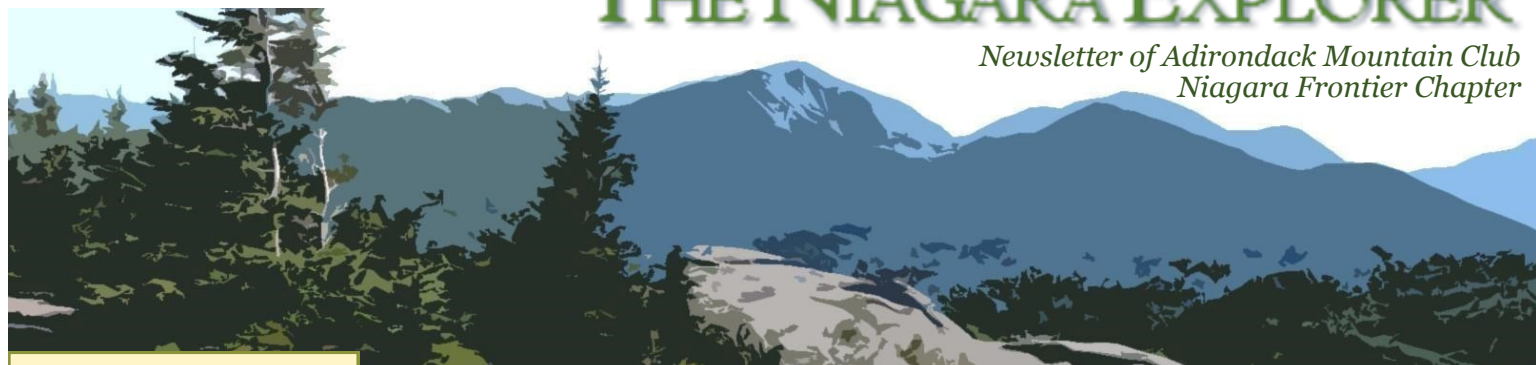




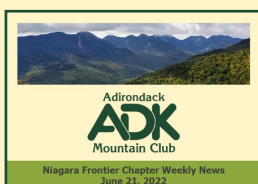
Explore. Educate. Protect.

THE NIAGARA EXPLORER

Newsletter of Adirondack Mountain Club
Niagara Frontier Chapter



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November 2022

ADK Centennial Celebration

ADK celebrated its centennial anniversary the weekend of September 26th at Silver Bay in Hauge, New York. The three-day event included live music by Dan Berggren and the Jamcrackers, remarks by keynote speaker and climate activist Bill McKibben, and over 50 guided outings. During an address on Saturday, ADK executive director Michael Barrett spoke to the organization's century-long impact.

Throughout the event, ADK's numerous achievements were highlighted, including the completion of the 138-mile Northville-Placid Trail in 1924, publishing

of the Adirondack Park's first guidebook in 1934, consistent defense of constitutional protections for the Forest Preserve between the 1940s and 1960s, founding of the Ridge Runner Program in 1974 (the precursor to the NYSDEC's Assistant Forest Ranger position), co-founding of the Adirondack High Peaks Summit Stewardship Program in 1989, development of a successful school outreach program in 2003, and more.



ADK-NFC Executive Committee members Christina Cerruti and Kate Hacker at the event.

100 Mile Challenge Wrap-Up

539 participants took part in ADK's 100 Mile Challenge, which ended September 5. Together they raised over \$41,000 to support ADK's mission. A big thank you to all who participated, and congratulations to our chapters top fundraisers:

#1 Lori Cej

#2 Pamela Edholm

#3 (tie):

Mary Jane Shonn

Jeffrey Lebsack and
Blythe Merrill

Kelly Wilder

Brandon Macie

Dan Herr



November General Meeting

Let's get ready for the snow! Join us on November 8, at 6:30 pm for a Xcountry ski/snowshoe workshop presented by the Snowflake Ski Shop of Lockport, NY.

We'll be learning about proper layering, waxing, the various types of skis and snowshoes used in these fun sports, and the benefits of each.

This workshop will be great for beginners as well as seasoned outdoor adventurers who are looking to update their equipment.

Snowflake will be handing out discount coupons for their shop to all attendees, so join us on November 8 as we plan for a great winter season!

