

From Our Chapter Chair

Tom Wheeler

Opportunities Galore

Spring is a very special time in the North Country. The long winter slowly melts away as each day the sunlight gets stronger and the days get longer. The landscape is transformed as spring flowers appear in the woods and fields. Deciduous trees slowly and then quickly become covered with green leaves. In early spring the snowmelt in the uplands (and this year our own lands) fills rivers to overflowing. Waterfalls are at their most spectacular. Birds return, at first slowly and then, in May, in a rush. Suddenly the woods are filled with the sounds of wood warblers, whose songs and colors are the most beautiful of all our birds.

It is the time to be outside to enjoy the woods and the waters, to savor the sounds and smells of the outdoors. There is no better place to do this than the North Country.

For me, the spring of 1993 had a lasting impact on my life. It began with a hike up Stone Valley, a beautiful hike during the height of the spring runoff. The waters were cascading over the falls, sending mist high into the air. The sunlight created rainbows in the mist. It was magical. It was wonderful and I wanted more, so I followed this with a hike up Debar Mountain on a crisp spring day. Near the top there were still drifts of snow, but the summit was bare rock. The view to the west and south was exhilarating with mountaintops rising from endless forest. I had hiked alone and had the summit to myself, and stood absorbing the beauty and stillness of the wilderness.



Chapter Chair Report continued...

These events awakened something in me. Through that and succeeding years I was in the outdoors frequently and learned much about the natural world. But perhaps more important, I learned much about myself. I have met many others who have had similar experiences.

We are fortunate to live in an area where experiencing wild places is exceptionally easy. We are surrounded by a cornucopia of opportunities to experience the outdoors.



ADK Laurentian

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Chapter Chair Report continued

- The many local trails include the Munter, Red Sandstone and Stone Valley trails, all in or near Potsdam; the Remington trail in Canton; and trails at Indian Creek Nature Center between Canton and Rensselaer Falls. There are trails along the St. Lawrence Seaway, in Robert Moses State Park near the Nicandri Visitors Center and in the Wilson Hill Wildlife Management area. We have trails in many of the 43 (yes) State Forests in St. Lawrence County. And the Adirondack Park, with its array of trails, begins just fifteen miles south of my home near Canton.
- And we have waterfalls. Spring is a fabulous time to drive down the Tooley Pond Road with its falls and trails to them. Popular Lampson Falls off of County Route 27 provides both a short hike and a fabulous waterfall.
- We are a paddler's paradise with rivers, ponds, and streams for all levels of paddling ability. Accessible canoe launches are available at Ives Park in Potsdam, Taylor Park in Canton, and Whalen Park in Massena. There is easy access to many other rivers and ponds. A short trip will bring you to the canoeing opportunities at Paul Smiths and the St. Regis Canoe Area.
- Spring with flowers bursting out from the forest floor, the warblers singing, trees gradually leafing out, and new life everywhere is the best time to be in the outdoors. You can do this on a Chapter outing or with family and friends. Take advantage of the opportunities offered by the North Country.





Adirondack Mountain Club Laurentian Chapter *Photo Contest Winners*

The Laurentian Chapter is pleased to announce the results of its 2024 photo contest.

The contest annually recognizes photos, and photographers, that capture the spirit and mission of ADK's Laurentian Chapter and the range of activities that are prized by Chapter members and participants, and that represent the conservation and recreational goals of the Chapter and of ADK, primarily in the Northern Adirondacks and the St. Lawrence and Ottawa River valleys.

Entries are accepted from Chapter members, and from non-members on Chapter outings. The contest awards a grand prize, as well as winners in several categories. This year's judges were Jean Giblin of Ottawa, Jeanna Matthews of Massena, and Tom Ortmeyer of Potsdam, contest organizer.



Grand prize winner
was Greg Smith of
Raleigh, NC, and
Colton, for:

“Total Solar Eclipse
over Higley Flow.”

