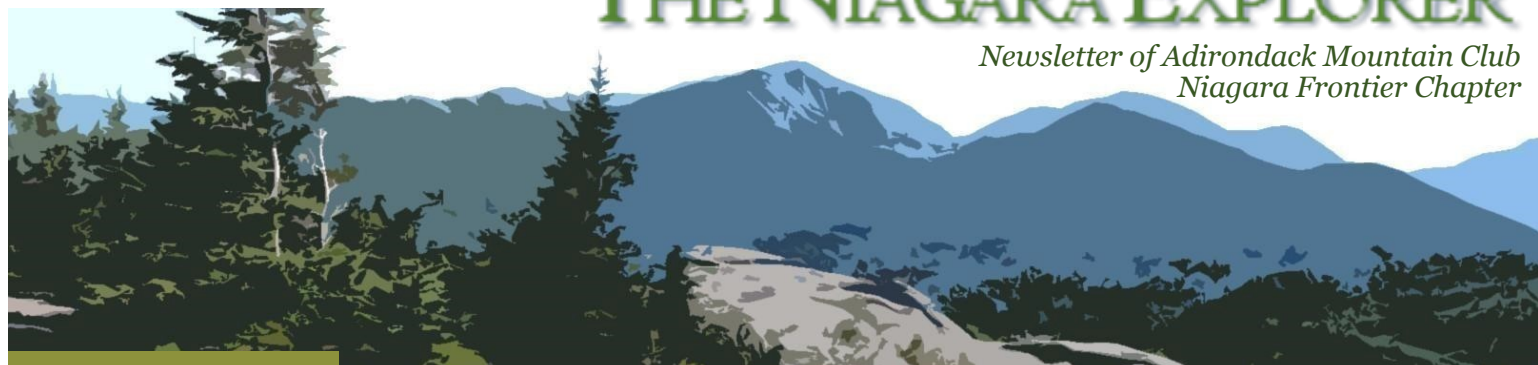




Explore. Educate. Protect.

THE NIAGARA EXPLORER

Newsletter of Adirondack Mountain Club
Niagara Frontier Chapter



Our next General Meeting

Tuesday,
April 12, 2022
6:30pm

Will be held in person
at Amherst Community
Church, 77 Washington
Hwy, Amherst, NY
14226.

Keep up to date by
checking your weekly
emails and/or the 'ADK
-Niagara Frontier Chap-
ter' Facebook group.

**Great door prizes
from Orvis, Gear
for Adventure,
High Peaks Infor-
mation Center
and more!**

April 2022

General Meeting Agenda for April 12th, 2022

Education Workshop | Eastern Monarch Butterfly Farm | 6:30pm

Dave O'Donnell, the owner of Eastern Monarch Butterfly Farm, will present "The Current State of the Eastern Monarch Butterfly Population" and discuss the many factors, especially disappearing habitat, that are contributing to the decline of the species.

While people sometimes feel hopeless in reversing the pernicious negative impacts human activities have had on the natural environment, Monarchs can help empower and inspire us to protect that environment. Concern for the iconic Eastern Monarch Butterfly has helped bring many people together, regardless of their ideological differences, for a common cause. Protecting and restoring habitat for the Eastern Monarch Butterfly



benefits all pollinators and results in many positive impacts on the environment.

David O'Donnell is a self-taught naturalist dedicated to promoting an awareness of the declining biodiversity of the natural environment that surrounds us.

Educating people about the complex relationships between flora and fauna and promoting our ability to coexist with the natural world has been the goal of Eastern Monarch Butterfly Farm since 1998. As a self-funded organization, funds raised through native plant sales and educational presentations are used here in Western New York to support pollinator projects and to promote Monarch Butterfly and native plant recovery today and for the future.

- Pamela Sander

Presentation | Tifft Nature Preserve | 7:30pm

We are pleased to have Kimberly Adriaansen of Tifft Nature Preserve present a program titled "The Ecological Restoration of Tifft Nature Preserve" for our main program on Tuesday, April 12, 2022, at 7:30 pm.

Kimberly will highlight Tifft Nature Preserve's on-going habitat restoration projects implementing native plant species, invasive plant removal, vernal pool restoration, and shoreline restoration.



