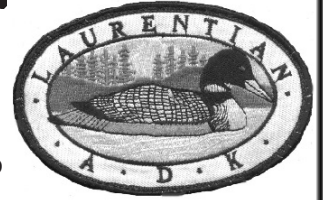




North Wind

The Laurentian Chapter of the Adirondack Mountain Club

St. Lawrence & Ottawa River Valley Region



January - March 2019

Outside the High Peaks Region

The past year has seen higher use of the trails in the High Peaks area, to the point of some concern. Overflow parking along Rt. 73 near Lake Placid is only the most obvious indication of a wider problem. One study showed that nearly 80% of all trailheads leading into the High Peaks were at or above capacity on fall weekends. Another study identified 130 miles of trails in the High Peaks that have been heavily damaged from overuse. The DEC has been considering some options, including instituting a permit system for the Eastern High Peaks Region. They also came up with, and posted on their website, a list of 13 trails that don't suffer the overuse that others experience. Another step is the new Mt. Van Hoevenberg East Trail; designed to withstand heavy use and placed so parking is not along a busy corridor. Heavy trail use and the associated parking also raise concerns such as those noted in Tom Ortmeier's Director's report in this issue. It's great to see so many people enjoying the outdoors, but there are lots of fine trails outside of the High Peaks.

As we looked at possible revisions to the list of suggested hikes for a revised edition of Kids on the Trail, we saw the opportunity to direct hikers away from the overused areas. We decided to drop Pitchoff Mt. and Mt. Jo from our list - with some sadness, for they are both nice hikes within the ability of most young hikers. As we looked for what trails could be included instead, it became clear that there are plenty of others - equally appealing and far less used.

Quite a few trails are new or have been improved in recent years. The process of revising the book (due out in 2019) gave us the opportunity to explore some of these trails. Here are a few of the easy-to-moderate trails that are much less likely to present parking problems at the trailheads. They are also described in more detail in the ADK Forest Preserve Series of guidebooks.

•Coney Mt. This is a short climb off Rt. 30 south of Tupper Lake. Look for the trailhead just north

of the county line.

•Moxham Mt. This new trail is quickly becoming quite well known - for good reason. The very nicely designed trail leads to outstanding views both along the way and at the summit. It's in the town of Minerva west of Rt. 28N

•Anthonys Nose. The Lake George Land Conservancy has been very active at protecting land and building trails. This is a steep one that leads to great views to the west across Lake George. The trailhead is on the eastern side of the lake south of Ticonderoga.

•CATS trails. The Champlain Area Trails System has developed a nice collection of mostly short trails on the New York side of Lake Champlain. Sometimes they are on private or conservancy land, but they are usually well-marked. Coon Mt. is perhaps the best known of the CATS trails.

•Catamount Mt. This has long been one of our favorites. Now it has a new parking area at the trailhead on Forestdale Rd. north of Whiteface Mt. - which makes it more visible and accessible.

•Watch Hill. This little gem of a peak off Rt. 30 south of the village of Indian Lake is another example of improved parking that should make this small peak with good views an attractive option.

David Trithart and Rose Rivezzi



Debar Mountain overlooking Meacham Lake. L-R, Duncan Cutter, Joe Bennett. Photo John Barron

Chair

John Barron

There has been some staff turnover at ADK Headquarters. While we're sad to say farewell to some who've made major contributions over the years it's encouraging to see others whom we've known as new recruits achieving their potential and moving into more influential positions. It also brings new people from the outside, with new ideas. One of these is Jules Greiner, our new Membership Director. Jules is in the last stages of testing a new volunteer-centered web service that should facilitate cooperation among chapters and between chapters and Lake George. Jules is also restarting the Regional Roundtable meetings of ten or more years ago, also with the objective of improving communication and cooperation. We were to have been part of one of the first of the new series of meetings along with our neighbors Black River and Shatagee Woods; but as luck and climate would have it, our meeting got postponed due to an early winter storm. We look forward to it when it goes ahead.