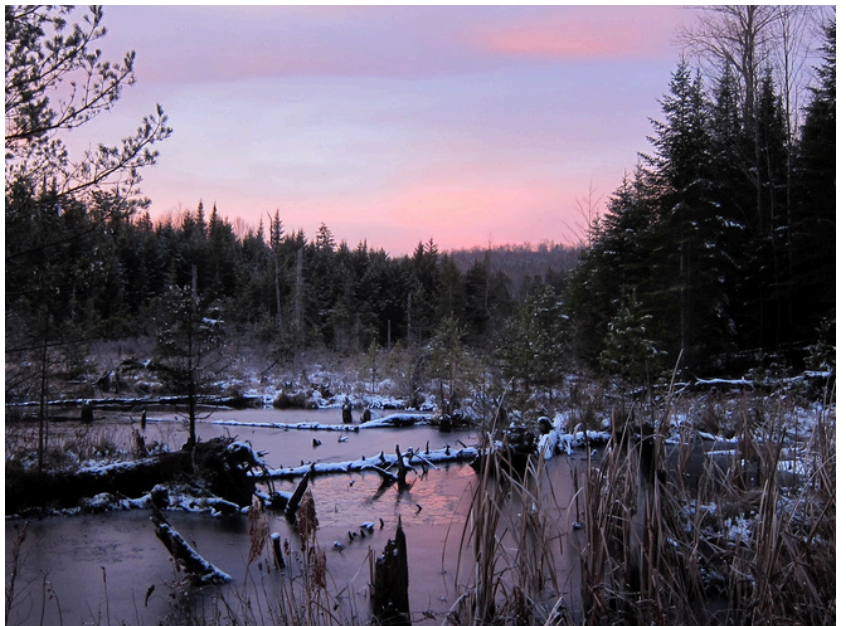


First-place winners



Action - "Cyn Sees an Eagle" by Holly Chorba of Winthrop

Artistic - "Early Morning on the Dead Creek Flow Trail" by Holly Woodworth of Wanakena





First-place winners

People - “Fairy Island” by
Danielle Jerry of Potsdam

*Photo
Not
Available*



Landscape - “View Across Debar
Pond South to Loon and Sable
Mountains from Debar Lodge,
Whose Existence is Hanging by a
Thread” by Duncan Cutter of
Nicholville

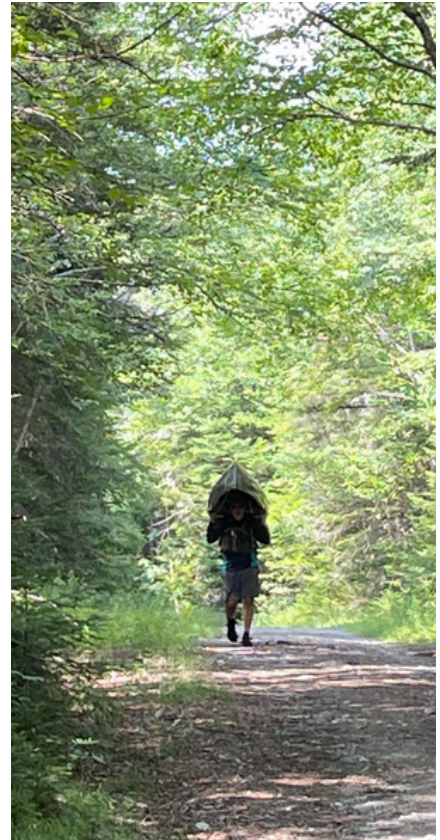
Nature - “Gray Fox at
Cranberry Lake, the
Evening of June 13, 2024,
after it had been snacking
on some small prey” by
Richard Whelden of
Rockingham, VA and
Cranberry Lake





Second-place winners

Action - "Canoe Carry to Boreas Ponds" by Holly Chorba



Artistic - "Skiing Back from High Falls" by Holly Woodworth



Second-place winners



Landscape - “Fort de La Presentation Spring 2024” by Carolann Jacobs of Livingston, TX, and Ogdensburg

People - “Hike into the Wood at Blue Mountain” by Holly Chorba



Nature - “What Was That?” by Eileen Wheeler of Canton



Third-Place Winners



Action - “Hey, Lady,
Look Over Here” by
Eileen Wheeler

Artistic - “The Scream”
by Blair Madore of
Potsdam



Landscape - “Adirondacks
September 2024” by
Carolann Jacobs

Third-Place Winners

Nature - “Heron Nestlings Ready to Fledge” by Eileen Wheeler



People - “Trail Work with Clarkson University Students” by Jeff Miller of Potsdam



Outings Schedule

April - June
2025

Dana Chudzinski
Vice Chair, Outings

3	A+	Very Strenuous	4,000	10	10
3	A	Strenuous	3,000	5 to 10	8 to 10
2	B+	Moderately Strenuous	2,000	5 to 10	6 to 8
2	B	Moderate	1,000	5 to 10	5 to 7
1	C+	Fairly Easy	1,000	5 to 8	4 to 6
1	C	Easy	Under 1,000	< 5	< 5

*Check for last minute updates: www.adklaurentian.org
*Please contact the leader at least one day before trip.
*Car pooling makes sense—so does sharing the cost of gas.

