



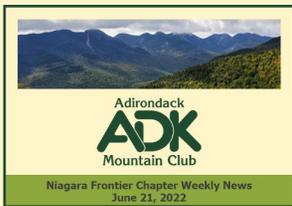
Explore. Educate. Protect.

# THE NIAGARA EXPLORER

Newsletter of Adirondack Mountain Club  
Niagara Frontier Chapter



Keep up to date by checking your weekly emails:



Join the 'ADK-Niagara Frontier Chapter' Facebook group:



October 2022

## ADK Voices Website is Now Live!

In celebration of the ADK Centennial anniversary, ADK Voices captures brief oral histories from supporters about ADK history, events, conservation, chapter projects, outings, and nature. Visit <https://www.adkvoices.org/> to listen to stories and learn how to share your own ADK memories.



## ADK Releases New Edition of "Ski and Snowshoe Trails in the Adirondacks"

ADK has released a new edition of its winter guidebook, Ski and Snowshoe Trails in the Adirondacks, by Tony Goodwin.

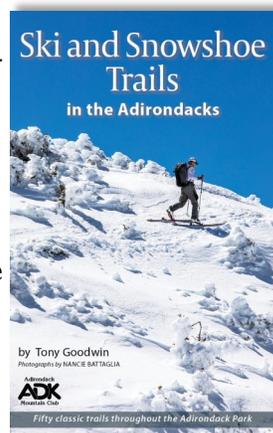
First published in 2003, the second edition of ADK's winter guidebook is a comprehensive collection of fifty popular and lesser-known adventures for all ability levels throughout the Adirondack Park. It includes the iconic trips like Mount Marcy and the Whiteface Mountain Toll Road, as well as lesser-known destinations, such as Hoffman Notch, Berrymill Flow, and Moxham Mountain.

The guidebook features GPS coordinates for trailheads and parking areas, page map sketches by illustrator Terry

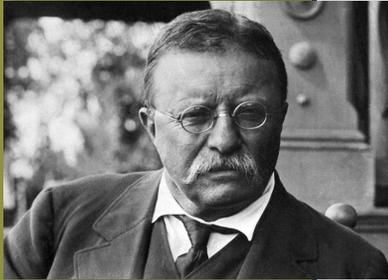
Brosseau, and scores of photographs by well-known regional photographer Nancie Battaglia. Information about winter safety, round-trip distances, and difficulty ratings for skiers and snowshoers are also included throughout the book.

You can buy it online here: <https://adk.org/product/ski-and-snowshoe-trails/> once the ADK online store reopens on

October 7th.



### October General Meeting



October 11th meeting features educator and naturalist, Mr. Mark Carra at 6:30 pm as the famous Teddy Roosevelt! We'll learn more about our 26th president who was a charismatic politician, statesman, avid conservationist, historian and writer.

At 7:30 pm, Mr. Pete Hill, Special Initiatives Director of Native American Community Services of Erie & Niagara Counties, Inc. presents "All Our Relations: Towards a Better Understanding of Our Connections to Our Ancestors, Each Other, Future Generations, & the Natural World."

The focus will be to introduce some of the major Native, Indigenous cultural teachings,



the impact of unresolved historical traumas, and how we can develop more

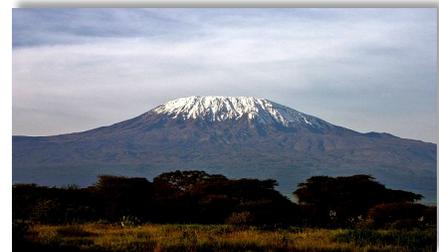
respectful relationships with each other. There will be time for Q&A's and members are encouraged to participate.

- Pam Sander and Sue Kolasz

### Upcoming Programs

Looking ahead to November...

It's time to check out your winter gear and get ready for the snow! Lockport's Snowflake Ski Shop will be presenting a Xcountry ski workshop. And for our evening program, we'll be welcoming Lauren Molina, who will talk about her exciting March, 2022 ascent to Mt Kilimanjaro, the tallest mountain on the African



continent and the tallest free-standing mountain in the world.

Also coming in November, Forest Bathing at Chestnut Ridge with Dr. Jennifer Fendya on Saturday, November 12, 2022. More details to follow .



## *Wilderness First Aid (WFA) Training October 15, 2022*

### **Russ Crispell and Earth Spirit Educational Services Inc.**

This hybrid Wilderness First Aid (WFA) course is designed for an individual or small group that travels beyond pavement and into the outdoors. The course consists of 8 hours of online learning and 8 hours of in-person training and practice scenarios. The outdoor workshop takes place on Saturday, October 15, 2022, at UB's Letchworth Woods from 9 am to 5 pm, rain or shine.

