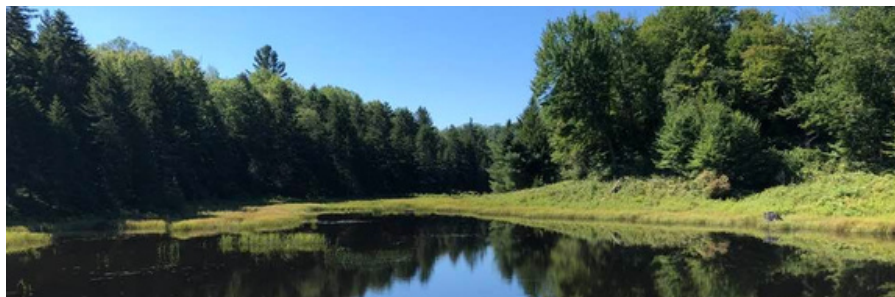
JUNE WEEKLY WALKS (Jun. 1, 8, 15, 22, 29) Clarkson Munter Trails Thursdays 6:00pm. We will walk the roads for approximately 2 miles, 1 hour round trip. Meet near the parking lot by Stewarts Gas Station (26 Maple Street, Potsdam). Leaders for each week will vary. Contact Marianne Hebert, chair@adklaurentian.org, 315-265-0756 for information.

SAT. JUNE 3: Explore Massawepie Trails. We will transverse an esker, visit the bog overlook, see some old trees and find the source of the Grasse River. Option to extend the hike to Pine Pond. These are lovely woods with a variety of water features and views. Approximately 4-5 miles, 250ft elevation gain. Level 2, Fairly easy. Contact Marianne Hebert, chair@adklaurentian.org 315 265-0756.

ADK CYCLE OUTING. JUNE 11-16. This club wide outing will be based out of Wadham's Hall near Ogdensburg this year. It will be led by Tom Ortmeier and Greg Smith. See <https://adk.org/adk-cycle-outing-2023/> for information and outing registration.

TUES. JUNE 13: PADDLE WANAKENA TO CRANBERRY LAKE We will take a leisurely paddle up the river from Wanakena to a lunch spot on the Dead Creek Flow arm of the Lake. The trip is about 6.5 miles round trip. Participants must wear a PFD. Contact Holly & Neil Woodworth, hswoodworth@gmail.com 315 848-2953.

SAT JUNE 24: BEAR MOUNTAIN. To help those working on the Loony Loop challenge, we'll hike Bear Mountain for stupendous views of Cranberry Lake and the wilderness beyond. The trail is 3.8 miles long and steep in some places, with a total elevation gain of about 670ft. It is suitable for kids who are reasonably fit, so families are most welcome to join us. Call Blair Madore at 315 261 0751 or email madorebf@potsdam.edu. Level 3.



Backtracks

Jan-March 2023



Jan 1, 2023, NEW YEARS DAY AT HIGLEY FLOW STATE PARK

About 20 Laurentian Chapter members celebrated the New Year at Higley Flow State Park with a hike (too little snow for skiing or snowshoeing), a fire (courtesy of Higley staff), food (courtesy of Marg Madore and others), and presentation of the [2022 photo contest winners](#).



Jan 7, 2023 UPPER AND LOWER LAKES WMA

We had to move the venue from Dewey mountain, as warm weather and lack of snow made it unfavorable for a snowshoe. We opted to walk the access roads of the Upper and Lower Lakes Wildlife Management Area north of the Indian Creek Nature Center. Nine of us turned out for a cold but fun exploration of the road and side trails. It was icier than expected due to the December holiday blizzard. We saw two swans and met some pheasant hunters and their hunting dogs.

Photo, L-R David Katz, Rita Lewis, Anne Csete, Jane Khondker, Brenda Curley, Ellie Menz, Jane Subramanian, Carol Rossie-Fries, Jeanna Matthews, photo TL Marianne Hebert

January 14, 2023. SOUTHVILLE STATE FOREST

We were lucky to get fresh snow the day before, leaving us with just enough snow to actually snowshoe. Fresh snow also meant we were enveloped by the atmosphere of lovely snowy branches. Some participants were snowshoeing for the very first time and all were excited to be able to get out on the snowy trails. We hiked about 3 miles including a lovely stretch along the West Branch of the St. Regis River. This was a joint ADK and Potsdam Public Library Event led by Blair Madore and William Eckhart.