Editor's Note: Be alert for Mud Season advisories. On any given day, conditions can vary widely from the lowlands to the alpine zones.

Thursday, April 3, 10, 17, 24: Weekly Walk, 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 or 315-265-0756 for information. Level C (Easy).

Sunday, April 13: Waterfalls of Tooley Pond Road

This early in the season, water levels are very high and sometimes the falls are still ice-encrusted. This usually means impressive displays of nature's power, and great photos! Join us to tour Basford, Twin, Sinclair, Rainbow and Copper Rock Falls. These are all short hikes with short drives in between. Suitable for families and people of all ability levels. Contact Blair Madore, madorebf@potsdam.edu or 315-261-0751 for details. Level C (Easy).



Thursday, April 17: Clarksboro Exploration

A short afternoon hike to explore the Clarksboro Trail cliff. This is an easy hike open to families. If time, we'll explore the old Clarksboro blast furnace site at Twin Falls. Contact Tom Van de Water, 315-261-1723. Level C (Easy).

Tuesday, April 22: Cat Mountain

A long, all-day hike to Cat Mountain from Wanakena. Bring a lunch. Conditions vary and are often wet (or snowy). Contact Tom Van de Water, 315-261-1723. Level B (Moderate).



Saturday, April 26: Frontenac Provincial Park

We will hike the Arkon Lake Loop. Views of several lakes and ponds in Canadian Shield country. 8 miles, little net gain in elevation but significant rough ground. Contact John Barron at 613-828-2296 or johnbarron@sympatico.ca. Level B+ (Moderately strenuous).

Thursday, May 1, 8, 15, 22, 29: 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 the 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@potssdam.edu or 315-265-0756 for information. Level C (Easy).

Saturday, May 3: Red Sandstone Trail Work

Projects may include weed-whacking, brush trimming, bridge building, sign posting, and switchback construction. Dress for the weather and bring tools if you have them. All ages welcome. Contact Blair Madore, 315 261-0751 or madorebf@potssdam.edu. Level C (Easy).



Saturday, May 10: Gulf Unique and Gadway Barrens

These two remarkable preserves offer landscapes rare in our neck of the woods. They're on the Canadian border, Town of Mooers, north of Route 11, so there's a bit of driving, but we'll go through some interesting country getting there. The Gulf is a sandstone canyon blasted out at the end of the Ice Age by released floodwaters, and the Gadway is a sandstone pavement, a half-billion year-old parking lot sprinkled with jack pine and strange vegetation. We'll walk on rough but mostly level trails about 4-5 miles RT at the Gulf and about a mile at the Gadway. A joint outing with North Woods Chapter, so members only, please. John Omohundro, omohunjt@northnet.org. Level C+ (Fairly Easy).

Saturday, May 17: The Moore Trail

We will hike along the Oswegatchie River from Wanakena to Inlet and back. Along the way we can enjoy the many moods of the river and we hope to see lots of trillium and lady slippers. There is a picnic table at Inlet, where we can relax with some snacks before we head back. 4 miles round trip. Contact Holly Woodworth, hswoodworth@gmail.com or 315-848-2953. Level C (Easy).



Saturday, May 24: Buck Mountain Fire Tower

We will explore the new trail to the fire tower on Buck Mountain, off the Sabattis Circle Rd. south of Tupper Lake, and maybe see a few wildflowers along the way. 2.4 miles RT, 511 ft. elevation gain. Contact Marianne Hebert, 315-265-0756 or hebertym@potdam.edu. Level C (Easy).

Saturday, May 31: Mt. Van Hoevenberg

We will climb this iconic low peak from South Meadow Rd. The trail gradually gains elevation with the steepest section at the end. You will be rewarded with a great view of some of our well-loved High Peaks. This is part of the LP9er club. 4.2 miles RT with an elevation gain of 900 ft. Contact Dana Chudzinski, 315-244-5315 chudski63@yahoo.com. Level C+ (Fairly Easy).



Thursday, June 5, 12, 19, 26: Weekly Walk, 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 or 315-265-0756. Level C (Easy).

Saturday, June 7: Bear Mountain

Join us for a Pride Outside event. This will be a loop hike beginning in the Cranberry Lake State Park campground. Nice views of Cranberry Lake. Approximately 3.7 miles, leisurely pace. Elevation gain 797 feet. Day use parking fees may apply. Contact Marianne Hebert, 315-265-0756 or hebertm@potsdam.edu. Level C (Moderately Easy).

