

THE NIAGARA EXPLORER

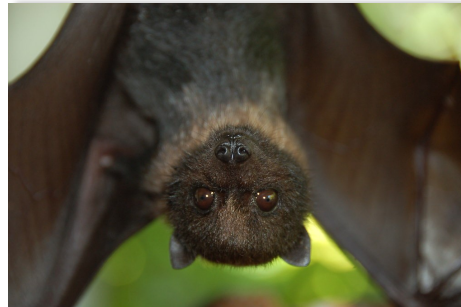
Newsletter of Adirondack Mountain Club
Niagara Frontier Chapter

May Monthly Program

- Website: adk-nfc.org
- [Chapter Outings & Events Calendar](#)
- Facebook Group: [ADK-Niagara Frontier Chapter](#)
- Follow us on [Instagram \(adk_nfc\)](#)
- Keep up to date by checking your weekly emails

Our May program is entitled, “The Beauty of Bats,” where we’ll be welcoming veterinarian, and state and federally licensed wildlife rehabilitator, Dr. Karen Slote, who will dispel any myths and misconceptions we may have about bats, and show us the amazing attributes of these flying mammals. Karen will show us the diversity of bats found around the world, discuss the various food sources and roosting habitats, and explain why bats are so unique and special. She will talk about our local bat population, bat rehabilitation, the importance of bats, and how we can help them.

bats. She currently works with the wildlife department at the SPCA serving Erie County. As one of the founders of Wildcare of Western New York, her main focus is bat



rehabilitation. Karen’s path to creating a bat rehabilitation center began when she traveled to Panama with world renowned bat expert and conservationist, Dr. Merlin Tuttle. Karen recounts her experience with Dr. Tuttle and how she was inspired to work with bat rehabilitation below:

By Karen Slote

“Merlin Tuttle is a famous bat biologist, who travels the world to show people how beautiful and useful bats are. He tries to counteract any misleading information that creates panic about bat-related diseases like rabies, ebola, and COVID, and befriends people that harm bats in order to work with them and show them that conserving bat populations is better than destroying them –both for their benefit and the benefit of the bats. He works with other bat biologists to document bat populations in different areas of the world and is working to photograph every species to show people that bats are cute and not the scary, evil monsters they are made out to be.”

Karen possesses a special Class II RVS license that permits her to rehabilitate

Bat Adventure with Merlin Tuttle in Panama

You can learn more about Merlin and his work at merlintuttle.org.

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“Our bat adventure took place in Cocobolo Nature Reserve in Panama; Merlin arranged the trip to document bat populations there. Several years ago,



conservationist Michael Roy purchased the property from a cattle rancher to preserve the biodiversity of this incredible region, and helped

transform it into the nature reserve that it is today. There are many different, unique ecosystems there, ranging from the cloud forest to river habitat, which host an abundant, biodiverse collection of animals; the number of species of birds, mammals, reptiles,



amphibians and insects is staggering. Our group found 53 different species of bats there - this is unheard of! If Michael had not purchased this land, it would have eventually

been destroyed for agriculture, and the biodiversity would have been lost forever.

I joined Merlin, Michael, a group of bat biologists, and several other people like myself who just wanted to experience an adventure with bats! We camped in tents, explored the rainforest by day searching for roosting bats, and set up mist nets at night to safely capture and document the bats in the evening. It was definitely the most memorable trip I have ever had!

When I returned home, I had an even greater appreciation for the diversity of bats that live among us; since then, I have wanted to learn more about them and help show others how wonderful they really are. The past 10 years of my life have been dedicated to caring for the incredible bats of New York. A special license is needed to rehabilitate bats, and I did not start out caring for these flying mammals. My experience with wildlife rehabilitation started back in vet school (a long time ago...) and I have been taking care of our wild neighbors ever since.

Friends and I have created a nonprofit called WildCare of Western New York to help with my rehabilitation efforts. I have created a website and social media pages to help share information about bats and their insectivorous feathered friends, and the ways we can help them. We hope to grow the organization and to build on the educational component in order to share more information about how to help wildlife and the habitat they need to survive.

Learn more about my work with bats and other wild ones at wildcarewny.com You can also see many of my patients on Instagram: [@battyloon](https://www.instagram.com/battyloon)

You can learn more about Cocobolo Nature Reserve at crea-panama.org.”

We hope you join us to learn more about these incredible creatures!

