

# North Wind

April – May – June 2024

## Voice of the Chair

By Tom Wheeler  
Chapter Chair

I want to express the deep appreciation of the Chapter for the exceptional work performed by my predecessor, Marianne Hebert, as Chapter chair. She devoted immense energy to the position, including celebration of the 50th anniversary of the Chapter, leading weekly walks, and handling the transition to ADK's corporate model.

As the new chair, I set as my first goal enhancing opportunities for participation by our members, whether in education, recreation, or social and environmental issues.

For the past four years I have been exploring the North Country and the Adirondacks as part of New York State's third Breeding Bird Atlas. That enabled me to visit many new places in St. Lawrence County and the surrounding counties. During the course of this, I began to realize how exceptionally fortunate we are to live in the North Country, where there is such an amazing variety of exceptional habitats: lakes, rivers, and forests. There are opportunities for persons of all abilities, including an increasing number of accessible sites.

Did you know that in St. Lawrence County alone there are 37 State Forests? Some have excellent access, some have very interesting trails, and many provide great opportunities to be in touch with nature.



This is in addition, of course, to the vast acreage inside the boundaries of the Adirondack Park. Whether you are interested in hiking, paddling, rock climbing, birds, flowers, butterflies, mushrooms, geology, waterfalls, or camping, these opportunities are present within a short drive. Spring is upon us -- be sure to get out and experience nature.

Before the Splash- Painted Turtle  
by Holly Chorba



## Know Any College-Bound High School Senior Who'd Like to Earn \$750?

by Neal Burdick

Many of us are familiar with Azure Mt., the restored fire tower summit that's practically a neighbor to those along the boundary between valley and uplands. Some may be aware of Azure Mountain Friends (AMF); many Chapter members are engaged in that organization as well.

Even fewer may know that AMF annually awards a handful of scholarships worth \$750 each to college-bound local high school graduates in exchange for five summer weekend days of stewarding on the summit.

Stewards have come from St. Regis Falls (where they proudly claim Azure as "their mountain"), Massena, Malone, Parishville-Hopkinton, Colton-Pierrepont, Canton, Potsdam, and more. They greet visitors, answer questions, point out landmarks in the viewshed, describe both the natural and human histories of the mountain, run litter patrols, report maintenance needs, you name it. The scholarship funds go to their college or equivalent higher education institution, earmarked for their expenses.

Spring is when AMF solicits applications. **If you know any high school seniors within a roughly 90-minute radius of Azure Mt. who have further education plans, encourage them to see their guidance counselor after Spring Break (the first week of April for most schools) to pick up an application.** Think of it as a triple win: the student, the hiking public, and the mountain all benefit from stewardship, each in their own ways.



## ADK Laurentian

### Executive Committee

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Merchandise Coordinator—VACANT



## Shutterbugs Take Note: Here Comes Another Photo Contest!

The Laurentian Chapter is pleased to announce its 2024 Photo Contest. Please submit photos to contest organizer Tom Ortmeyer, [tortmeyer@gmail.com](mailto:tortmeyer@gmail.com). Emailed digital submissions are preferred.

Photos must be time-stamped between October 1, 2023, and September 30, 2024, and must be received by October 10, 2024. Images should be of topics of interest to the Adirondack Mountain Club and its Laurentian Chapter members. Preference will be given to photos taken in and near the Adirondack Mountains and the St. Lawrence and Ottawa River Valleys, along with photos taken at ADK events.

Photos from Laurentian Chapter members are accepted, as are those from non-members that are taken on Chapter outings. Photos depicting Chapter outings are automatically entered.



Higley Ski Trail  
by Marianne Hebert

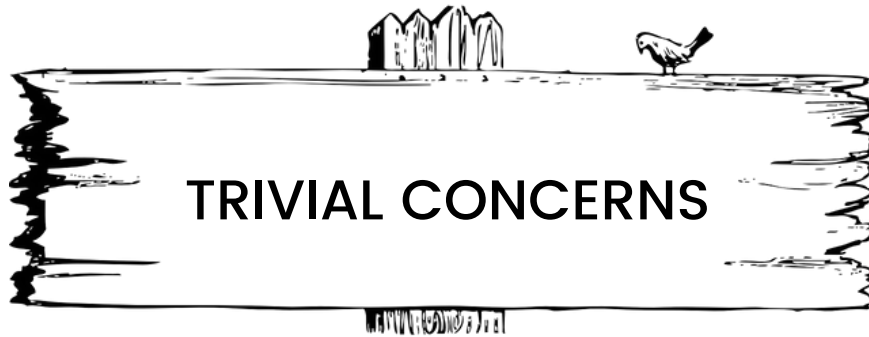


Lows Ridge Downstream  
by Holly Woodworth

## Membership Report

We welcome 11 new members:

- Katharine Mackay
- John Mahoney
- Jordan Colino
- Christopher Day (plus Carson & Amyann)
- Aaron and Emil Iverson (plus Andre, Virginia & Sylvie)



## TRIVIAL CONCERNS

Herewith a few questions, most stolen from the pages of recent issues of *Adirondac* with permission from its Trivia Corner editor (me). A box of correct answers can be found elsewhere in this *North Wind* -- no fair scrolling first!  
--Neal Burdick

1. Most folks think the famed men's ice hockey victory over the Soviet Union in the 1980 Winter Olympics at Lake Placid earned the United States the Gold Medal. But that was not the Gold Medal game. Who did the U.S. beat a couple of days later to win the medal?
2. What is troubling about the names of Dewey and Donaldson Mts. (among others)?
3. What is the preferred modern name for the Iroquois people?
4. Is there an ocean in the Adirondacks?
5. Where in the Adirondacks is a river tributary to a brook?
6. Is St. Lawrence County the largest county east of the Rockies?
7. What is the coldest temperature ever recorded in New York State, and where was it recorded?
8. Which High Peak is named for a distant relative of an ADK guidebook author?
9. ADK's initial organizational meeting took place in a log cabin in December 1921. Where was this cabin?
10. On the U.S. side of the St. Lawrence River, it sings "Old Sam Peabody-Peabody-Peabody," while on the Canadian side its lyrics are said to be "Oh Sweet Canada-Canada-Canada." What is this charismatic bird? (Hint: the answer lies in a spring outing description in this newsletter.)



Summertime, and the living is  
easy - belly sunning and dining  
by Duncan Cutter



# Your Laurentian Chapter Outings, Spring 2024

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.

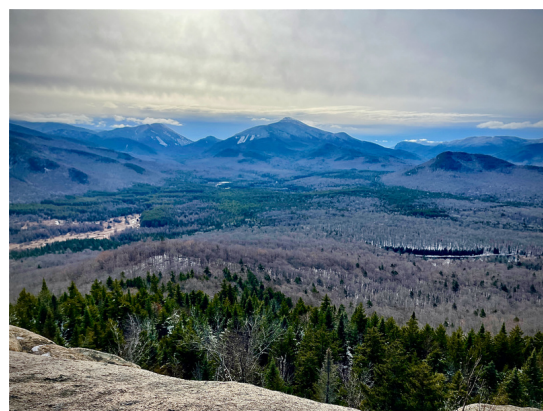
\*Check for last minute updates: [www.adklaurentian.org](http://www.adklaurentian.org)

\*Please contact the leader at least one day before the trip.

\*Car pooling makes sense—so does sharing the cost of gas.

**Thu., April 4, 11, 18, 25: Bayside Cemetery, Potsdam, 7:30 a.m.** We will walk the roads for approximately 2 miles, 1 hour round trip. Meet at the entrance to the cemetery (730 CR59, aka Back Hannawa Road). Leaders for each week will vary. Contact Marianne Hebert, [hebertm@potsdam.edu](mailto:hebertm@potsdam.edu) or 315-265-0756 for information. Rated C (Easy).

**Sun., April 14: Outdoors Indoors – Members' Nature Poetry.** The majesty of the Adirondacks and other natural areas has inspired poetry by many members. Facilitator: Neal Burdick ([nealburdick@gmail.com](mailto:nealburdick@gmail.com) for more information). We will read aloud (no more than two per person, please) and perhaps discuss a selection of them. In-person at the Potsdam Civic Center Community Room at 7 p.m. or via Zoom at: <https://stlawu.zoom.us/j/92634636850?pwd=K2JQb20rMFd1Umhja05MSEZFTGRDZz09>.



Whiteface from Lake Placid  
by Holly Chorba



# Outings Schedule

April – June  
2024



Photo by Jeff Miller

**Sat., April 20: Road Walk, Hannawa Falls.** The Brookfield access roads off Old State Road offer an interesting mix of local industrial history, lovely forests, and some river views. ~3 miles RT. Rated C (Easy). Contact Marianne Hebert, [hebertm@potssdam.edu](mailto:hebertm@potssdam.edu) or 315-265-0756.

