

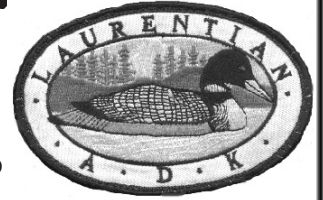


# North Wind

The Laurentian Chapter of the Adirondack Mountain Club

St. Lawrence & Ottawa River Valley Region

October - December 2018



## First ADK Cycle Outing Held in Laurentian Chapter Region

With our cycling guide *Cycling Routes of the St. Lawrence River Valley and Northern Adirondacks* as a resource, it occurred to Tom that there were enough varied routes available to consider running an all-Club cycle outing along the lines of the annual ADK Paddle Outing. Paddle Outing has two five day options on consecutive weeks, and is billed as being led by the participants themselves. Tom set up accommodation reservations at Clarkson University for one five day event, obtained the support of the ADK Outings Committee, and launched publicity about nine months ahead. Thirty four participants signed up, almost exactly our maximum capacity.

Breakfasts were at diners in the region, self-prepared on campus, or take-out. Lunches were on the road. Suppers were at local restaurants. On the first full day of the Outing, Blair and Marg Madore hosted a barbeque picnic that was very popular.

Although we hoped some participants would lead trips, we did enlist a handful of Laurentian Chapter cyclists as leaders in addition to ourselves. This proved prophetic, as none of the participants, all from far away, were willing to be designated leader without being familiar with the route in advance. We generally had two or three official trips out simultaneously, at easy to medium levels.

Some of the routes offered included the Red Tavern Road, the Seaway dikes near Massena, Higley Flow, Madrid region, Waddington region, Ogdensburg to Eel Weir State Park, Cornwall to the Long Sault Parkway in Ontario, Hannawa Falls, and a Red Sandstone tour of Potsdam. The weather was mostly good to excellent. We had one rainy day, where some stayed on campus, some drove cars to Tooley Pond Road and did short hikes to see the waterfalls, and some went to Ottawa to view a showing of Impressionist paintings at the National Gallery of Canada.

The participants had huge variation in speed and en-

duration. A de facto fast group emerged, and they found ways to extend the standard routes as well as to run independent trips of their own. Small special-interest groups created their own routes based on our guidebook and encountered excellent wildlife sightings, tourist points of interest, and other features. All participants proved resourceful and adaptable, accomplishing great feats of navigation and bike repair.

There were many positive comments about the Outing, and plans are in place to run two five day options of it in 2019. We hope our own chapter cyclists will again be willing to lead one or two trips, and we hope some of this year's participants will return and now be willing to lead a tour. We tried to run this year's trips on the pattern of a standard chapter outing, but the participants had been expecting extremely detailed route description hand-outs (known as "cue sheets" in bicycle club terminology) so that participants of differing speeds could cover the route at their own pace while remaining, loosely, a part of the group. That is how we'll try to run next year.

Thanks very much to Jeanna Matthews, Greg Smith, Joan Trivilino, and Blair and Marg Madore, whose contribution really enabled the Outing to succeed.

John Barron and Tom Ortmeyer



Fall Island Bridge- Potsdam - ADK Cycle Outing. Photo John Barron

# Chair

*John Barron*

There seem to be signs of some new people willing to become outing leaders. This is very encouraging, and we're looking forward to an even more vibrant and varied recreation program. We're planning to run our outing leadership clinic on October 27. This event originated in our Educational Affiliate Program at SUNY Potsdam, where attending it is mandatory for a student to lead trips. In the regular program the clinic is not a requirement, but it is informative and tends to be a lot of fun. All members are welcome.

We welcome Jim Burdick as merchandise coordinator. Jim has a lot of good ideas about how to run the office. He is also one of the emerging new outing leaders.

Our guest speaker at the fall pot luck, ADK Outdoor Skills Coordinator Tyler Socash, will present 7,000 Miles to a Wilderness Ethic: A Transformation After One Year on the Pacific Crest Trail, Te Araroa, and the Appalachian Trail. This grand adventure into the wilderness inspired Socash to help defend the wildest remaining places in New York's Forest Preserve, namely, the newly purchased Boreas Ponds Tract. We hope you can attend, on November 4 at Canton Presbyterian Church (see Outing Schedule).



