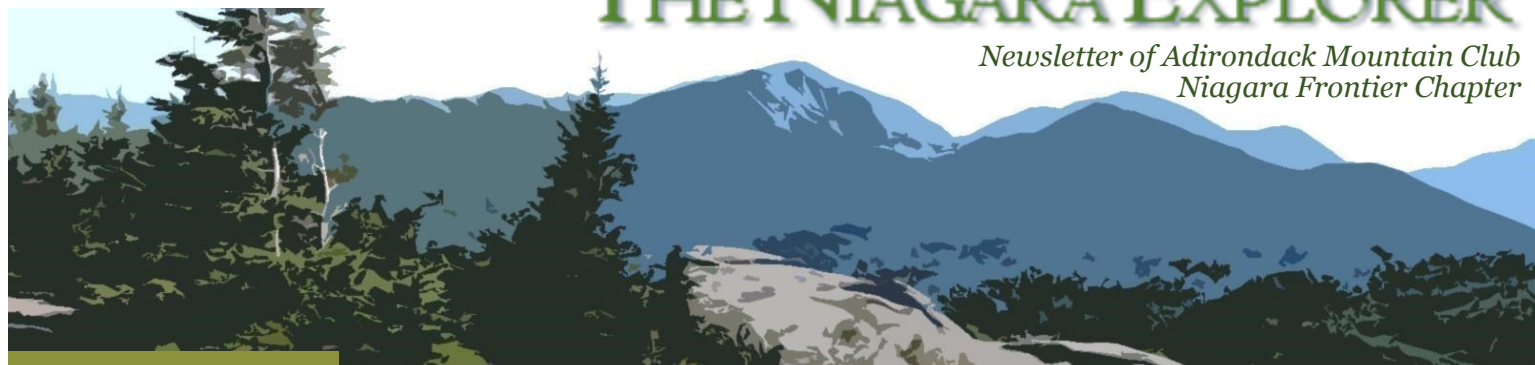




Explore. Educate. Protect.

THE NIAGARA EXPLORER

Newsletter of Adirondack Mountain Club
Niagara Frontier Chapter



The Chapter Picnic is almost here!

The ADK-NFC chapter picnic and meeting will be held on June 12th starting at 11:30am at the Sprague Brook County Park Casino, 9674 Foote Road, Glenwood, NY 14059. A map of the park can be found by clicking [here](#). There have been a couple of updates to the previously published schedule.

Do you have a friend who may be interested in joining ADK-NFC?

If someone you know expressed an interest in the club and is curious to see what we're all about, feel free to invite them to our annual picnic! There will be a \$5 fee for each guest. The \$5 fee will be applied toward their membership should they choose to join.

Members who are inviting guests are asked to please notify our hospitality chair, Carol Schuster at carolschuster@gmail.com by June 3, so she has time to purchase enough food and supplies. Also, remember potluck dishes are encouraged and welcome! And please remember to bring serving utensils.

Picnic Schedule:

- 11:30 am- Set up
- 11:30 am- Hike with Larry Moses (NEW TIME)
- 12:30 pm- Nature walk/hike with Lynn & Doug Kenney (NEW TIME). Alan Baczkiewicz (author of 'The Backyard Bird Sanctuary' will be joining this walk!
- 2:00 pm- Discussion with Jennifer Hillman and Bill McKeever, co-authors of the book, "Secret Places of Western New York: 25 Scenic Hikes."
- 2:30 pm- 4:30 pm- Live music with Gino McManus and Frank Grisanti
- 4:45 pm- Dinner and socializing
- Hot dogs, hamburgers, veggie burgers, and Italian sausage. Bottled water and individual bags of chips will also be provided. Attendees are asked to bring their own table setting.
- 5:30 pm- Annual chapter meeting, elections and conservation award



Sprague Brook Park

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



June 2022



Sprague Brook Park

Chapter Picnic Information (continued)

Sprague Brook also offers overnight camping in the park. With 123 campsites (Sites 1-72 electric, 73-123 non-electric), Sprague Brook has a lot to offer the recreational camper amidst its towering trees and freshwater lake. Sites 106-130 are really nice for camping. Camping reservations can be made by calling (716) 858-8355 Monday- Friday 8:00 - 3:45. No camping permits will be issued to anyone under 21 years of age. There is a minimum of one (1) adult for every four (4) under age campers and a maximum of eight (8) people and two (2) cars per site. No generators are permitted at the camp sites.

