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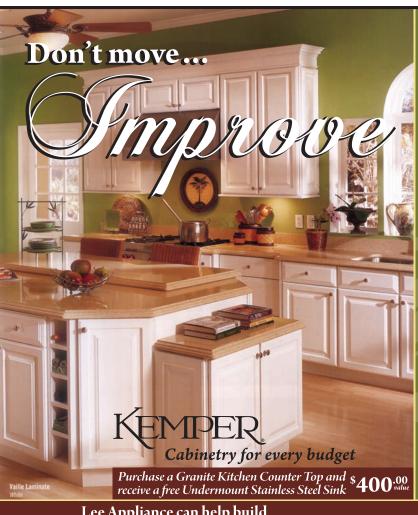


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THE EDITOR'S DESK

elcome to the March 2010 issue of Northern Home, Garden and Leisure – our 7th issue since launching the magazine in September, 2009. We want to thank all of our readers and advertisers and those families who have opened up their homes to us and to you. It is the contributions of our community and our committed staff that have helped to make this a one-of-a-kind, uniquely local North Country product.

This month, Susan Rohde and photographer John Mitchell visit the Cadyville home of Tom Gerner. This unique house overlooks the Saranac River and fits neatly into the rural landscape. His inside space pays tribute to his own eclectic interests, which include flying.

Why wait for spring blossoms when you can have them indoors now? Horticulturist Leonard Perry explains how to force blossoms of common shrubs indoors to create a colorful floral arrangement.

Getting the most out of your energy dollars is concern to almost any homeowner. In the second part of a two-part series, home renovation guru Robert Pelletier examines masonry stoves, an old technology that is being re-adapted to modern dwellings.



Next, Caroline Kehne visits Lakeside Coffee of Rouses Point, N.Y. This locally owned and operated shop not only roasts its own coffees and custom blends, but sells them retail to its growing number of fans.

Looking outdoors, maple season is underway and that ushers in a host of maple-related events, from the New York State Maple Weekend (now, two weekends) to pancake breakfasts served with this year's crop of maple syrup. If you've got cabin fever, be sure to check out some of the offerings and put them in your calendar.

Congratulations to photographer **Donna Vanvalkenburg** of West Chazy, N.Y., for contributing a photo for March's *Photographer's Journal*. Remember: you don't have to be a professional to contribute your favorite seasonal snapshot. We're looking for seasonal shots of interest and, if you don't succeed, please try again!

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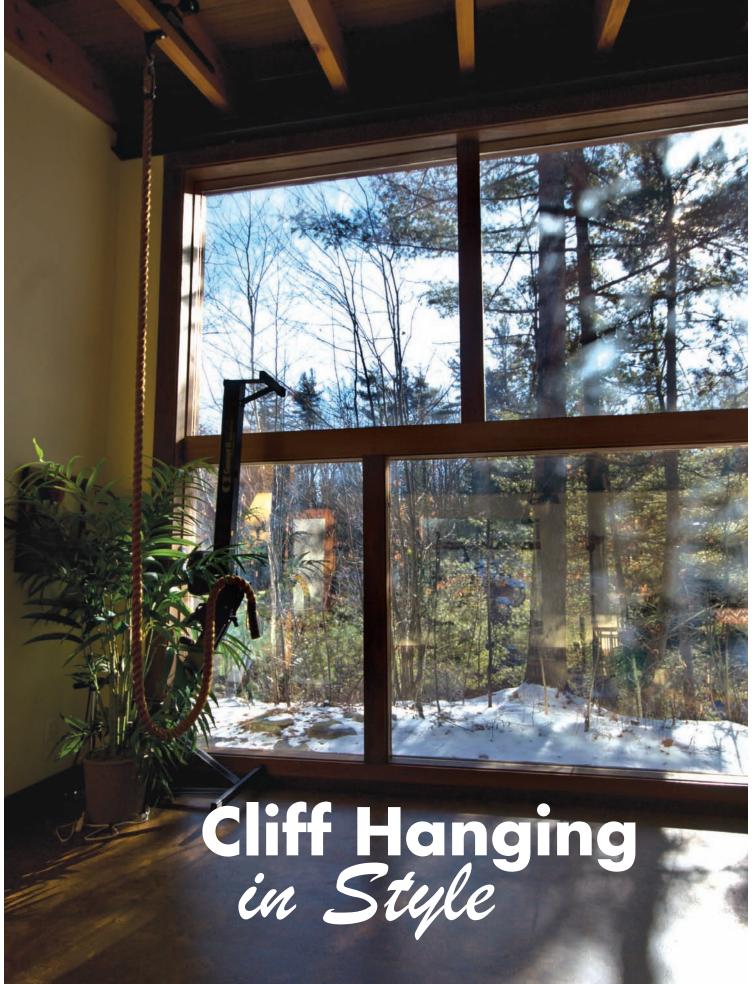
SWEET SPRING: IT'S MAPLE SEASON!

By Caroline Kehne



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he house overlooks a deep chasm carved out by the Saranac River near Cadyville, New York. Twenty-five years ago, there was nothing here but dense woods, precipitous cliffs, and rushing water. It might have remained that way if a bridge detour hadn't brought Tom Gerner cycling past the property. Out of the corner of his eye, he saw a sign by the road, "Land for sale" and stopped to note down the number.

By Susan Rohde Photographs by John Mitchell A few years later, there was a house standing on the site, and Tom was moving in.



An enormous African drum serves as the coffee table.