Kimberly is the Program Manager of Tifft Nature Preserve and has been with the organization for ten years. She studied at the State University of New York College of Environmental Science and Forestry.

The Tifft Nature Preserve is a 264-acre nature preserve in Buffalo, New York, and one of the largest municipal nature preserves in New York.

- Pamela Sander

UPCOMING SPRING PROGRAMS

May 10, 2022

6:30 pm Education: Alan Baczkiewicz, author of The Backyard Bird Sanctuary

7:30 pm Program: Messinger Woods featuring Jimini Crowket

June 12, 2022

ADK-NFC Picnic at Sprague Brook Park, Glenwood, NY (program to be announced)

Visit our YouTube channel for recordings of our March chapter meeting:

John Sander, "Discovering Underappreciated Natural Resource Areas in Western New York": https://youtu.be/8aI2UtD_YdE

Alexis Oltmer, "An Unnatural Diet": <https://youtu.be/d8AN23kAwGU>

March General Meeting Recap

In Case You Missed it...

At our March meeting, we were excited to hear from environmental artist, Alexis Oltmer. The artist explained how she was both saddened and inspired by the magnitude of plastic pollution she collected at the 40+ beach clean-ups she organized

and participated in at our local waterways. Reflecting on this disturbing issue, she used her imagination and artistic talent to call attention to this environmental crisis in an unusual way, creating a exhibition entitled, "An Unnatural Diet," now on permanent display at the Aquarium of Niagara.

The artist brought along fascinating samples of her work and showed us slides of her finished project. Her exhibit depicts various species of our local fish population most impacted by plastic pollution. Oltmer created the marine specimens with

the collected plastic, which was then molded and sealed in resin. Her unique exhibition is both beautiful and thought provoking, hopefully

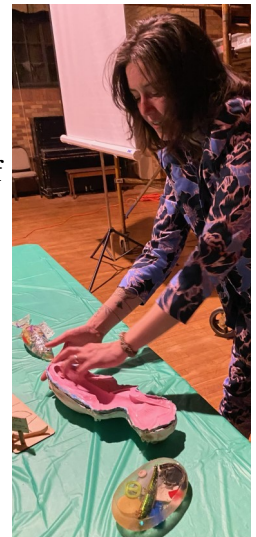
causing the viewer to reflect on their own roll in this global threat and motivating individual change toward a more eco-friendly



lifestyle.

We encourage our members to view Oltmer's installation at the Aquarium of Niagara, 701 Whirlpool Street, Niagara Falls, NY.

- Sue Kolasz



The March meeting also featured Mr. John Sander, Master Naturalist and author of the popular Sanders Fishing Guides. John's self-published books are considered the "go to" resources for places to fish in Western and Central New York. John discussed the many resources available to find new places for not only fishing, but also birding, hiking, kayaking and wild flowers.

Our attendance of roughly 50 was a nice mix of old and new members and guests, and everyone seemed to have had a great time!

- Pamela Sander



Upcoming Events & Outings

Spring is in the air and we have so many hikes, programs, and cleanups coming up. Be sure to check our weekly emails and [website](#) for updates!

Buffalo Niagara Waterkeeper Spring Sweep—April 23rd

We'll have a team at the Buffalo Niagara Waterkeeper Spring Sweep on Saturday, April 23rd. This is Waterkeeper's largest cleanup event of the year where they engage thousands of volunteers to remove trash from our shorelines. More information can be found at: <https://bnwaterkeeper.org/>

[programs/cleanup/](#). Our site is the Outer Harbor State Park **South** site. Christina Cerruti is our site captain and can be contacted at ccerruti@gmail.com if you are interested in participating.



Field Trip to Sonyea State Forest—April 30th

John Sander will lead a hike and wildflower hunt in Sonyea State Forest on Saturday, April 30. This is a once-per-year opportunity to see one of the best displays of wildflowers in western New York.

We will meet up at the park-and-ride on Transit Road next to Thruway Exit 50 at 9:15 a.m., and we will carpool and leave the park-and-ride at 9:30 a.m. It will take about 90 minutes to reach the trailhead. Most of the trail is flat and traverses an old railroad grade, but the beginning of the trail has a moderate



grade for about a quarter mile.