This year will be extra special with guitarists/vocalists and Buffalo Music Hall of Fame Inductee, Gino McManus and Frank Grisanti who will be playing all your favorite tunes! Music from 2:30-4:30.

In addition to our great musical line up, we will also be offering our usual delicious food...hot dogs, hamburgers, veggie

burgers, and Italian sausage. Bottled water and individual bags of chips will also be provided. Attendees are asked to bring their own table setting to limit adding trash to the landfills. Potluck dishes are always welcome-please provide serving utensils.

We have 2 hikes scheduled for earlier in the day... a casual nature walk with Lynn and Doug Kenney at 12:30 pm, and a longer fast-paced hike at 11 :30am with Larry Moses. Please arrive at 11:15 for Larry's hike. Alan Baczkiewicz (author of 'The Backyard Bird Sanctuary' will be joining the 12:30 nature walk.

We have also invited co-authors, of the book, "Secret Places of Western New York: 25 Scenic Hikes." Authors, Jennifer Hillman and Bill McKeever, will be discussing original author, Bruce Kershner, his contributions to hiking popularity in WNY, and their reasons to write an updated version of his best-selling book. Books will be available for purchase/ signing. Hope to see you all there!

Please review our updated Bylaws prior to the picnic

Our updated bylaws were recently reviewed and approved by the Executive Committee. They'll be voted on by our members at the June 12th picnic. Please take a few moments to review them:

[ADIRONDACK MOUNTAIN CLUB NIAGARA FRONTIER CHAPTER CHARTER](#)

Nominations for 2022-2023

Nominations for June '22 vote for Vice Chair for Programs and Vice Chair for Conservation

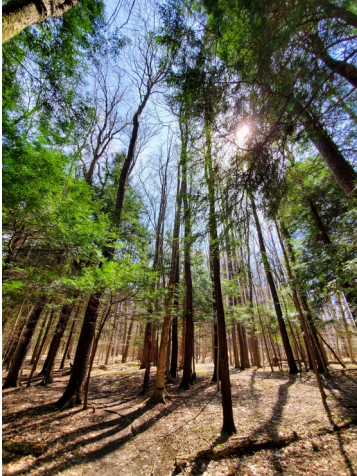
The nominations committee is happy to announce the following nominations for positions for the next two years:

Vice Co-Chairs for Programs: Pam Sander and Sue Kolasz

Vice Chair for Conservation: Lynn Rehfeld-Kenney

We will vote on these nominations at the June 12th picnic. Pam and Sue are the current program co-chairs and have agreed to continue, and Lynn has been a member of the Conservation committee for years and has been the Chair of that committee in the past. Thank you to all of them for agreeing to volunteer!

Nomination Committee: Kate Hacker, Leslie Salathe, Fran Alessi



Sprague Brook Park

**2022 ADK-NFC
T-Shirt Sale
was a Success!
Please wear
your great
chapter t-shirt
at the picnic!**



May General Meeting Recap

Our last regular meeting before our usual summer hiatus started with Alan Baczkiewicz, author of *The Backyard Bird Sanctuary: A Beginner's Guide to Creating a Wild Bird Habitat at Home*. Alan's book is an



excellent hands-on guide to attract, feed, and shelter 50 favorite bird species. Local resident and Educator by day, Alan explained how his lifelong love of birding led to his desire to share his knowledge and thus, his book was

"hatched"! Alan shared humorous stories of his great bird sightings, his preferences for bird feeders and feed, the predators that endanger birds and so much more that can be found in his book.