Participants: Blair Madore, William Eckhart, Andrew and Tracy Robinson, Eudora Watson, Marianne Hebert, Rita Hyunh, Sara Poisson, Sarah Coupal, Emily Reinhardt, Erin Wiggins, Gabrielle Smith, and Olivia Briggs.



Jan. 22, 2023 WEST PARISHVILLE SNOWSHOE

We had a cloudy but not too cold day for a snowshoe walk of 1.4 miles that ended with some snacks in our warmed-up cabin. It was a nice way to celebrate another stage on the path to completing this little structure. We hope to do it again. Present for this event: Tom Ortmeyer, Joan Trivilino, Marianne Hebert, Debra Mitchell, Kathleen Fitzgerald, Bob Josephson, Rose Rivezzi, David Trithart.

Backtracks Jan-March 2023

Jan 29, 2023 GRASS(E) RIVER SNOWSHOE

We had a good bit of fresh snow on our start from Rte. 3 and broke trail along the old Grass River Rail line. We got out to the kiosk, and then went down to the first and second put-ins, enjoying the winter scenery throughout. We had a brief (and wind blown) snack at the second put-in, and then decided to head back along the snowmobile route for a bit of a change. We had great conditions, and all enjoyed the hike.

Participants: TL Tom Ortmeyer, John & Susan Omohundro, Sarah Coupal, Dana Chudzinski

Photo: Snowshoeing down the old Grass River rail line. Photo Tom Ortmeyer



Feb 5, 2023 AZURE MOUNTAIN

Because of extremely cold weather we moved this hike from its original date of February 4th. Our crew was smaller – five of us set off to conquer the mountain. Unfortunately, it was not to be. Despite good conditions we were forced to turn back half way, when one of our hikers got an emergency phone call from home. The mountain will be there in the future – family comes first. This was a joint ADK and Potsdam Public Library Event led by Blair Madore and William Eckhart.

Participants: Jeff Miller, Blair Madore, William Eckhart, Massooma Pirbhai, and Thea How Choon.

February 11, 2023 SNOWSHOE CATAMOUNT MOUNTAIN (South Colton).

We had a perfect bluebird day for our climb with bright sunny skies and temps rising in the mid-20s. It was a fairly easy walk to start out along the groomed ski trail. About midway, as we left the red trail, we were surprised to find that no one had been to the summit recently. We each took turns breaking trail until we reached the summit where we located the remnants of the fire tower and observer's cabin. L-R: John Barron (Ottawa), Jeff Miller (Potsdam), Ruth Baltus (Potsdam), Kevin Ball (Potsdam). Photo by TL: Marianne Hebert



Backtracks Jan-March 2023

Feb. 18, 2023 JONES CREEK TRAILS, THOUSAND ISLAND NATIONAL PARK

A weather sequence including warm weather, heavy rain, freezing rain, some snow, ice pellets, and a cold day in the days leading up to the trip threatened icy conditions for skiing in Murphy's Point, as originally planned. The plan was revised to a hike in Thousand Islands National Park near Brockville. We used microspikes and had a fine time exploring the trails. First came the eastern part of the system, about 2 miles of well-marked trails with a number of scenic views. There remained enough time for a short drive and another short excursion in from the western entrance for another 2 miles of hiking. Red Adirondack chairs have become a popular unofficial symbol of Parks Canada, and are found at scenic locations in national parks throughout the country.

L-R TL John Barron, Marianne Hebert

Photo Jean Giblin.



Sat, Mar 5: CLEAR POND

We postponed this trip by one day because of snowfall but that did not stop people from coming out. There were 9 of us who snowshoed the 2 miles into Clear Pond together, then explored some of the shoreline and even a few ventured carefully onto the ice of the frozen pond. Warm temperatures (32-40) over the course of the trip plus a bit of sunshine and blue sky made things even more pleasant.

This was a joint ADK and Potsdam Public Library Event led by Blair Madore and William Eckhart.

Participants: Jeff Miller, Blair Madore, William Eckhart, Massooma Pirbhaj, Thea How Choon, Alanna Gillis, Ruth Baltus, Kevin Ball, Lynn Crump, and Sarah Razis.

Sat, Mar 11: SNOWSHOE AT WHIPPOORWILL STATE FOREST

The sun peeked through the clouds and the day warmed up nicely for an exploration of the trails at Whippoorwill SF. The pine trail was a nice diversion through an old pine plantation, and we had a chorus of crows to escort us along the way. The Plumb Brook trail had many sapling stumps from all the beaver activity. Participants: Ling Zhang, Marianne Hebert (TL)

