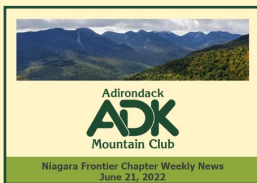


THE NIAGARA EXPLORER

Newsletter of Adirondack Mountain Club
Niagara Frontier Chapter

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January 2023

January 2023 General Meeting

Planning Your Winter Backpacking Trip
January 10, 2023, Education Workshop
with Jonathan Coupal at 6:30 pm

Rather than another discussion about what gear to buy, this introductory session focuses on the winter season and planning steps you may want to take to ensure that you have a fun winter backpacking experience. Topics include course/trail selection, weather planning, food preparation, and how to make the most of the equipment you already have!



Jonathan grew up in the Finger Lakes and started camping with his family as a child and began backpacking in earnest with a trip to the Adirondacks when he was 17 years old. Jonathan began pursuing his passions for the backcountry with his son through the local BSA, where he still trains new scoutmasters on outdoor trip planning and is a backpacking and camping merit badge counselor. Besides plenty of camping, backpacking, snowshoeing, skiing, kayaking, and canoeing in the Allegheny and Adirondack regions with family and friends, Jonathan has backpacked hundreds of miles in the Pacific Northwest, including a 6-day thru

hike of the Wonderland Trail on Mount Rainier in 2021. Jonathan and his wife Karen also enjoy bikepacking and bike touring, and in 2022 he completed the GAP and C&O trails from Pittsburgh to Washington, DC. You can hear Jonathan's passion for outdoor adventures in his own voice on the "HYOH Podcast," a podcast about hammock camping which he co-hosted from 2015 until

2020.

For our main program at 7:30, we welcome climber, Lauren Molinda, who will give a talk and slideshow



presentation on her March, 2022 trek to the summit of Mount Kilimanjaro, the highest peak on the African continent, and the tallest single free-standing mountain in the world.

January General Meeting (continued)

In addition to discussing details of her ascent, Lauren will talk about what spiked her interest in climbing, her training regimen, and the international leadership group, Mountains and Marathons, an organization that inspired her to climb Kilimanjaro. We'll also learn about Lauren's success in raising money, while training for her climb, for the Girls Education Collaborative, a

Buffalo based non-profit that operates a girl's school in Tanzania.

When she's not climbing, Lauren co-owns and operates Riveter Design, a Buffalo-based advertising agency, celebrating its 10th anniversary this year. Riveter is heavily involved within the non-profit

and foundation community in Western New York, and won Best of Show at the 2022 Buffalo American Advertising Federation Awards for their work on the East Side Avenues Campaign, chronicling the impact of a \$65 million dollar investment throughout the four main business corridors on Buffalo's East Side. At Riveter, Lauren is responsible for business development, business operations, and strategic planning for key accounts.

Lauren lives in the village of East Aurora with her husband and 7 year old daughter.

- Pam Sander and Sue Kolasz



Nicole Pane

Looking ahead to February...

February 14, 2023, Education Workshop with former Chair, Mr. Paul Gannon. Paul's program is on Emergency Shelter Options for Day Trippers

Our main program, at 7:30, Reinstein Woods with Korah Withere'll's program on Animal Relationships (just in time for Valentine's Day)!

Reinstein Woods Winter Wonderland in the Woods

February 4th, 12:00-4:00pm

Try snowshoes or cross-country skis for free. Make snow art, enjoy ice fishing demonstrations, winter crafts for kids, and more.

Refreshments for sale.

Visit <https://reinsteinwoods.org/events/winter-wonderland-in-the-woods/> for more information.



December Meeting Recap

DECEMBER 13, 2022, ADK-NFC Meeting and Potluck Holiday Celebration—end of a three-year hiatus!

Our December 13, 2022 meeting was our chapter's traditional potluck, holiday gathering! Over fifty members and guests gathered in Friendship Hall (name is so fitting) to enjoy scrumptious foods, holiday music, and socializing. Great door prizes that were graciously donated by Patagonia, Brunner's Tavern of Amherst, and Byrncliff Ski Center. Additional items from Gear for Adventure, hand crafted holiday pint jars, two bottles of bubbly, and purchases from the ADK Loj at Heart Lake.