Saturday, June 28: Ampersand Mountain

Ampersand's open summit provides great views of the High Peaks and the Saranac Lakes. After a fairly easy start, the trail is relentlessly steep to the top. 5.5 miles RT, 1800-foot vertical gain. Plan on a dip in Middle Saranac Lake to cool off after the hike. Contact Tom Ortmeyer, tortmeyer@gmail.com or 315-244-3707. Level B+ (Moderately Strenuous).

Work Detail: Stone Valley Trail, O'Malley Brook Bridge Project

We need your help rebuilding the O'Malley Brook bridge, which washed out during the summer 2024 floods. The new bridge was started last fall. The sills have been installed. The next step is installing the log stringers that span the brook, followed by the decking and railings. This is an ongoing project. Work will commence once the snowpack has melted and will continue until completion, hopefully by late spring. Willing to help? Please contact Stone Valley Trail coordinator Mark Simon at 315-261-8644.

Backtracks

Reports on Chapter outings, Winter

2024-25

TL = Trail Leader



December 14, Higley Flow State Park

It was a lovely early winter day with sunshine and moderately cold temperatures. Not enough snow to snowshoe but enough to make everything look beautiful! We walked to the lean to, where Maragret Madore stayed to build a fire while the rest of us hiked the Beaver Pond loop. We returned to the lean-to for our cookout, then back to the lodge.

(L to R) Marianne Hebert, Ellie Menz, Brett Lloyd, Jon Montan, Thea How Choon, plus Mosaic the dog. Photo by: Blair Madore (TL), Not pictured: Margaret Madore.

New Year at Higley Flow State Park January 1, 2025

About 20 of us gathered for a fun afternoon of snowshoeing and gathering around the bonfire. The afternoon concluded with a finger-food potluck and photo contest winner celebration coordinated by Tom Ortmeyer.

L-R: Jeff Miller, Danielle Jerry, Bob Platte, Carol Rossie-Fries, Ellie Menz, Jane Khondker. Photo by M. Hebert



Backtracks Winter 2025



January 11, Stone Valley snowshoe

Three of us braved a gray morning exploring the west trail of Stone Valley. The trail was mostly broken out, and there was enough recent snow to make for a picture-perfect winter landscape.

Photo by M. Hebert:

L-R: Marianne Hebert (TL), Jane Khondker (TL), Tom Ortmeyer

January 17, Azure Mountain

It may be only 0.9 miles up to the fire tower, but it was tough going. The deep snow was broken out, but the trail is steep, and most of us hadn't worn snowshoes this season. Trudge 10 steps, pause and pant. Repeat. Mind you, the youngsters (in their 60s) plugged along and didn't complain. And the heavily snow-laden trees were magical. Most hikers were North Woods, but the Laurentian hiker, Tom Ortmeyer, chair of the board of Azure Mountain Friends, was a font of information. Tracks from glade skiers criss-crossed our trail; how did they do that without hitting a tree? Some of us climbed the rime-covered fire tower for views of ... clouds, mostly. And everyone ceremonially circled the large erratic that serves as the mountain's mascot. We repaired to Deer Valley Trails tavern nearby for all manner of interesting late lunches. --John Omohundro, TL



January 18, Lampson Falls



This outing was jointly organized with William Eckert of the Potsdam Public Library on the Outside (PPLO) program. Maybe the cold weather kept some of the beginners away? We had one enthusiastic first-time snowshoer, Leigh Ann Allen, and a collection of more experienced people to help her. The snow was not too deep, so it was an easy hike into the falls with stupendous views from above and below. The ascents and descents were just challenging enough for Leigh Ann to test herself -- and she passed with no falls!

Participants: Blair Madore (TL), William Eckert (TL – PPLO), Dan French (Nature Up North), Emily Dickinson, Leigh Ann Allen, Fiona Eckert, and Mosaic the dog.

Above Lampson Falls, (L to R) standing, Emily Dickinson, Leigh Ann Allen, Dan French; seated, Fiona and William Eckert.

Backtracks Winter 2025



February 7, Beginner Snowshoe at Sugar Island

Another event jointly organized with William Eckert of Potsdam Public Library on the Outside (PPO). We had perfect weather for a beginner snowshoe: low 20s with blue skies and sunshine. After helping everyone get their snowshoes on, we tramped along the Raquette River to Sugar Island, where we took a short pause for homemade fruit leather snacks. We proceeded a short way on Sugar Island, then decided to bushwhack from the center trail to the eastern trail. This gave everyone the feeling of what it's like to snowshoe in deep snow, and they all survived to tell the tale! When heading back, one of the adults commandeered the sled carrying the youngest participant to do an impressive hill slide. I think they may be going back for more sliding in the future. It was a great time for all, and fun to be part of such a large and varied group.