We've had some changes at the chapter level too. Marianne Hebert has completed her two terms as Vice Chair, Outings (thanks, Marianne, for a great program throughout that time). We're delighted both to have Joan Trivilino succeeding Marianne (welcome, Joan!) and that Marianne will be continuing to serve the chapter as Vice Chair, Membership. We say farewell and send best wishes to our outgoing Vice Chair, Membership Randy Saumier, who has achieved notable successes but recently decided to move to South Carolina. Marie Fernandez de Alaiza as Treasurer and David Katz as Vice Chair, Conservation are continuing for second terms. Thanks to our nominating committee of David Trithart, Jeff Miller, and Tom Wheeler for orchestrating this result.

We're thinking hard about how best to distribute the chapter newsletter, the North Wind. It's been a very important part of the chapter's identity since the beginning, and a printed version, delivered by post, is still preferred by more than half our members. Printing and postage are expensive though, and it is very labor intensive. We have visibility into how some other chapters are handling this dilemma, in some cases going partly or entirely digital. There's no decision here yet about how to evolve.

ADK Cycle Outing

In June, the 2nd ADK Cycle Outing will take place. Outing HQ will again be based out of the Clarkson University campus, with daily rides taking place in the Northern Adirondacks and the Saint Lawrence River Valley on both sides of the international border. This year, the outing will have two sessions, June 9-14 and June 14-19. There will be a number of new rides this year, and cue sheets for each rider for every trip. Our local leader trips went very well last year, and we invite chapter members who

would like to lead a trip or two for us this year to contact either Tom Ortmeyer or John Barron. And of course, chapter members are welcome to sign up for one or both sessions of the outing. Registration opens January 2. Further details are available on the ADK web page, just search for ADK Cycle Outing.



Ice Storm Impression. Photo by Bob Platte

Executive Committee

Chair: John Barron
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2018 Laurentian Chapter Photo Contest Winners Announced.

The winners of the 2018 Adirondack Mountain Club Laurentian Chapter Photo Contest were announced on November 4 at the Laurentian Chapter Annual meeting. See color versions of the winners on the Laurentian Chapter web page - adklaurentian.org

Photographer Blair Madore, Potsdam, took Grand Prize Honors with the photo “Whiteface Thrill.” This photo also received the First Prize in the Action Category. His photo “Western Brook Pond” also took top honors in the Landscape Category.

Jeanna Matthews, Massena, took top honors in the Nature and People categories with the photos “Ferns Unfurling” and “Skating on the Rideau Canal.”

Bob Platte, Potsdam, won the Artistic category with his photo “Ice Storm Impression.”

Jeff Miller, Potsdam, Richard Wheldon, Cranberry Lake, Jean Fallon, Colton, and Jeanna Matthews received honorable mentions for their work.

The contest was judged by Art Boni, Ottawa, Geri Ames, Massena, and Fiona Barron, Ottawa.

Conservation

David Katz

Hemlock Woolly Adelgid

A variety of invasive species have made the news this year. For people interested in the health of our region’s forests, probably the most worrisome is the Hemlock Woolly Adelgid (HWA). Hemlock Woolly Adelgids, aphid-like insects native to Asia, attach their hypodermic-like mouthparts to hemlock twigs and needles, consume nutrients from the host tree, and reproduce prolifically. Infested trees invariably die, often over a period of 4-10 years, but in as few as 1-2 years in stressed stands. Infestations, characterized by twigs with white, cottony masses, spread rapidly. Older infestations produce greyish crowns and kill literally all hemlocks in their path. HWA has been established south of the Thruway since the late 1980s.

The long-term outlook is hopeful. Cornell University is studying a beetle (*Laricobius nigrinus*) and two species of silver fly (*Leucopis argenticollis* and *L. piniperda*), all native to the Pacific Northwest. These insect parasitoids successfully control the genetically distinct HWA population that affects hemlocks in that region. It is too early to assess the studies, but Cornell hopes that one or more of these predators will also control the HWAs in eastern hemlock forests and allow the forests to recover.