- Pamela Sander & Sue Kolasz

May Education Workshop

Map & Compass Basics

“What to do when the batteries go dead.”

Bert: Hey Ernie. pass me your phone. Not sure where we are, or what direction we should hike, and I’m hungry and thirsty and it’s getting dark outside!

Ernie: Bert, I just want to finish listening to my favorite oldie-goldie, but goodie tune, IN-A-GADDA-DA-VIDA, by Iron Butterfly!

Bert: Ernie, I need it now!

Ernie: Oh boy, NO CONNECTION!

Bert: We should have taken that ADK-NFC map and compass training last month!

Bert & Ernie: WE’RE IN

TROUBLE!!!!

Do not be a Bert or Ernie. Learn basic navigational skills that have been around forever and are still useful in today’s age of technology.

Join us for a 2-part session of basic instruction followed by real-life, and hands-on activities.

#1 Tuesday, May 9, 2023, 6:30 pm education workshop before our May monthly meeting.

We will go over compass basics, like the classic Does Red Fred really live in a shed? We’ll learn the difference between true and magnetic North, the language of maps, and how to use them properly. Supplies to bring include your compass, a pencil, and a ruler.

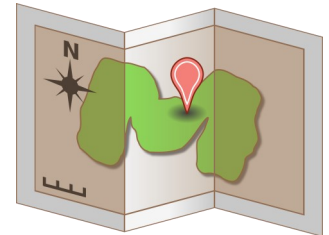
#2 Sunday, May 21, 2023, Field session, (see location below)

Please dress for conditions, wear sturdy shoes or boots. Bring water, lunch, snacks, sunscreen, tick repellent (wear gators if you have them). We’ll learn how to pace count for distances and find out if rangers really do wear “Ranger Beads.” Please bring your compass, pencils, and a ruler.

TIME: 11 am to 3 pm

Location: 6606 Chestnut Ridge Rd, Orchard Park, NY 14127 RSVP: Please contact Sue Kolasz at Sue728115@yahoo.com by May 18th.

There will be a limited number of spots available.



April Education Recap

Member Aaron Slosman provided a terrific education workshop before a large group at our April 11, 2023, monthly meeting. Titled Bike Touring for Ice Cream and Beer Lovers, Aaron gave a great overview of bike touring, bicycle basics, trip planning, cell phone app recommendations, bike safety, and options for accommoda-

tions for multiple day rides. Aaron has completed numerous GAP and C&O trails (4 times), and the Erie Canal Trailway (9 times!). Aaron also advised footwear and clothing options, for comfort on and off the saddle (even after riding many miles).

Aaron will be leading a 22

-mile ride in Clarence and Akron starting at 11 am, Saturday, June 10th, as one of our Akron Falls picnic outings. Please refer to the May and June newsletters for more information and to RSVP. Also, Aaron is coordinating a GAP ride for August! Check newsletters for complete outing description and RSVP, or contact Aaron directly at: aslosman@gmail.com

- Sue Kolasz and Pam Sander

April Program Recap



Protecting Chautauqua County's Natural Resources & Scenic Beauty was our main program presented by Mr. Twan Leenders, Director of Conservation, Chautauqua Watershed Conservancy (CWC) at our April 11, 2023, monthly meeting. CWC was established in 1990 as a 501(c)3 nonprofit organization with a mission to preserve and enhance the water quality,

scenic beauty, and ecological health of the lakes, streams, wetlands and watersheds of the Chautauqua, NY. region. We learned about the im-

portant shoreline stabilization of the long neglected Chadakoin River, and the gains that have been achieved there in a relatively short time (the pictures were amazing). We also learned about the obstacles - both man-made and invasive intruders, that challenge the health of Chautauqua's waters. Twan shared great slides that included the areas of concern, the CWC's properties, the wetlands and the two significant watersheds that involve Lake Erie and the Mississippi River. Twan mentioned community partners that have contributed to the CWC's projects which include school children who are the future stewards of our earth. Many in attend-

ance had great questions for Twan who graciously answered everyone's - his program could have gone on till midnight! With 24 properties that are available to everyone to visit, CWC has plans for 4 acquisitions in the near future. They are making a difference through various financial supports, grants, their dedicated CWC staff, and many community volunteers.

ADK-NFC is excited about a future outing tour of one of the CWC's properties which will be announced in our newsletters and monthly meetings.