Thank you to everyone who contributed by securing donations and purchasing door prizes, our hospitality team of Carol and David Schuster, volunteer greeter Ann, the Schravens for tablecloths and settings, and the setting up/cleaning up of the hall (big job—those round tables were heavy)!

- Pam Sander and Sue Kolasz



Message from the Chair

Happy New Year! I hope everyone had a wonderful and safe holiday with their families. Was Santa good to you this year? I also hope you are getting outside to enjoy some winter recreation. I cannot wait to do some winter hiking in the Adirondacks and Catskills.

While I am not one that is big on New Year's resolutions, I do want to take this time to refocus the executive committee and club on some of my goals for the upcoming year. We want to continue our commitment to training and education. We will be offering education sessions at the monthly meetings that align with wilderness skills and group leadership. We will continue to look for opportunities to offer formal training sessions on topics like Leave No Trace and Wilderness First Aid. And finally, we will continue to

offer scholarships to ADK and non-ADK classes to our members.

Another goal is to continue to improve our website and make the Outings registration process easier, more nimble, and more automated. I am very proud of the progress we have made thus far. I love being able to see a club calendar. Please let us know how we can improve the experience. What information is missing? What information is hard to find?

Finally, we want to continue the momentum with our Young Members Committee. Our committee members have presented several ideas for events that will cater to our younger members. Look for those to ramp up in the new year.

And don't forget to sign up for the WNY Winter Hiking Challenge!

See you outside,

Mike



OutsideChronicles.com

And now we welcome the new year. Full of things that have never been.

- Rainer Maria Rilke

Welcome New Members!

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



Maria Cooper

Ellie Ryan

Carrie Pershyn

Patricia Donovan

Laura Evans

Trustee Report

I'm the trustee for our chapter, which means I represent us on the Advisory Council board. The board will be meeting early in January to vote on a new Outings Guide which includes a new system for certifying outings leaders and lots of recommendations on how to run a good outing. The certification system is quite controversial and has left many people thinking that we may lose outings leaders. There has been a need for revisions in outing's leader training for years, and a couple of incidents lead to a discussion on who should develop the new guide. The chapters did not want ADK staff to do the guide, so the Advisory Council assigned a committee to work on it. They have worked for the past year to develop the draft guide. Our chapter's Executive Committee discussed it at our last meeting. We were concerned about the level of detail in it and about distinguishing what is required and what is suggested. Also we wondered what the Club's insurance company required. Of course a decision on any lawsuit would depend more on a jury than the insurance company. The Advisory Council wants ADK to pay for any training and certification programs, which is also an issue. Once a vote is taken the guide, re-

jected or not, will go to the club staff and board for further work. If you are interested I can send you the draft. I sent it out to the Executive Committee and a few people who have been trip leaders over the years. At our Executive Committee meeting we discussed using the guide, approved or not, as a base for providing monthly education programs on good practice in leading trips or exploring safely on your own.

The Club will be launching a capital campaign for the Cascade Center next year to raise money to renovate and improve the Center. Watch the Adirondack for details. A large number of grants have been received, but additional money will be needed. If you are traveling around Lake Placid stop by to take a look at what has been done so far. The Center is located on route 76 a few miles past the Adirondack Loj road. They will be up and running with lots of snow by the time you read this. They have ski rentals and you can purchase equipment. Skiing is free for members.

- Kate Hacker, NFC Trustee,
hackerks@gmail.com



Winter Hiking Challenges

The new year means new hiking challenges. Some old favorites are back along with a few new ones. Why not join one or more?

The Western New York Hiking Challenge presented by Outside Chronicles runs December 21st-March 20th. Complete 8 of the 20 selected trails and win a patch and sticker. Proceeds from registration go to the Western New York Land Conservancy and will be making a special donation to the Foothills Trail Club and Niagara Frontier Search & Rescue (NFSAR). Pet registrations will be donated to Sadie's Safe Harbor Canine Rescue. More information at: <https://outsidechronicles.com/winter/>

The Finger Lakes Hiking Challenge also presented by Outside Chronicles is a new challenge for this year. Complete 8 of the 16 selected trails and win a patch and sticker. All profits will be donated to Cumming Nature Center. Pet registrations will be donated to Sadie's Safe Harbor Canine Rescue. More information at: <https://outsidechronicles.com/flwinter/>