For our November program, we are excited to welcome *Silent Seasons* author, Laura Evans, who will discuss sustainability, environmental law, and the process of writing her book.

Laura is a planner, inactive environmental lawyer, and creator/host of the Keeping Things Alive Podcast. She has accumulated deep knowledge and understanding of environmental law, sustainability, and navigating environmental conflicts while working jobs in the private, nonprofit, and government sectors in both Western New York and Central Texas.

Her book, *Silent Seasons*, is a thought leadership book that provides a broad overview of the U.S. environmental law

system and sustainability lessons that the author has learned throughout the many seasons of her life.

There will be a brief time for Q & A, and the author will have copies of her books for sale and signing.

Please join us for this thought provoking program and discover why the author believes the current U.S. environmental law system is failing us all.

- Pam Sander & Sue Kolasz





Laura Evans
AUTHOR | PODCASTER | LAWYER

ABOUT THE BOOK

In *Silent Seasons*, author Laura Evans demystifies how current sustainability approaches are not working by combining thought leadership, personal stories, and legal information to teach the reader:

- Summaries of specific environmental laws like the Endangered Species Act, National Environmental Policy Act, and New York's Climate Leadership and Community Protection Act.
- How the current U.S. environmental law system is organized and failing us all.
- How you can benefit from personal sustainability lessons Laura learned along the way.
- How to create a broader framework for addressing current problems like climate change, water pollution, air pollution, species extinction, and more.
- How to make chicken noodle soup.

The stories and lessons in this book will give you broader perspectives and new ways of thinking about sustainability, which will empower us all to more thoughtfully and sustainably live together.

PRAISE FOR SILENT SEASONS

"Laura's work is an eye-opener for this generation." - **Bruno Avila, Urban Planner**

"In a single chapter on Environmental Law 101, Laura provides a brief and cogent summary of the most important aspects of the U.S. environmental legal system that are key to understanding how to effect change." - **Barbara A. Knuth, Professor of Natural Resource Policy at Cornell University**

INTERVIEW QUESTIONS

- How does the U.S. environmental law system function today?
- How is this book connected to *Silent Spring* by Rachel Carson?
- Why do you believe that gardening and cooking what you grow are important personal sustainability practices?
- What was it like to live in Austin, Texas compared to Western New York from a sustainability perspective?
- What are "false sustainability solutions" and how do we avoid them?

Laura Evans is a planner, inactive environmental lawyer, and creator/host of the Keeping Things Alive Podcast. She has accumulated deep knowledge and understanding of environmental law, sustainability, and navigating environmental conflicts while working jobs in the private, nonprofit, and government sectors in both Western New York and Central Texas.

Laura is passionate about fostering a better relationship between humans and the Earth. She does this by sharing stories and information that motivate us all to implement more sustainable practices at both the individual and systemic levels.

In addition to writing and podcasting, she enjoys being outside, animals, gardening, and cooking with as many herbs and vegetables as possible.

CONTACT

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[@lauram.evans](https://www.facebook.com/lauram.evans)

September Meeting Recap

Our September 13, 2022, ice cream social, slideshow program and monthly meeting was a joyous time that brought us back to pre-pandemic times (can you remember those carefree days?) Great turn out of



members and guests totaled over fifty. We enjoyed delicious Turkey Hill vanilla ice cream with chocolate, butterscotch or strawberry sauce, real whipped cream topping, and maraschino cherries, to

boot! Fellowship Hall buzzed with the sounds of conversations and laughter with old friends and the introductions of guests and new members. Doug Gaffney created a great slideshow of member's pictures of beautiful WNY areas, the Great Lakes region and Europe. The brief chapter business meeting included upcoming outings, trainings and future education and program agendas.

September's meeting was entertaining, educational and fun – just the way we like them!

- Pam Sander



October Meeting Recap

October 10, 2022, monthly chapter meeting had high attendance of roughly 60 (we have a sign-in sheet), two great programs, tasty healthy veggies, cider and beverages and delicious, sweet treats!

Our Education program featured Naturalist Mark Carra in character as Theodore Roosevelt, who shared his knowledge of our 26th POTUS, discussing the many contributions he made as President, and answered member's questions in a thoughtful and personal way.