Alan encourages others to join in on the fun of birding which can lead to a lifetime of enjoyment. Alan's book may be purchased locally at Wild Birds Unlimited, Barnes & Noble, Target, Lowe's, and several on-line sites including Amazon. You may follow Alan at his popular blog, Basics of Birding at basicsofbirding.com.

- Pamela Sander



On Tuesday, May 10, our chapter members enjoyed a very informative and entertaining evening. Both the education program and the main program had us all thinking about our fine feathered friends!

Our main program featured Margie Hanrahan, founding board member of Messenger Woods Wildlife Care and Rehabilitation Center in Holland, N.Y. Margie entertained us with her interesting and humorous stories about the wildlife she has taken care of during the 25+ years she has been in-

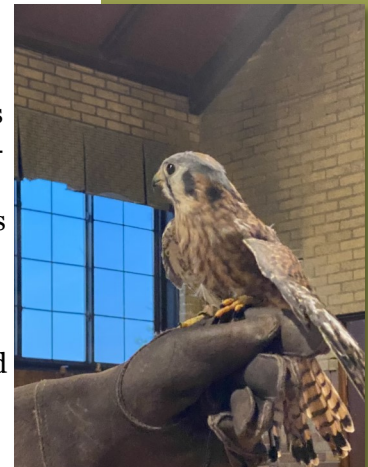


involved with Messenger Woods. Her PowerPoint presentation, "Wildlife Rescue 101" provided our members

with important information on how to recognize a sick or injured animal.

She also explained how to determine if an animal is actually abandoned or if the parent has just left for a while to forage for food. Margie shared

with us her extensive knowledge on how to take care of a variety of animals. She also listed the



May General Meeting Recap (continued)



various rehabilitation contacts who could provide immediate advice and assistance.

At the end of her PowerPoint presentation, Margie's three volunteer assistants treated us to a live bird show, including a barred owl, a screech owl, an American kestrel, and the famous Jimini Crowket-the talking crow! Crows are very intelligent birds and Jimini was no exception! We enjoyed listening to his comments and hearing about his journey from the wild to becoming an educational ambassador for Messenger Woods.

Messenger Woods is a totally volunteer run organization and volunteers are always welcome, as are donations to this worthwhile organization. 100% of every donation is used for wildlife care and the continued develop-

ment of Messenger Woods. Please check them out online to learn more about this wonderful organization.

- Sue Kolasz



Message from the Chair

We had our last chapter meeting of the year and, boy, was it a fun night. I am still showing people videos of the talking crow. But this does not mean ADK-NFC is going into hibernation. Thanks to volunteers, our annual picnic is shaping up to be quite the event with guided hikes, presentations, music, and food. I hope to see you there.

The club has also been ramping up regular outings. Be sure to take advantage of these opportunities, summer is short!

Finally, we are looking forward to making some improvements to the club over the summer. We have a team working on a revamp of our website

and online events calendar. We are looking at purchasing some winter gear. And we are lining up great speakers for our programs and education sessions along with some training opportunities.

If you know someone interested in the outdoors and ADK, bring them to the picnic or a future meeting. Our club is growing and we love new members.

So, get outside, bag some peaks, peddle some miles, dip your paddle, and enjoy the summer.

See you outside,

Mike



Trustee Report

The main club is making changes and upgrades, and one of the things they are working on is an updated website. Have you looked at ADK.org lately? It has more information and a better look. In case you don't know, the club bought the Cascade Ski Center on route 73, which is near the Olympic Van Hoevenberg Ski center and down the road from the Loj road. It will serve as both a ski center and an information center. It will be open for information and bathrooms starting Memorial Day weekend. Stop by if you are up there! The previous club main office is being sold, and a new rental

site is being looked at in Lake George. The Loj and campground are both up and running, and your membership gives you a discount for both in addition to parking there. This is the club's centennial year and a big weekend is planned for September. Registration is still open, although there are no rooms in the primary location left. If you have any questions about the club please feel free to email me at hackerks@gmail.com.

