From our Chapter Chair.:  

The Places Where We Like to Play

Think about the Debar Wild Forest for a moment. What is there? The upper Osgood River, the Lower Osgood River, Debar Mountain, Church Pond, Osgood Pond, Meacham Lake … the DEC is working on a Unit Management Plan for this area. John Omohundro attended a scoping meeting for the plan and reports as follows: the area under plan includes the large Debar Wild Forest, the Champion Lands easement and the Kushaqua Easement, also Madawaska/Quebec Brook and Deer River. These areas are major playgrounds for North Woods Chapter: 88,000 acres total. We are asked for a critique of current management, fixes and improvements. A preliminary plan will follow.

I, your Chapter Chair, would like to see an easy access point for a paddle downstream on the Lower Osgood River.

Comments can be sent to: Robert Daley, Forester 2, DEC P O Box 296 Raybrook 12977 or robert.daley@dec.ny.gov

-Marilyn
Trudeau and the Forest Preserve

I was surprised to learn recently that Dr. Edward Livingston Trudeau’s sanatorium led directly to the protection of open space in the Adirondack Park. These discoveries occurred during my reading of Mary Hotaling’s excellent *Dr. Edward Livingston Trudeau: A Rare Romance in Science* (Historic Saranac Lake, 2016). I learned a great deal about many local topics relating to Paul Smith, Saranac Lake Village, the life and work of the remarkable Dr. Trudeau, and the history of tuberculosis as an epidemic. Did you know, for example, that TB in the Old World appears from DNA research to have originated in Africa and spread as humans radiated out, but TB in the New World may have spread to humans there via pinnipeds—that is, seals and sea lions?

But to the point: Trudeau’s project in the Adirondacks affected wild land preservation on at least two occasions, as reported in Hotaling’s book. The first was in the 1894 annual report of the New York State Forest Commission. Nathan Straus, Trudeau’s friend and financial backer, was one of the five commissioners at that time, which is one reason for the mention, but the health benefits of the Adirondacks had been a stated reason for protecting it since Emmons reported on the region in the 1830s. Straus notwithstanding, Trudeau’s impressive success in arresting tuberculosis in patients by a stiff dose of Adirondack fresh air was reason enough to want to preserve the fresh air. The report of the Forest Commission stated, “The Adirondack Cottage Sanitarium is situated on a high hill within a mile of Saranac Village, its site commanding a magnificent view of mountains, as yet covered to their very summits with evergreen forests... It represents the first organized attempt made in the country to cure or arrest incipient consumption, and to put climate within the reach of persons of moderate means... It treats annually from 120 to 130 patients, and its annual reports show that twenty-five per cent of these are apparently cured, while twenty-five to thirty per cent more are sufficiently restored in health to resume their work or support themselves... while living in a suitable climate.” The report continued by stressing the “healthful and purifying effects of coniferous forests” and urged the legislature to further protect the region for its health benefits. Many doctors, it quoted Trudeau, “will be at a loss where to send their suffering patients who are unable to pay the expenses of a trip to [sanitaria in] Colorado or California unless some steps be immediately taken to save the State this heritage that should be preserved for the people.”

The commission’s appeal for forest preservation for health reasons came at a crucial time. While the Forest Preserve Act had been passed in 1885 to stop wholesale logging, the state constitutional convention in 1894, the year of this commission report, created Article 7 (later Article 14), the “Forever Wild” clause, the only one of its kind in America. Recreation and watershed protection were other important arguments for the amendment, but surely evidence of Trudeau’s success with the “fresh air cure” helped to sway some votes at the convention.

Trudeau was even more directly involved in the story of Mount Baker. Hotaling writes that Trudeau considered the view from his compound on the side of Mt. Pisgah “one of its most valuable assets.” He acted forcefully to protect the viewshed over the Saranac River and the hills beyond. He wrote in his annual report of the need for the state to acquire “the wooded hill directly in front of the sanitarium.” That campaign dragged on until 1905, when the TB magazine *Journal of the Outdoor Life* could finally report “…New York State has acquired part of the wooded hill known as Mount Baker, directly in front of the Adirondack Cottage Sanitarium. The State’s acquisition is known as lot No. 69 and consists of about 160 acres on the northern slope of Mount Baker. There is another lot, No. 30, and efforts are being made to have the state acquire that also. Until it is acquired by the -continued on page 3
THE HISTORY CORNER - continued

"state there will be danger of the timber on it being cut, which would make a disfiguring blot on the view from the Sanitarium."

So the next time you huff and puff up that steep little peak, thank Dr. Trudeau for this, too, among his remarkable contributions. And don’t miss this book.

