



Explore. Educate. Protect.

# THE NIAGARA EXPLORER

Newsletter of Adirondack Mountain Club  
Niagara Frontier Chapter

## Our next General Meeting

**Tuesday, January 11,  
2022**

**\*\* face coverings &  
proof of vaccination  
required \*\***

Fellowship Hall  
Amherst Community  
Church  
77 Washington Hwy,  
Snyder, NY 14226

*NOTE: Please park in  
rear and enter through  
back, walk up to 2<sup>nd</sup>  
floor*

## Ring in the New Year with a First Day Hike!

Across the state of New York, 'First Day Hikes' are being held. Join in, make new friends, or start a new tradition in your family and neighborhood!

Visit [parks.ny.gov](https://parks.ny.gov) or [fingerlakestrail.org](https://fingerlakestrail.org) for a hike near you!

## Niagara Frontier Chapter celebrates ADK's Centennial Year

The Niagara Frontier Chapter of ADK (Adirondack Mountain Club) is excited to join in a year of celebration in honor of the organization's centennial anniversary. Founded in 1922, ADK has played a pivotal role in protecting the Adirondack Park through education while building a statewide community of stewards, advocates, and recreators. The Niagara Frontier Chapter was formed in 1971 to help further this mission through community engagement and outreach.

On December 5, 1921, a group gathered in the Log Cabin atop the Abercrombie & Fitch in New York City. Their goal: to create an organization that would help the state develop trails, share backcountry information, and educate the public about conservation and responsible recreation. The following spring, on April 25, 1922, the Adirondack Mountain

Club was formed.

A century later, ADK has cemented itself as a crucial voice for New York's public lands and waters. With over 30,000 members, 27 chapters, 50 full-time staff, and thousands of donors and volunteers, it provides many services that echo the vision of its founders. With



ADK, people can learn backcountry skills, adopt and maintain trails, advocate for conservation issues, and much more. It is through these efforts that ADK's greatest strength becomes apparent: community.

"ADK's century of success has been driven by the actions of its supporters," said Tom Andrews, ADK President. "Whether that be advocating for en-



Mary Noack

vironmental protections in the state legislature or introducing the next generation to the outdoors through local hikes, we have an active community of land stewards that are always present on the frontline of these issues."

Niagara Frontier Chapter of ADK will be participating this year by planning to increase public outreach and information about our local chapter and activities.

Learn more about ADK's centennial celebration online at [ADK.org](https://ADK.org). ADK-NFC activities, go to [adk-nfc.org](https://adk-nfc.org).

*To keep the body in  
good health is a duty ...  
otherwise we shall not  
be able to keep our  
mind strong and clear.*  
- Buddha



## *General Meeting Agenda | 01/11/2022*

### Education Workshop | 6:30p



Pamela Sander

January's educational class will be presented by John Sander, a certified master naturalist and the author of several books on fishing in western and central New York. The title of the presentation is "Discovering Underappreciated Natural Resource Areas in Western

New York." Mr. Sander, who has spent many years exploring the waters, wetlands, and forests of our region, will identify some of his favorite "secret" places for hiking, paddling, field botany, and birding.

Hope you can join us!

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### Happy Half Hour | 7:00p

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### Program: *The Restorative Power of Forest Bathing* | 7:30p

We are pleased to have Dr. Jennifer Fendya, Ph.D. present a program on Forest Bathing. Dr. Fendya is a certified Nature & Forest Therapy Guide and member of the Buffalo Audubon Society where she has hosted many forest

bathing hikes at the Beaver Meadow facility.

Forest Bathing is a practice that, when done properly and regularly, can promote well-being through sensory awareness in nature, and when practiced with other human

and non-human beings, can raise our awareness of how we engage with our world.



Mary Noack



## Message from the Chair

Hoping everyone had a safe and happy holiday and that the New Year will bring us new challenges and opportunities.

There are many things changing at the main club that will have a positive effect on ADK-NFC. We looking forward to a revamped website and events calendar. We will also be integrating the new budgeting system and guidelines.

Speaking of budg-

et, the Executive Committee has set aside a good deal of money for member education and events. We had, as many other chapters, a surplus in funds due to not having the same expenses during COVID, we want to give it back to the members. If interested in ADK education or have an idea for local training, please let me know. Applying for a schol-

arship is simple, just submitting the form at the bottom of the ADK-NFC website main page. Finally, if you have ideas on how our chapter can give back to local trails or conservation efforts, please let me know.

Happy New Year,

Mike Radomski |  
Chapter Chair

*“Go placidly  
amid the  
noise and  
haste, and  
remember  
what peace  
there may be  
in silence ....”  
- Desiderata*

## Wanted: Webmaster, Electronic Communication Chair, & Newsletter Editor

We are looking for individuals who would like to join our Executive Committee. Meetings once per month, the time commitment is flexible. Webmaster maintains web-

based information for chapter communications as needed, Electronic Communication chair arranges material for ADK-NFC website and email communication. Newsletter

Editor is expected to collect, vet, and arrange material for monthly email newsletter. For more information please contact current Chapter chair, Mike Radomski



## ADK-NFC Winter Outing — TRIP FULL

Held at the historic **Adirondak Loj** in Lake Placid, NY, **first week of March, 2022**

Contact Kate Hacker to be placed on the waitlist!

hackerks@gmail.com or 716 491-7046 (cell)





## Looking for Winter Adventure?

Presented by Outside Chronicles, The *Western New York Winter Hiking Challenge* is back!! Designed to give everyone an opportunity to get outside, visit local parks, and explore unique new trails. Along with hiking the trails, the challenge includes education materials on parks' history, and local flora and fauna to spot while on the trail. While there are 16 hikes

plus bonus hikes - each with a unique landmark - hikers need to complete 8 hikes for the challenge from now until March 20, 2022. Complete Challenge information can be found on their website, [outsidechronicles.com](http://outsidechronicles.com).