Locally, there’s both good news and bad news. The bad news is that the HWA is moving in our direction faster than expected. It is present in the Oswego area, and this summer was spotted for the first time in the Adirondacks, near Lake George. It is likely that both outbreaks were caused by the trucking of infected nursery stock, which could easily bring the adelgids here, too.

The good news is that scouting allows early detection of outbreaks, and early detection allows effective treatment. The HWAs in Lake George were discovered when only 2 trees were affected, and DEC expects the outbreak to be controlled. Treatment typically involves treating affected trees with insecticides, as the DEC is doing in Lake George.

If you’d like to learn more about the Hemlock Woolly Adelgid (and other invasive species) and get some hands-on scouting experience, Cornell Cooperative Extension and the New York State Hemlock Initiative will host a one-day workshop on January 16, 2019, featuring both classroom and field sessions. Call the Extension office at 315-379-9192 to register, or contact Paul Hetzler at ph59@cornell.edu for more information.

Appointed Positions

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Social Media Coordinator
Marianne Hebert
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OUTINGS

Jan. - Mar. 2019

Marianne Hebert

Tue. Jan 1: New Year's Day at Clarkson. The traditional New Year's Day party will take place at Clarkson's Adirondack Lodge. Bring hors d'oeuvres for a simple pot luck; there are no cooking facilities. People usually drift out onto the trails about 2:00 - 2:30 PM for an hour or so of skiing, snowshoeing, or hiking depending on the weather and ground conditions. About 4:00 a pot luck party takes place at the Lodge. If questions, contact John Barron at (613) 828-2296 or johnbarron@sympatico.ca.

Sat. Jan. 12: Ski/Snowshoe Catamount Mountain (South Colton). This small mountain offers a nice overlook of the Carry Falls Reservoir. Depending on conditions, we can ski in for the first mile, and then switch to snowshoes when the going gets steep. 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 (315) 265-0756 or hebertm@potdam.edu

Sun. Jan. 13: Robert Moses State Park. A half day of easy trail activity including an hour or two each of skiing and snowshoeing. Equipment is available for rental on site. Level 1-2. Option to go out for supper afterward, timed to view this evening's Outdoors/Indoors presentation. Contact John Barron, (613) 828-2296 or johnbarron@sympatico.ca.

Sun. Jan. 13: Outdoors - Indoors: Wilderness Education Leadership II - From West Elk, Colorado to Bob Marshall, Montana. Follow the story of four students taking a Wilderness Leadership course with SUNY Potsdam in two remote National Wilderness Areas in Colorado and Montana. Relive their adventure as they learn to adapt to the elements, respond to chance encounters of the 4-legged, toothed variety, and face unique aspects of wildland travel. As John Rendon narrates the trip, the audience will be privy to a photo slideshow of the breathtaking Rockies scenery that students and visitors quickly become accustomed to. Potsdam Civic Center Community Room (above the police station), 7:00pm.

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

Sun. Jan. 20: XC Ski to Great Camp Santanoni Join us for an ADK classic 9.8 mile roundtrip ski to the historic Great Camp Santanoni. We've timed this for their winter open-house so we can enjoy hot drinks and a warm fire when we arrive. Please be prepared for a full day trip (6+ hours). Call Blair Madore (315) 261-0751 or email, madorebf@potdam.edu.