Pete Hill of Native American Community Services of Erie and Niagara Counties, Inc., spoke not only of his personal history, but also helpful insights into traditional Native American cultures. Pete explained the Creation Sto-

ry, the Haudenosaunee Confederacy, and the importance of the Seventh Generation. We learned how generational tragedies have affected the health and well being of Native people, damage to the environment, and the disgraceful treatment of women in society that exists to this day. Pete stressed the importance of family and the beautiful tradition of daily giving thanks, respect for nature and other bridges of shared concerns by all peoples.

For more information about Native American Community Services of Erie and Niagara Counties, Inc., and programs offered, please visit www.nacswny.org.

- Pam Sander

*Everybody
needs
beauty...places
to play in and
pray in where
nature may heal
and cheer and
give strength to
the body and
soul alike.
– John Muir*



Message from the Chair

Hey ADKers,

I hope everyone enjoyed the spectacular Autumn colors this year. Now we shift gears to colder weather and that white stuff. Our November educational session with Snowflake Ski Shop will get us ready for the winter season. Winter is the best time to get outside! I like to say "No bears, no bugs, no mud, no rocks, and fewer people."

We continue to have some great outings to take advantage of. Thank you to our great trip leaders for continuing to help us get

outside. Be sure to check out club calendar for upcoming events: <https://adknfc.org/events/>

If you are planning your winter ADK trips, check out the all new Ski and Snowshoe Trails in the Adirondacks. And be sure to visit the new Cascade Welcome Center while you are there!

See you outside,

Mike

Message from the Trustee

This summer I worked as a trailhead steward in the Loj parking lot for a couple of weeks and then for eight days as a campground host, and I met lots of people from the Niagara frontier chapter. There are so many people that visit the Adirondacks from our area to hike and paddle! As a board member I have been

learning a great deal about the club and our properties, and I would be happy to talk with you about the club. The best way to reach me is via email at hackerks@gmail.com.

- Kate Hacker

Help Wanted: Monthly Meetings

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.

We are looking for volunteers to commit to one meeting per year. There are seven meetings left (November-May) on the second Tuesday of each month. You pick the meeting that you want to volunteer at.

If you are interested in helping out, please contact Pam (sanderpamela88@gmail.com) or Sue (Sue728115@yahoo.com).



Fall Adopt-a-Highway Cleanup Recap

Thank you to a great group of volunteers who helped out this fall with picking up garbage along the roads that border the



Tillman Road Wildlife Management Area in Clarence. It was a beautiful fall day with bright blue skies with views of fall flowers and Canada geese. Many people use the area to birdwatch, to enjoy a hike

and to take their dogs for a walk. It's an easy to access wildlife area so close to an urban center. The area looked much more inviting after we picked up the 3 bags of garbage.

Jay Wopperer, Paul Gannon, Lynn & Doug Kenney and Joy Rodriguez Nowicki, Donna Welde, Dawn Bartlett, Judy Catalano.

- Lynn Rehfeld-Kenney



Welcome New Members!

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



Donna McCabe

William and Eva Horvath

Wendy Lettieri

David and Karen Colasanti

Christopher Groves

Alfred Dittenhauser

Mark Hamel

Lisa Casey

Joseph and Erin Leone

Matthew and Mary Kofahl

Jeffrey Lewandowski

Nicholas Jones

Wilderness First Aid Training with Russ Crispell and Earth Spirit Educational Services Inc.: Recap

On October 15, 2022, ten ADKers completed the hands-on session of a NASR, hybrid 16-hour Wilderness First Aid (WFA) course at Letchworth Woods at the University of Buffalo North



Campus. The morning session was set up near the soccer field area across from Red Jacket parking lot while the afternoon exercises happened entirely in Letchworth Woods, a preserved area that is full of hardwoods

and well-marked trails.

Joined by members of the OAC (Outdoor Adventure Club) of UB, we took part in hands-on exercises, learning critical first aid skills, on a mixed bag of weather kind of day (cold with sprinkles in the am with partly sunny skies in the pm).

Through a variety of scenarios, we learned how to avoid wilderness hazards, patient assessment, treatment of multiple types of injuries, wound care, and improvisation of treatment tools in the wilderness environment. Interesting acting performances by the instructors added another level

of critical thinking skills. Students were distracted by instructors, complicating the patient assessment and treatment decisions. Students engaged in role playing, taking turns as patient, lead decision maker, and other important rescue roles.