**Mon., April 22: Earth Day Hike, Hays Brook.** This trail, near Paul Smiths, is an old horse path and woods road leading to said brook, 2.7 miles in, where once there was a bridge. It passes through stands of red pine and scotch pine planted by the CCC in the 1930s. There are often signs of moose. We'll pick up litter and do a little light trail clearing. This is a joint outing with North Woods chapter. Limit 10. Rated C+ (Fairly Easy) Contact John and Susan Omohundro, [omohunjt@northnet.org](mailto:omohunjt@northnet.org).

**Sat., April 27: Long Tom Mountain.** A hike up the highest peak fully in St. Lawrence County, this is a bushwhack off the Otterbrook trail northwest of Horseshoe Lake, headwaters of the Grasse River. We'll stay on the Forest Preserve and have views east toward the High Peaks through the trees. Rated B+ (Moderately Strenuous). Bring a lunch and contact Tom Van de Water for more information at 315-261-1723.

**Tue., April 30: Trail Work on the Tooley Pond Road Trails.** We will perform side cutting, water bar clearing, and general inspection and maintenance on the five trails Laurentian Chapter has adopted along the Tooley Pond Road. Limit 6. Participants must have completed the DEC's Individual Volunteer Application prior to the work day. Contact the leader for details and information on this: Tom Ortmeyer, [tortmeyer@gmail.com](mailto:tortmeyer@gmail.com) or 315-244-3707. Basic tools will be provided. Rated C+ (Fairly Easy).



# Outings Schedule

## April – June 2024

**Thu., May 2, 9, 16, 23, 30: Weekly Walk, Munter Trail, Potsdam, 7:30 a.m.** We will walk the trails for approximately 2 miles, 1-hour round trip. Meet in the parking lot behind Clarkson Walker Arena and Hantz Field off Clarkson Ave., aka Back Hannawa Rd and CR 59. Leaders for each week will vary. Contact Marianne Hebert, [hebertm@potsdam.edu](mailto:hebertm@potsdam.edu) or 315-265-0756 for information. Rated C (Easy).

**Sat., May 4: Wildflower Walk, Indian Creek.** We will amble along, stopping to appreciate, photograph, and sniff some of the 20 or so species of spring wildflowers that bloom along the Nature Center trails, 1-2 miles with possible extension of another 1-2 miles. Rated C (Easy). Joint outing with Indian Creek. Contact David Katz, [secretary@adklaurentian.org](mailto:secretary@adklaurentian.org), 315-386-4393.

**Sat., May 11: Arkon Lake Loop, Frontenac Provincial Park.** Seven miles, not much net change of elevation but moderately rugged terrain. Rated C+ (Fairly Easy). Canadian Shield country, passing several ponds and lakes. This is a Looney Loop destination. Contact John Barron, 613-828-2296 or [johnbarron@sympatico.ca](mailto:johnbarron@sympatico.ca).

**Sun., May 12: Paddle West Branch St. Regis River from Saunders Falls.** This 5-mile flatwater paddle is rarely accessed, owing to a rough 1.5-mile carry. We will cut that down to a ½ mile carry because the trip leader is a member of the club that leases this land. Gain rare access to a wild boreal forest and grasslands, visit an Adirondack Great Lodge, takeout at a remote cabin. Expect to see deer and hawks, and hear the white-throated sparrow. Participants must wear a PFD and bring a lightweight canoe or kayak (under 35 pounds) or a cart for boats no heavier than 50 pounds. NO fishing gear is allowed. This trip is rated B (Short). The paddle is flat, but there is some swift water. You must carry or roll ½ mile on a rough logging road. Contact Greg N. Smith [smithgn.greg@gmail.com](mailto:smithgn.greg@gmail.com).



