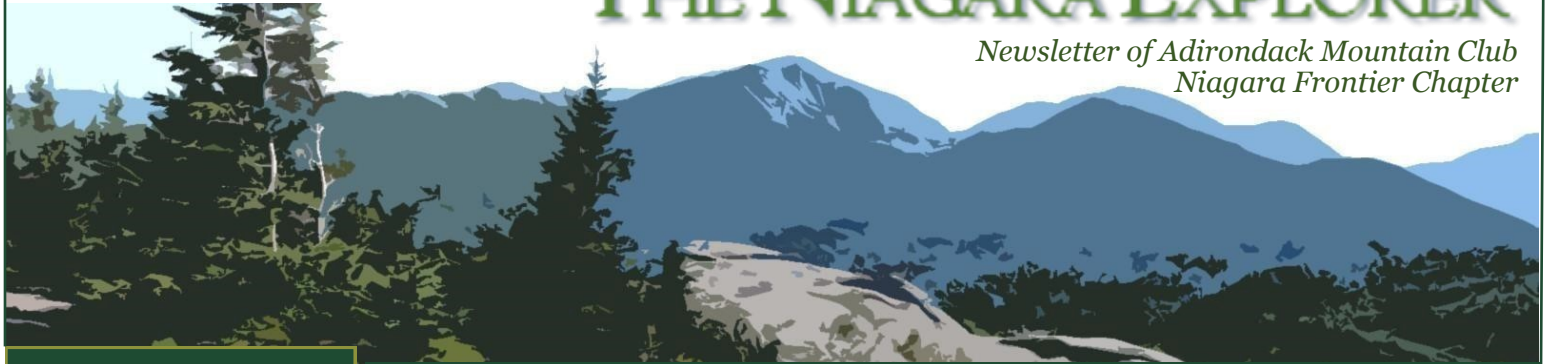
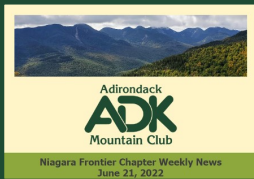


THE NIAGARA EXPLORER

Newsletter of Adirondack Mountain Club
Niagara Frontier Chapter



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February 2023

February 2023 Education Workshop & Program

Join us February 14th at 6:30 pm Emergency shelter options for day trippers with Paul Gannon. When enjoying the outdoors on a day trip, there is always the risk that you may become sick, injured, lost, or stranded by bad weather. This could lead to you spending an unexpected night out without proper camping



equipment. In this situation, the principle threat to your health and safety is hypothermia, or excess loss of body heat. This is especially true in cold, wet, and windy conditions. Staying warm and dry is accomplished by the proper use of clothing, fire, and shelter. Fortunately, there are options for emergency shelter that are reasonable to carry on a day trip. Please join us for a discussion of this important topic and a demonstration of

options to consider.

For our main program at 7:30, we will have Animal Relationships at Reinstein Woods. Please join us for a fun and informative discussion on animal relationships with Friend's of Reinstein Wood's educator, Korah Witherell. This appropriate subject, on Valentine's Day, will delve into the mating habits of the animals that reside in Reinstein Woods Nature Preserve.

Korah is from Portville, New York and graduated from SUNY Cobleskill in 2022. Before coming to Reinstein, Korah was an Assistant Forest Ranger at the NYS Department of Environmental Conservation and a former DEC Summer Camps counselor. Prior to working for the DEC, Korah worked for the Portville Central School District.



January Education Recap

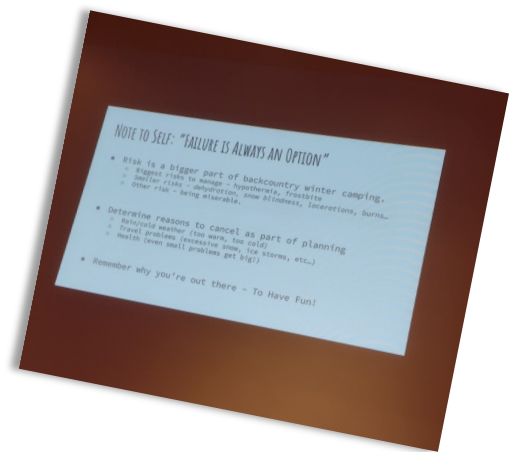
Our January 10, 2023, Education Workshop was led by member Jonathan Coupal and titled “Planning Your Winter Backpacking Trip – For a Fun Winter Experience”.