- Pam Sander and Sue Kolasz

Help Wanted!!



The chapter is looking for a Membership Chair. Responsibilities include recruiting new members to the chapter, welcoming new members, and coordinating membership records. Please reach out to any member of the Executive Committee if you are interested in filling this important role.

We are also looking for help at our monthly meetings organizing and facilitating our library. Responsibilities include organizing the library, setting it up before the meeting and putting it away afterwards, and doing sign-ins and sign-outs.

Lastly, we are evaluating our monthly meeting location. If you know of a room that accommodates 100+ people that we should consider, please let us know.

Please reach out to any Executive Committee member if you can help!

ADK-NFC Annual Picnic Saturday, June 10th at Akron Falls Park

The ADK-NFC annual picnic and meeting with election of officers will be held on Saturday, June 10, 2023, at Cummings Lodge which is just outside the main entrance of Akron Falls Park. Cummings Lodge is located at 7 Skyline Drive, Akron, NY 14001, a map of the park can be found [here](#). Please continue to read the monthly and weekly newsletters for any updated picnic information.

Do you have a friend who may be interested in joining ADK-NFC? Welcoming a guest to the picnic is a great introduction to who we are, what we do, and to ADK. Our mission is: "ADK (Adirondack Mountain Club) works to protect New York's wild lands and waters by promoting responsible outdoor recreation and building a statewide constituency of land stewardship advocates".

Members who are inviting a guest (a \$5 cash donation suggested) are asked to notify our hospitality chair, Carol Schuster, at carolfschuster@gmail.com by June 2, 2023, so she can purchase enough food and supplies. Please remember to bring your potluck dishes if you plan on sharing food. Also, members and guests are encouraged to bring

individual table settings (plate, bowl, utensils) so we may limit our garbage for the landfills.

Picnic Schedule:

9:00 am: Paddle, Oak Orchard River, Medina

Rating B, moving water. 2 to 3 hours one-way on a wide winding stream. Spotting of cars required.

Meet at 9am on Rt. 63/N Gravel Rd. at the "Oak Orchard Kayak Dropin" (per Google Maps) just N of Slade Rd.

Wearing a proper fitted and fastened PFD w/whistle is required.

Bob & Patti Van Hise:
adkpaddles.bvh@gmail.com

11:00 am: 22-mile bike outing with Aaron Slosman (please read trip description in outings section).

11:00 am: 4-mile easy hike with Mike Radomski. Join Mike Radomski for a pre-Annual Picnic hike through Darien Lake State Park on the Conservation Trail. Trailhead information will be provided by Mike prior to the hike. Hikers should meet at the trailhead at 11am. This will give plenty of time to hike and enjoy nature before the scheduled program at the picnic.

We ask that you sign up for the event via our new Meetup site. We will be using Meetup for our events going forward to better schedule, manage, and communicate outings events. If you are unable to use Meetup, please contact Mike at mike.radomski@gmail.com.

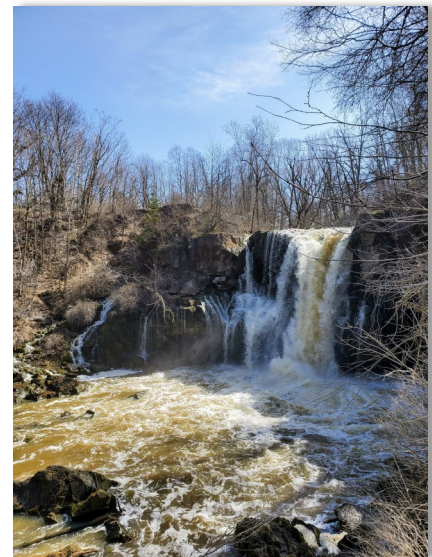
Rating:
Easy
Distance:
~4 Miles
Pace: ~2
MPH
Required
Gear: 10
essentials
Hike
Leader:
Mike
Radomski

[\(mike.radomski@gmail.com\)](mailto:mike.radomski@gmail.com)

Sign-up link: <https://www.meetup.com/adk-nfc/events/292931059/>

11:30 am: Picnic set-up at Cummings Lodge (help is always appreciated)!

1:00 pm: Nature Hike with Lynn and Doug Kenney (assemble at Cummings Lodge)



Nicole Pane

3:00 pm: Hawk Creek Wildlife Center - program with live animals 3 - 4 pm. Hawk Creek Wildlife Center will be bringing 5-6 resident animals for our members and guests to meet and get to know at

their program entitled, "Walk on the Wildside."