WFA covers the most critical aspects of providing safety and first aid in a wilderness setting. Adhering to the wisdom of the National Association for Search and Rescue (NASAR) and its guidelines, you will receive both theoretical and practical up-to-date training. The resulting certification is valid for 2 years. Must be 18 or older.

Russ Crispell has taught WFA and Wilderness First Responder for the American Red Cross, National Association of Search and Rescue, CDS, Inc. and American Safety and Health Institute (ASHI). He teaches at Niagara County Community College in the School of Nursing and Allied

Health multiple classes in Advance First Aid and CPR for Professional Rescuers. Russ also teaches academic courses in WFA at UB's Department of Environmental Studies and Sustainability. He is a 20+ year NYS Licensed Guide. He holds a BA in Physical Education and Science from UCF and a MS from SUNY Brockport.

Assisting Russ is Earth Spirit's Jon Roth (Naturalist), Joe Allen (Retired UB Professor), Alex Eisenhower (former EMT and guide), Don Sziumigala (EMT, UB Professor); former staff and volunteers.

This course is for members who are committed to ADK-NFC who will give back to our chapter by leading safe outings and educational workshops. For additional information including scholarship opportunities, please contact Pam Sander at [sanderpamela88@gmail.com](mailto:sanderpamela88@gmail.com). Registration will close October 7, 2022.




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## *Help Wanted: Picnic Committee and Monthly Meetings*

We are in search of volunteers to begin planning our annual picnic in June. Please contact [Mike.Radomski@gmail.com](mailto:Mike.Radomski@gmail.com) if you are interested.

([Sue728115@yahoo.com](mailto:Sue728115@yahoo.com)).

Are you a naturally friendly person? We need greeters for our monthly meetings. It's a great opportunity to learn the names of club members and welcome new members to meetings. If you are interested in helping out, please contact Pam ([sanderpamela88@gmail.com](mailto:sanderpamela88@gmail.com)) or Sue



## Message from the Chair



Fall is upon us. That means sweaters and PSLs (Pumpkin Spiced Lattes). It also means our glorious Autumn colors. I had the opportunity to be in the Adirondacks during peak a few years back and it was as if the trees were painted. But you do not have to travel to the Adirondacks to enjoy some great Fall colors. Letchworth State Park is a popular destination for "leaf peepers". There are many great places in the southern tier and Finger Lakes to catch the colors. You can use the I Love NY Fall Foliage Report (<https://www.iloveny.com/things-to-do/fall/foliage-report/>) to plan your peeping.

Our September meeting was a huge success with a great turnout. Thank you to all

that submitted pictures and thanks to Doug for putting the slide show together. It was wonderful to see so many new and familiar faces. I am really looking forward to next month's program to meet one of my idols, President Roosevelt.

We are looking to rejuvenate our Young Members group. We have a couple of people interested in spearheading this effort. We would really like to get our young members involved to grow our chapter and ensure its longevity. If you are interested in helping shape this group, let me know ([mike.radomski@gmail.com](mailto:mike.radomski@gmail.com))!

See you outside,

Mike

FOLLOW US ON



# Instagram

ADK Niagara Frontier Chapter is now on Instagram!

Follow us at: [https://www.instagram.com/adk\\_nfc/](https://www.instagram.com/adk_nfc/)

## Chapter Website

If you haven't checked it out in a while, our website design has been updated!

Check it out at:

<https://adk-nfc.org>



## *Fall in the Adirondacks*

Fall is an amazing time to be in the Adirondacks. Here are few of my favorite foliage photos from last year, taken from Mount Van Hoevenberg, and Haystack Mountain in Saranac Lake.

-Nicole Pane



Nicole Pane



Nicole Pane



Nicole Pane



Nicole Pane

## Trip Reports

### Grand Island Bike Ride, August 27th

Late August is, by far, the best way to experience summer in Western New York. Saturday's ride (August 27, 2022) was a perfect example of this - a cool, clear morning progressing into a warm sunny day, and a wonderful way to experience a bicycle ride around Grand Island.