Jonathan’s discussion was an introductory session which focused on the winter season and the planning steps advised to ensure a fun experience. Topics included a number of suggestions for course and trail selection, weather planning, food preparation and how to make the most out of the equipment you already have. Jonathan pointed out several examples of the important differences of winter backpacking, compared to trips done in mild weather.

Regarding food and water, Jonathan explained that cold weather hiking requires more body heat, thus more calories need to be consumed with fats and oils preferred over sugary foods as main energy sources. Hikers know the importance of hydration, and Jonathan explained that water needs to be insulated to prevent freezing – several examples were shared by the presenter and listeners on how to achieve this. Jonathan discussed clean, safe drinking water and the different methods to purify outdoor water sources by means of filtration and chemical

means. No one wants to experience a bout with giardia or other nasty microscopic aliens.

Keeping a keen eye on the weather, five days before a trip, and also having access to up-to-date reports was discussed. Having communication sources to receive reports, along with the technology available, was great information. Jonathan gave examples of a variety of resources available to assure safe outings and preparedness.



In a short amount of time, the workshop covered quite a bit. I’m sure everyone who attended gladly welcomes Jonathan’s return for future workshops.

Jonathan began his love of the outdoors and camping as a child growing up in the Finger Lakes region and backpacking on a trip to the Adirondacks at age 17. He’s had years of local backcountry outings, has conducted trainings with local Boy Scout troops, trains new scout masters on trip planning, and is a backpacking and camping merit badge counselor. He loves camping, backpacking, snowshoeing, skiing, kayaking, canoeing, and biking with his family and friends.

- Pam Sander and Sue Kolasz



January Program Recap

Our January program featured East Aurora native, Lauren Molinda, who shared with us her March, 2022 ascent to the summit of Mount Kilimanjaro, the highest mountain in Africa (19,341'), and the highest single free-standing mountain in the world.

Many of us can identify someone or something and initially sparked our interest in climbing mountains. For Lauren, that inspiration began in high school while reading the book, *Into Thin Air*, by Jon Krakauer. After two decades of obsessive reading and documentary watching, Lauren got serious about hiking during the lockdown, mostly so she didn't go crazy stuck in the house. And I'm sure we can all relate to that!

By 2022, Lauren felt physically, professionally, and personally ready to put down the books and documentaries and pick up the trekking poles, kicking off her journey to – hopefully – the highest point on each of the seven continents, known as the seven summits.

Lauren took us back on her journey to Tanzania through a slideshow presentation with photos and charts outlining the itinerary for her six day climb, culminating with her successful summit of Mt. Kilimanjaro. She spoke with candor, confessing the insecurities she felt when she initially decided to pursue her dream. Lauren also acknowledged the difficulty she had accepting additional assistance from her porter, Maria. Only when she was told it was considered an insult to her porter if she refused to accept the help offered, did she concede and allow the porter to assist with her pack. Guides are mandatory on the Kili-

manjaro trek and Lauren stressed how important it is to choose a reputable guide company, not only for their expertise and safety practices, but also for their reputation in how they treat their guides and porters. The guide company chosen by her group, Afrikabisa Ethical Tours, is known for their honorable conduct, and employs many women as guides and porters. Lauren developed a close bond with her porter, who was overjoyed with Lauren's successful summit.

Lauren shared remarkable stories of what the group endured during the six day ascent to the summit. The trek takes climbers to some of the most diverse ecosystems in the world... farmland, rainforest, heather and moorland, desert, and finally to an arctic zone on the summit. After days of rock scrambling, endless false peaks and valleys, pine fields, jungles and glaciers, the summit push was a 40 hour stretch (with one four-hour nap!) that resulted in the group reaching the top at sunrise, at zero degrees! Seeing the gorgeous photo taken at the top of Kilimanjaro, one could only imagine the elation felt by Lauren and her fellow climbers upon witnessing the sunrise on the mountain top!

Lauren revealed that, unfortunately, three members of a party were unable to summit, as they began showing signs of altitude sickness, and were required to descend. After months of rigorous training and the substantial cost involved, this had to be a major disap-



*Hike more.
Worry less.*
- Unknown



pointment for them, to say the least! According to statistics, the success rate for climbing Kili can range from 60 to 80%, depending on the route taken, and there are approximately 10 deaths on the mountain each year, chiefly due to altitude sickness. The six day ascent was prescribed so they had sufficient time to acclimatize to the high altitude. In fact, the climbers, who were already going at a snail's pace, were repeatedly instructed to slow down. The descent, however, took just two days, and concluded with a big celebration at the base of the mountain with the porters and guides.