The Basics

The building was designed by architect Dan Hoffman, and he clearly knew his client: a lover of clean lines, flowing space, daring views, and earthy materials.

Seen from the driveway, the design of the house is deceptively simple: a steep triangular roofline above an almost windowless board-and-batten wall, with an alcove for the front door and another for firewood.

Once inside, however, space starts to flow – circling, dipping, bulging out. A massive masonry fireplace is the center of the action; around it the foyer, dining area, and sunken living room circle, with no doors or railings to interrupt the flow. The far walls angle outward toward the gorge, and, beyond a wall of glass, a stone-walled terrace juts out further, like the prow of a ship. Beyond that, the ground drops 50 feet down to the river.

The second floor promises to be more subdued. The staircase leading up to it holds no surprises, the bedrooms have standard doors, and the space under the steep roof is sure to be smaller than the level below. But though the space is smaller, the drama is still there. Step into the master bedroom, and directly ahead, dominating the far wall, is a six-foot octagonal window – framing a spectacular view of the chasm and sky.

Light & Warmth

In facing the chasm, the building faces south. With glass walls along much of that side of the house, the rooms are flooded with natural light. Tom has magnified that gift by the strategic use of marigold paint and large mirrors.

To further savor the sweetness of the location, Tom has installed spotlights that light up an immense sheet of icicles across the gorge. These icicles "come early and stay late," according to Tom, as that section of the cliff never sees the sun at all during the winter.

Meanwhile, across the river, Tom's house stays snug as well as bright through a combination of in-floor heating, baseboard heat, and, most of all, the masonry fireplace in the center of the house. Built in the "Russian" style, with the flu zigzagging back and forth through the stone chimney, the fireplace is highly efficient, heating up the stones, which then radiate the heat long after the fire has died out.

Simple Solutions

Other design features also provide simple solutions to the challenges of home ownership. The cedar siding requires no painting, and the steep, Scandinavian-style roof sheds snow quickly. A closet for firewood, located between the fireplace and the firewood alcove outside, keeps the fuel flowing easily and without mess.

Windows and doors have been chosen for their high-insulation and weatherresistant qualities. And – the ultimate in low maintenance - there is no lawn and hence no lawn mowing.

Adding On

A self-described minimalist, Tom wanted the number and size of the rooms to be kept to a bare minimum, allowing just enough space to meet the basic needs of the occupants. The architect's response was just what he hoped for: a

kitchen reminiscent of a ship's galley and a living/dining area which, while appearing spacious, actually uses space sparingly. The entire ground floor, consisting of kitchen, dining/living room, office, mudroom, foyer, laundry, firewood closet, and full bath, is only 1200 square feet, the second floor 600.

In time, however, it seemed that an exercise area might reasonably fall into the category of "basic needs," and there followed a search for design ideas. The result was the addition of a dramatic,







The living room houses a cheerful mix of collected objects.

600-square-foot space on the ground floor - a long, high room, all glass along the southern face, with exposed beams supporting a steeply-sloping roof.

Once built, however, the room seemed to invite better use of its energizing space. As an acoustic guitar enthusiast, Tom could see its potential as a setting for music-making, not just his own, but for professional musicians – a place

to hold home concerts. So the exercise room has turned into a music room, and only some rope-climbing gear still hanging from the ceiling speaks of its original purpose.

The property itself has also grown. Starting with a 4.5-acre plot, Tom has since been able to purchase adjacent parcels and, in the process, has acquired an abandoned train trestle spanning the Saranac River. A lover of heights and of flying, Tom dreams of someday having





the trestle transformed into a guest house perched 70 feet over the river. A cousin, architect Dan Hisel, has already created the design for it – in fact, the design has won a number of awards and was featured on the cover of *Architecture* magazine.

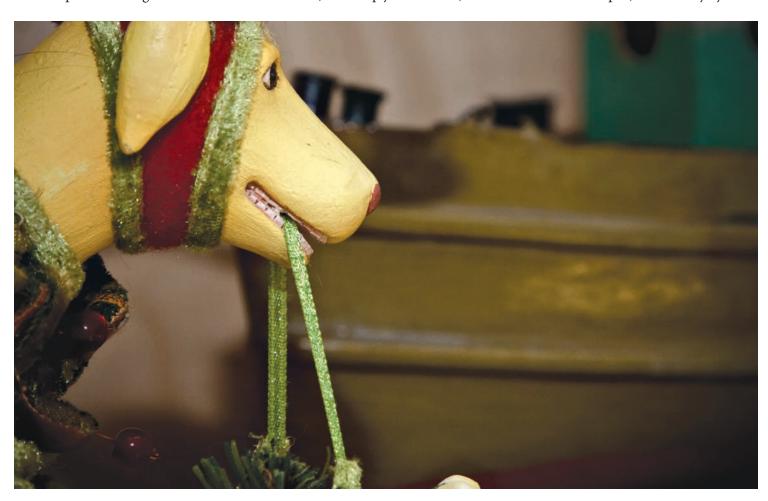
A few years before, this same cousin, then interested in camouflage architecture, designed and built for Tom a self-standing, near-invisible sauna, camouflaged with exterior mirrors. This project, too, gained recognition and was written up in *Dwell* magazine.

tradition, surround an enormous African drum which serves as the coffee table, with drum sticks resting on top in case anyone is so inclined. A thick Oriental carpet softens and centers the gathering.

Along the side wall, built-in oak cabinets display a cheerful mix of collected objects and sculptures and hide a variety of sound equipment.