*Red Sandstone architecture at Bayview Cemetery, ADK Cycle Outing. Photo John Barron*

## Photo Contest - final notice:

For the 2018 photo contest, photos must be taken before Oct. 1 and submitted by Oct. 8. - Tom Ortmeyer.

### Executive Committee

Chair: John Barron  
johnbarron@sympatico.ca  
613-828-2296

Outings: Marianne Hebert  
hebertm@potsdam.edu  
315-265-0756

Education: Jeanna Matthews  
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Conservation: David Katz  
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Membership : Randy Saumier  
jus2soon@gmail.com  
315-705-4287

Secretary: Blair Madore  
madorebf@potsdam.edu  
315-265-0602

Treasurer: Marie Fernandez de Alaiza  
marfagm@yahoo.com  
786-291-3473

Director: Tom Ortmeyer  
tortmeyer@gmail.com  
315-265-8219



*At Lampson Falls, Marianne Hebert, David Campbell, Bradley Hou, Daqing Hou. Photo: Tom Ortmeyer*



*Paddling in Newcomb the gatehouse of Great Camp Santanoni - Tom Ortmeyer, John and Kim LaShomb, TL John Barron. Photo by bystander*

## Appointed Positions

Chapter Archivist: Carolyn Kaczka  
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Publicity/Education Affiliate Program: John Barron  
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315-386-4393

E-letter Editor: open

Merchandise Coordinator: Jim Burdick  
jburd001@gmail.com  
716- 338-7237

Trails Coordinators  
Stone Valley: Mark Simon  
Simonm@potdam.edu  
315-262-2571  
Red Sandstone: Blair Madore  
madorebf@potdam.edu  
315-265-0602

Hospitality: Mary MacKinnon  
315-265-6027

Outdoors/Indoors Program - Danielle  
Jerry and Bob Platte (907) 231-1332  
dgjerry434@gmail.com

Social Media Coordinator  
Marianne Hebert  
315-265-0756  
hebertm@potdam.edu

## Education

*Jeanna Matthews*

We would like to find ways to have our education sponsorship funds to touch as many community members as possible and especially local children who might not otherwise be introduced to the Adirondacks. Renee Bennett-Kapusniak, Youth Services Librarian at Saratoga Springs Public Library, reached out to us requesting permission to print out materials from our website to include in a Hiking Backpack she was assembling for children to check out of the library. The backpack will contain things like a compass, head lamp, whistle, maps, a New York Park Pass and the book “Kids on the Trail: Hiking With Children in the Adirondacks” written by chapter members, Rose Rivezzi & David Trithart. It will be the first in a series of backpacks: Let’s Go...Hiking, Let’s Go...Geocaching, Let’s Go...Explore the New York State Parks, Let’s Go...Create Nature Art and Let’s Go...Enjoy Winter Wonders. Each backpack costs between \$200- \$350 depending on the contents.

Our Laurentian chapter has agreed to sponsor the “Let’s Go..Hiking” backpack and chapter leaders gave great suggestions for how to track the contents and clean/prepare the backpack each time it is returned. Hiking backpack will be promoted at an event held on September 27th when local author and hiking expert, Jim Schneider will do a show-and-tell of the backpack and walk through the basics of planning, packing and hiking, trail safety, etiquette and sustainability tips.

We think this idea could be a great one for many local libraries. Backpacks could be geared to new hikers who would like to bring necessary safety gear without a large initial investment. In the long term, we envision a wonderful synergy with chapter outings. Libraries could include lists of trips that welcome non-members or families and trip leaders could encourage new participants to check out a backpack if they are missing some recommended gear. Chapter members could volunteer to do a yearly show-and-tell of a backpack at their local library. In the short term, we will be tracking the success of the project at Saratoga Springs Public Library and contacting some local libraries to encourage them to try a similar project. If you would like to reach out to your local library or if you know of other projects worthy of some of our educational sponsorship resources, please reach out to me at jeanna.matthews@gmail.com.