"For over 35 years, Hawk Creek has served the Western New York

community and beyond. Our educational reach is nationwide and our award winning conservation efforts are recognized globally. We thrive to give thousands of animals a second chance, care for over 100 permanent residents, and reach audiences in the thousands per year with our exciting educational

programming. Hawk Creek has also been featured on PBS and names a "Blue Planet Hero" by National Geographic. Our animal ambassadors and naturalists have been featured on Rachel Ray and NBC Today."

Hawk Creek takes part in animal rescues, conservation initiatives, annual events, and over 2,500 educational programs a year to inspire environmental stewardship and wildlife conservation for generations to come.

Don't miss this exciting opportunity to engage in close encounters with some of the residents of the center, and learn more about this wonderful organization!

4:30 pm: Dinner and socializing (please remember your table

setting items and serving spoons for sides).

5:45 pm: Annual chapter meeting, election of officers, and conservationist of the year award.

Our dinner menu includes hot dogs, hamburgers, veggie burgers, Italian sausage, bottled water and chips. Potluck dishes are encouraged and welcomed (your signature dish, perhaps?). Our potlucks are famous with an amazing variety of foods - with no organization - it just happens! Oh, and don't forget to wear your ADK-NFC t-shirt! The on-line t-shirt sale is on now and will end on May 21st. All orders will be received before the picnic. See the newsletter link to order your t-shirts.!!



Nicole Pane



NYS Ranger Reports

Interested in Wilderness First Aid? Did you know NYS Rangers publish a weekly report detailing rescues across NYS. You can find the latest one at <https://www.dec.ny.gov/press/127424.html>.

An archive can be found at <https://www.adirondackalmanack.com/category/ranger-reports>.

If you want to have the Week in Review delivered to your mailbox, you can

sign up at <https://www.dec.ny.gov/public/65855.html> (Sign up for Statewide Press Releases or Adirondacks).

-Mike Radomski

ADK-NFC Annual T-Shirt Sale ends on May 21st!

Hooray, our annual T-shirt sale begins April 14, 2023 and ends May 21, 2023! We have revived the wonderful chapter logo designed by long time member, Tim Kerr. For a limited time, we may order new T-shirts bearing this image honoring our chapter and Western New York! Made from 100% polyester interlock, the Sport-Tek Posicharge Competitor Tees and Team 365 tees are light, roomy, breathable, and moisture wicking. They are available in men's and women's styles, in both short and long sleeve versions. Four colors will

be available – old favorites, stealthy Forest Green and high visibility Bright Orange. Also available are two blue varieties and a high visibility pink-short sleeve only.

The shirts are being sold by Strictly Ts of Hamburg (on-line only) at adkclubgear.com. All orders received during this period will be processed at the end of the sale with delivery before our June 10, 2023 picnic. Remember, the site will not be "live" until April 14, 2023 and will end on May 21, 2023.

Complete list of women's and men's shirt styles and

colors are available on the website. Short sleeve T-shirt prices range from \$16 - \$20, long sleeve prices range from \$18 - \$22.



Adopt-a-Highway Clean-up and Hike

Make a difference! Join us for the Spring Adopt-A-Highway clean-up on Saturday, May 13th (rain date May 21st). Volunteers are needed to pick up litter along the roadsides surrounding the Tillman Wetlands area in Clarence. Meet at 10:00 AM at the Shisler Road parking lot located at the eastern end of Wehrle Drive. Garbage bags are supplied. Bring work gloves. Clean-up takes about 2 hours.

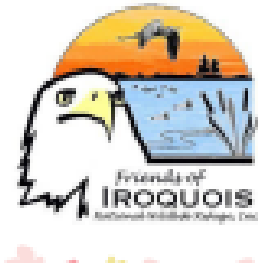
At 1 PM Doug will lead a hike through the wildlife area. Bring a bag lunch to eat in between the clean-up and the hike. Please call Lynn or Doug to sign up for the hike in advance. We can be reached on the day of the hike on our cell phone.

At 1 PM, you are invited to join Lynn for the Conservation Committee Meeting which will be held at the Shisler Road parking area.

Bring a bag lunch to eat in between the clean-up and the meeting. Bring along a lawn chair and your conservation questions.