On the dining level a few steps up, a dark granite table hosts a set of playful, stackable, molded plywood chairs, each Upstairs, the furnishings are similarly minimal. The real furniture in the master bedroom is the view; otherwise, there is a simple Stickley bed, a corner chest, and a bright and busy aquarium.

The master bath is an intriguing place. The fixtures are, as one might expect from a minimalist, spare. The sink is a white porcelain rectangle that rests on the countertop. The tub is stark stainless steel, with no faucet; water pours straight out of the wall, flowing like a fountain. The shower is open, flanked only by the



And all this began with a chance bridge detour that took Tom in an unexpected direction.

Populating the Space

The furniture and fittings work in easy harmony with the house they reside in. From the entranceway, approaching the steps leading down to the living room and turning the corner past the chimney, you find a welcoming semicircle of seats waiting below. The handsome oak couch and chairs, crafted in the Stickley

with a unique cut-out design on its back. A side table with a miniature spice garden completes the furnishings.

Down the hall in the new addition, the furniture population thins abruptly. On a concert evening, the room can seat fifty, but at other times the folding chairs are stored away. The only permanent residents are two quirky couches, a microphone stand, a flower-like torchiere, and a model triplane swaying from the ceiling.

tub on one side and a wall warmed by the chimney on the other; there is no shower curtain and no ledge – the floor simply slopes toward a drain. Like the kitchen, the master bath has the flavor of life on a boat, where functionality reigns.

Ingredients

For all its simplicity of design, the house is full of earthy ingredients that give it warmth and variety. As a start, the front door is made of free-form glass, stained and textured, capturing the mood of the woodland setting.



Inside, brass and stone greet the visitor in the form of a hammered-brass gong and the powerful back of the stone fireplace.

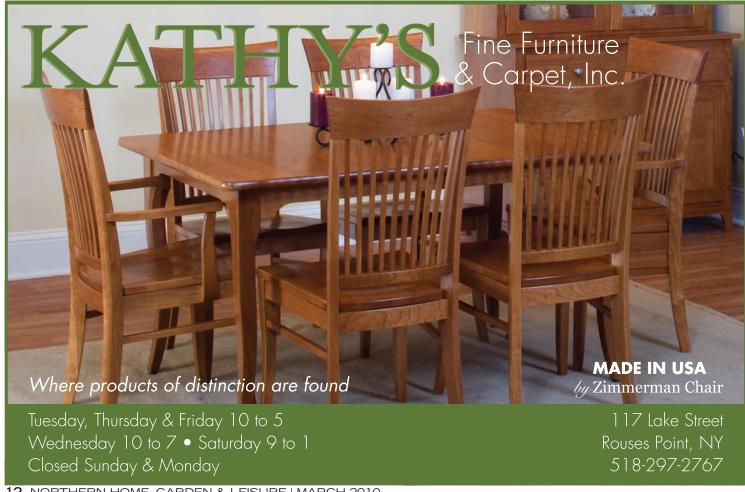
In the kitchen, the color scheme is neutral gray, black, and white, but the earth-toned crockery brings sudden warmth into the scene. And though the lines of the cabinets and recessed appliances are crisp and angular, there is also glassware shaped in soft, organic curves.

Down the hall, the wine closet is strictly functional on the inside, but the double doors on the outside are of free-flowing sculpted wood.

The floors, too, are rich and varied. In the addition, the floor is dappled cork, and the steps leading down to it are a striking black granite. In the living room, the floor is Canadian oak; in the kitchen and dining area, large ceramic tile.

And, of course, stones from the cliff itself, available in abundance, have been used wherever possible, not only for the fireplace but for outdoor walls, terraces, and benches.

A precisely-worked octagonal cap finishes the newel post.



An Artful House

Tom likes buying art from people he knows, and luckily he knows a lot of talented artists (see sidebar). His walls and shelves are therefore filled with paintings, photographs, and off-beat sculptures that speak to him on many levels – both esthetically and personally.

Not all the art in his house is Art with a capital "A". Hanging on the wall of his office is an antique airplane propeller – an object of beauty, yes, but also, in a pinch, a stand-in for the propeller on his own 1947 Piper Cub when it's out for repairs.

On display in the living room is a model of an old tugboat – simple and sturdy and especially treasured because it was built by his grandfather.

In the kitchen there's a set of everyday cutlery that Tom bought during his penniless student days, attracted by its simple design and solid heft. Later he discovered that the Museum of Modern Art held the same high opinion of it, displaying a sister set in their gallery of industrial art.

Even the aquarium is part of the kaleidoscope of art in this house. A lush and colorful habitat, it gives Tom a mix of nostalgia for his diving days along with a feast for the eyes through the long northern winters.

The Aerie Nest

Tom's house gives him many things: the drama of the gorge, the snug comfort of his living space, a gallery for the art he loves, and a space where music can be made and shared. He considers himself a lucky man.

Susan Rohde is an interior designer, professional organizer, and owner of Plattsburgh-based Quiet Designs. She can be reached at (518) 561-2594 or susanrohde@charterinternet.com.



Architects, Artists, & Artisans

The following friends have all contributed to the art of and in Tom Gerner's Cadyville home:

Architects: Dan Hoffman (main house) and Dan Hisel (sauna, design for trestle guest house)

Builders: Craig Brothers (main house), Paul Patunoff (addition)

Mason: Tony Matulonis

Cabinetmaker: Gary Fisher

Painter: Carolyn Hisel

Stained glass artist: Susan Bayer-Fishman

Sculptors: Don Osborne and Bill Umbreit

Abstract Photographer: John Griebsch



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In the cherry blossom's shade There's no such thing as a stranger.

