



# THE NIAGARA EXPLORER

Newsletter of Adirondack Mountain Club  
Niagara Frontier Chapter

## ADK Releases Updated Catskill Guidebook

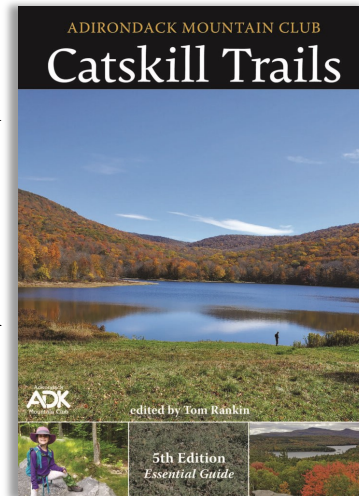
- Website: [adk-nfc.org](http://adk-nfc.org)
- [Chapter Outings & Events Calendar](#)
- Facebook Group: [ADK-Niagara Frontier Chapter](#)

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The brand-new 5th edition of Catskill Trails, the sixth installment of ADK's (Adirondack Mountain Club's) comprehensive Forest Preserve Series of guidebooks, has just been released.

Since the last edition was published in 2013, numerous changes have taken place in the Catskill Park. As such, the new edition features a variety of updates, including:

- Updated route mileages and elevations
- Details about the Catskill 100 Highest peaks



Catskill Trails (softcover, 256 pages, 5" x 7") is available for \$21.95 (\$17.56 ADK members) and \$31.95 for the book-and-map pack (\$25.56 ADK members). It can be found at book and outdoor supply stores, at ADK's High Peaks Information Center and Cascade Welcome Center in Lake Placid, and online at [ADK.org/shop](http://ADK.org/shop).

Proceeds support ADK's mission to protect New York's wild lands and waters through education and outreach.

- Descriptions of new loops and challenge opportunities

- Specific details about high-usage areas, such as Kaaterskills Falls and Blue Hole
- Information about

winter parking access

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## Newsletter & Electronic Communications Chair Wanted!

Our chapter has an opening for a Newsletter & Electronic Communication Chair. Responsibilities include the creation and distribution of our

monthly electronic newsletter, as well as keeping content up to date on the ADK-NFC website. If interested or to learn more, please

contact Mike Radomski ([mike.radomski@gmail.com](mailto:mike.radomski@gmail.com)).

## Conservation Corner



Please attend the next Conservation Committee meeting at Jay and Linda Wopperer's home on Tuesday, September 19th at 7:00pm. Arrive at 6:30pm to mingle- the meeting will begin promptly at 7pm. They are requesting all attendees call them at #716-632-8615(H) or #716-866-8499(C) prior to the meeting. All ADK members are welcome. Come with questions, and let us know about local conservation areas of concern. Attacks on the environment never stop. Attend the Conservation Committee to see how you can help.

Throughout this summer whenever you listen to the news you will hear about extreme heat waves lasting for days and weeks, increasing numbers of tornadoes and golf ball size hail, severe flooding, and poor air quality from Canadian forest fires. In order to save the places we love to hike, paddle, and bike at in the summer, and to have sufficient snow for skiing or snowshoeing in the winter, we need to address the issue of global warming. The issues are complex and can seem overwhelming. Can we

make a difference? The committee has been discussing ways we can personally decrease our carbon footprint on the environment to help with this effort. We will continue discussions on what we can do at the next meeting. Please read the following article by conservation committee member Joseph Schretzman about what carbon footprint means. Then follow the links to determine your carbon footprint impact.

### The Birds and the Beetles

I attended the 65th Allegheny Nature Pilgrimage earlier in June. The nature weekend is sponsored by the four local Audubon Societies (Buffalo, Rochester, Jamestown, and Presque Isle) so you learn a lot about birds. Fun fact: birds eliminate bodily waste as quickly as they can. Extra waste would weigh a bird down, which is a problem when you have to fly for a living.

Not so much for the VW Passat that I drove to the event. As long as you have gas money, and can make it to a gas station in Ellicottville or Salamanca,

you can travel pretty heavy. The packing list for the 5-day trip went on for pages. The estimate of what we were going to need or use included numerous items from the "just in case" category. Most of these items made the return trip unused or unopened . . . after being packed into travel bags at home, packed in the car, packed out into the cabin, hidden from raccoons (Not -So-Fun Fact: once campers fed the raccoons, the raccoons recognized the cabin loops as food sources), packed back in the car, and finally packed back into the pantry or closet at home. I hope my extra socks enjoyed the trip. Seriously, though, we finished packing the car just ahead of the Allegheny State Park cleaning crew.

Carbon Footprint Calculators allow you to develop similar insights when you're looking at how much extra time and energy you consume at home, where the inconvenience of packing and the impact on MPG aren't as obvious.

Traditionally, we've measured energy consumption in financial terms, with a general sense of how various options



align with environmental outcomes. We're told that we're doing well if we reduce our costs. Less energy used leads to lower utility bills, so there's an incentive to conserve or improve efficiency. You'll pay more to run your AC during the hottest part of the day, and you can save money by doing your laundry in the morning or evening. Governments sponsor rebates for newer heating and cooling systems. Local produce is fresher and costs less at the grocery store. Electric and hybrid car manufactures advertise their equivalent MPG ratings to highlight how much less you'll spend on gasoline.