- Kate Hacker

In Remembrance:

Kathy Clerkin

Our chapter member Kathy Clerkin passed away on April 24th, 2022. Kathy was an excellent ADK Membership Chair, as well as a campground host at the Loj, for many years. She was a delightful and caring person who enjoyed helping people and cared about the protecting the environment. The Adirondacks were such an important part of Kathy's life- something she shared with her grandchildren, friends, and all of us at ADK. She will be missed by many.



Submit your Trip Reports

Have to been on a recent trip or hike that you want to share with ADK-NFC members? Have a good story? Want to let others know about a unique or interesting place? Have some nice pictures to share?

We are looking for trip report submissions to be published in upcoming newsletters. These can be based on Adirondack trips, or trips to local places of interest. They do not have to be ADK sponsored hikes. Please reach out to me at nicole9165@hotmail.com with the subject line

'ADK-NFC Trip Report' if you are interested in having your report published in our monthly newsletter.

- Nicole Pane



ADK Celebrates Juneteenth

Juneteenth, now a federal holiday, will be observed this year on Sunday, June 19th, and commemorates the abolishment of slavery in the United States.

ADK has opened the door for many with the ability to explore our parks and the responsibility to care for them. We embrace Diversity, Equity, Inclusion, and celebrate Juneteenth.

Locally here in Western New York, there are several ways that one can get outdoors and explore local history while commemorating the holiday. Here are a few:

The Niagara Falls Underground Railroad Heritage Center offers a walking tour via online web app to Underground Railroad sites throughout Niagara Falls. The center also offers in person group tours and Freedom Conversation Tours Thursday-Saturday included with admission.

<https://www.niagarafallsundergroundrailroad.org/cell.com>

The Blackrock Riverside Alliance has var-

ious volunteer opportunities aimed at improving the communities that it serves, such as creating community gardens, hosting environmental speakers, habitat projects, and education initiatives. They will also be co-hosting an Urban Treks Hiking Challenge starting in June. <https://brralliance.org/>

Artpark Sonic Trails are audio experiences mapped to locations in Artpark State Park, available via mobile app. Bring your headphones and head for their beautiful trails along the Niagara Gorge. Build a House: Rhiannon Giddens & Yo-Yo Ma present 'Juneteenth: From The Past To The Living Present'. Weaving banjo, folk music, and storytelling, this guided walk centers the profound contributions of African Americans on American culture, music, and history, seeking to imagine a society of inclusion, connection, empathy, and justice. <https://www.artpark.net/events/sonic-trails>

- Nicole Pane

*Climb the mountains and get their good tidings,
Nature's peace will flow into you as
sunshine into trees.*

- John Muir

FLT Connect: Hiking with Dogs

Presented by the Finger Lakes Trail Conference

Thursday, June 2nd at 7:00pm, the Finger Lakes Trail Conference presents a virtual program "Hiking with Dogs".

Many of us enjoy the trails with our faithful, four-legged, friends – the FLT even has a lean-to dedicated to the furry friends who hike and run with us! But what are the best practices for hiking with dogs? Should

you always have your dog on leash or does it depend where you are? What happens when you encounter other dogs on the trail? And what about poop?

People are passionate about their pets so this can be a hot topic. Our goal is to have a thoughtful conversation about the many considerations when hiking or running with dogs. This will be a panel discussion with plenty of time for Q & A. For more information and to register, check the [Facebook event](#)



This is a call-out to all ADK-NFC members! We'd like to hear from YOU!

After the lengthy disruption due to Covid, it's wonderful to see so many members returning to our monthly meetings. We're now scheduling hikes and trips, and it's great to see so many people interested in participating. We'll be acquiring insurance very soon, so we can finally resume our bike outings!