Be sure to bring a camera, water, snacks, and a bag lunch. We will eat lunch next to the beautiful waterfall on Keshequa Creek. Please plan on approximately 2 .5 hours for hike and lunch.

If you are interested in joining us, we'd like to limit the hike to 15 participants. Please

contact Pam Sander at sanderpamela88@gmail.com. Note: In case of questionable weather, be sure to check your email or phone messages by 8 am the day of the hike.



Evening Walk at Reinstein Woods - May 4 7:00-8:30 PM

Spring is in the air! Join us for an evening walk in the woods, led by a Reinstein Woods Nature Guide, as we listen for spring peepers and other sounds of nature. We'll meet at the pavilion at 7:00 PM. The walk is limited to 20 participants. Please contact Sue Kolasz via email at sue728115@yahoo.com. Plan on walk-

ing rain or shine, and dress accordingly.

If you sign up and are unable to attend, please call in advance so we can offer your spot to someone else.

[Directions](#)

[What to Wear](#)

[Tick Awareness](#)





Bird Hike at Amherst State Park —May 15th

Calling all Birders! Please join us for a special hike through Amherst State Park on Sunday, May 15, 2022, led by Mr. Alan Baczkiewicz, author of "The Backyard Bird Sanctuary: A Beginner's Guide to Creating a Wild Bird Habitat at Home".

This roughly 2-hour hike will be held in the morning and reserved for 15 participants. Contact Pam Sander for time and meeting location and to reserve a spot

at: sanderpamela88@gmail.com or 716-445-3879. Wear comfortable hiking shoes, dress for the weather, and

bring your binoculars (there may be a few binoculars to borrow).

Mr. Baczkiewicz will discuss his new book and knowledge of birding at our May 10, 2022 Education

workshop at 6:30pm. Alan's book can be purchased at the meeting.



note: Participants will be contacted in case of a cancellation

Tillman Road Spring Cleanup—May (Date TBD)

The Conservation Committee is in the process of planning our spring road cleanup at Tillman Wildlife Management area in Clarence for a date in May. More information will be forthcoming in our weekly emails and May newsletter.



Nicole Pane

Kayak, hike, camp Kinzua Reservoir at Morrison Campground, July 12-15, 2022

Put in at Elijah Run Boat Launch <https://www.fs.usda.gov/recarea/alleggheny/recarea/?recid=6089> and paddle across to Morrison campgrounds <https://www.fs.usda.gov/recarea/alleggheny/recarea/?recid=6120>. This is a 1 mile paddle to a primitive



campground with a fire pit and picnic table at each camp site. We will paddle on Tuesday, make base camp for three nights, forage for firewood, paddle around the area, hike, cook over an

open fire, campfire at night, sleep in tents and paddle out on Friday morning. You will need a kayak, tent,

sleeping bag and associated gear for this amazing camping experience in Allegheny National Forest complete with a night paddle, coyotes, bears in beautiful surroundings. Parking is

\$5 per night and the campsite is \$12 per night, max 3 tents per site. For more details and to register marionhanover@gmail.com.

Simplicity

is the

ultimate

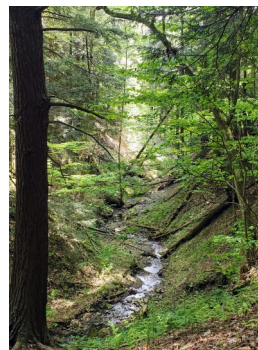
sophistication

- Leonardo Da Vinci

Chapter Picnic at Sprague Brook Park—June 12th

So much is in the works for our summer picnic! It will be held June 12th at Sprague Brook County Park in Glenwood. Rumor has it there may be a live band this year, and maybe even goats! Don't miss it! More information will be coming as the picnic gets closer.

Our updated bylaws were recently reviewed and approved by the Executive Committee. They'll be voted on by our members at the picnic. Please take a few moments to review them: [ADIRONDACK MOUNTAIN CLUB NIAGARA FRONTIER CHAPTER CHARTER AND BYLAWS](#)



Nicole Paine

Message from the Chair

March came in like a lion and went out like a lamb. We hang up our skis and snowshoes for another year and look forward to hiking, paddling, and cycling. Our club outings should be ramping up, getting everyone outside. We are in mud season, so make sure you follow the principles of Leave No Trace by traveling on durable surfaces (i.e. staying away from trails that are known to be muddy) and walking through the mud, not around it which makes the trails wider and increases erosion. For the paddlers out there, remember that even though the air temps may be hot, the water temps are still cold and it can be dangerous if you are submerged.