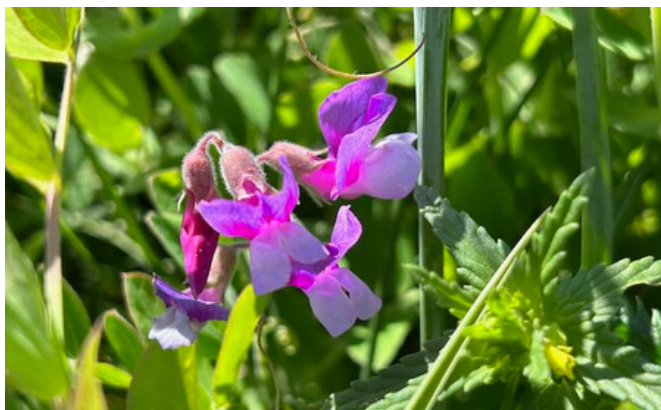
## Outings Schedule

### April – June 2024

**Sat., May 25: Coney Mountain.** Join us for a Pride Outside event. This is a lovely mountain south of Tupper Lake with an open rocky summit and great views of the lake. It is also one of the three Tupper Triad Challenge hikes. 2.2 miles RT, 523-foot elevation gain. Rated B (Moderate). Contact Holly Woodworth, [hswoodworth@gmail.com](mailto:hswoodworth@gmail.com) or 315-848-2953.

**Thu., June 6, 13, 20, 27: Bayside Cemetery, Potsdam, 7 :30 a.m.** We will walk the roads for approximately 2 miles, 1-hour round trip. Meet at the entrance to the cemetery (730 CR59, aka Back Hannawa Road). Leaders for each week will vary. Contact Marianne Hebert, [hebertm@potsdam.edu](mailto:hebertm@potsdam.edu) or 315-265-0756 for information. Rated C (Easy).

**Sat., June 8: Kushaqua Wildflower Walk.** This is a flat, easy walk along the Kushaqua rail trail at the Buck Pond Campground. With luck we will see lots of common wildflowers, and hopefully a few rarer ones. Three miles RT. Rated C (Easy). Contact Marianne Hebert, [hebertm@potsdam.edu](mailto:hebertm@potsdam.edu) or 315-265-0756.



Newfoundland Peavine  
by Marianne Hebert



## Back Tracks Winter 2024

Unseasonable weather scuttled a few Chapter outings over the course of the so-called “winter,” and obliged other leaders (“TLs” below) to relocate or choose different footwear than planned. Thanks as always to them and their parties, too, for being ready, willing, and able to roll with our feisty climate’s punches.



### Mon., Jan. 1: First-Day Outing, Higley Flow State Park

About 30 folks showed up for a fun New Year’s Day outing of hiking, bonfires, hot cocoa, and donuts. There wasn’t enough snow for skiing, but the trails were open and had only a dusting of snow. At three o’clock we convened in the lodge for a potluck snack-fest. Tom Ortmeyer presented the awards for the photo contest, and everyone oohed and aahed as copies of the photos were passed around. Many thanks to Higley Park staff for allowing us to stay late and to the photo contest judges who help make this annual event so successful. --Marianne Hebert, TL. Photo by M. Hebert

### Sat., Jan. 20: Lampson Falls

This outing was advertised as a beginner snowshoe in partnership with the Potsdam Public Library on the Outside (PPLO), headed by William Eckert. Bitter cold wisely persuaded interested families with young children to stay home. There were four participants: Bret Lloyd, Jeff Miller, John Wilson and Blair Madore (TL). Snow fell lightly during much of the outing, but thankfully it wasn’t very windy. As long as we kept moving, the temperatures were tolerable – even short stops were enough to chill you.



The ice build-up on and below the falls is always impressive. After some glorious views of the falls, downstream at the first small rapid a large circle of ice spun in the current. It is always a surprising phenomenon. The weather and unbroken trail gave us a real feel of remoteness and a sense of the majesty of nature. Love the large pine trees in that forest! Photo by J. Miller.



## Backtracks Winter 2024



### Sun., Jan. 28: Riverside Trail Snowshoe

After a soggy week, we were rain-free for the Saturday hike on the Riverside Trail, off the Sylvan Falls Road above Parishville. Based on conditions, we had both snowshoes and traction devices in use. There were a good number of wet spots to cross and some downed trees to scramble over or around. Still, it was a great hike from the bluff down to the St. Regis River and then on a scenic stretch along the river. There was a lot of open water due to the warm weather. A few snowflakes at the end of the hike made for a scenic climb up the bluff.

L to R: Tom Ortmeyer (TL), Dana Chudzinski, Kathleen Fitzgerald, John Wilson, Bob Josephson.

