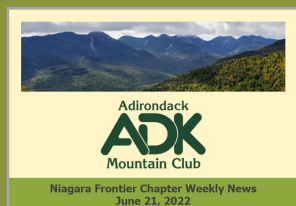




THE NIAGARA EXPLORER

Newsletter of Adirondack Mountain Club
Niagara Frontier Chapter

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September 2022

September Monthly Meeting

The September 13th ADK-NFC meeting starts at 7 pm and features the return of our traditional ice cream social and always popular slide show presentation! This is a great meeting to catch up with friends and hear what and where they've been up to over the summer!

If you have some photos you'd like to share of your summer activities, experiences, or places you visited, please email 10 or fewer picture to our slides organizer Doug Gaffney dgaffney@roadrunner.com by Sept. 11th. Please note than you need to be

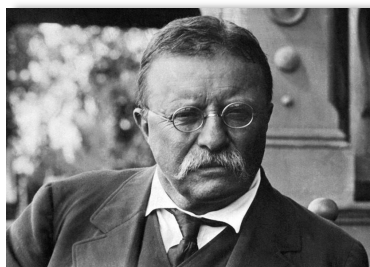
in attendance to present your pictures if you are going to submit them.

There will be great door prizes including gift certificates and ADK merchandise!



Upcoming Programs

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 Coun-

ties, Inc. will discuss Native American issues, traditions and environmental concerns. There will be time for Q&A's.

- Pam Sander and Sue Kolasz





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 Eisenhauer (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.

Reinstein WOODS

Fall Fest!

September 17, 10am-4pm

After a two year hiatus, Reinstein Woods annual fall fest returns this year. Many environmental and outdoor-related organizations will be on hand and have exhibits set up. In addition, there will be hands-on activities, kids crafts, music, animals, and food.

Visit <https://reinsteinwoods.org/events/22nd-annual-fall-festival/> for more info.

Another Wilderness First Aid Course Opportunity!

The ADK Winter Mountaineering School is hosting a Wilderness First Aid course. The class will be held near Syracuse on Oct 7-9th starting at 6 pm on Friday. Two emergency medical doctors and a critical care paramedic will teach the course. The course cost of \$275 covers the cost of food, camping or cabin accommodations, and course materials.

ADK-NFC members interested in taking the course and donating their time to volunteer to lead outings and sharing the WFA course information with our chapter will receive a \$175.00 scholarship.

The course is capped at 25 participants. Please contact sanderpamela88@gmail.com if interested in scholarships.

Message from the Chair

I hope everyone had a wonderful summer. It's back to school as we look forward to Fall, my second favorite season. I look forward to sharing my 5 Great Lakes in 5 Days adventure at the annual slideshow at our September meeting. I cannot wait to hear and see all of your summer adventures. Get your slides in early!

Our club is doing many great things. We had a wonderful turnout for our 42 North Community Night. It was a wonderful pre-hike to Mossy Point and was great to share a few brews with everyone afterwards. Thank you to everyone that came out in support of ADK. I have also heard

that many of our programs and processes are being used as models throughout ADK. Great job!

We have many great education sessions and programs lined up for this year. Our outings continue to go strong. I hope to see you outside at one of them.

I hope to see everyone at the September meeting, there will be ice cream!

See you outside,

Mike



Frank Meyer

Welcome New Members!

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



Jeremy and Melissa Witt

Nicholas Sugg

Brian Brown-Cashdollar

David Marlowe

Peggy Naughton

We need your ADK adventure stories!

ADK Voices is a new project aimed at capturing brief oral histories from ADK chapter members about their experiences with the Adirondack Mountain Club. We're looking for stories about ADK history, events, chapter projects, ADK staff/volunteers, outings, nature, and conservation. ADK-NFC is one of four ADK chapters currently working to collect stories in preparation for the launch of the ADK

Voices website in September 2022. The Keene Valley Public Library's story project, My Adirondack Story, is similar to what the finished ADK Voices is expected to look like. Click on the link here to explore more: [Adirondack Community](#)

Interested in sharing your stories? Contact Christina Cerruti at adkvoices1@gmail.com for more information!