Lauren was not only successful in her quest to climb Kilimanjaro, but she added a fundraising piece to her adventure. She

succeeded in raising \$25,000 for Girls Education Collaborative, a Buffalo-based nonprofit that operates a school for girls in Tanzania. Through their work, the GEC is creating a future where all girls, especially those in underserved, rural areas of developing countries, are getting the education they seek and deserve.

Lauren's program was both entertaining and captivating, as were taken on a journey to a place most of us will never venture in our lifetimes.

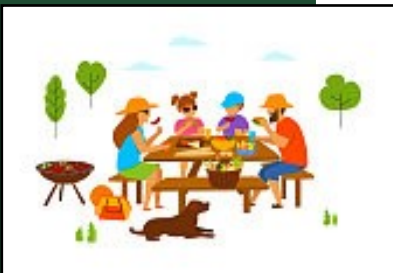
- Sue Kolasz and Pamela Sander

Looking ahead to March...

Please join our March 14, 2023 Education Workshop with Ed Kasperek on Hike Leadership Skills. Ed is a long time ADK-NFC member, a 46er and Summit Steward. Ed surmounted Mt. Kilimanjaro and his long list of experience and credentials include: LNT trainer, NYS Licensed Guide, NYS DEC Crew Boss, Wild land Search, NASAR Sarteck II evaluator, NYS Rope and Rescue, Ed also was an instructor for EMS and Gear for Adventure and was involved in FEMA. Ed is co-founder of Niagara Search and Rescue nfsar.org

Have you ever wondered what Western New York looked like millions of years ago? Well, don't miss our March meeting for a presentation by Dan Krisher, former head of geology at Ward's Natural Science in Rochester NY. Dan will talk about what the Western New York environment was like 380 million years ago, and the lifeforms that populated our state at the time.

Dan will be bringing along many fossils for viewing. We also plan to have Dan lead a hike for our chapter sometime this spring. Mark your calendars for March 14. We hope to see you there!



Save the Date!

**Our annual chapter picnic will be held on
June 10th, 2023!**

Details to follow

Message from the Chair

Fellow ADKers,

We are deep into the winter season although it does not feel like it. I am currently planning a weekend trip to the High Peaks with camping at a lean-to. I am seeing overnight temps near 30 degrees. Balmy! Needless to say, it has been a pretty mild winter in WNY and ADK to this point. Hopefully we get some snow in February so we can enjoy some skiing and snowshoeing before the shoulder season is upon us.

We have some great programs and education sessions to finish out the year. We are actively working on our annual picnic which will be held at an all new location for our club!

Finally, I would like to appeal to your love for ADK and our club. The nominating committee is looking for an individual to

replace my position. I know there are many of you that have served in the past and many new members that are well suited. It is a wonderful way to give back to the club. I have thoroughly enjoyed my time as chair and found the work to be very rewarding. We have many great and dedicated people in our club. Think about it! If you are interested please reach out to Dave & Janet Kowalski (JanetK300@gmail.com).

I look forward to leaving the club well positioned for the future. Don't worry, I'll still be around and actively involved. Who knows, maybe even be a future chair candidate!

- Mike



Seeking Candidates for ADK-NFC Board Positions!

At the June picnic we will fill three vacancies for the following Chapter Board Positions:

- 1) Chair
- 2) 1st Vice Chair (Outings)
- 3) Advisory Council Trustee

Current holders of these positions are eligible for nomination if they so choose.

Please submit additional candidate suggestions to the Nominating Committee at JanetK300@gmail.com.



Trustee Report

Last month I wrote about the proposed outings leader certification program and guide that the Advisory Council was considering. The certification proposal passed with strong support and will now move to the staff and board for further work. The guide was considered separately and was not voted on because it needs to be revised by ADK staff. There are two other guides available that will be combined with the one developed by the AC committee, and these will be sent back to the AC for review. Most of the guide will be suggested, not required. I decided to include the whole certification proposal here so everyone can see it. The actual implementation might not look exactly as described in the proposal. We do have a commitment from the staff to provide training as described, and they are gearing up to be able to do the training as requested. It may take a year or so to get the requirements in place. Please feel free to contact me with any questions you may have.



“Background

ADK's Outings Leader Certification Program is designed to ensure that volunteer Outings Leaders have the necessary skills and experience to effectively lead outings. There are three levels of certification, each with a minimum set of requirements. In order to lead an outing, an outing leader must obtain the necessary certification for the outing's difficulty rating, as defined by ADK's outings rating system.