# OUTINGS

## Oct. - Dec. 2018

Marianne Hebert

**Sat. Sep. 29: Circuit of Three Ponds** in Wolf Lake State Forest, Talleville. Hike the Laurentian Shield without going through Customs, and enjoy scenery similar to the landscape beloved of Canadian painters Tom Thomson and the Group of Seven in their iconic Fall season (see their work at the National Gallery of Canada). Elevation gain is slight in ups and downs, but footing can be rough and sometimes a bit wet. Distance totals 7.7 miles or 6.5 if you skip Wolf Lake itself. Difficulty level 3, Moderate. We will meet in Edwards, time TBA. Contact TL Dick Mooers, [rmooers@tw-cny.rr.com](mailto:rmooers@tw-cny.rr.com) or 315-854-4186.

**Sat. Oct. 6: Canoe Trip.** "Fall Foliage Spectacular" paddle on the East Branch of the St. Regis River above Everton Falls. Almost all flat water; exact itinerary TBD. Difficulty Level 2 or 3, depending on final itinerary. Rain date October 7. Contact TL Neal Burdick, [nealburdick@gmail.com](mailto:nealburdick@gmail.com) or 315-386-4648.

**Sat. Oct. 13: Rideau Trail.** Follows a segment of this trail in Eastern Ontario from Murphy's Point Provincial Park to Narrows Lock. Trailhead is 1.5 hours from Ogdensburg Bridge. Short car shuttle. Historic sites include old homesteads, Rideau Canal locks, and if we can find it a ghost town. 10 miles, Level 3. Moderate. Contact John Barron, (613) 828-2296 or [johnbarron@sympatico.ca](mailto:johnbarron@sympatico.ca).

**Sat. Oct 20 – Sun. Oct 21: Trail Maintenance Weekend** Join Mark Simon, coordinator of the Stone Valley Trail, and many students and other supporters in a work blitz to maintain and upgrade trails in our region. Projects range from difficult and technical to easy. Areas that have been featured in the past include Stone Valley Trail System, Red Sandstone Trail, Azure Mountain, and the climbing site at Snow Bowl State Forest. Contact Mark Simon at 315-261-8644 or [sionm@potdam.edu](mailto:simonm@potdam.edu).

**Sun. Oct 21: Red Sandstone Hike** Join us for a hike along the Raquette River starting in Hannawa Falls and heading to the Sugar Island loop and back. Moderate pace, varying terrain. Great outing before the snow falls. Opportunity to see remnants of logging on the river, current methods of water usage and wildlife. 4-7 miles round trip depending on group decision. Level 2-3. Call Kate at 720-237-5059 or email at [Kate12270827@gmail.com](mailto:Kate12270827@gmail.com).

**Fri.–Sun. Oct. 26–28: Adirondack Mountain Club Fall Outing** hosted by the Finger Lakes Chapter. Three days of hiking and camaraderie. Outings will include waterfalls, Watkins Glen and wine tours. Visit <http://www.adk-nfc.org/ADKFallOuting/index.htm> for details.

### Foot travel

Difficulty Level	Feet of ascent	miles
5. Very strenuous	over 1500	10+
4. Strenuous	1000-1500	8-10
3. Moderate	500-1000	5-8
2. Fairly easy	to 499	3-5
1. Easy	level mostly	1-3

### Cycling

Leaders should specify mileage, elevation, and surface.

Check for additions, deletions and changes on our chapter website, [www.adklaurentian.org](http://www.adklaurentian.org)

Please contact the leaders at least a day before the trip.

Car pooling makes sense, as does sharing the cost of gas.

**Sat. Oct. 27: Outing Leadership Clinic.** Learn our basic procedures and relive some of our experiences in this introduction to being an ADK outing leader. A couple of hours of indoor briefings in the morning, followed by a half-day model hike at Higley Flow State Park. All members welcome, including experienced chapter leaders who may have their own anecdotes to relate. Model hike is about two miles, in easy to moderate terrain, at a very slow pace because there will be a lot of ongoing commentary. Contact Marianne Hebert at (315) 265-0756 or [hebertm@potdam.edu](mailto:hebertm@potdam.edu), or John Barron at (613) 828-2296 or [johnbarron@sympatico.ca](mailto:johnbarron@sympatico.ca).