Trip Reports

John's Brook Lodge Outing, July 28th

A group of 10 chapter members backpacked into John's Brook lodge for a three night stay on a beautiful weekend in July. Everyone picked a hike they wanted to do and spent the day out hiking Haystack, Marcy or Big Slide and the Brothers. We had a great time having meals together and hanging out in the Lodge, and a few went for a dip in the chilly brook. We met lots of other people there at dinner and passing by. It's always fun to swap hiking stories in a place like that! Several of us had been there before, but those who hadn't agree that it was a great place to go, and all agreed we should run a similar outing next summer.

- Kate Hacker



Our happy crew – from top left Marion Hanover, Sue Kolasz , Brian Monckton, Doug Kinney, Maureen Riley, Pam Sander, Lynn Kinney, Tammy Sessanna, Kate Hacker



Kate Hacker on Mount Marcy

Zoar Cattaraugus Creek Walk, August 12th

This "pop up" hike was thoroughly enjoyed by 6 ADKers and led by Randy Barker. The group easily descended to the creek at Valentine's Flat at 6 pm and excited right on schedule at 8 pm. We noticed about 8 people enjoying the creek at our start (they seemed a little annoyed by our presence) but they quickly vanished from our view as we made our way to the right. We walked to a juncture where we posed for photographs with the background of impressive cliffs



and gorgeous blue skies. Carefully crossing the creek and heading to the left we then accessed a path through a wooded area of giant trees and diminished light. All along the way, the group marveled at the

beauty of the gorge and remarked that the weather was perfect! Some fossils were seen and there was little garbage - that's a good sign that people are respecting the LNT concept.

Heading back, we enjoyed a rock skipping con-

test and it was a slam dunk, dunk, dunk, multiple times (too fast and too many to count) by John B. He told us he spent many wonderful summers skipping stones at a family prop-



erty near Springville as a kid (and gave us his advice to choose flat and round shaped rocks). Wish we had taken a video to show his impressive rock skipping skills!

Post-hike at Randy's beautiful home included an impressive camp fire with yummy snacks and John was presented a fine trophy for his athletic achievement.

Looking forward to future hikes in the Southtowns with Randy in the coming months.

- Pam Sander and Sue Kolasz



Nicole Pane

Early September 2020 morning on the Brothers Trail to Big Slide Mountain

18 Mile Creek Hike, August 20th

This has been one of our go-to hikes for my wife Linda and I, so we decided to share it with the ADK. The hike started at the parking lot at the end of the west branch of South Creek Road in Hamburg. This Erie County Park has gone from no parking (!) over the years to a freshly paved lot fit for a dozen tour buses.



We first hiked the rim trail, which starts downstream along the south rim of the North Branch of the creek. At a mile in, the creek joins the South Branch and heads west to the lake. Also here is a waterfall from another creek which adds to the confluence. There was no water today, and we crossed easily to head upstream along the South Branch. (This all makes more sense if you are looking at a map...).

The trail ends a mile further, but partway there we took a trail down to the creek and hiked along the creek itself. Mike Radomski described the different trees and foliage, and although I had earlier been tempted to make stuff up



about the geology of the area I actually did some research about the Turtle Rocks – weird inclusions in the shale cliffs that appear alien in origin (and either look like flying saucers or turtle shells depending on where they are).



The day was warming by the time we got in the Grotto – see the new “Secret Places” book – it is at the bottom of the waterfall of the forementioned creek and is a favorite for ice climbers in winter. A 1969 Elvis tune came to mind by one of the group, but it was quickly dismissed. (A reminder to stay hydrated!).

We collected garbage, including a possibly rare and desirable bent Tonka toy, and finally headed back up a trail to the rim trail and the parking lot.

By the way, do you know how the 18 Mile Creek got its name? In an 1898 book of geology by Amadeus William Grabau it is said that the mouth of the creek is 18 miles from Black Rock, a settlement at the mouth of the Niagara River, and thence the name.

- Frank Meyer



Dinner Cruise on the Clarence Bike Path – Return to Bistro 93 in Akron, August 24th

Another fun ride on the Clarence bike path from Transit Road to Bistro 93 in Akron on Wednesday, August 24th! This very popular bike path is a flat and smooth paved path that passes manicured back yards, farmland, and shaded woodlands. The ten mile route from Transit Road to the restaurant takes approximately one hour. Ten happy and hungry ADKers and guest enjoyed great meals, conversations, and laughs! The trip back to our cars was particularly pretty with the sites of the early evening, low sun light, many deer, and a good number of people walking, roller blading and biking. This is a much loved and used bike path.