On a lighter note, it was wonderful to see eve-

ryone's faces at our last club meeting. The turnout was incredible. We have some great programs and educational sessions lined up leading up to our club picnic on June 12. I hope to see everyone at the next meeting.

Last month I mentioned I was heading to the High Peaks to finish my winter 46er. I, indeed, finished with a bunch of friends on Gothics. If you are interested in seeing the journey, I posted a YouTube video recounting the hike: <https://youtu.be/nHjLpLWnJ6o>

See you outside,

Mike



Provide Your Feedback on Cascade Ski Center

Earlier this year, ADK closed on the purchase of Cascade Ski Center, a 200-acre property with a lodge and ski trails. Located in a prime location along Route 73, ADK looks to use this property to expand recreational offerings, reach more visitors with educational outreach, and support local and state visitor use management goals. What specific services and activities they provide beyond this will de-



pend largely on your input. ADK are hosting public feedback sessions on April 5th and April 12th at 6:30pm to hear from the community at large. You are also welcome everyone to share your input via email

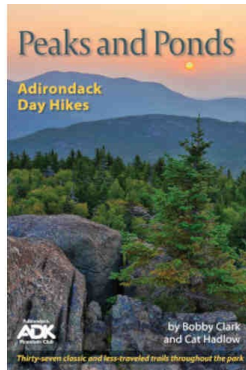
at cascade@adk.org. Check out the link on the website for more information or to register for one of the sessions: <https://adk.org/provide-your-feedback-cascade/>

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

Join the 100 Mile Challenge! Walk, run, hike, paddle, or pedal—or any combination of any human-propelled activity—100 miles in 100 days (from May 29th—September 5th). Miles can be done anywhere. or more in ships, and Mile Challenge. Additional prizes will be awarded to the three people who raise the highest amounts, and to those who reach sponsorship levels of \$250, \$500, and \$1000. Visit 100 Mile Challenge (qgiv.com) to register.



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.. 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](https://adk.org/centennial-celebration) and in *Adirondack* magazine.

MEMORIAL PATHWAY

In 2022, honor a loved one with a dedicated engraved paver at Heart Lake while supporting ADK's mission and commemorating ADK's Centennial. The ADK Memorial Pathway will start at the Loj and head down to Heart Lake, replacing the current pathway.

Learn more: <https://adk.org/centennial-celebration/memorial-pathway/>

NATIONAL TRAILS DAY—JUNE 4th

This year, ADK will host National Trails Day projects dispersed along the Northville-Placid Trail (NPT). All projects are one day in duration (from 8 a.m. to approximately 3:30 pm). Projects range from side cutting, drainage clearing and blowdown removal to campsite improvements (including privy relocations and tent pad installation). The entire program is free of charge for all participants, but donations are appreciated. Each volunteer will receive a National Trails Day t-shirt!



*In the spring, at
the end of the day,
you should smell
like dirt*

- Margaret Atwood

Trip Reports

CHAPTER OUTING AT THE ADIRONDACK LOJ

MARCH 4th & 5th

We had a chapter outing at the ADK Loj in Lake Placid last weekend. We had great weather on Friday and Saturday and everyone had fun doing a variety of outings. Marion Hanover and I skied to Avalanche lake,



which was a real challenge including lots of falls! We did some partying thanks mainly to Larry Moses, who did some rocking out with a big icicle from the Loj roof and brought lots of good food. Several people went to the new lodge at Van Hoevenburg ski area and skied the trails there. Carolyn Kerr and

Alice Alessi and I snow shoed into Marcy Dam where Carolyn fed peanuts to some very friendly chickadees that know how generous hikers are. Carolyn, Larry, Sandy Paine and I went to Rocky Falls. It was Sandy's first snow shoe outing. Mark Bon-tempi snow shoed up Phelps and Tabletop, which was a great feat! On Saturday, Pam Sander and Sue Kolasz hiked Phelps, their first winter peak! We all ate dinner together in the evening and it was a great weekend!