The Certification Program will be administered and monitored by ADK's Member Services. Outings Leaders will send the Outings Leader Certification Form* to Member Services. On a yearly basis Member Services will provide the Chapter with a list of their outings leaders with their level of certification. It is the Chapter's responsibility to en-

sure that an Outings Leader is certified to lead a specific outing.

ADK Member Services Responsibilities

1. ADK shall be responsible for providing leaders with the courses -- whether in person or online -- to receive the necessary training. ADK's Education Department has the capacity and curriculum to provide Leadership 101 and Map & Compass courses. The Red Cross and other organizations have some excellent online First Aid courses, which are very inexpensive. National Ski Patrol, EMT and local fire department courses for volunteers may be used. Wilderness First Aid courses are offered by ADK and a large number of other local organizations. ADK Education Department staff can assist chapters in identifying the types of organizations that can be sources of training.

2. ADK shall be responsible for providing funding for all required classes. When courses are not provided directly by the ADK Education Department, funding for courses can be put into chapter budgets either at the beginning of the budget year or at any time during the year with a request for additional funding.

Certifications Minimum Requirements

Level 1

Must be eighteen (18) years of age or older.

Must maintain current ADK membership.

Annual - Sexual Harassment Prevention Training. The training can be from a place of employment or from the 45-minute online training provided by NYC or NY State.

<https://www1.nyc.gov/site/cchr/law/sexual-harassment-training.page>

One Time - Leave No Trace Training. At minimum, each Outings Leader will be required to complete the online LNT "Take Action to Protect the Outdoors" course unless they have previously taken this course.

Link: https://lnt.org/courses/online_awareness_take_action_html5/

New Outings Leaders must co-lead a minimum of one outing with a Certified Outings Leader or have the equivalent leadership experience by virtue of having led previous outings at a similar level. All leaders must have knowledge of the current ADK outings leader guide approved by the Board and any amendments.

Level 2

- 1) Completion of Level 1 Certification.
- 2) Must have co-led a minimum of two outings with a Certified Outings Leader or have the equivalent leadership experience by virtue of having led previous outings

at a similar level.

- 3) Completion of a basic Red Cross first aid class or equivalent, including CPR/AED training, online or in-person. [AED won't be required]
- 4) Map & Compass Fundamentals Workshop or equivalent.

Level 3

- 1) Completion of Level 2 Certification
- 2) Wilderness First Aid Certification – Red Cross, Wilderness Medical Associates (WMA) or National Outdoor Leadership School (NOLS) or equivalent.
- 3) Advanced Map & Compass Bushwack Workshop or equivalent.
- 4) Completion of outdoor leadership course.

*To be created by Advisory Council and Member Services"

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

Other news from the board:

There was a board meeting on January 18th. The board was informed about the Outings Leader Guide vote and will appoint a board member to a committee which will work on revising the guidelines over the next few months. Ultimately the board will approve the final guide.

The board approved a proposal to consolidate the dues structure into less categories, eliminating the multiyear and student categories and increasing dues for seniors and families by \$5. Dues for individuals will not increase. This proposal has to be approved by the membership, and a notice will go out soon regarding that. This change will create a small increase for many members, but will increase revenue to keep up with inflation and reduce the

amount of work needed to process memberships, allowing staff to work on increasing memberships. The number of memberships has remained the same for many years. Dues have not been increased since 2006.

- Kate Hacker

Adirondack
ADK
Mountain Club

100 Mile Challenge

The 100 mile challenge is back for 2023 and started January 1st. Ski, snowshoe, walk, run, hike, paddle, or pedal—or any combination of any human-powered activity—100 miles in any location you want, raise \$100 or more in sponsorships, and receive a 2023 100 Mile Challenge patch! More information and registration are at: <https://secure.qgiv.com/event/100milechallenge2023>



Trip Reports

Erie County Forest—January 7th

We arrived at beautiful snow-frosted woods for our Saturday outing and hiked in a magical winter wonderland. The temperature was 37° when we left home in Amherst, but it was a perfect 32° at the Sugar Shack lot in East Concord. We hiked about 4 miles, covering the two main loops on the Silent Wood and Old Scarbuck Trails. There was no need for micro-spikes or snowshoes. Our fun group of 9 enjoyed Dresser Creek views and crossings, tossing snowballs, tree identifications, pleasant conversations, and homemade cookie sharing. It was absolutely wonderful to savor the picturesque snowy woods, especially after the recent blizzard and rainy spell.