The Letchworth Winter 50 is presented by Trail Otter. Hike a total of 50 miles of Letchworth State Park trails between December 21st and March 21st to support the Friends of Letchworth State Park. More info at: <https://www.trailotter.com/lsp-winter-50-challenge-info>

The North Country 100 Challenge is back for 2023. Complete your 100 miles on the North Country National Scenic Trail. Hike, walk, backpack, snowshoe, or cross-country ski. More information at: <https://northcountrytrail.org/hike-100-challenge/>



Snowshoe Rentals

Winter is here! Here's where you can rent snowshoes in Western New York. Please check the website or call the locations for days and hours that rentals are available, brands of snowshoes, and information about where the snowshoes may be used.

Name	Location	Cost	Website/Further Info
Beaver Meadow Audubon Center	Java, NY	\$5 for non-members, free for members	https://www.buffaloudubon.org/
Byrncliff	Varysburg, NY	\$17 Adults – \$13 12 years old and under	https://byrncliff.com/snowshoe/
Buffalo & Erie County Public Libraries	Various locations	Free with library card	https://www.buffalolib.org/
Campus Wheelworks	Buffalo, NY	\$30 for 24 hours	https://www.campuswheelworks.com/articles/ski-snowshoe-rentals-pg196.htm
Gear for Adventure	Hamburg, NY Amherst, NY	\$15/day	https://gearforadventure.com/
Holiday Valley	Ellicottville, NY	\$20 for 8 hours	https://www.holidayvalley.com/winter/rentals-repairs/
Reinstein Woods	Depew, NY	\$7 members/\$10 non-members	https://reinsteinwoods.org/explore/snowshoe-cross-country-ski-rentals/
Tift Nature Preserve	Buffalo, NY	\$5/pair adults, children ages 3-6, \$3 per pair	https://www.tift.org/plan-a-visit/

In Remembrance:

Dr. Gerald Rising (1927 – 2022)

It is with much sadness that we announce the passing of a great and gentle man and a friend of the ADK-NFC community, Dr. Gerald Rising, Ph.D. Gerry passed away on December 9, 2022, at the age of 95.

An avid outdoorsman, Gerry climbed the 46 high peaks of the Adirondacks; hiked the Bruce Trail, the Finger Lakes Trail, and extensive sections of the Appalachian Trail; and circumnavigated each of the Great Lakes on his motor scooter. Gerry's love of the outdoors was matched by his desire to share his knowledge with others, especially young people, and to inspire in them a sense of responsible stewardship.

Gerry was a presenter at several monthly ADK-NFC meetings in recent years, most recently, November 9, 2021. At the suggestion of chapter secretary Larry Beahan, program co-chairs Sue Kolasz and Pam Sander interviewed Gerry with questions submitted by members, which proved to be both entertaining and heartwarming.

Dr. Gerald R. Rising was an outstanding scholar by any measure. His academic background included a B.A. an Ed.M. in English from the University of Notre Dame and an M.S. and Ph.D. in mathematics from New York University. He also completed additional studies at Princeton University and Syracuse University.

Gerry's light shined brightest during his 65 years as an educator. Early in his career, he taught mathematics in several New York State high schools, including those in Brighton, Greece, Johnson City, and Warsaw. From there he moved on to serve as the K-12 Mathematics Coordinator for the Norwalk, Connecticut, Public Schools. His gifts as an educator eventually landed him teaching positions at the University of Minnesota, the University of Connecticut, New York University, and the University of Rochester.



For the last 30 years of his career, Gerry taught mathematics at the State University of New York (SUNY) at Buffalo. In addition to his many teaching responsibilities, Gerry and Dr. Betty J.

Krist co-founded the Gifted Mathematics Program, which was one of his greatest loves. In recognition of his many achievements as an educator, he was recognized as a SUNY Distinguished Teaching Professor Emeritus, the highest academic title in New York State, and

in 2014, Gerry was inducted into the New York State Mathematics Educators Hall of Fame.

In addition to his work as an educator, Gerry was a gifted and prolific author. He wrote numerous articles on mathematics as well as several best-selling books on mathematics and mathematics education. For 25 years, Gerry wrote the "Nature Watch" column in The Buffalo News, providing readers with well over 1,500 interesting articles on subjects as diverse as geology, astronomy, and birds (his favorite subject). He also wrote several books on birding, and toward the end of his life, he was a regular columnist for Buffalo Spree magazine.