Spring Into Nature at Iroquois Wildlife Refuge

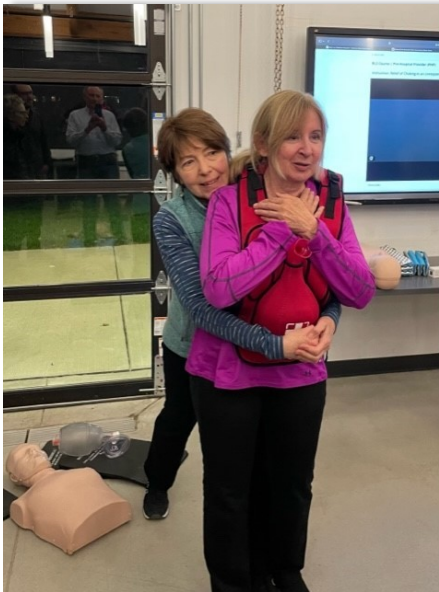


COMMUNITY EVENT
Celebrate the arrival of Spring at Spring into Nature, on May 6, 2023, 10:00 am – 3:00 pm at Iroquois National Wildlife Refuge, 1101 Casey Rd. Basom, NY 14013. ADK-NFC will have a table pro-

moting our chapter. Enjoy nature related exhibits, kids activities, nature walks and live wildlife exhibits. Free parking and entrance. Food will be available for purchase on site.

More information can be found at: <https://fws.gov/media/spring-nature-flyer-2023>

American Red Cross BLS Class Recap



A group of six ADK-NFC members, along with others, attended the American Heart Association's BLS (basic life support), class given by Earth Spirit at The Park School of Buffalo's campus on April 19. We were taught to promptly recognize life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED (automated external defibrillator). We were surprised that the AED emits step-by-step verbal instructions to guide the user in emergency use!

The instructors from Earth Spirit were professional and patient as they guided us through the steps, and they provided much needed feedback to ensure we were performing procedures correctly. The class was exceptional, and we are happy to say, we all passed the performance and written tests!

Earth Spirit is a non-profit educational organization founded in 1980. The staff is comprised of Naturalists/Ecologists who are dedicated to sharing their extensive knowledge and expertise with others. Quite a few of our members completed their Wilderness First Aid

course this past winter. They offer a variety of environmental programs for schools, community groups, corporations and the general public. Their mission is "to educate and awaken others to the ways and wonders of nature."

We hope everyone takes the opportunity to seek out an American Red Cross BLS class to learn these valuable skills.

-Pamela Sander & Sue Kolasz

Trip Report: Forest Bathing with Dr. Jennifer Fendya

Certified forest bathing and local psychologist, Dr. Jennifer Fendya, led a unique experience at Tiff Nature Preserve on an unusually hot and sunny April day. Forest bathing is a very specific practice, unlike hiking, as it is sensory based and slow. Forest bathing is a Japanese based practice which induces a calming feeling that can be practiced anywhere (but in nature, a real bonus). Jennifer asked participants to take their time from our starting point (highest mound, she referred to the front door) and be observant of what was noticed. We then walked down the mound where Jennifer again asked us to notice and observe (were there any differences?). We crossed

the bridge or back door, and along the way, we sat for 20 minutes in one spot and silently observed what was happening in our spot (I observed coltsfoot, purple violets, a nut catcher, a turkey vulture, potato bug, fat ant, a black admiral, flies, and the many sounds of birds). Our group then discussed our observations and how they made us feel. Proceeding on and past an immense area of planted and protected trees, we proceeded to the boardwalk and wetland area. Our closing gathering, at a partially shaded spot, we each shared our overall feelings while we sipped delightful hand brewed rosemary tea and savored a light snack (thank you

Jennifer!)

Not many pictures were taken as that alone would have been a distraction in our practice. Also, we were asked to keep conversations to a minimum (pretty amazing for ADKers), and this proved it can be done! Even with all the loud sounds of nature, Fuhrman Blvd., and passing children, the group was able to participate in forest bathing and left feeling calmer and more relaxed than when we arrived.