Proceeds for Winter 2022 to support [Buffalo Audubon Society](http://BuffaloAudubonSociety.org) for Beaver Meadow Audubon Center and pet registrations will be donated

to [Sadie's Safe Harbor Canine Center](http://Sadie'sSafeHarborCanineCenter.org).

The 2021 Challenge was an incredible success, Outside Chronicles raised over \$80,000 for The Western New York Land Conservancy and The Finger Lakes Trail Conference!! Great job Western New Yorkers and Outside Chronicles!

## Trip Reports

### HIKE — 12 / 26 — Chestnut Ridge

The post - holiday hike called for a schnauzer date! Our dog, Otto (right) is attempting to make friends with my

daughter's puppy, Oscar (left). What better place than the local favorite Chestnut Ridge Park.

With plenty of 'after-holiday-hikers' to wish happy holidays, we ADK'ers headed to the Commissioner's Cabin pond trail — identifying a Chaga mushroom growing on a Birch tree — and beyond, until our legs were numb.

We reminisced about our holiday festivities and made plans for future

hikes once the snow flies!

The trail was a bit muddy and by the end, the dogs even muddier. We truly enjoyed our time together and the county park.

*Submitted by  
Joanne Noack*



Joanne Noack



## Trip Reports Cont'd

### HIKE—12/15/21— Tahawas/ Adiron- dac Village

After much ado regarding the rehab of Upperworks trailhead and surrounding area, a group of ADK staff headed to experience what *Openspace Institute* had worked incredibly hard to create.

A chill in the air, the perfect layer of snow, and a deserted trailhead set the scene quite nicely. Down the, now gated road, interpretive signage was abundant detailing the many Adirondack Village residents and their cottages—most

of which still have structural remains!

Up past where the parking area once was, is a degraded herdpast leading to the settlement's cemetery. The entranceway marked by a wreath was the only indicator of the cemetery. The snow had covered most stones, but some rose above—barely legible. Testing the techniques of Ben Gates in *National Treasure*, water drizzled over the stones made the carvings much easier to read!

Back at the trailhead, the interpretive trail running

south along the mighty Hudson River was calling. A plethora of ruins, remains, and industrial carnage littered the trail leading to the legendary Blast Furnace. This mammoth, standing the test of time truly transports the visitor to the days of the Adirondack Village; how advanced technologically, instrumental, and superior Upper



Robert Clark

Works was in its hayday.

Taking the road back to the car made a spectacular loop.

*Submitted by  
Mary Noack*

## Centennial Calendar

### NEW GUIDEBOOK: PEAKS AND PONDS

New ADK publication, to be published in the early 2022, features thirty-seven classic and less-traveled day hikes throughout the Adirondack Park that can be enjoyed year 'round.

Written by ADK staff members Bobby Clark and Cat Hadlow, the book includes historic information about ADK's role in conservation, trail

building and maintenance, land easements, and more, telling the story of ADK's 100 years of "Educating, Exploring, and Protecting" the park's wild lands and waters.

### 100 MILE CHALLENGE (MAY 29 – SEP 5)

Walk, run, hike, paddle, or pedal—or any combination of any human-propelled activity—100 miles in 100 days, raise \$100 or more in sponsor-

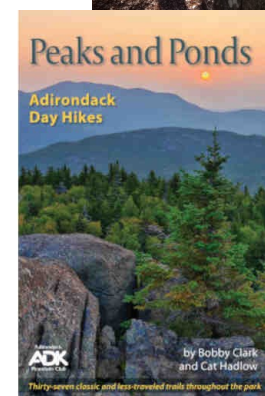
ships, and receive a *100 Mile Challenge* patch. Additional prizes available. Visit the [ADK Centennial webpage](#) for more info!

### CENTENNIAL CELEBRATION & FALL OUTING (SEP 23 – 25)

The Cold River Chapter will be hosting at the Silver Bay YMCA Conference & Family Retreat Center in Silver Bay, New York. ....



Mary Noack





## Centennial Calendar Cont'd

... Join us for all three days or come just for the Centennial Celebration on Saturday. Many outings are planned including musical entertainment on Friday night by Dan Berggren and Jamcrackers and noted environmentalist Bill McKibben.

Information and updates about all events, including some that are still being planned, will be listed on [ADK.org/centennial-celebration](http://ADK.org/centennial-celebration) and in *Adirondac* magazine.



## Special Opportunity

Byrncliff Resort in Varysburg NY has offered a \$3 discount on their trail passes for ADK-NFC members!

Just present your membership card at the ticket counter for your discount.

Byrncliff, voted the best cross country ski area in Western New

York by a leading publication, is just a 35 minute drive from Buffalo. They offer 12 miles of groomed tracks for both novice and advanced skiers. Their trails are also lit on Thursday, Friday and Saturday evenings for night skiing. Rental equipment and lessons are available. Snowshoes can also be rented

for use on the wooded or open trails.

Byrncliff has a restaurant on premises that's open for lunch and/or dinner.

So, be sure to head out to Byrncliff for a full day of snow fun this year!

*Submitted by  
Sue Kolasz*



Mary Noack

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)

Mary Noack



## Our Executive Committee

Chair	Mike Radomski	mike.radomski@gmail.com
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