**Sat. Nov. 3: Sheep Meadows Hike (or Snowshoe).** Easy terrain along a horse trail, through deciduous forest in the Debar Mountain Wild Forest. Easy pace. 7.2 miles round trip. Level 3. Contact Marianne Hebert (315-265-0756) or [hebertm@potdam.edu](mailto:hebertm@potdam.edu)

**Sun. Nov. 4 - Annual Meeting and Fall Pot Luck.** First Presbyterian Church, Canton. Arrive 5 PM for supper to start at 5:30 PM. Bring a dish to share and your own tableware. Brief organizational meeting and presentation of photo contest awards. Guest speaker and ADK Outdoor Skills Coordinator Tyler Socash will recount his adventures on several of the world's long-distance trails including the Appalachian and Pacific Crest Trails and New Zealand's Te Araroa, and how it inspired him to environmental conservation activism in the Adirondacks.

**Sat. Nov. 10: Oswegatchie River Walk.** We will walk the Moore trail along the river from Wanakena up to Inlet and return. Nice water views, including rapids. About 4 mi. RT. A joint trip with North Woods Chapter. Chapter members only. To sign up or for more info, contact [adknwoutings@gmail.com](mailto:adknwoutings@gmail.com).

**Sat. Nov. 17: Jenkins Mountain.** We will look for a nice fall day to climb Jenkins Mountain, starting from the Paul Smiths VIC parking lot. 9 Miles round trip, 900 foot elevation gain. Contact Tom Ortmeyer 315-244-3707, [tortmeyer@gmail.com](mailto:tortmeyer@gmail.com) for details and necessary gear. Level 4: Strenuous.

**Sat. Dec. 1: Mac Johnson Wildlife Area.** Short easy walk/hike to explore this small preserve near Brockville, Ontario. Less than 3 miles, no climbing. Level 1. Contact John Barron, (613) 828-2296 or [johnbarron@sympatico.ca](mailto:johnbarron@sympatico.ca).

**Sun. Dec. 9: Annual Early Season Hike/Ski/Snowshoe** at Higley Flow State Park Bring your kids, their grandparents, and your leashed dogs to this annual romp. We'll ski or snowshoe or hike as the conditions permit for about 2-3 miles followed by a cookout at the Beaver Pond Lean-To. I'll supply the hot dogs and hot chocolate. Level 1, Easy. Contact Blair Madore, [madorebf@potsdam.edu](mailto:madorebf@potsdam.edu) or [315-261-0751](tel:315-261-0751).

**Jan. 18-20, 2019: ADK Tug Hill Winter Outing.** For details, and registration see below; or visit the Club website: <https://www.adk.org/play/snow-sports-information/winter-outing/>



*Everton Falls, Red Tavern Road, ADK Cycle Outing. Photo Tom Ortmeyer*

## ADK WINTER OUTING

Hosted by the Iroquois Chapter, join fellow winter enthusiasts to experience the thrill of cross country skiing or the invigorating activity of snow shoeing at the annual ADK Tug Hill winter outing January 18-20, 2019 (Martin Luther King weekend). The Tug Hill region is noted for the east's heaviest snowfall, just waiting for you to explore the numerous groomed and back country trails minutes from the club house. (ski's and snow shoes not provided)

You will "rough" it at the Mad River Club in Sandy Creek. Full package includes floor space for pad (or cot) and sleeping bag, snacks Friday evening, breakfast and lunch on Saturday and Sunday, and a catered dinner Saturday. And if you feel lucky, several door prizes to tantalize your curiosity following dinner.

For general information and registration contact David White at [cswhite@juno.com](mailto:cswhite@juno.com). Full registration is \$110. Saturday activities and dinner is \$45. All but \$20 is refundable to Dec. 31. For general information, contact Paul Sirtoli at [alexsirtoli@outlook.com](mailto:alexsirtoli@outlook.com)

The Adirondack Park Agency's comment period for the long awaited Grass River Wild Forest UMP has ended, and the agency will apparently consider their ruling in the near future. While there is controversy on some sections of the UMP, I would like to focus a bit on some of the non-controversial parts that will provide new recreation opportunities for us.

The UMP covers the state owned Lampson Falls Parcel and Tooley Pond Tract, which are likely the best known parcels covered in this UMP. The UMP also covers several other state owned parcels as well as significant conservation easements that connect these.