- Pam Sander

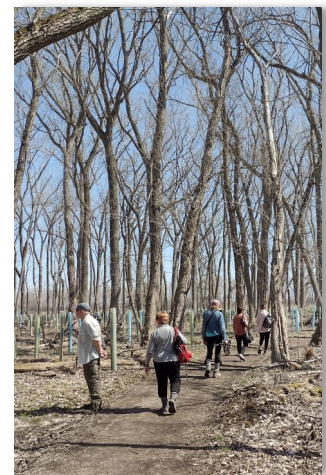


Erie County Parks Ranger BioBlitz Events

Erie County Parks Ranger BioBlitz Events on May 6 and May 7 at Ellicott Creek Park! Come and join the Park Rangers while they search for the unique plants and animals that call Ellicott Creek their home. Rang-

ers will head field teams with a focus on a different group of plants or animals. So sign up now for one or more field teams as you would like! Feel free to spend the entire week-end with us exploring every nook and cranny of El-

licott Creek Park. Bring your phone to collect observations using the app iNaturalist for recording observations. Register for BIOBLITZ! - Ellicott Creek Park - 5/6 or <https://www3.erie.gov/parks/form/bioblitz>.



Chapter Outings

May 6 (Saturday): Paddle, Little River and Cayuga Creek, Niagara Falls

Rating A - Flat water & easy moving water kayak/canoe.

Meet at 9am at Griffon Park Boat Ramp (Niagara Falls Boat Docks) Buffalo Av, Niagara Falls.

Paddle down the Little River and up Cayuga Creek, then back.

Wearing a proper fitted and fastened PFD w/ whistle is required.

Bob & Patti Van Hise: adkpaddles.bvh@gmail.com

Watch our ADK-NFC Facebook group for any changes or updates.

May 13 (Saturday): Adopt-a-Highway Cleanup/Hike at Till- man Road State Wild- life Management Ar- ea, Clarence

Rain Date – 5/21 - Sunday.

Make a difference! Join us for the Spring Adopt-A-Highway clean-up. Volunteers are needed to pick up litter along the roadsides surrounding the Tillman Wetlands area in

Clarence. Meet at 10:00 AM at the Shisler Road parking lot located at the eastern end of Wehrle Drive. Garbage bags are supplied. Bring work gloves. Clean-up takes about 2 hours.

At 1 PM Doug will lead a hike through the wildlife area. Bring a bag lunch to eat in between the clean-up and the hike. Please call Lynn or Doug to sign up for the hike in advance. We can be reached on the day of the hike on our cell phone.

At 1 PM, you are invited to join Lynn for the Conservation Committee Meeting which will be held at the Shisler Road parking area. Bring a bag lunch to eat in between the clean-up and the meeting. Bring along a lawn chair and your conservation questions.

May 29 (Memorial Day Monday): Paddle around Motor Island (kayak/canoe)

Meet at 9am at Beaver Island Kayak Launch at East River Marsh (near Ferry Rd., Grand Is.) Paddle the Niagara River out to Motor Island to see the nesting great

blue herons, great white egrets, cormorants, and maybe a bald eagle. Grab lunch afterwards at Casey's Cabana nearby.

Wearing a proper fitted and fastened PFD w/ whistle is required.

Bob & Patti Van Hise: adkpaddles.bvh@gmail.com

Watch our ADK-NFC Facebook group for any changes or updates because of weather etc.

June 6 (Tuesday): Pad- dle—Niagara River to Burnt Ship Creek in Buckhorn Island Park (A - canoe or kayak).

Arrive early for a 6PM launch at Eagle Overlook on Grand Island (West River Rd. near the end of Long Rd.).

We will paddle downriver a short distance to Burnt Ship Creek, explore the network of open passages in the marsh, then return upstream.

Wearing a proper fitted and fastened PFD w/ whistle is required.

Bob & Patti Van Hise: adkpaddles.bvh@gmail.com

Watch our ADK-NFC Face-



book group for any changes or updates.

June 10: ADK Chapter Picnic Outing, Paddle, Oak Orchard River, Medina

Rating B, moving water. 2 to 3 hours one-way on a wide winding stream. Spotting of cars required.

Meet at 9am on Rt. 63/N Gravel Rd. at the "Oak Orchard Kayak Dropin" (per Google Maps) just N of Slade Rd.

Wearing a proper fitted and fastened PFD w/ whistle is required.

Bob & Patti Van Hise: adkpaddles.bvh@gmail.com

Watch our ADK-NFC Facebook group for any changes or updates.

June 10: ADK Chapter Picnic Outing, Hike, Darien Lake State Park Conservation Trail

Join Mike Radomski for a pre-Annual Picnic hike through Darien Lake State Park on the Conservation Trail. Trailhead information will be provided by Mike prior to the hike. Hikers should meet

at the trailhead at 11am. This will give plenty of time to hike and enjoy nature before the scheduled program at the picnic.