Spring is finally here, and now is a great time for members to really reconnect with ADK. We'd like to see more of you at our monthly meetings and hear more of what you'd like from our chapter. Aside from the picnic on June 12, we won't be meeting in person again until September. Please give some thought to what you'd like from our chapter and share your ideas with us. We're happy to line up education workshops and programs that interest

you. Feel free to share your suggestions and comments on how to tailor our meetings and outings (hikes, snowshoeing, x-country skiing, biking, kayaking, etc.) to the desires of our members and their families. Don't be shy. **THIS IS YOUR CHAPTER!** We need and want your input. We want to make ADK-NFC as exciting and engaging as possible for everyone. We're looking forward to hearing all of your comments and suggestions, please reach out to Pam Sander (sanderpamela88@gmail.com) and Sue Kolasz (sue728115@yahoo.com).

Thank you all, and we hope to see you at the picnic on June 12!



Current and Aspiring 46ers

Have you recently completed your Adirondack 46ers? Be sure to let us know so that we can recognize you in the newsletter and add your name to the chapter [46er list](#) on our website. If you don't have a Registered 46er Number, because you didn't register or didn't receive your Number yet, we can still add you to the list. Please contact Nicole Pane (nicole9165@hotmail.com) to be added.



Aspiring 46ers, are you completing the 46 High Peaks this summer?

Continue the Niagara Frontier tradition of proudly displaying our chapter's ADK 46-R Flag on the 46th summit

when completing the 46 High Peaks in the Adirondack Mountains. Take your picture with the flag and

submit it to the newsletter

to show off your accomplishment. Contact Lynn Rehfeld-Kenney to pick up the flag.

Welcome New Members!

Please join us in welcoming the following new members to our chapter:



Satbir Wraich

Emory K. Gott II

Trip Reports

Wild Thoughts in the Wild

I woke with a start in a moonless July night just after 1 a.m. to the sound of the underbrush crackling around our lean-to. Several hours earlier, I had fallen asleep in mid-sentence talking to my 11-year-old daughter as we recounted the day's hike up Mount Colden.

Something was approaching with slow, deliberate steps. My brain, with help from my ears, mapped out the creature's route to the backside of the shelter.

I began to panic. My heart thumped with such force, I felt my pulse in every extremity. Here I was in the middle of nowhere with one of my kids, and something or someone was moving toward our lean-to in the black night.

Was it a bear? What else could it be?

Earlier that evening, we had taken the strict precaution of stashing our food in a bear-proof canister. As we laid it upside down in the brush 150 paces from the lean-to, a park ranger on patrol came upon us. He commended our placement of the canister, which, in the early evening light had given me comfort.

I asked him if he had seen any bears that summer. "Nope, not at all," he replied.

Lying in the dark, I tried to rationalize that optimistic bit of information as the detritus on the forest floor around us continued to crackle. Maybe it was something else. A chipmunk? A deer? Maybe. A stalker? Not a chance, of course, but at that hour I had vivid recollections of Unsolved Mysteries episodes I used to watch.

Fatigue, I reassured myself, plays games with one's mind. I was drained from a day that began with a 6:00 a.m. wake-up call in Inlet, followed by a two-hour drive past still ponds, the morning mist rising from the surface, and on toward Lake Placid, ending with a long, hot, black-fly-filled trek to the summit of Colden.

More crackling from the dark. Each moment, it sounded closer. Louder. Heavier. I cursed myself for bringing my daughter into such danger. I told myself I'd never do it again.

In the next moment, the noise stopped. I lay awake for a long time, listening for the creature to leap out of the darkness. But I heard nothing except complete, beautiful silence.

I tried to relax by recalling the small events during our hike. I thought about the massive boulders along the trail, of the solitude of the lake we passed, the expansive view from the summit, and the serenity of the evening at Marcy Dam. I fell asleep.

A couple short hours later, I woke to the light of dawn. I had all my limbs. My daughter slept, alive and safe.

Sitting at the edge of the shelter, I watched the wisps of high clouds against the deepening blue of the sky above the mountain ridge. Branches clicked and squeaked as birds alit their roosts, while the forest floor rustled with small animals poking around our site.