Starting just off of East River with an informal breakfast with our awesome hosts, Margery and Tom Burkman, we rode counter-clockwise to our first quick stop at Buckhorn Island State Park. If you're a kayak enthusiast, note that there's a new launch there, so check it out - no more muddy feet getting into Woods Creek! Proceeding along East-West Park Road, we began to make good time (and great conversation) riding two abreast along the recently converted West River Parkway. We had the wind at our back, and sped along until we



reached Beaver Island State Park. Lots of things to see here - starting with checking out the Purple Martin Houses, then a bathroom break at the Nature Center, and then on along the paths and roads in the Park. No one racing cross country today, so we followed the trail past the River Lea house to one of their two Kayak Launches, this one located just by Ferry Village. A final push along East River Road with a quick break near the bridge finished off our 24 mile morning ride.

Many thanks to Paul for organizing the event, and to Pam for taking photos (and posting to the FB page for the group - check out the page at [https://www.facebook.com/](https://www.facebook.com/groups/291178878475/)

[groups/291178878475/](https://www.facebook.com/groups/291178878475/)). A fun ride for Paul, Karen, Jonathan, Pam, Peter, and Todd, and again thanks so much to Tom and Margery for hosting the ride's "base camp" for the day.

- Jonathan Coupal



## Chestnut Ridge Hike, September 23rd

Hike + Pizza = Wow! Saturday, September 23, 2022, hike in Chestnut Ridge Park was a win-win! Led by experienced "Ridger", Randy Barker, the group of thirteen experienced perfect weather, conversations, and delicious pizza that was delivered to a shelter at



noon. Many thanks to Randy who arranged for the pizza and perfectly timed the delivery. Parking at the Eternal Flame lot, Randy wanted our group to experience a lesser known and traveled trail. We enjoyed some fall leaf changes, abundant White wood asters, the ever interesting Beech-drops, and on one tree, an unusual mass of white, moving "things" (later determined to be Beech wooley aphids, sometimes called Boogie-Woogie Bugs).

The roly-poly path was full of exposed tree roots, and there were a few areas that required slow and careful footing. Participants kept an eye out for these obstacles, and were



very helpful to others who needed a hand of assistance. Randy kept a watchful eye and managed the line whenever a gap appeared. The time went by quickly and we ended up hiking in excess of five miles which was pure joy.

Before leaving the parking lot, conversations continued with discussing several locations for the next great hike which will be advertised in the upcoming newsletters. Please remember to read your newsletters in their entirety as our chapter is providing more outings which are listed in the last pages of the newsletter.

- Pam Sander and Sue Kolasz

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***Have a trip report you'd like to submit for publication in a future newsletter? Please email it to Nicole Pane at [nicole9165@hotmail.com](mailto:nicole9165@hotmail.com). These can be reports of club trips or personal trips, based in the Adirondacks or not. We want to hear your stories!***

## Hikes & Outings Calendar

### Oct 1st : Hike at Deer Lick in Zoar Valley

Saturday, October 1, 10 AM, 4 miles,  
Deer Lick Conservation Area, Gowanda  
NY

Janet and David Kowalski, [janetk300@gmail.com](mailto:janetk300@gmail.com)

We will hike in this beautiful National Natural Landmark, complete with old-growth forests and gorge views of Cattaraugus Creek.

Wear sturdy shoes, dress for the weather, and bring a snack.

Directions to the Trailhead on Point Peter Rd.: Take Route 62 to Gowanda. Turn Left on South Water St (First street south of the bridge over Cattaraugus Creek), which bends and becomes Commercial St, and then Palmer St. Turn Right on Broadway Rd; continue for about a mile. Turn Left on Point Peter Rd and drive about 2.4 miles to find the parking lot on the left past Forty Rd.

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### Oct 9th: Hike at Zoar Valley Point Peter and Valentine Flats

Mary and Richard  
Schraven [maryschraven1@gmail.com](mailto:maryschraven1@gmail.com)

Three miles there and back, moderate level of difficulty.

Join us to view the changing of the leaves in this "Secret Place of Western New York." Meet at the trailhead parking lot on Valentine Road, Gowanda. Please call/text for meetup time and to confirm with the trip leader that you are coming by Friday Oct. 7. Contact trip leader for Park N Ride time and location to carpool.

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### Oct 22nd: Nature Walk with Orlando Monaco at Sinking Pond Wildlife Sanctuary

Location: 400 Pine St., East Aurora, NY  
14051

Time: 10am walk followed by lunch and discussion at 42 North Brewing Company, 25 Pine St., East Aurora, NY 14052

Join East Aurora resident and organizer of Friends of Sinking Ponds, Orlando Monaco, for an information-packed nature walk at this beautiful wildlife sanctuary. You will learn why he has pledged himself to help preserve and maintain this gem on the edge of East Aurora, NY.