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

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

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

Sat. Jan. 26: Snowshoe or Ski at Paul Smith's VIC. We will explore the trails at Paul Smiths, XC ski or snow shoe depending on conditions. The Chili Ski Fest will be happening, so plan on a chili lunch indoors and options to participate in other family fun activities. Day use fees may apply. 3-4 miles, mostly flat terrain, easy pace. Level 2. Contact Marianne Hebert (315) 265-0756 or hebertm@potdam.edu

Sat. Feb. 2: Ski to High Rock. This almost 8-mile round trip ski tour begins in Wanakena and follows an old truck trail to a beautiful outlook over the Oswegatchie River. The trail is mostly level and passes several pretty beaver meadows. Participants are invited to the leader's house for hot chocolate and cookies when we return. Level 3. Contact Holly Woodworth at (315) 848-2953 or hswoodworth@gmail.com

Sun. Feb. 9: Black River Trail (showshoe, ski or hike). Beginning in Great Bend of Rt. 3, we will follow the trail to the midway point at 3.5 miles, then return. 7 miles RT. Joint outing with the Black River Chapter. Level 3, moderate pace. Contact Linda Quackenbush (516) 662-5020 or lindaq04@yahoo.com.

Sat. Feb 16: Black Pond/Long Pond snowshoe - These two ponds near Paul Smith's offer nice esker geology and a lean-to for a mid-hike snack. It's 2.8 miles round trip and 365 feet of up and down. Joint outing with North Woods, Members only. Inquire with John and Susan Omohundro at adknwoutings@gmail.com.

Sat. Feb. 23. Ski and Snowshoe to the Pinnacle. About 5 miles round trip (4 miles on skis and 1 on snowshoes) and 500 feet of elevation gain. Level 2. Contact Blair Madore at 315 261 0751, or email madorebf@potdam.edu.

Sun. Feb. 24: Skiing/Snowshoeing at Summerstown Trails. A half day exploration of this area near Cornwall, Ontario. Easy terrain. Equipment is available for rental on site. Level 1-2. Option to go out for supper afterward, timed to view this evening's Outdoors/Indoors presentation. Contact John Barron, (613) 828-2296 or johnbarron@sympatico.ca.

Sun. Feb. 24: Outdoors - Indoors: Newfoundland Wilderness Experience on the Northern Peninsula. Join Laurentian Chapter members as they recount their recent trip to the Northern Peninsula where they explored mountains, fjords and the national parks of Newfoundland. Come see and hear about the geology, wildflowers, roadside gardens, whales, iceberg (one), Vikings, the spectacular views they shared and how they got "screeched in." Potsdam Civic Center Community Room (above the police station), 7:00pm.

Sat. Mar. 2: Riverside Trail Snowshoe. this is an afternoon snowshoe on this 1.5-mile loop trail along the St. Regis River above Parishville. The trail is steep in spots, with a nice stretch along the river. Level 2. Contact Tom Ortmeyer, tortmeyer@gmail.com, 315-244-3707, for details.

Sat. Mar 9: Skiing in Gatineau Park. Route and length will depend on weather and snow conditions. About 10 miles, Level 3-4. Contact John Barron, (613) 828-2296 or johnbarron@sympatico.ca.

Sun. Mar. 24: Outdoors – Indoors: Walking the Shikoku, Japan 88 Temple Pilgrimage. Pilgrims have walked a 1,200-kilometer Buddhist pilgrimage route around the mountainous island of Shikoku for over a thousand years. In March of 2016, Tom Van de Water and Betsy Kepes walked half of the 88-temple route. Many of the ancient temples are high in the mountains and are reached by trails and small roads. Tom and Betsy will show slides of their journey and explain why they would like to go back to Japan to finish the walk. Potsdam Civic Center Community Room (above the police station), 7:00pm.

Sun, March 31: Road walk on the Dean Road We will celebrate the end of winter with an afternoon walk on an unpaved Dean Road along the Middle Branch of the Grass River. Distance will be around 6 miles. Level 3. Moderate. Contact Tom Ortmeyer, 315-244-3707 or tortmeyer@gmail.com



Landscape (untitled). Photo by Jean Fallon

The State of New York has done an excellent job of adding new and important lands to the Adirondack forest preserve. I know many of us have enjoyed visiting these newly open areas as they became available to us over the past few decades—including both the Grass River and Raquette River watersheds in our area, as well as Little Tupper, Boreas Ponds, OK Slip Falls and the Hudson Gorge, Essex Chain of Lakes and others.