Thanks to a fun evening Tom, Tom, Larry, Randy, Gloria, Julia, Maureen, Kate, and John! Tom Giambrone and others helped

cross at intersections – this route does include, at times, heavy vehicular traffic.

Our group enthusiastically agreed another bike n' meal outing would be fun – we will plan another food destination ride and post in an upcoming newsletter. Please, do not forget to read your newsletters. Outings are a great opportunity to have fun in our great outdoors!

- Pam Sander and Sue Kolasz

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. These can be reports of club trips or personal trips, based in the Adirondacks or not. We want to hear your stories!



Nicole Pane

View from Baker Mountain in Saranac Lake

Hikes & Outings Calendar



September 5, Labor Day (Monday): Paddle, Lower Niagara River, Lewiston to Youngstown

Meet at 9am at the Lewiston boat ramps (probable fee of \$4? per boat)

Drop off boats, then all drivers will shuttle to Youngstown.

Launch at 10am. Paddle 5+ miles downstream. Approx 2 hours on the water - possible wind, wakes.

Wearing of a proper-fitting Personal Flotation Device (PFD) is required.

OPTIONAL lunch and/or ice cream at The Silo afterward.

Contact Bob Van Hise adkpad-dles.bvh@gmail.com

September 24 (Saturday): Chestnut Ridge Hike and Pizza in the Park!

Join our leader, Randy, as we explore a beautiful, less utilized trail that may be unfamiliar to many.

We will meet at 10 am and hike approximately 4 miles at a moderate pace.

We'll be hiking at noontime, so let's do something fun and have pizza delivered to a shelter along the route! You're welcome to bring a bagged lunch instead, if you prefer. There's no need to pack those snacks, but water is a must, and hiking poles are highly recommended.

Please RSVP with your phone number to either Pam

(sanderpamela88@gmail.com) or Sue (sue728115@yahoo.com)

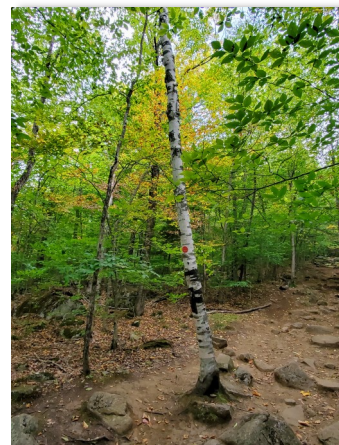
We will contact you with the meeting place, directions, and any further details. Fall is a beautiful time to hike the Ridge.

Hopefully the leaves will have begun to change and we'll get nice preview of our spectacular WNY autumn colors.

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

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Our Executive Committee

Chair

Mike Radomski
mike.radomski@gmail.com

Outings Chair

Frank Meyer
edendds@gmail.com

Conservation Chair

Bob Van Hise
adkpaddles.bvh@gmail.com

Programs Co-chairs

Sue Kolasz
sue728115@yahoo.com
Pamela Sander
sanderpamela88@gmail.com

Education Co-chairs

Sue Kolasz
sue728115@yahoo.com
Pamela Sander
sanderpamela88@gmail.com

Membership Chair

Christina Cerruti
ccerruti@gmail.com

Advisory Council Trustee

Kate Hacker
hackerks@gmail.com

Webmaster

Vacant

Treasurer

Doug Gaffney
dgaffney@roadrunner.com

Newsletter Editor & Electronic Communication Chair

Nicole Pane
nicole9165@hotmail.com

Secretary

Larry Beahan
larry_beahan@roadrunner.com

Hospitality

Carol Schuster
carolfschuster@gmail.com

Archivist/Historian

Lynn Rehfeld-Kenney
woodthrush3@hotmail.com

Outings Co-chair: Waterways

Richard Schraven
richardschraven1@gmail.com

Outings Co-chair: Biking

Vacant

Outings Co-chair: Hiking & Winter

Leslie Salathe
lesliesalathe@live.com