Orlando and members of Friends of Sinking Ponds have worked tirelessly with little funding to upgrade this long-neglected property. Although maintained by the Village of East Aurora, this important preserve, which is frequented by migratory birds and home to varied wildlife, sorely needs upgrades to the parking area, entrance, and other areas.

This rich habitat has been studied by students from the University of Buffalo's Archaeological Field School (1960 and 2011), which revealed evidence of human habitation going back some 4,000 years. Students even found that the "evidence of the site suggests that some impressive prehistoric creatures might have once disturbed the now tranquil site," specifically, mastodons.

Orlando is an avid nature photographer, and he recommends participants bring binoculars and cameras (however, posting of pictures to social media sites is not recommended by Friends of Sinking Ponds as



it will undermine the integrity of the sanctuary).

Those interested must RSVP to Pam Sander with a contact home or cell phone number at [sanderpam-ela88@gmail.com](mailto:sanderpam-ela88@gmail.com). Spaces are limited to 16-20 participants.

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### **Oct 23rd – Oct 29th: Paddling the Florida Panhandle**

#### \$1,650 Per Person Double Occupancy

The Blackwater River State Forest is located in the Florida Panhandle northeast of Pensacola. Many beautiful streams flow through the forest. Each day our guides will cook breakfast. We will then paddle a creek or river section, enjoy a riverside picnic lunch, then return to our private lodge for some late afternoon socializing, an amazing dinner, prepared by our guides, and free time in the evening. Contact David Pisaneschi, [dapadk@gmail.com](mailto:dapadk@gmail.com) for information and to sign ups. Trip cost includes: Kayaks or canoes, lodging, meals, guides, airport and ground transportation.

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### **Oct 29th: Halloween Paddle & Party - Ellicott Creek**

[RichardSchraven1@gmail.com](mailto:RichardSchraven1@gmail.com)

[MarySchraven1@gmail.com](mailto:MarySchraven1@gmail.com)

We will begin with a leisurely paddle of Ellicott Creek from Niagara Falls Blvd. at 10 am (weather dependent) followed by a pot-luck party at 1 pm at our home (91 N. Parrish Drive, Amherst, NY 14228). We will provide a pot of chili and vegetarian version, non-alcoholic beverages including hot mulled cider. You provide a dish to pass, your preferred beverage, your canoe or kayak equipment, PFD, whistle, and memories of your paddle experiences this year. Costumes are encouraged, but not required. Please let us know if you plan to attend by

October 22nd.

### **March 2nd-4th: Winter Outing at the Loj in Lake Placid**

We are going to do another winter outing at the Loj in March again this year. This time we reserved 3 nights starting Thursday and leaving Sunday, and the chapter will pay for one of the nights. We hope to get some people who have never stayed there before along with some experienced people who know the area and can lead hikes or other adventures. There are many good trails out of the Loj and good skiing is just down the road or out of the Loj. We reserved the loft which has 12 bunks, but once we fill up others can reserve other spaces on their own and the chapter will reimburse them one night at the loft rate, which is \$57. Weekends at the Loj in winter fill quickly, so if you contact them now to reserve a spot you should be able to get one. If you want to reserve one of the loft spots you will need to send \$114 to Doug Gaffney, 830 George Urban Blvd, Buffalo, NY 14225. That will cover your bill for two nights. You will have a separate bill for dinners, trail lunches and drinks which you will have to pay to ADK when you leave. Breakfast is included. If you only want to stay two nights you will still have to pay the full fee because the chapter will have to pay for your space. Please email me at [hackerks@gmail.com](mailto:hackerks@gmail.com) to reserve a spot or to ask questions.



Adirondack  
Mountain Club  
Niagara Frontier Chapter



ON THE WEB:  
[adk.org](http://adk.org)  
[adk-nfc.org](http://adk-nfc.org)  
[facebook.com/ADK-NiagaraFrontier](https://facebook.com/ADK-NiagaraFrontier)



Nicole Pane

## Our Executive Committee

### *Chair*

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mike.radomski@gmail.com

### *Outings Chair*

Frank Meyer  
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### *Conservation Chair*

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### *Programs Co-chairs*

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Pamela Sander  
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### *Education Co-chairs*

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### *Advisory Council Trustee*

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### *Webmaster*

Vacant

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### *Outings Co-chair: Waterways*

Richard Schraven  
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### *Outings Co-chair: Biking*

Vacant

### *Outings Co-chair: Hiking & Winter*

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