One that I am particularly interested in is the proposed Palmer Hill Loop Trail. This starts from the existing Grass River Trail, below Lampson Falls. The proposed trail continues north from the old bridge site, and when complete will go to the North Branch—from there, an upstream trail will go to Harper Falls, and downstream will take you to the confluence of the North and Main branches of the river. On a recent trip (see Backtracks for details), we explored a part of the southern part of the proposed trail, and found it to be scenic but difficult going. While primarily listed for mountain biking, I believe this trail when completed will become a premier full day hike right in our back yards.

On the Tooley Pond Road, the action that I find most interesting is the proposed interpretive loop trail at Twin Falls, with footbridge access across the old millrace there. Both parking and trails will also be improved at all of the South Branch waterfalls along the road. It is possible that there will be Adopt-A-Natural Resource agreements along Tooley Pond Road as well as elsewhere in the unit.

There are a number of additional initiatives that are designed to improve access for recreation. In particular, improved access to Cranberry Pond and Leonard Pond, and to the Stone Dam Parcel are included in the plan.

The plan also includes significant conservation and management components. In summary, the approval of the Grass River Wild Forest UMP be followed by implementation of the plan, which in turn will provide us with some new and interesting places to explore.



*OK Slip Falls : Photo Tom Ortmeyer*



July - Sept. 2018

June 10-15: ADK Cycle Outing. The first all-Club Cycle Outing took place in our region, organized by Tom Ortmeier and John Barron. See article.

Sun. Jun. 24: Hike to OK Slip Falls and the Hudson River Gorge. 14 of us headed out from the Rte. 28 trailhead to OK Slip Falls. We enjoyed the hike as the trail wound through a scenic forest which had a good population of newts. At just over 3 miles, we arrived at the gorge, where we enjoyed lunch while viewing the falls across the gorge. After lunch, 5 headed back to the trailhead, while the other 9 took the trail another 0.8 miles to the Hudson River Gorge. While enjoying the scenery, well over a dozen white water rafts floated by, followed by several kayakers. We reluctantly packed up and headed back, and got back to the trailhead before the rains began. Participants: Katherine Fitzgerald, Catherine Schiltz, Tracey Haggett-Sloan, Suzanne Davis, John Barron, Niall Barron, Marianne Hebert, Marie Fernandez de Alaiza, Daqing Hou, Xiaoli Wang, Bradley Hou, Raechel Davis, Dick Mooers, Tom Ortmeier, TL.

Sun. Jul. 15: Paddling in Newcomb. We started at Cloudsplitter Outfitters and paddled up the Hudson about 1/2 mile and then westward the length of Lake Harris. We portaged one short shallow stretch and paddled another fifteen minutes to where we decided more portaging wasn't worth it today and retraced our route. A cooling breeze created much more pleasant conditions than the heat and humidity of the St. Lawrence and Ottawa river valleys. A swim at Long Lake and ice cream in Tupper Lake on the way home helped too. Participants: Tom Ortmeier, John and Kim LaShomb, TL John Barron.

Wed. Jul 18: Evening paddle in Madrid. We launched from the Madrid Municipal Park at 5pm for a Wednesday evening paddle. We paddled up

*Compiled by Marianne Hebert*

the Grass for over two miles, enjoying the greenery of the forests and fields. We stopped for a short break, and were treated with a blue heron and bald eagle flying over us. We then turned back and paddled with the current to the park, where we caught the end of a concert by the Potsdam Community Band. Participants: John and Kim LaShomb, Neal and Barbara Burdick, John Barron and Tom Ortmeier (TL).

Sun. July 29: Azure Mountain Centennial Celebration. Roughly 50 hikers attended the birthday celebration on the summit of Azure, followed by birthday cake, recognition awards and raffle drawing at the St. Regis Falls Adult Center. The ADK Laurentian Chapter Gift Basket donated by the Chapter, was won by Joe Cutter of Longmont, CO.

Sat. Aug 4: Silver Lake Mountain and Bog. We started with a mid-morning bird watch along the Silver Lake Bog, and a pleasant snack break on top of Silver Lake Bluff. Early afternoon we hike up Silver Lake mountain, slowly, as the day was brutally hot and humid. Just as we reached the summit, lunch was interrupted by thunder and lightning, which precipitated a hasty retreat. An early dinner (with beer) at the Shamrock Restaurant finished the day. Participants: Eileen Wheeler, Tom Wheeler, Marianne Hebert (TL).