A Poetry (half) Page
- chosen by our Literary Editor from this quarter’s submissions

Our regular contributor, The Bard of Birch Street, emerged from his winter torpor to discover five feet of new mid-March snow drifted against his back door …

while our past Chapter Chairman muses on the soon to come reality of Spring in the Adirondacks.

Not with a Whimper

THE Bard is whelmed e’r in new snow:
He is flummoxed, has his canoe set to go.
   Befuddled of wit,
   He can do naught but sit,
And permit his deft verses to flow.

- The Bard of Birch Street

Spring in the Adirondacks

Mud

- Frank Lecinsky

The North Woods Chapter Outings Schedule
was previously distributed as a separate document

ERROR CORRECTION:
The trip to Lake Andrew is on Friday, June 2nd

Check for schedule changes online on our North Woods Chapter Calendar
TRIP REPORTS .... written by the Leaders of last quarter’s Chapter Outings

January 4, Snowshoe Mt Van Hoevenberg  
Leader: Denise Erwin

The first outing of 2017 almost didn't happen. It was raining when we all met up, and there was concern about possible icy conditions after the warm temperatures we’d been having. When we got to the trailhead, however, the rain stopped and we found good trail conditions after all. The climb was pleasant, and the summit was super windy and AWESOME. The High Peaks were socked in, but we did manage to get a slight view before we descended out of the wind to eat lunch and finish the hike. Overall, it was a perfect start to the year.

January 11, Ski the Deer Pond Loop  
Leaders: Susan and John Omohundro

Rain overnight forced us to carry the whole panoply of gear to the trailhead, uncertain if we could get into the woods at all. We found a fresh inch of something like Snow-Cone underfoot, so we skied the first mile and a half, then parked the boards and continued on foot. Deer Pond was brilliant in a Colorado sun. We took breaks from lunch to walk out of the tree shadows onto the sunny ice to build up some vitamin D. Skiing back, especially on narrow bog-walks, was a risky operation. There was some kinetic horizontality, but little consequence as a result except for a fractured ski pole. We were very glad we didn’t let the rain and wind this morning dissuade us from our trek.

January 20, Hike at John Brown’s Farm - Leaders: Lethe and Frank Lescinsky

It was a beautiful winter day: snow everywhere, trees freshly decorated with snow, mild temperatures, bright sun, and blue sky. We had an easy 2-mile walk on the Potato Field Loop, with a short diversion to take in the gorgeous view of the mountains across the potato field. After passing the barn and farmhouse, we skirted the big field, returning through the woods back to our cars.

January 25 and 30, Snowshoe the Tupper Lake Triad  
Leader: Gretchen Gedroiz

Rather than accomplishing the Tupper Triad in one day, as announced in the Newsletter, which would have given the outing a rating of Ultra, I suspect, we did it in stages. After a one-day delay due to weather, eight of us snowshoed up both Goodman and Coney Mountains in stage 1. It was a beautiful day to be in the woods, with ice and snow covering the tree branches and glistening in a bit of sun. We didn't
linger long at the top in the breeze, since we had hot soup and hot drinks at the new bakery in Tupper Lake in mind. Five days later, 6 of us snowshoed up Mount Arab in beautiful snowy woods. Afterwards we tried another restaurant for lunch, and then headed out for some bird watching. A Ross' Gull had been spotted in Tupper Lake over the weekend. We were lucky enough to have a bird watcher share his scope with us, and we got to see the rare Arctic bird.

**February 2, Bear Den Snowshoe - Leader: John Omohundro**
To celebrate Candlemas, a small group of us started up this small northern neighbor of Whiteface on a link to the Flume trails. Within a quarter of a mile the tracks we were following disappeared in the drift. ORDA, which built the trail, has been economizing on trail markers of late. We zigzagged up the hillside through the young hardwood forest, playing "spot the yellow trail disk.” Eventually, wallowing in 18 inches of powder, we agreed to roll up the adventure and return another day. On the descent we awarded style points for our falls. T won, achieving a respectable 4.5 for his slide with a half-twist.

**February 6, Ski Peavine Swamp - Leader: Elisabeth Craven**
The day started out beautifully sunny, and the trees were covered with the snow that had fallen in the preceding couple of days. But the outing that had been written up in the Newsletter’s trip description as an intermediate ski turned out to be quite expert. The reason had to do with the amount of snow, which, while fluffy enough and light, did not allow us to snowplow down hills or herringbone up them. Although we did not get to the lean-to, we did manage to reach and go beyond two enormous hemlocks that the DEC foresters have measured at 40 and 42 inches in diameter at breast height. The three of us in the group decided that this outing would be a lovely hike in the fall, but that we were unlikely to cross-country ski it again!

