

# The Placid Life

The newsletter of the Lake Placid Chapter of the Adirondack Mountain Club

S P R I N G 2 0 1 6

## Get Involved This Spring



### What's Bloomin'

With mottled leaves resembling the body of a trout, the bright yellow flower of the Trout Lily along Adirondack hiking trails is a sure sign that spring has arrived.

This short lived flower typically blooms in late April to May, and only for as long as light can reach it on the forest floor, before tree growth blocks the sun's rays.

The flowers and leaves are both edible with a mild flavor, as is the bulb (corm), which is said to have a cucumber-like taste and consistency.

-Betsy Kane

While this winter left much to be desired for those of us who love the season, I am glad to be thinking about spring planting and figuring out new, innovative ways to ward off the black flies!

The Lake Placid Chapter continues to plug along on its journey to becoming a vital and active part of the Adirondack Mountain Club.

We hosted another great program in February with the creator of "The 46ers Film," Blake Cortright, who talked about his experience with the making of the film. If you didn't catch one of the showings at a local theater, pay attention to PBS, who should be broadcasting it soon. It's a film you should not miss!

Unfortunately, a number of our other recently planned outings and hikes have not received much interest from our chapter members.

So I ask, what do folks want to see from this chapter? What sorts of activities and programs would you like to attend?

Any thoughts or ideas you might have on this subject would be greatly appreciated if you'd like to email me at [adklakeplacidchapterchair@gmail.com](mailto:adklakeplacidchapterchair@gmail.com), or post ideas on our Facebook page (Adirondack Mountain Club - Lake Placid Chapter).

We may also use our Facebook page to poll members about their interest in certain activities, so if you

haven't "liked" us there yet, please do so!

We still do have officer positions that need to be filled. We're looking for a Treasurer, Membership Chair, and Secretary. We'd also love to get folks involved in leading hikes or other fun activities.

Wherever your interest lies, even if it's just joining us for coffee and snacks at a meeting, we'd love to see more involvement.

We wish you a happy Spring and hope you'll consider attending an upcoming chapter event!

-Terri Maxymillian

"In the spring I have counted one hundred and thirty-six different kinds of weather inside of four and twenty hours."

-Mark Twain, *New England Weather*

## Chapter Officers

**Chapter Chair/Acting Secretary:** Terri Maxymillian

adklakeplacidchapterchair@gmail.com, (518)523-0123

**Vice-Chair/Conservation:** David Gomlak

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**Programs:** Laura Volk

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**Treasurer:** Julie Turner

**Newsletter/Publications/Photos:** Betsy Kane

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ADKLakePlacid](http://www.facebook.com/ADKLakePlacid)



## It's Just Street and Nye

*Here's a fun trip report from a few years ago that I thought folks might enjoy. It's a great reminder during this unpredictable season, that things don't always go quite as planned!*

Got a late start (tough time getting out of bed) heading up to the Dacks from Central New York. By the time I drove up to the Loj and threw my gear into a leanto it was 11:00 a.m., so I figured I would do an "easy" hike. A late start time wasn't bad - after all, "It's just Street and Nye."

The trail was well packed and clear all the way to the stream crossing. There was a small part of open water where people had been crossing on the ice so I had ultra-light thoughts as I stepped over.

The trail continued to be good as the climb started but then there were numerous side tracks that often didn't make sense to me. Either someone was very inattentive, drunk, or just trying to mess with other hiker's heads.

I did wind up following one or two messy diversions. The snow was amazingly beautiful with very thick coverage on all the trees.

I ran into a pair heading down who told me it was cold and windy once up a little

higher. They asked if I was going for both Street and Nye (I know they were just dying to correct my thinking for heading out so late in the day!) I thanked them for the info and continued up.

The views over to Algonquin were nice with high cloud cover but I could see some very dark stuff moving in. Late in the day start, hiking solo, continuing up in deteriorating weather... that's alright, "It's just Street and Nye."

I got to the junction and saw that the trail to Nye had not been broken out so I opted to head over to Street first. It started to snow and the wind picked up. By the time I got to the first view spot, I could see the summit of Street but little else. All the whiteness was strangely pretty in contrast with the blackening sky. No big deal, "It's only Street."

By the time I arrived at the summit I was being pelted with hail and the visibility was nil. Back at the junction and looking at the unbroken trail I thought "who would do Street and not Nye?" It didn't matter that it was late in the day, that I was solo, and that it was storming; after all - "It's just Nye." So off I went.

That's when things started to deteriorate. I fell into a fairly deep spruce trap that took me longer than I was comfortable

with to extricate myself from. Each step after that was tentative and had those same ultra-light thoughts attached to it!

The wind was howling and ice was pelting me. I had my GPS on (no tracks but a waypoint of Nye summit) that I was using to check my bearings when all of a sudden I got a "weak battery" message. That message covered the bearing reading. I didn't want to stop and change batteries so I meandered my way (gingerly) and found the summit sign. One quick picture and then I headed back.