- Kobayashi Issaa (1763-1828)

Forcing Blossoms Indoors

After a long winter, a little indoor color can provide welcome relief to the gray outdoors. You can hasten the blooms by tricking your spring-flowering trees and shrubs into thinking it's spring. This is what you do by cutting branches and bringing them indoors in a process known as "forcing."

Trees and shrubs, which bloom in spring, form their flower buds the previous fall. After at least eight weeks of cold outdoors (under 40°F), their branches are capable of blooming if you provide the right conditions. To make sure they receive enough cold, don't cut branches until after January 1 in a "normal" year or after January 15 in a "mild" year. Branches harvested in late winter often come into bloom indoors sooner than those harvested earlier.



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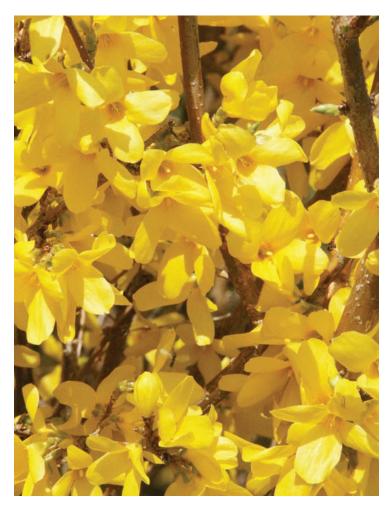
Carefully prune out branches so not to injure the plant or ruin its shape. Use sharp pruners, and cut branches at least 12-inches long. Select branches with a large number of flower buds. These are often on younger branches. Make sure you are looking at flower buds and not leaf buds. The flower buds are usually larger and rounder. If in doubt, cut a few buds open to look for leaf or flower parts inside. Branches force more readily if cut on a sunny afternoon or when temperatures are above freezing.

this works, but it may have the opposite effect if stems are mashed too hard. And the mashed ends may make the water more dirty, which will decrease water uptake. The best method is to make a slit or two in the bottom of the stem before placing in the water, such as in a cross or star pattern as viewed from the bottom. Keep branches in a bucket of water in a cool area (60°F to 65°F). Warmer temperatures cause buds to develop too rapidly and not open properly. Change the water every two to three days to ensure it stays clean.

"vase life"). Once again, keep stems in bright, but indirect, light. Moving arrangements to a cool location at night (40°F to 60°F) will help them last longer.

For cutting as early as January, consider the Cornelian cherry (yellow flowers, 2 weeks to force into bloom), forsythia (yellow flowers, one to 3 weeks to force), witch hazel (yellow flowers, one week to force), Poplar (long lasting, drooping flowers called "catkins," 3 weeks to force), and willow (catkins, 2 weeks to force).





Bring the cut branches indoors, placing the stem ends immediately in water. If branches are in a bucket, mist them frequently the first few days or enclose in a plastic bag out of direct sun. If possible, submerge the whole stems in water, such as in a bathtub, overnight. This allows buds and stems to quickly absorb water and begin to break dormancy.

The old recommendation was to smash the stem ends with a hammer to improve water uptake by the stems. Sometimes Low humidity, common in many homes in winter, also may cause buds to fall off. Try to keep branches near a humidifier, or misted. Direct sunlight also may cause buds to fall, so keep in bright but indirect light.

Once the flower buds show color, the branches can be used in arrangements. Use of floral preservatives, available at many garden stores and florists, may increase the life of the branches (the

In February, consider these same plants plus the red maple (pink to red unusual flowers followed by leaves, 2 weeks to force), alder (catkins, one to 3 weeks to force), amelanchier or serviceberry (white flowers, one to 3 weeks to force), apples and crabapples (white, pink and red flowers, 2 to 4 weeks to force with doubles slower than singles), birch (long lasting catkins, 2 to 4 weeks to force), quince (red to orange flowers, 4 weeks to force), cherries (white and pink flowers,

2 to 4 weeks to force), rhododendrons and azaleas later in the month (many colors, 4 to 6 weeks to force), and pussy willow (well-known furry flowers, one to 2 weeks to force).

4 weeks to force), honeysuckle shrub (white to pink flowers, 2 to 3 weeks to force), mockorange (white flowers, 4 to 5 weeks to force), oaks (catkins, 2 to 3 weeks to force), lilacs (many colors, 4

Cut various branches, at various times, for a succession of blooms and color indoors during our long winters. It's one way to help spring come early in the north!



Cut various branches, at various times, for a succession of blooms and color... It's one way to help spring come early in the north!



In March, consider cutting branches of hawthorns (white, pink or red flowers, 4 to 5 weeks to force) but be careful of the thorns, *Deutzia* (white flowers, 3 to

to 5 weeks to force), and spirea (white flowers, 4 weeks to force with double flowers lasting longer).

Leonard Perry is Extension Professor in the University of Vermont's Department of Plant and Soil Science.

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Stay Warm with WoodPart 2: Masonry Heaters

By Robert Pelletier

In the Beginning...

The early 1300s marked the beginning the "Little Ice Age" in Europe and Western civilization's first energy crisis. The clement weather of the previous centuries known as the Medieval Warm Period had resulted in a population explosion and widespread deforestation. By the time the Little Ice Age, wood had become such a precious commodity that in France wooden coffins were rented only and returned after the burial. The medieval solution to the energy crisis was the masonry heater, which typically reached combustion efficiencies of 90 percent and produced long-lasting, gentle heat on comparatively little fuel. Although still little known in North America, this exceptionally clean-burning and fuel-efficient Old World technology is rapidly attracting considerable interest.