My daughter was still dead to the beauty of the forest life when I walked down to the dam area and took in the vista of the high peaks surrounding us.

What a view. What an experience. I promised myself to do this again with the rest of the family.

As we packed up our gear to hike out and head home later that morning, I told my daughter I had heard an animal walking around our site in the middle of the night.

"Was it a bear?" she asked.

"Hah; I'm sure it wasn't," I scoffed. "Something small. Probably one of those cute chipmunks."

- John Fisher

Finger Lakes Trail Hike in 3 State Forests

Almond NY, April 22-23, 2022

From the start of the pandemic we embraced the Finger Lakes Trail (FLT) for its safe social distancing, fitness opportunity, and beautiful nature. We purchased maps for the entire FLT, a 580-mile trail that extends from Allegheny State Park (ASP) to the Catskills. The Western NY Conservation Trail is a branch trail of the FLT, extending 180 miles from ASP to Niagara Falls. There is lots of fun and adventure to be had exploring these NY hiking gems!

Recently we spent 2 days thru-hiking 17 miles of the FLT near Almond NY. On this particular stretch, we explored Slader Creek, Klipnocky and Bully Hill State Forests. These fantastic public lands



Spring Beauty



Hepatica

support wooded trails devoid of road walks. At this time of year, abundant waterfalls, babbling brooks, and the ephemeral wildflowers are joyous scenic highlights. These short-lived flowers burst through dead leaves to reach the sunlight before hardwood tree leaves fill in and shade the forest floor. We saw spring beauties and hepaticas, along with emerging trilliums and trout lilies. It's a joy to rediscover these every Spring. Many tree varieties filled the forest including heavenly hemlocks,

evergreens, maples and oaks. We also saw ash trees losing their bark to the Emerald ash borer, standing dead trees called



Heavenly Hemlocks

snags that provide habitat for wildlife, and fallen trees that eventually decay and return nutrients to the soil for future generations of forest growth.

Unusual and unexpected sights added to our adventure, like hiking through a dark tunnel in order to cross under Interstate 86, discovering a beautiful lean-to in an enchanting streamside setting, and happening upon a



Beaver Lodge

robust beaver lodge in a trailside pond. We finished our trek in Kanakadea County Park near Almond Lake, giving hikers a taste of local picnic and recreation options.

The Finger Lakes Trails are easy to follow, thanks to the maps and re-

gional stewards who maintain the white-painted rectangular tree markings. Hats off to them and the generous landowners who permit access to state forests through their land. It's always fun and a pleasure to explore new places to hike in our wonderful state!

Happy Trails,

- Janet and David Kowalski

Sonyea State Forest

On the warm, sunny morning of April 30, 2022, eleven of us met at the trailhead in Sonyea State Forest, which is located about 5 miles east of Letchworth State Park. After introductions, we hiked from the trailhead down to the bottom of a scenic gorge and then headed south on a trail that runs along an old railroad bed.

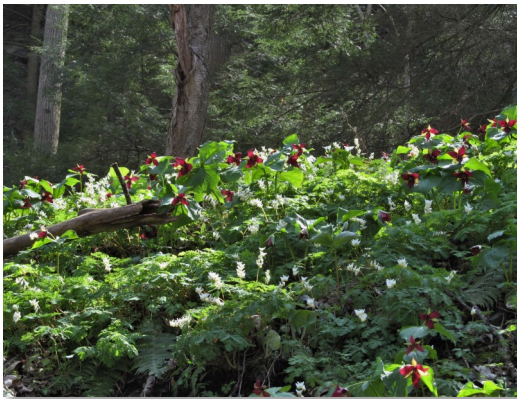
Our first destination was a beautiful, 60-foot-high waterfall cascading down a shale cliff. Closely hugging the sides of the waterfall was a profusion of red trilliums and a few Dutchman's breeches. As beautiful as this was, it was only a foretaste of what was to come.