Thanks to Russ Crispell and the Earth Spirit instructors, Joe Allen, Jonathan Roth, Don Szumigalia, Stephen Hagenbuch, Mark Sorel, Janelle Price, and Alex Eisenhower.

ADK-NFC members, and especially trip leaders, are encouraged to participate in trainings such as Wilderness First Aid, for the safety and protection on organized outings.

- Pam Sander



New Adirondack 46ers

If you've completed your Adirondack 46er this year, share a picture of you on your final peak if you would like. We'd love to share it in a future newsletter! Send your pic to nicole9165@hotmail.com



Trip Reports

Deer Lick Conservation Area, October 1st

During a meet-and-greet before the hike, we each shared our most recent hike and it was fun to hear about everyone's adventures in a variety of other places. At Deer Lick, cool temperatures and our friendly companions made for a delightful Fall hike. Ten of us savored this WNY gem on a 4-mile trail known for its gorge views and old-growth trees, some over 100-feet tall. We started the hike on the white trail that passes a rare chestnut tree and eventually



leads to a ridge overlooking the South Branch of Cattaraugus Creek. We paused near Bear Point to take in the gorge views, converse and have a snack.

Sugar maple, beech and hemlock are the predominant trees here, but tulip and black cherry trees are also present. We returned to lower elevation, switched to the yellow trail, and got a good look at Deer Lick Falls, which was relatively robust. Beautiful maidenhair ferns and fungi of all sizes and colors provided a nature treat. Giant grapevines, a deer sighting, and blooming partridgeberries added to the fun. It's a wonderful time of year for hiking in scenic places with ADK friends.



- Janet and David Kowalski

Sinking Ponds Wildlife Sanctuary, October 22nd

October 15, 2022, on a stellar Fall morning, 18 ADK-NFC members and guests enjoyed a special tour of Sinking Ponds Wildlife Sanctuary in East Aurora with Orlando Monaco, organizer of Friends of Sinking Ponds. This 74-acre property includes kettle ponds, rich wetlands, majestic hardwoods, and important wildlife (including spectacular raptors).



We learned about kettle pond formation (glacier activity), interesting history of the property including the Indigenous peoples (the Meadowood culture), the reason for the name of Sinking

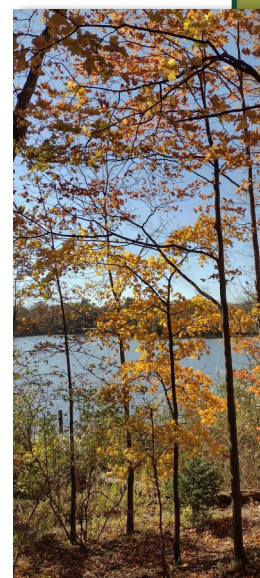
Ponds, and the improvements made thus far by Friends of Sinking Ponds.

Projects such as, new signage, tree planting, and blue bird houses are examples currently in the works.

This small, but significant preserve, has received help from the generosity and great collaboration between Friends of Sinking Ponds, volunteers, and the Town of East Aurora.

For more information about Sinking Ponds, read <https://buffalonews.com>

- Pam Sander



Adirondacks, September 21st-24th

I headed to the Adirondacks for a short trip in mid-September and was able to do some hiking in addition to some other commitments during the trip. The last day of summer was spent in Cranberry Lake, my first time there. Cranberry Lake definitely has a quiet, lakeside town feel compared to some of the more bustling towns in the region. The trails are low-traffic, and the lake is pristine. The foliage was just starting to change, and it appeared that it was shaping up to be an outstanding foliage year.