**February 6, Ski the Peninsula Trails - Leader: Frank Lescinsky**
The conditions were great. The trails, which are usually trampled by the boots of walkers, were covered in fresh snow. The three of us had a nice morning ski from the trailhead at the ‘Dack Shack and around the various trails through the woods. We noticed that the Jackrabbit Trail gets a lot of use, but found that some of the other trails are much less heavily trafficked.

**February 9, Full-Moon Ski on the Tupper Lake Golf Course - Leader: Barbara Hollenbeck**
A couple of us were willing to brave the single-digit temperature in order to cross-country ski under the almost full moon. The Tupper Lake Golf Club's groomed trails are a perfect location from which to see the open sky while protected from the wind by staying close to the trees. Because of the recent thaw followed by a dusting of new snow, the trail cover was a bit thin. But the excellent grooming made it easy to hold an edge and to stay in the tracks. We only used our headlamps for a short time on one downhill section. The bright moon made Big Tupper's downhill ski trails easily visible. The view over Cranberry Pond and across the golf course had a beautiful blue glow. We took time to enjoy identifying several constellations. Hot chocolate at the leader's home after the ski was a pleasant way to warm up.
February 13, Ski the trails at the Paul Smith’s VIC
Leader: Linda Roesner

Owing to a major snowstorm and an unplowed access road, the scheduled outing to the Sheep Meadow was postponed for two weeks. Nonetheless, an enthusiastic small group decided impromptu to ski at the nearby VIC. The VIC is officially closed on Mondays, but the road and parking lots were open and plowed. The trails had not been groomed and the snow was about a foot deep, but we rotated breaking trail every 5 minutes or so, sharing the effort. The snow was beautiful - truly a winter wonderland. We skied the Heron Marsh Trail and the Barnum Brook Trail, and then took our lunches to the Student Center at Paul Smith’s College, where we enjoyed a warm room and a great view of Lower St. Regis Lake.

February 14, Valentine’s Day Ski to Moose Pond
Leader: Dave Staszak

We had a wonderful time on this early evening outing. Snow conditions were great. The ski into Moose Pond from Route 3 took about 45 minutes. We built a fire on the shore of the pond, and we enjoyed our wine and chocolate. Although it was cloudy, the view over Moose Pond was super. Lights from civilization outlined Mackenzie and the other peaks. The round trip took about 2.5 hours. It was followed by dinner at Bitters and Bones. This is one of our favorite evening outings.

February 16, Ski/Snowshoe and Cookout to Grassy Pond - Leaders: Peter Gillespie and Edward Roesner

The ski/snowshoe outing to Grassy Pond with accompanying picnic has been something of an annual February event for more than a decade. This year it had been somewhat in doubt, owing to the significant snowfall and concerns about access to the parking area. We had a Plan B at the ready, should it have come to that, but happily, a deus ex machina plowed the access road and lot the afternoon before the outing, so Grassy Pond was a
GO. Eleven of us set out on a lovely winter morning, each bearing wood for the fire and hot dogs to roast over the flames. We sallied forth in waves: J did yeoman service zipping on ahead to have the fire prepared and lit by the time the rest of the group arrived; the other skiers followed in the tracks he left in the fresh overnight snow; and the 2 on snow shoes brought up the rear, proceeding at a somewhat more leisurely - or should we say, measured? - pace. The woods were beautiful, the trees festooned with great gouts of snow, sunlight occasionally shafting through the trees to set the snow ablaze. The temperature was perfect, hanging around 20, with only light breezes; the fire was going strong as we all collected at the lean-to, and the hot dogs were savory, attracting the attention of an elderly dog who happened by along with his human companion. The trek back was quicker because of the by then well broken trail. About the time I crossed the bridge over the Lower Osgood River on the return, my adductors began to speak to me, but just then, a gust of wind came up, blew a clump of snow off a pine bough, and dropped it down the back of my neck. All thoughts of adductor or other issues vanished, and the outing ended in a burst of laughter.

February 20, Ski/Snowshoe to Santanoni Lodge and surrounding areas - Leader: Elisabeth Craven

The Leader’s Report: A lovely day, but conditions were awful. Eight had signed up for the outing, but six of them, on seeing the conditions, decided on hiking up Goodnow instead. The one person who stayed with me had never been to Santanoni and was keen to visit the camp—as was I. Not a good decision! After warm and rainy weather the preceding days, the snow had iced up, and in spite of the sun it did not substantially soften. We started on skis, then switched to snowshoes. We were told by the ranger, who was on the trail, that we could not use microspikes. It became tedious and tiring, and about noon, when we reached the farm, we decided to have lunch at one of the picnic tables in the sun and come back! Very interesting educational panels in that area, which is constantly being improved. Better luck next time!