- Kate Hacker



ERIE COUNTY FOREST HIKE—MARCH 5th

Spirits were high as our friendly group of eight hikers savored the snow-covered Silent Wood and Old Scarbuck trails at Erie County Forest for a late winter outing. We thoroughly enjoyed mild winter temperatures and navigated the bridges and hills easily with microspikes. At a steep icy descent, Adirondack-style butt-sliding was the method chosen by some of the adventurous folks in our group! Wildlife tracks were aplenty, and a fun reminder that many animals make their home here. Much of this area had been abandoned farmland, which the county purchased about 90 years ago. The Civilian Conservation Corps planted evergreens amongst the existing hardwood trees. It is impressive



to see the expansive tracts of giant evergreens that have shot far upwards over 9 decades. Occasionally, wooden signs serve to identify the trees including spruce, red and white pines, sugar maple, ash and black cherry, thus highlighting the area's educa-



tion mission for visitors. We paused at the iconic "Bridge Too Far" to view Dresser Creek, actively flowing underneath nature's unique ice forms. The hike was a delightful way to spend the day, reconnecting with ADK friends and being ac-

tive in one of our area's most idyllic winter offerings.

-David and Janet Kowalski

Upcoming Events of Interest

April 12 – [ADK-NFC General Meeting](#)

April 22 – [Earth Day](#)

April 22 - [Buffalo Audubon Spring Birding Challenge begins](#)

April 23 – [Buffalo Niagara Waterkeeper Spring Sweep](#)

April 29 – [ADK Hiking 101 Online Workshop](#)

April 30 – [ADK-NFC Wildflower Walk](#)

April 30 – [ADK Beginner Backpacking Online Workshop](#)

May (TBD) – [Tillman Spring Road Clean Up](#)

May 1 – [WNY Hiking Challenge begins](#)

May 4 – [ADK-NFC Reinstein Woods Walk](#)

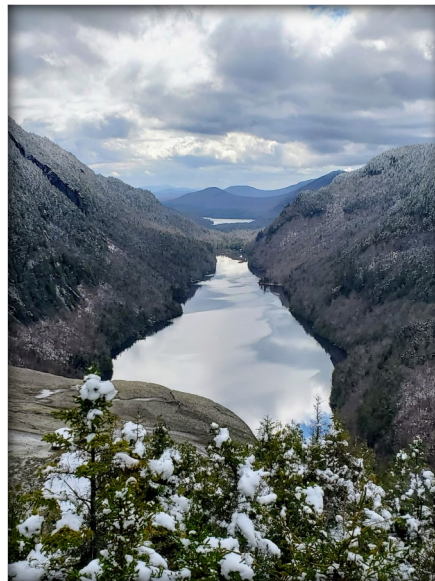
May 7 – [I Love My Park Day](#)

May 9 – [ADK Thru-Hiking Online Workshop](#)

May 10 – [ADK-NFC General Meeting](#)

May 15 – [ADK-NFC Bird Hike at Amherst State Park](#)

May 29 - [ADK 100 Mile Challenge begins](#)



Nicole Pane

Adirondack
Mountain Club
Niagara Frontier Chapter

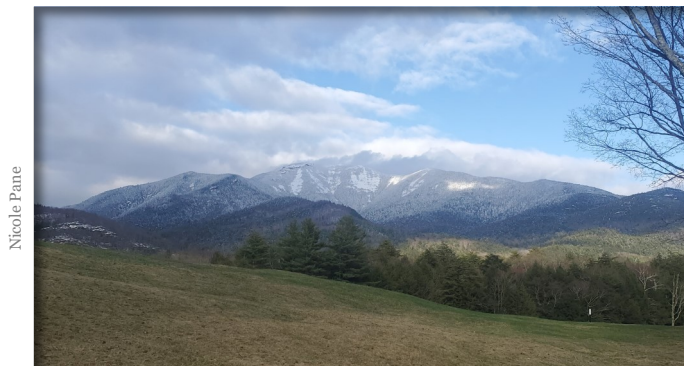


ON THE WEB:

adk.org

adk-nfc.org

facebook.com/ADK-NiagaraFrontier



Nicole Pane

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