Mushrooms on the Bear Mountain Trail

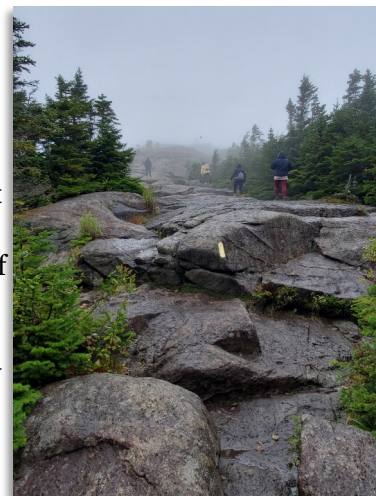
I hiked Bear Mountain, a smaller mountain, four miles round trip in length. This trail starts at the Cranberry Lake campground and climbs nearly 1,000 feet, but gently so, through a deciduous forest. There are no views from the actual summit, but heading a little ways past there are two gorgeous viewpoints of the lake. This trail can be done as a loop, but at the suggestion of the woman at that campground check-in booth, I did it as an out and back (apparently the trail is in bad shape past the viewpoint). I didn't see anyone else on this trail at all. On the drive back down the hill to Rt 3, I could see glimpses of the sun setting over the lake through the trees and cottages. I definitely plan to return to this area and explore more.



Lookout on Bear Mountain

For numerous reasons, I haven't

hiked a Adirondack high peak in some time, my last being Big slide nearly two years ago. I've really enjoyed exploring many of the other mountains that the region has to offer, but I decided it was time to get back to the high peaks. Since I had limited time on that day, I chose a redo of Cascade Mountain; it's relative ease made a good choice to reacclimate myself, and I was looking forward to its amazing 360 degree summit views. It happened to be the first day of fall, and also a weekday (meaning less crowds), and I figured this would be a great way to start the new season. Rain was predicted that day, but after checking multiple forecasts, I was pretty sure it was going to hold off until later in the afternoon. It didn't. Started raining about a mile in and by the time I reached the summit it was completely soaked in, no views whatsoever. It was so windy on the summit I thought that my phone would blow out of my hand while I was taking pictures. On the way down the rain became much heavier, turning the trail into a stream. Lots of fungi out on the trail, and I took my time heading back down to look at it all. One of my poles got stuck somewhere on the way and is now permanently bent. Not what I was hoping for exactly, but any day in the Adirondacks is still a good day. It has been at least five years since I've last done this hike and there have been numerous improvement to the trail; it was in pretty decent shape considering the amount of traffic that it sees.

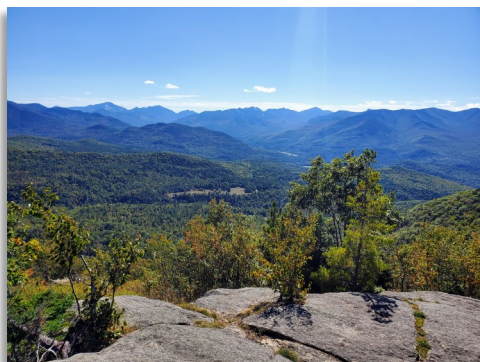


No views on the way to the Cascade summit

The next day, I woke up to 30 degree temps and

the first snowfall of the season. Took a day off from hiking, but was able to do some kayaking on Mirror Lake later in the afternoon when the sun came out and the temperature rose above 40. Also hit up the Mountaineer bookstore in Keene (I could spend hours here).

The final hike of this trip was Big Crow, one of the Lake Placid 9er hikes, and also a new to me hike. I've done more than half of the Lake Placid 9 and have loved every one. While mostly shorter, easier hikes by Adirondack standards, they are still challenging, and every one that I com-



Summit of Big Crow, views of 28 high peaks

plete seems to have nicer views than the previous. The drive up to the trailhead was a winding

dirt road up a hill with barely enough room for two cars to get through. These roads make me anxious for whatever reason. Being that it was now Saturday the parking area was also jammed, but I managed to snag a space. Other hikes, including Hurricane Mountain, also start from this trailhead. Big Crow is a short 1.5 mile round trip hike, but it is not easy. The trail starts out climbing gradually, but quickly gets very steep and doesn't let up. There is a steep section of open rock face to scale near the top as well. The views from the summit however are amazing, in fact you can see 28 high peaks from here. I can't think of another trail this short with such views. And lucky for me that unlike the days before, it was sunny with perfect hiking temperatures, I great end to my trip.

- Nicole Pane



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!

Niagara Gorge Hike, October 23rd

Many thanks to Randy Barker for leading our members on a beautiful hike into the Niagara Gorge. We couldn't have asked for a more perfect fall day...abundant sunshine, temperatures in the low 70's and stunning foliage.