– Janet and David Kowalski



Reinstein Woods Nature Preserve —January 9th

The day was rather drab and chilly, but our group of nine ADKers enjoyed a really pleasant two hours and almost three miles in nature and good company. One of our group had never experienced Reinstein, so special attention was given to a few of the property’s gems. We stopped and discussed the oldest tree on the property on the Beech Tree Trail, aptly named, the Champion Beech, estimated to be between 300 – 400 years old. Another stop was the stone house located on Flattail Lake which was constructed in 1965 as a summer residence for the Reinstein family. And in a pretty evergreen area off the history trail, we stopped at the library in the woods, an Eagle Scout project that has a great assortment of books geared to almost all age levels. Teachers should check out the library for there seemed to be a lot to offer a classroom. All delighted in hearing the cheerful sounds of black capped chickadees and seeing glorious male cardinals that flitted and followed us on our way back to the



parking lot. The big discussion at the end of our walk was the purpose of the caged enclosures in the ponds. After a discussion with my husband, then calling Reinstein, it’s confirmed that they are indeed enclosures to prevent beavers from eating vegetation. Another walk is planned for January 30th and we’ll take a different route, walk the boardwalks, view the other ponds on the property, and have a short period of silence to enjoy the sounds of Reinstein.

-Pam Sander



Younger Members Hike at Bond Lake —January 21st



On Saturday, January 21st, the first younger members hike of 2023 commenced at Bond Lake. It was a cool afternoon with some mild flurries, however that did not detract the interest shown by younger hikers new to ADK Mountain Club. Joy led the group through the Bond Lake loop, where we ob-

served the frisbee golf course, a marsh, Bond Lake, and lots of mud due to a disappointingly warm winter. This hike was a great catalyst to future younger members events for the ADK Mountain Club!

- Emma Piascik



Hikes & Outings

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.

March 18th-19th: Winter Backpacking Trip

RSVP: Jonathan Coupal, jonathan@coupal.us

Location: Tracy Ridge Trail system to Handsome Lake in Allegheny National Forest, PA

Difficulty: Easy

Cost: \$12/campsite. Food and fuel TBD if sharing rides or meals.

Details:

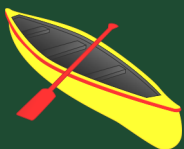
This is an easy overnight winter trip to the Tracy Ridge trail system (https://www.fs.usda.gov/Internet/FSE_DOCUMENTS/stelprdb5052731.pdf). We'll meet on Saturday morning in Buffalo and drive down together to the trailhead, then backpack out to the Handsome Lake campground (approximately 5 miles). Once we've set up camp, we can have dinner followed by fellowship around the campfire until we decide to turn in for the night. After a hearty breakfast in the morning, we'll take an alternate path back for our hike out to the cars and head home shortly after lunch.

The weather for this trip would be moderate/cool, with the historical average at 33.2 (high 43/low 24) and should be a good first experience for those who have not camped in the winter before. We'll have a shakedown after the March ADK meeting for those who might be unsure of their equipment or might need a loaner. A complete gear list, along with trip details, will be shared with those who RSVP for the event. There are no limits to the size of the group, so feel free to bring a friend or guest on this one!



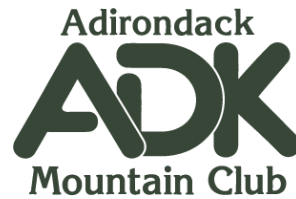
Keep up to date on outings by checking the events calendar on our website:

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



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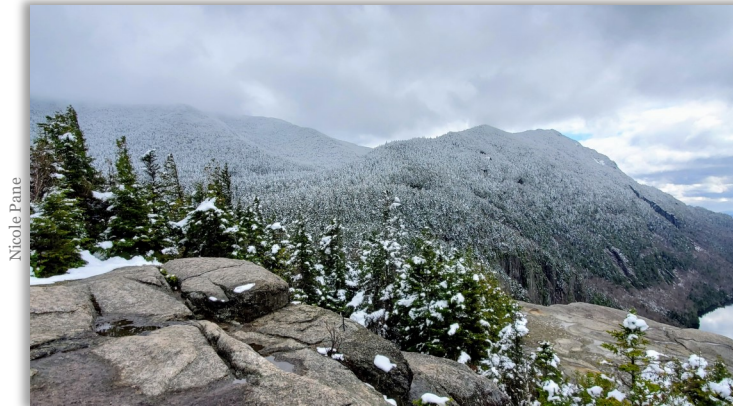
ON THE WEB:

adk.org

adk-nfc.org

facebook.com/ADK-NiagaraFrontier

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