Gerry was also a respected and articulate leader in the local environmental and birding communities. He seldom turned down an opportunity to express his concerns about our impacts on the natural world and made several presentations on this subject at ADK's monthly meetings.

There will be celebration of Gerry's life on January 23, 2023 at 1:30pm at Tiff Nature Preserve .

- Respectfully, Tom Giambrone and Pamela Sander

Hikes & Outings

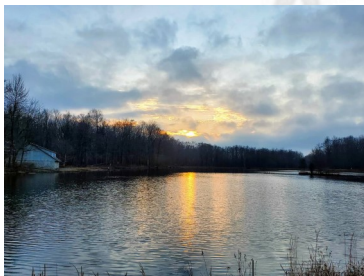
January 2, 2023 (Monday): Day After First Day Hike or Snowshoe Walk at Reinstein Woods Nature Preserve!

Approximate distance and time of 3.5 miles (2 hour duration)

Hiking poles highly recommended. Dress Appropriately (hiking shoes, warm clothing). Areas can be icy/slippery – yaks or micro spikes highly recommended (other than two overlooks, natural trails)

Bring water and snack

Level 1 Hike (C) Easy – Moderate (depending on conditions and ability)



Nicole Pane

Have other plans for New Year's Day? Feeling a little tired from your holiday celebrations? Already committed to a first day hike? Consider a "day after the first day" morning hike at beautiful Reinstein Woods led by Pam and Sue! Conveniently located at 93 Honorine Drive, Depew, NY 14043 on a 292-acre forested complex that also includes wetlands and ponds.

Purchased in 1932 by Dr. Victor Reinstein for a private nature sanctuary, by 1960 he had planted 30,000 trees, constructed nineteen ponds, marshes, and swamps. After Dr. Reinstein's 1984 death, his widow, Julia Boyer Reinstein, donated the reserve to The State of New York that assumed control in 1986.

The preserve is located within a developed suburban area and features a gorgeous environmental education center that offers programs for youths and adults all year round and operated by

the DEC in partnership with the non-profit, Friends of Reinstein Woods.

The Mission of Friends of Reinstein Woods is to promote knowledge of nature through awareness, appreciation, and stewardship of the unique and diverse environment of Reinstein Woods and its programs.

Please email Pam Sander at sanderpamela88@gmail.com along with your phone number to register. Maximum fifteen participants. Meeting time provided upon confirmation of registration.

Leaders have the authority to deny any participant(s) who is not prepared for this outing.

January 7th 2023: Erie County Forest, East Concord, NY

10 AM meet time

David and Janet Kowalski, janetk300@gmail.com;

HIKE/SNOWSHOE: We'll trek 4-5 miles on beautiful wooded trails with charming bridges including the iconic Bridge on the River Kwai and A Bridge Too Far. The terrain is hilly with many scenic ups and downs. Level B hike-moderate.



Nicole Pane



Meet at the Sugar Shack Trailhead on Genesee Rd. Please wear hiking boots / snowshoes /microspikes as needed, dress for the weather, and bring water and a snack. Trekking poles are recommended.

Directions from Buffalo: Take 219 to the Genesee Rd exit. Turn L (east) onto Genesee Rd, and drive 7.1 miles to the parking lot on the left.

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. We reserved 3 nights starting Thursday and leaving Sunday. This outing is full. Please contact Kate Hacker, hackerks@gmail.com if you want more information or want to be added to the waitlist.

The Letchworth backpacking trip, November 18-20, was canceled due to the weather and subsequent road closures. We're planning on rescheduling in the late winter/early spring.

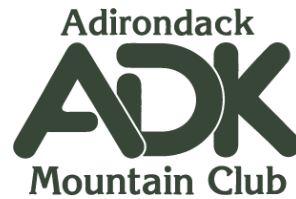


Keep up to date on outings by checking the events calendar on our website:

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



Adirondack
Mountain Club
Niagara Frontier Chapter



ON THE WEB:

adk.org

adk-nfc.org

facebook.com/ADK-NiagaraFrontier

instagram.com/adk_nfc



Nicole Pane

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