The Mutineers’ Report: The sky was brilliant blue and the breezes mild and light, but the snow at the Santanoni gatehouse had the consistency of concrete. Our breakaway group of six forsook our undaunted leader, Elisabeth and her one intrepid follower, to snowshoe up nearby Goodnow Mountain. The trail is 3.8 miles roundtrip to a fire tower. Here too, the deep groove in the snow was so packed one could not hear oneself think as we clattered along, but the woods were beautiful, and the sun at the summit permitted a comfortable lunch. We were charmed by a 15-year old retired sled dog who also summited and whose eyes were the blue of Greenland’s midnight sun.

February 21, Ski the Wawbeek Road - Leaders: Caper and Will Tissot

We barely managed to pull this one off. Four of us followed partially iced ski tracks to the end of Wawbeek Road. On the return trip the temperature was above freezing, actually improving the skiing conditions. Due to an unseasonably warm spell the trees were bare of snow, and it felt more like April than February. The greatest risk for falling came when trying to walk across the ice-filled parking lot! Still, a lovely day in its fashion, and a good workout.
March 6, Snowshoe Split Rock Mountain - Leader: Elisabeth Craven

This outing had been postponed from the week before owing to the rainy conditions then prevailing. The 6th turned out to be a mild day, and our “snowshoe” proved to be a bare boot event as a consequence of the signal lack of snow. We used microspikes at the beginning of the hike to go over a few patches of ice. The five of us did a loop trail to the Barn Rock lookout overlooking Lake Champlain and the Green Mountains. We encountered numerous traces of quarrying activity dating to the late 19th century. In the lake there were still large ice flows around Barn Rock Bay, as well as startling emerald green lake water. All told, a very pleasant six mile outing, mostly on logging roads.

March 7, Cross Country Ski Heaven Hill - Leaders: Lethe and Frank Lescinsky

No snow, no takers, no trip. There is something to report, however. Frank went over to Heaven Hill the preceding Sunday, and checked out the trails under a “bright Adirondack blue” sky. All the trails on the map are quite flat, but not marked on the maps is an exception, the Sugar Maple trail off the Big Field Loop. It goes up the hill through the woods from the “Big Field” to the big field of the Old Orchard Loop. It had patches of light snow on top of ice, so microspikes were most welcome at that point. It is a challenging ski trail when there is adequate snow – especially the two “Drop” shortcuts. There were actually areas of snow at the edges of the Old Orchard field. It was a delightful outing.

March 20, Equinox Celebration on Heart Lake
Organizers: Susan and John Omohundro

First we shoveled out the picnic table at lean-to 8 by the Adirondack Loj, and carried in firewood from our cars. Jim and Carol built a fire while the rest of us trekked around Heart Lake along a groove in the deep snow created, fortunately, by prior trekkers. Jim welcomed us back with kielbasa sautéed over the fire while we attempted unsuccessfully to recall any equinox songs. Drawing on their finely honed analytic skills and more than a century of combined woodland experience, Frank and John figured out how to release the grill top from the ice, using firebrands to accomplish the task. Our lean-to overlooked Heart Lake, from which we enjoyed a fine pink sunset. No better way to welcome the arrival of spring.

sunset over Heart Lake, Adirondac Loj
March 21, Snowshoe to Avalanche Pass
Leader: Carol Edmonds
This trip was originally scheduled for March 15th, the
day we were hammered with 3+ feet of snow.
Experiencing an unusual dose of common sense, the
leader postponed the trip for 6 days, which turned out
to be an excellent decision. The seven of us on the
outing were rewarded with near-perfect snowshoeing
conditions. The trail was well packed down and
completely covered with snow, so that we could use
snowshoes the entire distance and did not have to
bother carrying them and using them only in the higher
elevations. The temperature was very comfortable (high 20s to mid 30s), with only a little wind. Although it
was not a sunny day, the clouds were high enough for us to see the mountain tops and get a good view down
the lake. Once at the lake we saw some skiers out on the ice. Reassured by their apparent safety, a trip up the
ice to view the Trap Dyke was made. We set a relatively leisurely pace back to the trail head, taking time to
take pictures and admire the views. Some close encounters with chickadees made the day even more special.