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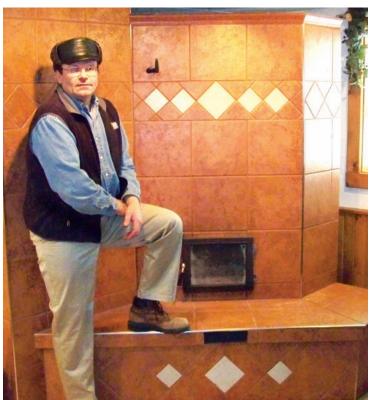


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A Circuitous Path

Masonry heaters are known under a variety of names, such as Russian or Finnish fireplaces, fireplace-furnaces, tile stoves, *kachelofens* and heat-storing fireplaces. However, they share a few essential features. All have a firebox lined with firebrick or refractory concrete with tight-fitting doors and a large masonry mass (composed of concrete, stone, or brick). The hot exhaust gases travel in a long, convoluted path throughout the stove. The massive masonry absorbs most of the heat from the fire, then releases it slowly into the room. For an average sized home, the masonry heater is fired only once or twice per day with a hot, rapidly burning fire. The fire then goes out and the absorbed heat is gradually released over an 8- to 12-hour period. In his travels throughout Europe, Mark Twain marveled at the efficiency and comfort of masonry heaters. "All day long and until past midnight



Au Sable Forks heater mason Dale Demary "standing by his product" that keeps his own home toasty. Photo: Robert Pelletier.

all parts of the room will be delightfully warm and comfortable," wrote Twain. "Its surface is not hot: you can put your hand on it anywhere and not get burnt. One firing is enough for the day: the cost [of fuel] is next to nothing. The heat is produced all day long, instead of too hot and too cold by turns."

Local Enthusiasts and Craftsmen

Bill Derrick of Peru, N.Y. has "gone medieval" for his domestic heating and is an outspoken advocate of masonry heaters. Although he has sold many traditional wood burning stoves in the past, he became convinced of the advantages of masonry heaters and installed a tile, stucco and soapstone clad unit that has become a central decorative feature of his timber frame home. The heater

is surrounded by wooden benches, has an alcove and is pleasantly warm to the touch without being burning-hot like a metal stove. The hot exhaust gases are made to pass inside a masonry bench in the living room, turning it into a heated seating area.

He has befriended several local "heater masons" such as Dale Demary of Great Lake Landmark of Au Sable Forks, N.Y. and helped train Dan Pike of Old World Masonry Heat in Plattsburgh, N.Y. Demary notes that a masonry heater typically consumes one third the fuel of a traditional woodstove, thanks to the attention given by Old World craftsmen to what he calls the "three T's": time, turbulence, and temperature.

First, the "time" factor refers to the time that the hot exhaust gases must pass through the complicated network of channels within the oven before exiting through the chimney. The greater time allows for greater heat transfer to the masonry.

Second, careful design of the combustion chamber creates greater turbulence and better mixing of air and combustible gases, giving a more complete burn. Thirdly, higher combustion temperatures prevent smoldering, creosote buildup and less incomplete combustion. Demary likes to insulate the top of his masonry heaters, since the goal is make the stored heat radiate outwards into the living space and its occupants, not up towards the ceiling.

Masonry heaters are not secondary appliances that one can relegate to a corner of a room, "out of sight and out of mind." Instead, they become a central decorative and social feature of a home around which family members will gravitate, like the hearths of medieval times. As a focus for domestic activities, masonry heaters are a tangible presence in a home and almost become another member of the household.

A Clean Burn

The secret of the masonry heater's exceptional efficiency lies in the rapid, intense combustion in its firebox, which results in near-complete combustion of burnable gases. Masonry heaters produce little air pollution, nuisance odors and creosote and are more efficient than high-efficiency wood stoves, gas or oil furnaces, or open fireplaces. To decrease heat output, one merely builds a smaller fire in the masonry heater. In comparison, lowering a woodstove's heat production involves cutting the oxygen supply by dampening the flame, which results in smoldering and incomplete combustion. Instead of overheating the room, the heat from the intense fire is stored in the masonry's thermal mass and is slowly radiated into the room to give an even heat. The ability to keep the home warm on a single charge of wood without electricity or fossil fuels while the owners are away is one of the chief attractions of masonry heaters. In comparison to forced air central heating, the gentle heat that radiates from the large masonry mass is a more even heat with less stratification. An additional benefit is that dustand mold-filled hot air ducts become a thing of the past.

A Masonry Heater for Every Need

In Finland, 90 percent of homes are built with masonry heaters as the primary source or heat. These can range in size from



A cozy Old World ambiance and gentle warm radiate from Bill Derrick's masonry heater. To the left is a Tullikivi soapstone "black oven" cook stove. The hot combustion gases from Bill Derrick's masonry heater are channeled to create a heated bench in the living room, a big hit on a cold winter day. Photos: Robert Pelletier.