Participants (all from Potsdam): Brett Lloyd, Jeff Miller, Blair Madore (TL), Marianne Hebert, Leigh Ann Allen, Sebastian Hemingway, Gabrielle Leavitt, Rivka Eckert, William Eckert (TL – PPO), Fiona Eckert, Barret Hall, Erica LaFountain, Juno Gonzalez, Kayla Riley, Demian French, Lynx French.



February 15, Skiing at Upper Canada Migratory Bird Sanctuary.

Two days before our trip a storm dumped a foot of fresh powder snow on the region. One day after our trip another winter storm dumped another foot. On the day of our trip, we had thin clouds, pale sunshine, little wind, and pleasantly cold temperatures. We enjoyed about three miles of skiing on partly wooded and partly open trails, with views of the St. Lawrence River some of the time. The visitor center was a pleasant location for lunch. And yes, there were birds: blue jays.

L-R: Marianne Hebert, Tom Ortmeyer, John Barron (TL). Photo by Jean Giblin

Backtracks Winter 2025

March 8, Clear Pond

This also was a joint event with PPLO, Potsdam Public Library Outside. Considering the cold and blustery weather, we had a remarkable turnout of 12 people. The road into Clear Pond had been groomed recently by the snowmobile trail groomers, so we had a wide, hard-packed, easy trail to follow. It wasn't too windy as we tromped through the open hardwood forest, watching for glacial erratics peeking through the snow. When we arrived at the pond, we ventured a short way onto the very solid ice to get some wide-open views. (Wide-open also means exposed to the wind, and it was strong and cold.) Two of our participants were visiting from Maryland, and this was a first snowshoeing experience for them. They were certainly impressed to stand on a frozen lake and experience the wild forest. We were passed by one respectful group of snowmobilers. It was a great trip that we will certainly do again.

Pictured (L to R), our team: Kevin Ball, Ruth Baltus, Laura Lang, John Lang, Sandy Tyler, Alisha Smith, Jenelle Saliba, Rod Woodin, Blair Madore (TL), William Eckert (TL-PPLO). Not pictured, Marianne Hebert. Photograph by Jeff Miller.

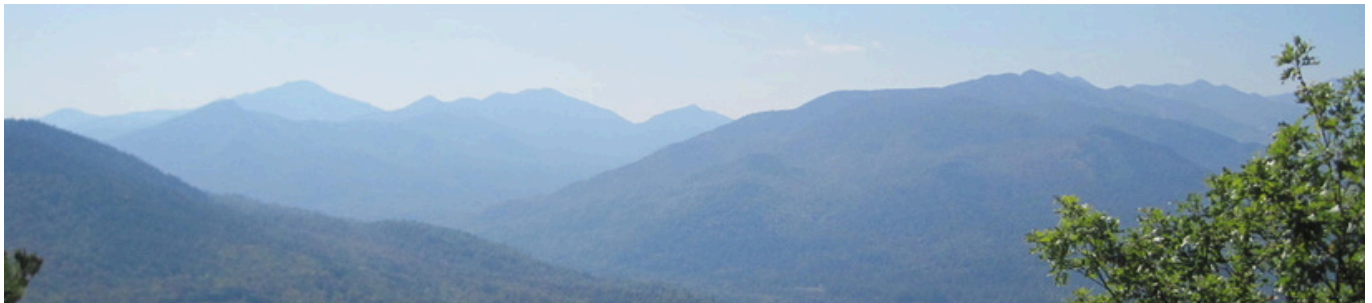




Editor's Trivia

Which of the following are probably* former Indigenous names for the Adirondacks?

- Kanyengehaga
- Oneyotdehaga
- Onontaga
- Aln8ba8dwaw8gan
- Hodenosauneeega
- Couchsachrage
- Konoshion
- Attiwandaronk
- Arendahronon
- Ratinonsionni
- Ratirontakx



Answer: They all are. However, most did not apply to the entire region, but only to that part with which each language-user (Mohawk, Oneida, Algonquian, Abenaki, etc.) was familiar. See if you can pronounce them (hint: according to reddit.com, the “8” in Abenaki is pronounced like a nasal “o” sound, ô).

*“Probably” because none is 100% documented, nor are their spellings, some of which are phonetic.