However, these additions to state owned lands and easement lands have not been accompanied by a corresponding increase in personnel to manage the resources. Statewide, NYSDEC lists 106 Full time Forest Rangers and 18 Seasonal Rangers to cover 4,944,361 acres in the state. Their responsibilities include wildfire management, search and rescue operations, in addition to protection of the state lands and resources. In 2017 alone, the Rangers performed 345 search, rescue or recovery missions. This compares to 274 of these missions in 2012 and 255 in 2008. By comparison, in 2008 there were 106 Forest Rangers and 31 Seasonal Rangers to cover 4,455,534 acres.

On May 23, the Police Benevolent Association of New York State Law Enforcement, the union that represents Forest Rangers, issued a press release stating concerns specific to the High Peaks area and the High Peaks Draft UMP that was under consideration at that time. While supporting the Draft amendments to this UMP, they also note impacts to the High Peaks Wilderness that may still need to be addressed beyond the implementation of this current management plan. In particular, they compare the 2012 and 2016 years. In 2012 in the High Peaks Ranger District, Rangers patrolled 2,636 interior miles on foot, issued 329 tickets and gave 16 public presentations. There were 62 search and rescue missions that year. In 2016, there were 98 search and rescue incidents, and the interior miles patrolled by the Rangers dropped to 1,834 miles, and they only made 2 public presentations. The release also notes the additional Ranger time spent on parking and trailhead issues were taking a larger portion of Ranger time in 2016. The release calls for additional Rangers in the High Peaks District, including Rangers staffing the Lake Colden and Johns Brook Outposts every weekend.

Clearly, there is a need for education on wilderness hiking for hikers as they expand their hiking capability. And there is a need for the trailhead measures that are being undertaken in the revised UMP. However, there is a strong case being made on the need for additional enforcement efforts in the backcountry of our wilderness, wild forest, and easement areas, in order to preserve the resource while providing safety for those enjoying these areas.

Election of Officers

At its annual meeting in November, The Laurentian Chapter elected the following people to positions on the Executive Committee. Thanks to these continuing and new officers for stepping up to help.

Outings: Joan Trivilino

Conservation: David Katz

Membership: Marianne Hebert

Treasurer: Marie Fernandez de Alaiza



Oct - Dec. 2018

Sat. Sep. 29: Circuit of Three Ponds in Wolf Lake State Forest, Talcville. Cancelled

Sat. Oct. 6: Canoe Trip. Six paddlers braved thunder-shower forecasts (the showers materialized but the special effects didn't) to observe fall colors and, in some ways even more fascinating, endlessly ebbing and flowing cloud formations. We put in at the Meacham Lake outlet, followed the lake's west shoreline a distance, reversed course and took a rest/lunch stop at the natural beach at the foot of the lake, then two of us returned to the launch site while the other four explored up the rainy Osgood for a few oxbows. It was like paddling through an artist's palette. But perhaps the highlight was a stoic bald eagle who supervised the lake portion of the outing from high in a white pine spar. Many photos were taken. Neal Burdick (TL), John Barron, Duncan Cutter, Joe Bennett (Duncan's brother-in-law from California), John and Susan Omohundro.

Sat. Oct. 13: Rideau Trail from Murphy's Point to Narrows Lock. We had an ideal cool fall day with a mix of clouds and sun. Conditions varied from cottage and woods roads, through good trail, to well-marked but rugged and pathless sections. We were able to admire several of our planned scenic highlights. We decided no to put in an extra mile of hiking to see one of them, but we gained a bonus highpoint in the form of a huge view over Big Rideau Lake. Participants: Marianne Hebert, Tom Ortmeyer, Toni Towle, Kate Schiltz, TL John Barron.

Sat. Oct 20 – Sun. Oct 21: A large turnout of volunteers, including many students from SUNY Potsdam and SUNY Canton, made major improvements to some of the region's trails.