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small *kachelofens* covered with decorative ceramic tiles that are similar in size to a pellet stove, to large stone-clad units capable of producing 10,000 BTUs per hour or more. They can be purchased in kit form and are assembled on site, or are custom-built by a certified masonry heater mason on the premises. A certified mason will help you determine how big of a unit you need, aid

you in selecting decorative surfaces (stone, stucco, brick, mosaics, soapstone, tile) and other extra features, such as heated benches, bake ovens and or heat exchange coils for producing domestic hot water. The website of the Masonry Heater Association of North America (www.mha-net.org) offers a list of reading materials and an extensive gallery of installations that is an excellent source of ideas and inspiration.



Although masonry heaters have significant advantages

and are the greenest of "green" heating appliances when it comes to pollution and fuel efficiency, they also have certain drawbacks. Because of their extreme weight (starting at 1,760 lbs to several tons), installing one is a major project best tackled by a certified

heater mason. He will know how to build a unit that will tolerate the thermal stresses of thousands of intense firings without failing.

Heater masonry is a highly specialized trade, with only a few certified individuals in North America. The Masonry Heater Association of North America (MHA) has a certification program

and lists its Certified Heater Masons on its website. Plans and kits are available for the do-it-yourselfer, and the MHA website offers approved plans for seven masonry heater designs, but warns that installing a masonry heater is not a job for an amateur. Familiarity with building codes and structural issues is a must.

Because of the need for proper support and foundations to support large units, installing a masonry heater is easiest in new construction. They

*Restrictions may apply

are most successful in a central location with an open floor plan, and do have the marked drawback that they will not quickly heat a room from a cold start. Bill Derrick and Dale Demary point out that a masonry heater is probably not the best option for a



Photo courtesy of Dale Demary.



Heater masonry is a highly specialized trade, with only a few certified individuals in North America.



"weekend" home because cold units can take a day or so to heat up. Masonry heaters are also on the high end of the price range. Many heater masons hope that the price will go down as masonry heaters become more popular. An average unit costs \$15,000 to \$30,000 to build and construction can take four weeks or longer.

The return on investment is about ten years. This is a significant investment, but it should be seen in the light that the world is on the verge of, if not already experiencing peak oil, which will inevitably increase the demand and price of alternative fuels, such as the North Country's supply of firewood. The centuries-old

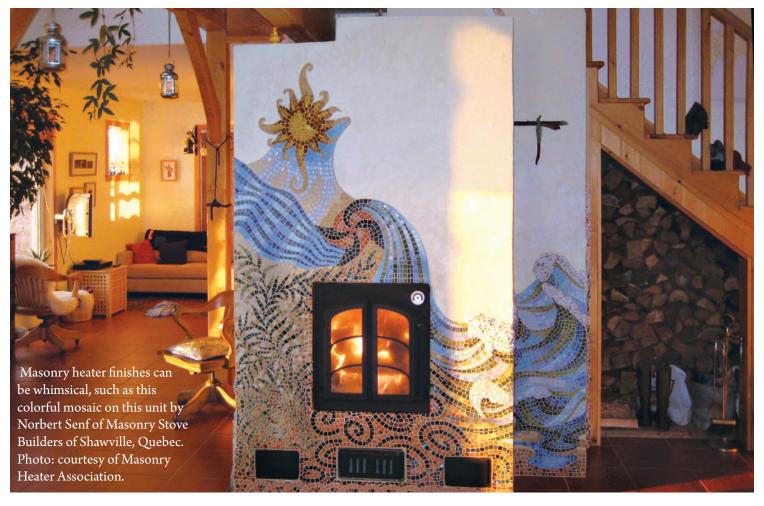


Left: This brick masonry heater by Marcus Flynn of Pyromasse (Montreal, Quebec) stands guard in the home like a miniature medieval tower. Photo courtesy of Masonry Heater Association.

Right: A recent installation in Jay, N.Y. by Dale Demary and son Andre, featuring a finish of stucco and applied tiles and a granite-topped heated bench. Photo: Robert Pelletier.

approach of the masonry heater that saw Europe through the Little Ice Age may see us through yet another energy crisis.

The author extends his appreciation to Bill Derrick, Dale Demary for their kind assistance in the preparation of this article. To locate a heater mason near you or to find out more about masonry heaters, visit www. mha-net.org. The 1983 book by David Lyle, The Book of Masonry Stoves. Rediscovering an Old Way of Warming (Chelsea Green Publishing Co. White River Junction, Vermont) is an excellent reference on masonry heaters.





North Country Heater Masons

Adirondack Chimney Co. 2315 Route 29. Middle Grove, N.Y. 518-882-6061. chris@priorfire.com

Old World Masonry Heat 9 Nichols Avenue, Plattsburgh, N.Y. 518-561-1924 olworldmas@yahoo.com

Great Lake Landmark LLC 15 Waltons Circle Au Sable Forks, N.Y. 518-569-1220 landmarkk@charter.net





Guilty Pleasures

The logo says it all. An Adirondack chair faces east to pristine Lake Champlain, Vermont's White Mountains looming in the distance. The chair's arm supports a generous, steaming cup of java, just waiting for someone to claim it. This is life. Or this is life according to Lakeside Coffee in Rouses Point, N.Y. Since December 2007, owner Kris Duus and staff have been serving house-brand roasted coffees to enjoy in a comfortable, inviting environment or take home or to work.