### Sat., Feb. 3: Stone Valley West Side Trails Snowshoe

Four of us gathered for a late-morning exploration of the trails along the river. We met a polite hunter in the parking lot; both parties agreed to stay away from each other's paths. We spotted cars, starting from the power station by Browns Bridge and ending at the dam in Colton. The snow was pretty icy, so we switched from snowshoes to micro-spikes after a half hour of noisy crunching. There were many elevation changes and spectacular river views, which made for an exhilarating hike. The sun even came out for a short appearance! Participants: John Wilson, Kathleen Fitzgerald, Tom Ortmeyer, Marianne Hebert (TL). Photo by M. Hebert



### Sat., Feb. 10: Hiking on the Rideau Trail

Poor ground conditions for skiing and a forecast of rain at Robert Moses State Park led us to cancel the originally planned ski trip there and substitute a hike on the Long Bush segment of the Rideau Trail near Merrickville, Ontario. We had warm, sunny, springlike weather. The first half was easy walking on a snow-free gravel road with signs of the long history of subsistence agriculture in Lanark County. The second half was a micro-spike hike through wet crystalline snow on an old woods road lined by cedar trees. Our consensus was that the best approach for the snow conditions might have been backcountry skis, but hiking was pleasant too. Photo by J. Barron.



## Backtracks Winter 2024



### Sat., Feb. 17: Indian Creek Nature Center

It was a sunny and not too cold winter day. There was at least four inches of fresh snow and no one had been out on the trails. We had the area all to ourselves! This was advertised as a beginner snowshoe event in partnership with the Potsdam Public Library on the Outside (PPLO) headed by William Eckert. Participants, all from Potsdam, were Bret Lloyd, Ling Zhang, Thomas "TJ" Johnson, William and Rivka Eckert, and their kids Barrett and Fiona. This was TJ's first time on snowshoes and it was an ideal experience. Fresh snow means fresh tracks and TJ led for a good portion of the trip. While traversing the Woodland Succession and Lowland trails we encountered a lot of animal tracks, enjoyed the sunshine, and marveled at the big sky views of the Upper and Lower Lakes.

### Sat., Feb. 24: Goodman Mt.

We had a beautiful bluebird-sky day for our hike. It was cold to start, and the trail was well packed and a perfect climb on spikes. We enjoyed the view of nearby mountains from the top and of Tupper Lake through the trees on the way down. Hikers were Marianne Hebert, Neil Woodworth, and Holly Woodworth (TL).  
Photo by H. Woodworth.



### Sat., March 2: John Brown's Farm Trails

The unusually warm weather turned our planned snowshoe walk into a hike with micro-spikes. It drizzled as we were driving to the trailhead, and on the way home, but no rain while we hiked. The wind was chilly and blustery, but we were well protected in the forest. The wooded trails passed a few open fields, revealing lovely views of the surrounding mountains mostly hidden by clouds, so we'll have to return on a sunny day. We ended the day with a short picnic lunch and a visit to the John Brown's Farm visitor center and grounds. Participants: Kathleen Fitzgerald, Janice Brown, Marianne Hebert (TL)  
Photo by M. Hebert



## Answers (how well did you do?)

1. Finland.
2. They are named for avowed racists and anti-Semites Melvil Dewey of Lake Placid Club and Dewey Decimal System notoriety (and who had ADK connections), and amateur historian and author Alfred L. Donaldson.
3. Haudenosaunee (Ho-dee-no-SHOW-nee). "Iroquois" is a French word, not Indigenous. Both mean, approximately, "People of the Longhouse."
4. Yes – Grizzle Ocean, the tongue-in-cheek name of a small pond in the southeastern Adirondacks.
5. Near Madawaska Pond, an occasional Chapter paddling destination, the Onion River feeds into Quebec Brook.
6. This is a myth that refuses to die. The answer is no. It ranks seventh, trailing one in Minnesota and five in Maine. The largest, Maine's Aroostook, is about twice the size of St. Lawrence County.
7. This is tricky thanks to disagreements over "official" vs. "unofficial." The coldest temperature measured on reliable equipment is -60F, in the woods of the Ranger School in Wanakena, in February 1934.
8. Phelps was named for legendary Keene Valley guide Orson Schofield "Old Mountain" Phelps, among whose descendants is the late Dr. Orra Phelps, author/editor of ADK's first guidebook, to the High Peaks, in the 1930s.
9. On the roof of the Abercrombie & Fitch store on Fifth Avenue in New York City.
10. The white-throated sparrow.