Sun. Oct 21: Red Sandstone Hike. We started in Hannawa Falls at the trail head and continued North along the river. It was 37 degrees and there were snow flurries, but we all dressed appropriately and stayed warm. A deer was our wildlife sighting for the day. We crossed over the stairs at the 1.6 mile point and continued along the pipeline for a while. A group decision was made to turn around and our total for the day was 5 miles. It was a great beginning hike for the 3 participants who had never hiked with ADK previously. Participants: Tom Schiltz, Gabriella Schiltz, Patricia Ma-

Compiled by Marianne Hebert

son and Kate Schiltz (TL).

Sat. Oct. 27: Outing Leadership Clinic. We spent the morning indoors going over trip planning and publicity, answering requests to participate, arranging transportation to the trailhead, and ADK sign-up requirements. The afternoon consisted of a short model hike at Higley that featured a number of simulated situations we've encountered on the trail in the past. The weather presented a real-life challenge to our practice leaders - cold and showery, with a threat of rain. Special thanks to Jack Rendon, an experienced leader in our EAP at SUNY Potsdam, for helping present. Participants: Marianne Hebert (TL), John Barron (TL), Linda Quackenbush, presenter Jack Rendon, Kate Schiltz, Bradley Hou, Daqing Hou, Joan Trivilino.

Sat. Nov. 3: Sheep Meadows Hike (or Snowshoe). Cancelled due to weather.

Sat. Nov. 4: Oswegatchie River Walk. By the time we walked the north shore of the Oswegatchie from Wanakena to Inlet, two miles away, the day had turned from grey to blue. The footing was tricky: leaves covered mud, rocks and roots, and we were obliged to pick our way around a few tributary streams. But the river rapids in full fall flood were spectacular. A picnic table at Inlet made a welcoming lunch spot. Dick Mooers, Mary Jane Watson, eight members of North Woods chapter, John & Susan Omohundro, TL.

Sat. Nov. 17: Jenkins Mountain. Cancelled due to weather.

Sat. Dec. 1: Mac Johnson Wildlife Area. Ground cover was half crusty snow, half bare ground. Hardly any mud but plenty of water, which flooded out one of our planned trail segments and caused us a reroute. Good scenery, and interesting navigation puzzles on this small trail network. A very enjoyable few hours in the warm sunshine of late fall. Participants: Marianne Hebert, Pat Gray, Anne Youlden, Jean Giblin, Toni Towle, John Barron (TL)

Sun. Dec. 9: Annual Early Season Hike/Ski/Snowshoe at Higley Flow State Park. Seven of us, and a dog, enjoyed wonderful winter conditions for about three miles of snowshoeing followed by a fire and cookout at the Beaver Pond Lean-to. There is nothing quite like the experience of eating hotdogs slightly charred over a fire in the snow, nor the experience of walking under the towering snow encrusted pines. For the Hou family, it was their first experience on snowshoes but it

will not be their last! Participants: Daqing Hou, Bradley Hou, Xioli Wang, Marianne Hebert, Shadow (dog), Sally Lynch, James Lynch, and Blair Madore (TL).

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 ccswhite@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 alexsertoli@outlook.com



Mac Johnson Wildlife Area: : Marianne Hebert, Pat Gray, Anne Youlden, Jean Giblin, Toni Towle. Photo TL John Barron



Whiteface Thrill. Photo by Blair Madore



Skating on the Rideau Canal. Photo by Jeanna Matthews

Membership

Randy Saumier

New Members - Welcome.

- Jeremy McDonald
- Anna Pacheco
- Christine Campbell
- Mardra Alvarenga
- Courtney Conkling
- Emily Downs
- Sam Kramer
- Christos Megalis
- Alice Menis
- Bryce Smith
- Jacob Stiles
- Daqing Hou and Xiaoli Wang
- Randy Novak



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

LIKE US on Facebook, edited by Marianne Hebert:

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

FOLLOW US on Twitter:

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



Family Picnic on Azure Mt. Photo by Jeff Miller.