Sat. Aug 11: Debar Pond Paddle and Hike. This was a joint Laurentian/North Woods outing on a fine summer day. Debar Pond is small but relatively unknown, yet offers majestic views of Baldface and Debar Mountains. After circumnavigation, we split into three parties. P#1 bushwhacked toward Baldface in an unsuccessful search for blueberry ledges. P#2 returned to the put-in to picnic and explore the several structures making up Debar Lodge. P#3 noodled around the shoreline, chatting up a pair of loons, and came upon... a young moose! Several of us swam in the warm, clear water. Participants: John and Susan Omohundro, TL; Elisabeth Craven, Janet Wakefield, David Katz, Anne Csete, Kate Schiltz, Barbara Hollenbeck, Kathy O'Kane.

Sat. Aug. 18: Exploring proposed Grass River Trails Five of us set out to explore the proposed trails in the Grass River easement below Lampson Falls. The morning mists were just letting up as we set out on the woods road to the old bridge site below the falls. Before getting to the bridge site, we continued south on a lightly used woods road, and found many ferns on the trail still wet from the mists. We did go down to the river to try and find an unmaintained trail, with no success. We retreated back to the woods road, and continued south past two wetlands until the road could no longer be identified. We then made our way back to the bridge site, where we enjoyed an extended lunch and dried out a bit. From there, we followed the well used (by humans and beavers) riverside trail to Lampson Falls, and enjoyed the falls before heading back to our vehicles. Participants: Marianne Hebert, David Campbell, Bradley Hou, Daqing Hou, Tom Ortmeyer (TL).



*OK Slip Falls: Xiaoli Wang, Daqing Hou, Bradley Hou, Niall Barron, Kathleen Fitzgerald, Suzanne Davis, Tracey Haggett-Sloan, Raechel Davis. Photo T. Ortmeyer.*

Sat. Aug 25: Hike Stone Valley. We started in Colton at the trailhead and headed downhill along the river. Beautiful scenery with rapids, boulders and cardinal flowers. Evidence of past log driving down the river added some history. Lots of shade and being by the water made for a great temperature to hike. We took a water/snack break and then headed back to the trailhead. An enjoyable half day outing was had by all. Participants: Xiaoli Wang, Bradley Hou, Bill Young, Kate Schlitz (TL), Marianne Hebert (TL).

Sun. Aug 26: Gourmet Picnic Paddle. Cancelled due to lack of participants

Sat. Sep 8: Castle Rock Unavoidable circumstances led to a couple of participants' having to cancel the evening before and the morning of the hike. That left only two of us to enjoy this short but in places steep, varied, and very scenic trail. We had cool, pleasant weather. Jean Giblin and John Barron (TL).

September 2018 Mt. Desert Island/Acadia National Park in September. Cancelled due to lack of participants.



*Debar Pond Loon.*

## Membership

*Randy Saumier*

### *New Members - Welcome.*

- Garret Glasgow, Canton, NY
- Craig Lalonde, Ogdensburg, NY
- James Burdick and Amanda Oldacre, Potsdam, NY
- Elmer Gerbrecht, Buffalo, NY
- Chad and Anna Greer, Potsdam, NY
- Kailey Mahar, Potsdam, NY
- Russell Strait, Norfolk, NY
- Daniel White, Cooperstown, NY
- Daniel Collins, Colton, NY
- Betsy Darrow, Canton, NY
- Sinead McSharry, Clinton, NY
- Mikhaela Neelin, Beaconsfield, QC
- Gary Shaver, Greeley, ON
- Eben Smith, Cambridge, MA
- Jennifer Weinert, Ottawa, ON



### *North Wind*

The Newsletter of the Laurentian Chapter  
of Adirondack Mountain Club  
7 Barclay St. Potsdam, NY 13676

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## Just Connect

VISIT the chapter website, ably maintained by David Katz, for color photos, trail maps, updated officer reports, and outings:

[www.adklaurentian.org](http://www.adklaurentian.org)

LIKE US on Facebook, edited by Marianne Hebert:

<http://www.facebook.com/groups/140013066028774/>

FOLLOW US on Twitter:

<http://twitter.com/#!/ADKLaurentian>



*Debar Pond Moose.*