Story and photos by Caroline Kehne

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Mick Jarvis 6169 Route II Chateaugay, NY www.adkbaskets.com riginally from Chicago, Kris set aside a career in social work in search of something new. While living in Burlington, Vermont, she learned the art of coffee roasting at Uncommon Grounds. After taking a small business course and making the rounds at trade shows, she and husband/business partner Jan Duus, an oncologist at CVPH, started looking for a location for their own coffee shop. They at last settled on Rouses Point, the quiet lakeside community that hugs the Canadian border to the north and Vermont to the east. Rouses Point had been undergoing a sort of renaissance of its own,



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sprucing up storefronts, building a picturesque waterfront dock and hosting an assortment of cultural activities. "There's lots of vision in this town," says Kris, referring to Town Hall. Aided by a grant, the couple renovated the building and in late 2007, opened the doors of Lakeside Coffee.

Despite the rocky economy of 2008-2009, the business has developed a steady clientele that includes locals, border workers, and Canadians. While the winter is slow, spring and summer brings a stream of southbound traffic from Montreal and northbound Americans. Location is everything, and the coffee



shop is strategically located on Lake Street to capture the border crossers who avoid the long lineups at the larger I-87 crossing at Champlain or the Vermonters heading west. Rouses Point is also a marina town, teeming in the summer and fall seasons with boaters in search of a quick meal.

A Coffee for Every Taste

Customers can purchase Lakeside's roasted whole beans at the shop (\$10 per pound; \$5 per half pound). A map on the wall displays the source of the beans used to produce the Lakeside coffees. Kris starts with *Coffee arabica* beans sourced from Central and South America, Mexico, and Indonesia. Arabica beans, grown at higher altitudes, require more time to mature, and thus, are more expensive than its less expensive (and less tasty) cousin, *C. robusta*. (Robusta beans are the staple of cheap commercial brands as well as instant coffees.) Arabica beans, in contrast, produce a cup of coffee described as richer in taste and complexity, less acid and lower in caffeine.

Lakeside claims to be the only local roaster who sells both wholesale and retail. Beans are roasted in the Deidrich roaster. The end product, according to Kris depends on a few factors: filtered water, the quality and freshness of the bean, the blend, and the skills of the roaster. "Dark roasts" are carefully roasted to produce a caramelized, smoky flavor, in contrast to the less complex "light roasts."

Kris offers single-origin coffees that bear exotic names such as Guatemala Antiqua, Indonesian Java, Tanzanian Peaberry, Sumatra Mandheling, Ethiopian Harrar, and Brazalian Santos. Kris also offers Moka Java, Espresso or the House blends. Or, for customers concerned about sustainability issues, she offers three "eco-friendly" coffees: Fair Trade Nicaragua (which promises fair prices to small growers), Organic Peruvian, and Rainforest Alliance Colombian. Kris also offers French and Italian dark roasts, and, for drinkers on a caffeine-restricted regiment, Costa Rican, Columbian or Espresso Blend Decaf.

For those can't make the journey to Rouses Point, Kris is expanding her wholesale business. If you frequent Irises in downtown Plattsburgh, you may have already sampled her coffee. Lakeside Coffees are also currently available at Farmer Browns (in Checkerhills Farm on Boynton Avenue) or at Conroy's Organics,

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located on Route 9 in Beekmantown. Soon, you'll even be able to join Lakeside Coffee's "Coffee Club" (in development now) and order your favorites on a one-time or regular basis.

It's not just about coffee...

Lakeside offers more than just coffee and coffee specialty drinks. Choose from teas, Italian sodas, smoothies and blended drinks, chai (a spiced, milky tea), hot cider and hot chocolate.

The menu includes salads, breakfast sandwiches, fresh baked goods, homemade soups, panini sandwiches and wraps. Sink your teeth into the popular "Gobbler" (turkey, cheddar cheese with cranberry mayo) or the spicy "Caprese" (ciabatta bread stuffed with fresh mozzarella, sun-dried tomato and pesto and grilled).

Starting in June, hours will be extended to 8:00 pm with live entertainment, including Roy Hurd, Zip City Blues and Jim Branca. Until then, just grab a newspaper, settle in and enjoy a hot cup of java.

Lakeside Coffee LLC is located at 109 Lake Street in Rouses Point. Current hours of operation are Tuesday through Friday, 7:00 am to 5:00 pm and weekends 8:00 am to 3:00 pm. Starting in June, the shop will extend hours until 8:00 pm. For more information call (518) 297-5600 or visit the website at www.lakeside-coffee.com.





It's Maple Season!

n 2009, the New York State Maple Producers Association reported that the maple syrup harvest was up 10% over the previous year, and producers are hoping for the cool nights and warm days that will once again produce a bumper crop of syrup. According to the USDA, in 2009 New York State's 1,500 producers ranked third nationwide with 362,000 gallons (about 16% of total output), behind Vermont (920,000 gallons) and Maine (395,000 gallons). However, the state's reputation as a maple syrup producer continues to grow.

New York State Maple Weekend

For the fifteenth consecutive year, New York State Maple Weekend (March 20-21 and March 27-28, 2010) allows customers to visit participating sugar farms, sample wares and take part in special activities such as pancake breakfasts, hayrides, and maple demonstrations.

Here is a list of local participating sites in Clinton, Essex and Franklin Counties. For a complete list of participating locations, visit the New York Maple Weekend website (http://nysmaple.com).

CLINTON COUNTY

Parker Family Maple Farm Maple Breakfasts

1043 Slosson Road West Chazy, NY (518) 493-6761

The Parker Family Maple farm, owned and operated by Pat and Earl Parker, is Clinton County's only year-round maple business and a perennial participant in the NYS Maple Weekend, Mar. 20-21, 2010 and Mar. 27-28, 2010. The Third Annual Pancake Breakfasts, featuring Parker farm syrup, is sponsored by the Northern Tier Sno-Runners and takes place 9:00 am to 2:00 pm all four days. Other activities at the farm include horse-drawn wagon rides, tours and demonstrations. The Parker Family Farm sells maple syrup, maple candy, maple cream, cotton candy, jelly and giftbaskets. For more information or for directions, call (518) 493-6761 or visit www.parkerfamilymaple.com.