I came across a section where my tracks had already been blown clear, looked at my now dead GPS and for the first time I thought "Oh please don't let me have an EPIC, It's just Nye!"

I got my psychological bearings back and found my way to where I wanted to be. Then mid-step, my snowshoe broke. Let me tell you, field repairs in those conditions SUCK! I certainly learned that I need a new tool in my pack for finesse-ing small items with frozen hands. Needless to say, I was walking out in the dark, 7 hours after I started. But hey, "It's just Street and Nye."

-Terri Maxymillian

## Chapter Outings

### Earth Day Dinner

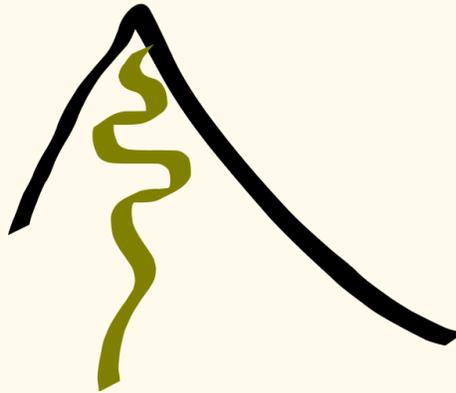
**Friday April 22, 2016 at 7pm**

Join us at the Lake Placid Pub & Brewery to catch up with or meet new members, and discuss hiking plans for the upcoming summer season over dinner! Please RSVP to Betsy Kane at [betsykane@gmail.com](mailto:betsykane@gmail.com), so we know to look for you.

### Chapter Painting Party

**Tuesday, May 24, 2016 at 6pm**  
**(\$25/person fee)**

You've probably heard about the recent painting party craze, but have you been to one yet? No artistic skills are necessary for you to enjoy yourself and walk away with something you'll want to hang in your home! We will meet at TMax-n-Topo's Hostel at 6pm, with local painting instructor Jesse Furnia. Please bring \$25 cash to pay the instructor! RSVP to Betsy Kane at [betsykane@gmail.com](mailto:betsykane@gmail.com). At least 6 people must sign up for us to host this event.



### Saranac Lake Six Wednesday

**Wednesday June 1, 2016**

**David Gomlak, 518-523-0123**

(Moderate to Difficult, Various Mileage)  
On select Wednesdays, we will climb one of the six mountains that comprise the Saranac Lake 6ers. These hikes will meet at 10 AM at the designated trailhead. We can decide by committee which peak to climb according to weather and personal preference. Participants must have proper winter traction and footwear for the hike, along with all other common necessities. Some of the hikes will be more technical than others, and prior experience may be necessary. Hikers must also pre-register at least 24 hours in advance. Group size will be limited to 10.

### Canoe or Kayak Cascade Lakes

**Sunday, June 12, 2016 at 11am**

**David Gomlak, 518-523-0123**

We will meet at Cascade Lakes Park off Route 73 between Lake Placid and Keene to head out onto the Cascade Lakes! Contact David @ 518-523-0123 to let us know if you'd like to join, and if there's interest, we can plan for a potluck lunch.

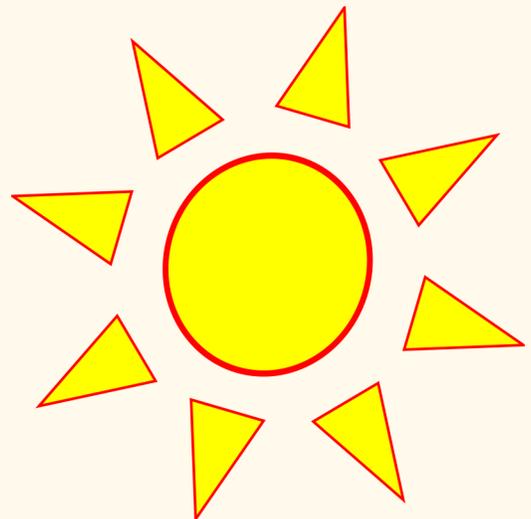
### Indian Head & Fish Hawk Cliffs

**Wednesday June 22, 2016**

**David Gomlak, 518-523-0123**

This will be a moderate hike (11 miles roundtrip), with much of the day being spent either walking along the Lake Road or traversing the Gill Brook trail. There will be a few short steep pitches near these two fine views. If the black flies leave us alone, it is a wonderful place for a long lunch. Hikers must have proper footwear for the hike, and all other common necessities. Hikers must also pre-register at least 24 hours in advance. Contact David @ 518-523-0123. Group size will be limited to 10.

Join us for our  
**Summer Solstice**  
**Chapter Meeting**  
**Monday, June 20 at 6pm**  
at  
**TMax-n-Topo's Hostel**





*Springtime on the trail to Big Slide via The Brothers*

Postage

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