Our second destination was a DEC-designated campsite next a scenic, low waterfall on Keshequa Creek, which flows through the gorge. On our hike to this waterfall, we spotted many animal tracks (lots of raccoon) and looked for spring wildflowers, which Pam Sander and Carol Griffiss helped us to identify. Some of the flowers we spotted included Carolina spring beauties, bloodroots, white and red trilliums, Dutchman's breeches, early meadow rue, rue anemone, and sharp-lobed hepatica. Upon arriving at the campsite, we had a nice lunch next to the falls—taking in the scen-

ery, looking for fossils (few found), and taking group photos.



Our next stop was another DEC campsite next to the creek. Most of us agreed that this is where we would choose to camp overnight: the gurgling of the creek, the sounds of birds overhead, and the towering cliffs made for a wonderful setting. Some of the birds we either saw or heard in this area included an immature Bald eagle, white-breasted nuthatches, a Carolina wren, a red-bellied woodpecker, cliff swallows, a northern flicker, and an unidentified small hawk.



Our next and final stop was the main attraction: a garden of wildflowers that I'd found earlier while hiking in a remote part of the gorge. Masses of red trilliums, Dutchman's breeches, and sharp-lobed hepatica, all in full bloom and numbering in the many thousands, put on a spectacular show.

During our leisurely 4-hour-long hike, we covered only about 3.5 miles, but stopping often to take in the sights and sounds of spring made for a truly memorable experience!

- John Sander

Bird Walk at Amherst State Park

Red-bellied Woodpecker, Northern Flicker, Eastern Bluebird, Baltimore Oriole, American Goldfinch, Red-tailed Hawk, oh, my!! These are just a sampling of the 25+ birds identified on a truly memorable Sunday morning. Alan Baczekiewicz, author of *The Backyard Bird Sanctuary: A Beginner's Guide to Creating a Wild Bird Habitat at Home*, graciously led an enthusiastic group of 17 in search of seeing and hearing birds at beautiful Amherst State Park on Sunday May 15, 2022.



information on one of the hazards of the woods, poison ivy! Alan gave a lot of specific species characteristic's information and recommended great resources in the form of books, videos, and apps.

Alan's book can be found at local stores and on-line and should be considered by all who want to get into birding and attracting birds to home feeders. For more information on

birding, also check out Alan's popular blog, [basics of birding.com](http://basicsofbirding.com).

Alan gave some basic binocular usage, then helped the group find the birds by giving excellent directions by pointing us to their locations. Alan identified birds by their calls, by sight and binoculars, then pinpointed locations by giving specific verbal directions that were easy to follow. The leisurely walk that started near the arboretum or open tree nursery area, continued over the bridge and along the creek and the open meadow. Our last location took us through the woods opposite the former Convent house where we not only searched for birds but learned great

Many members of our chapter are "into" birding and know the life-long pleasures of this growing hobby. To be sure, Alan has inspired this writer to take birding more seriously and has provided the tools to do so!

- Pam Sander



Tillman Adopt-a-Highway Cleanup/Hike

Thank you to the volunteers who helped pick up several large bags of garbage from the roads that surround the Tillman Road Wildlife Management Area. It was a beautiful sunny day with record breaking 80+ degree weather in May.

- Lynn Rehfeld-Kenney



Kate Hacker, Kim Downing, Paul Gannon, Jay Wopperer, Doug Kenney, Lynn Kenney, Joe Schretzman

Not pictured: Greg Garten, Eileen Watson, Laurel Nelson

Hikes & Outings Calendar

Sat., June 4: Hunters Creek Hike

Hunters Creek County Park, East Aurora

We will hike 5 miles in this wonderful wooded park full of scenic ravines, creeks and quaint water crossings. Wear sturdy shoes, dress for the weather, and bring water and a snack. Trekking poles are recommended.

MEETING PLACE: There are 2 trailhead parking lots for Hunter's Creek Park. We are meeting at the Northern lot off Hunter's Creek Road, NOT the lot off Centerline Rd.