Brow's Sugarhouse

89 Sugarbush Drive West Chazy, NY (518) 493-5683

Wayne Brow's sugarhouse is located on Sugar Bush Drive (off Route 22) in West Chazy. Brow's will be open NYS Maple Weekend, Mar. 20-21, 2010 and Mar. 27-28, 2010 and will offer free tours of the sugarhouse. Brow's offers maple syrup, maple cream, sugar, and gifts baskets.

ESSEX COUNTY

South Meadow Farm Maple Sugarworks

67 Sugarworks Way, Lake Placid, NY 12946 (518) 523-9369 www.maplesugarworks.com Open March 27-28

Cornell University-Uihlein Forest

157 Bear Cub Lane Lake Placid, NY 12946 (518) 523-9337 Open all four days.







Northwood School, Heaven Hill Farm

302 Bear Cub Lane Lake Placid, NY 12946 (518) 523-3357 www.northwoodschool.com Open March 20, 27 only.

FRANKLIN COUNTY

Paul Smith's College Sugar Bush

322 White Pine Road Paul Smiths, NY (518) 327-6437 Open all four days

Woods Maple Products

1470 County Rte 23 Chateaugay, NY 12920 (518) 497-6387 www.woodsmaple.com Open all four days

Other Events

40th Annual Sanger Pancake and Syrup Feast

137 Stratton Road, Chazy, NY (518) 846-7385

Every year, the Sanger Sugar House, owned and operated by Lee and Kim Sanger, hosts a fundraiser for the North Country Squares, a local square dancing group. The Sangers have been hosting this pancake feast for four decades. This year, the fun takes place April 10 (9:00 am to 6:00 pm) and **April 11** (9:00 am to 5:00 pm). The food is served by the North Country Squares and everything is topped with the Sanger's own maple syrup. The costs are: \$6.50 for adults; children under 12, \$3; under 5, free. For more information, call (518) 846-7385.

9th Annual Vermont Maple Open House Weekend

March 26-28, 2010 Statewide www.vermontmaple.com



This is Vermont's version of the popular New York State event. This year's open house takes place **March 26-28, 2010**. For a complete listing, visit the Vermont Maple Sugar Makers' Association's website at www.vermontmaple.org.

44th Annual Vermont Maple Festival

April 30 and May 1, 2010 St. Albans, VT www.vermontmaplefestival.org

The Vermont Maple Festival (not to be confused with the Vermont Maple Open House Weekend), takes place in St. Albans, Vermont April 30-May1, 2010. Activities include exhibitions, maple contests and demonstrations, an antique show and sale, live entertainment, a pancake Breakfast (7am-noon both days), the Annual Sap Run, a youth talent show, fiddlers' show, parade, sugarhouse tours and more.

Earl Parker and grandson Joshua Michael Parker tapping a maple tree. Sample some of the Parker's best at the Parker's Maple Breakfasts, coming up in March. Photo courtesy of Parker Family Maple Farm.



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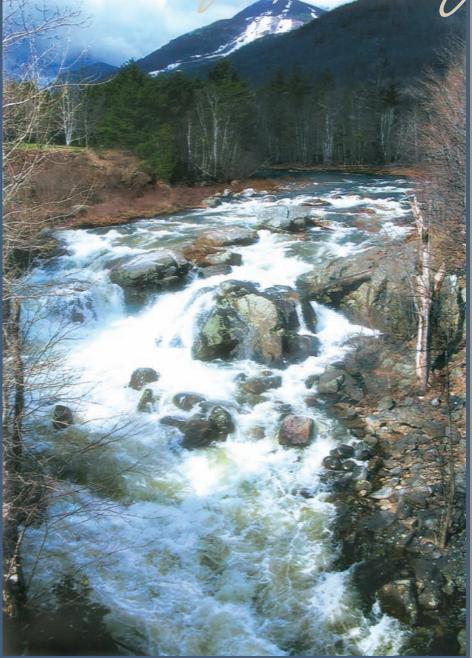
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Photographer's Journal



"I have an endless fascination with water and mountains... they always look different. Five years ago when I really got into taking pictures, I bought a Kodak digital camera I love it! I've probably taken a million pictures with it! I think I get my love of photography from my grandmother, Rita Sterling. She used to take pictures of pictures..."

Near Ausable Chasm with Whiteface Mountain photo submitted by Donna Vanvalkenburg West Chazy, NY

Each month we invite our readers to submit a photo that illustrates life in the North Country through the months and seasons.

Submitted photos may be published in upcoming issues.

Submissions should include the photographer's name, address, phone number or email address. Entries may be submitted as color prints or digital files, but no originals, please. Images must be 300 dpi and a minimum (approximate) size of 5 inches by 7 inches. Submission is open to professionals and amateurs. Please include a brief description of subject

matter/location and a brief bio of photographer. Submissions MUST be received by the deadline to be considered. Digital files may be sent to production@studleyprinting.com, "Attention NHGL Photo Journal". A hard copy can be dropped off at Studley Printing & Publishing, 4701 Route 9, Plattsburgh, Monday-Friday 8am to 5pm.



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