We met at the Whirlpool lot at 1:00 pm and headed over to the Whirlpool Trail staircase located just downstream from the parking lot. We descended the stone steps about

300 feet down to the base of the gorge. The well-worn path combined narrow flat areas with occasional slippery boulder rises.

The raging river guided us to the flats, a large open area, where we all spent time watching the turbulent rapids and gazing at the cyan water. It was nice to take a break to enjoy the scenery and chat with each other. We were also lucky to see a Whirlpool jet zipping in and out of the rapids.

The trail was quite crowded (a testament to the lovely day), but it was nice to see so many others out also enjoying the glorious day.

The hike back up the stairs can be quite challenging, so Randy made sure to stop on occasion to give everyone time to catch their breath. Accounts vary on the number of stairs, and we forgot to

count them ourselves, but you're guaranteed a great workout on your climb!

We got back to the lot around 4 pm and our total hike was about 3 1/2 miles. We all had a wonderful time and I'm sure we'll be revisiting this trail in the future.

- Sue Kolasz & Pamela Sander



Hikes & Outings Calendar

November 8th: Election Day

November 12th (Saturday): Forest Bathing at Tift Nature Preserve

10:00 AM TO 12:30 PM with Jennifer Fendya, PH.D.

(Rain/Snow Date: November 19, 2022)

Forest Bathing is an adaptation of Shinrin-Yoku, a research-based practice of nature immersion originating in Japan, which supports physiological health and psychological relaxation and well-being. When on a guided walk to “take in the forest atmosphere,” participants are invited to slow their pace, open their senses to the elements around them, pay attention to what is happening within, engage in reciprocity with the more-than-human world, and pause occasionally to share what they are noticing with fellow participants. Forest Bathing is NOT a heat-generating activity, so participants are encouraged to dress accordingly for this approximately two-hour meander through Tift Nature Preserve. Bring your water, snacks, comfortable shoes or boots, optional sit upon, extra layer of clothing (hiking poles only for added comfort – remember, this is not a hike). Jennifer will supply lightweight camping stools.

Jennifer Fendya, PhD, has guided Forest Bathing walks for individuals and groups in and around Western NY since 2017 and is certified by the Association of Nature and Forest Therapy Guides and Programs (ANFT). She is a Psychologist and Sandplay Therapist in private practice in downtown Buffalo, a member of the international Climate Psychology Alliance, and co-chair of Climate Reality Project-WNY Chapter.

Limited walk of 10. Participants will be provid-

ed with meeting location upon registration. Please RSVP with your contact cell number by November 9, 2022, to Pam Sander at sanderpamela88@gmail.com

November 18 – November 20: Letchworth State Park (Finger Lakes Trail Spur) Backpacking Trip

Details:

This is a 3-day beginner’s backpacking trip, departing late morning on Friday, November 18 and returning to Buffalo on Sunday evening November 20th.

We will be travelling Northbound on the Letchworth spur trail of the Finger Lakes trail, staying in the two lean-to’s on each of the two overnights and averaging around 7-8 miles per day, making this an excellent opportunity to start learning how to prepare for cold weather camping, especially considering the potential for inclement (cold and possibly snow or rain) weather. That being said, we can expect few crowds and fewer bugs! Contact Jonathan with any questions you may have about the trip.

RSVP on a first-come, first serve basis by November 8th (the next ADK-NFC meeting), as the group size is limited to 6 persons by the NYS Parks and we need to get all hikers and vehicles registered in advance to reserve the lean-to’s for our overnights. If the Lean-To’s are reserved, we’ll select a backup hike together in the ANF such as the Morrison Loop.

I’ll share a recommended gear list with registered campers and we can plan on at least one zoom or in-person meetup to review the itinerary for the trip and coordinate transportation, community gear and



lending of gear if necessary, meal planning, etc.

RSVP: Jonathan
Coupal, jonathan@coupal.us

Here's some information and pics about the trail itself: <https://www.cnyhiking.com/LetchworthTrail.htm>

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 to reserve a spot or to ask questions.



Keep up to date on outings by checking the events calendar on our website:

<https://adk-nfc.org/events/>



Adirondack
Mountain Club
Niagara Frontier Chapter



ON THE WEB:

adk.org

adk-nfc.org

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