Leaders: Janet and David Kowalski, janetk300@gmail.com.

Directions: From Rt.400, take the 20A/78 exit towards East Aurora. Turn L (East) and drive 2.3 miles and turn R onto the Rt.78 South/Strykersville Rd. Drive 1.1 miles and turn R onto Hunters Creek Rd. Drive 0.3 miles and turn R into the parking area.

Sat., June 11th: Holland Ravines Hike

Morning hike at Holland Ravines, Holland, New York.

8 miles, moderate pace.

We will meet at 9 AM at Humphries Rd to hike from Humphries Road to Becker Pond and back.

We will hike through scenic ravines, creeks and ridgeline trails.

During the trip there will be a discussion of the Foothills Hiking Club and its part in maintaining Holland Ravines and the Conservation Trail. Leslie maintains this part of the Holland Ravines Trail along with fellow ADK member Patricia Pikul.

Please bring 2 to 3 L of water, plenty of food, sturdy hiking boots, and hiking poles. Dress for the weather.

Please contact Leslie Salathe, lesliesalathe@live.com by Thursday, June 9 for directions and to reserve a spot. Limit of 10 people.

Sat., June 25: Deer Lick Conservation Area Hike

Kate Hacker, hackerks@gmail.com

We will meet at 10 am at the Deer Lick Conservation Area, which is a Nature Conservancy property on Cattaraugus Creek near Gowanda and hike for several hours over easy trails that overlook the Zoar Valley gorge. This area has old growth trees and will probably have some spring flowers at the time of the hike. This hike is geared towards beginners and guests of the Niagara Chapter of ADK who would like information on the Club and on responsible outdoor recreation and land stewardship, which are part of ADK's mission. I will go over Leave No Trace principles and the Ten Essentials along with tips on safe hiking. I serve as a trailhead steward at the Club's Heart Lake property near Lake Placid and will share the same information we provide there. If you are an experienced hiker you are welcome to come and share your expertise too! The link below describes the area and has directions.

https://www.nature.org/en-us/get-involved/how-to-help/places-we-protect/central-deer-lick-conservation-area/?tab_q=tab_container-tab_element_735410579#directions

July 12-15: Kinzua Reservoir Kayak, Hike, Camp Morrison Campground

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/allegheeny/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 in 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.

July 28-31: Summer Outing, John's Brook Lodge

A chapter outing is planned for July 28th through the 31st at John's Brook Lodge, which is an ADK owned back country lodge in the high peaks. I reserved 10 bunks in one of the two 10 person bunk rooms, and our chapter will pay for one night of the three night stay for members only. If you are not familiar with JBL you can see the details here: <https://adk.org/locations/>

This location is a prime location for climbing a large number of the high peaks, but also is a great place to just stay and enjoy the woods. All meals are provided and you get a bunk with a mattress and a blanket. While there are no showers there is a lovely stream to swim in. You will need to backpack in 3.5 miles on an easy trail.. The drive is about 6-7 hours. I can help with suggestions on what to pack and how to get there.

We are hoping to have people who have never been to JBL before along with people working on their 46 peaks who want to make it easier to get to some of the more distant peaks. JBL is usually full every weekend in the summer so we were fortunate to get spaces. You will need to make a deposit of \$99 which is half of the cost of two nights. Send your deposit to Doug Gaffney

at 830 George Urban Blvd., Cheektowaga, NY 14225. Make your check out to ADK – Niagara Frontier Chapter. Please email me if you are sending in a deposit.

If you have any questions please email me at hackerks@gmail.com.

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 for information and to sign ups. Trip cost includes: Kayaks or canoes, lodging, meals, guides, airport and ground transportation.



Adirondack
Mountain Club
Niagara Frontier Chapter



ON THE WEB:

adk.org

adk-nfc.org

facebook.com/ADK-NiagaraFrontier



Our Executive Committee

Chair

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