We ask that you sign up for the event via our new Meetup site. We will be using Meetup for our events going forward to better schedule, manage, and communicate outings events. If you are unable to use Meetup, please contact Mike at mike.radomski@gmail.com.

Rating: Easy
 Distance: ~4 Miles
 Pace: ~2 MPH
 Required Gear: 10 essentials
 Hike Leader: Mike Radomski (mike.radomski@gmail.com)

Sign-up link: <https://www.meetup.com/adk-nfc/events/292931059/>

June 23-25: West Rim Trail Backpacking Trip

This is a 2 night, 3 day backpacking event. The West Rim Trail is normally hiked as a one-way trail, approximately 31 miles (approximately 10 miles per day) long, and is considered moderately stren-

uous due to the elevation changes required to hike the trail. Prior backpacking experience is recommended for this trip; inexperienced candidates will be included at the organizer's discretion.

We'll do a zoom meeting a few weeks ahead to settle on travel details and review gear requirements, as attendees are expected to be self-supported including meals and gear. The trip organizer can make recommendations on borrowing or renting gear at that time. The organizer will also be available in person at the May ADK meeting for a permethrin treatment of clothes for anyone who wants to tick-proof themselves for the hike.

Group size is limited to 10 persons. Restricted to ADK members and their guests. There is no rain date for this, we'll plan on hiking in "liquid sunshine".

Email the organizer, Jonathan Coupal, at jonathan@coupal.us to RSVP or ask any followup questions. Deadline to RSVP on this trip is May 31, 2023.



Chapter Outings (continued)

June 24 (Saturday): Paddle, Woods Creek, Grand Island

Meet at 9am at the new kayak roller launch in Buckhorn Is. State Park on East-West Park Rd., Grand Island. Plastic boats recommended for roller launches.

Launch from roller dock, or muddy shoreline across the road. Woods Creek is a stillwater trip with natural shorelines that pass by several homes upstream. Marsh animals may be encountered, including mink and shorebirds.

Wearing a proper fitted and fastened PFD w/whistle is required.

Bob & Patti Van Hise: ad-kpaddles.bvh@gmail.com

Watch our ADK-NFC Facebook group for any changes or updates.

July 4 (Independence Day Tuesday) Paddle, Lower Niagara River - Lewiston to Youngstown

Rating A-B easy moving water.

Meet at Lewiston Docks (near the end of Center St.) at 9 to unload boats and begin vehicle shuttle.

This popular 5 mile gorge trip takes about 2 hours, ending at the Youngstown Public Dock - Water St. ramp.

Afterwards, we'll head back to Lewiston for lunch at The Silo restaurant.

Wearing a proper fitted and fastened PFD w/whistle is required.

Bob & Patti Van Hise: ad-kpaddles.bvh@gmail.com

Watch our ADK-NFC Facebook group for any changes or updates.

July 21 (Friday): Paddle the Erie Canal and Canal Fest of the Tonawandas

Meet at the Sweeney St. (at Niagara St.) roller launch in North Tonawanda for a 6pm launch. (Paddlers without poly boats may also launch earlier 1/2 mile farther down Sweeney St. by Service Dr.). We will paddle down the canal to CANAL FEST, then up Ellicott Creek. Canal Fest takes place this year July 16-23.

Wearing a proper fitted and fastened PFD w/whistle is required.

Bob & Patti Van Hise: [ad-](mailto:ad-kpaddles.bvh@gmail.com)

kpaddles.bvh@gmail.com

Watch our ADK-NFC Facebook group for any changes or updates.

Mendon Ponds Hike

Keep checking your newsletters, but save the date for a 2-3 hour walking tour of Mendon Ponds, just outside of Rochester, NY, with geologist/paleontologist, Dan Krisher, on Saturday, June 24. This 2,500 acre park exposes many unique glacial features,

including a kettle hole known as Devil's Bathtub, that were sculpted by the last retreat of the mile high Wisconsin ice sheet. There are very few areas in the world which exhibit such a concentration of these unique features.

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

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



Our Executive Committee

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mike.radomski@gmail.com

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Bob Van Hise
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Outings Co-chair: Biking

Vacant

Outings Co-chair: Hiking & Winter

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Librarian

Vacant