Carbon Footprint calculators assess the cost of our choices directly in terms of environmental impact. The calculators provide as an estimate of the CO<sub>2</sub> you generate from your daily activities. They detail the direct and indirect ways you use fossil-fuel energy sources in your life. You can find where you're using energy that generates carbon emissions that contribute to global climate change.

It's much closer to the planning we could have

done for Allegany. What NEEDS do you plan to meet, and how will you meet them? What choices can you personally "afford" that potentially turn into unsustainable impacts once you consider the resources and effort required to meet them? An extra day's worth of dry goods might fit in the car, but do you really need to bring them? How many socks can you wear in 5 days? How many rolls of paper towels will you use? Even if you can fit more in the car, do you need to bring it?

### What is a carbon footprint?

Carbon Footprint is a measure of how much CO<sub>2</sub> your activities add to the atmosphere.

CO<sub>2</sub> is a greenhouse gas that contributes to increased heat trapped in Earth's atmosphere.

Rapid increase in CO<sub>2</sub> in Earth's atmosphere since Industrial Revolution that tracks with both increased use of fossil fuels and increased global temperatures.

### How can you determine your carbon

### footprint?

To assist people with making more informed decisions multiple organizations have set up Carbon Footprint Calculators

Allison Chatrhyan of Cornell University at the Master Gardener Workshop in March used the Ecological Footprint Calculator as an illustration.

The calculator estimates your environmental impact and CO<sub>2</sub> generated. You can use the information and suggestions from the calculator to reduce or offset your carbon footprint.

Major factors:

Food choices and Sources: Animal products and items that need to travel longer distances increase the impact.

Housing: Larger free-standing homes with few occupants consume more energy per person.

Energy efficiency and sources: Energy efficient homes use less electricity. As a consumer you may be able to install solar power on your home, or purchase electricity generated from renewable sources.





**Purchases and Recycling:** Carbon emissions and waste management are related to how you spend your money, and what you're able to recycle.

**Travel:** Travel options including fuel efficient vehicles or electric vehicles reduce the Carbon Footprint directly. Carpooling and public transportation can also help. Air travel substantially increases carbon emissions.

### The Global Impact

The Nature Conservancy provides a similar footprint calculator on their website:

[What is your carbon footprint? | Carbon Footprint Calculator \(nature.org\)](#)

The Nature Conservancy sums up the challenge we're facing:

"The average carbon footprint for a person in the United States is 16 tons, one of the highest rates in the world. Globally, the average carbon footprint is closer to 4 tons. To have the best chance of avoiding a 2 degree Celsius rise in global temperatures, the average global carbon footprint per year needs to drop to under 2 tons by 2050."

- Lynn Rehfeld-Kenney

## Trip Report: Backpacking the West Rim Trail

The West Rim Trail is a 32 mile moderately challenging hiking trail that follows the rim of the "PA Grand Canyon". Three of us drove to the Northern Terminus on Friday morning



and met the nice folks from Pine Creek Outfitters who then shuttled us to the Southern Terminus for the start of our hike. We hiked 6 miles on Friday, 15 miles on Saturday, and finished on Sunday with 11.5 miles. To our surprise, the Mountain Laurel was in full bloom for the weekend and the fragrant scents of the delicate flowers followed us along the high points of the trail. The weather was beautiful (with the exception of a couple of showers that passed over us on Saturday), and the trail was in excellent condition. We

enjoyed three long days of hiking ending in fellowship in the evenings around the campfire rings. The trip was great practice for those



of us who were a little rusty with our gear and technique, and we're all looking forward to the beginner's Backpacking trip in September to Allegany State Park.

- Jonathan Coupal



## Trip Report: The Floating Fen

It was a perfect July day- 80 degrees, low humidity and bright blue sky to explore a floating fen. Several staff of the WNY Land Conservancy led ADK members on a 2.5 mile tour of the private property that the organization is raising funds to purchase. The land includes a floating poor fen, a beaver pond, and forest. Naturalist Erik Danielson provided a wealth of information as we hiked. Fens develop when glaciers retreat and create a kettle depression lined with non-porous soil where water collects. Water acidity results in the differences between calcium poor and calcium rich fens which leads to different types of plants flourishing in these habitats. The thickness of the floating peat layers on top of the water also contributes to the variety. We were fortunate to see carnivorous sundew plants which feed on trapped insects, yellow spatterdock water lilies, cinnamon ferns, and various sedg-



Eastern Kingbird

es. After leaving the 8 acre floating fen we continued through a hardwood forest until we reached a large pond created by busy beavers. We listened to the calls of the Eastern Kingbird and watched as they swooped above the water to catch insects. Blue Dasher dragonflies darted along the Great Bur-reed covered shoreline and Monarch butterflies flitted amongst the Swamp Milkweed blossoms.

It was easy to see why this special piece of land is so important ecologically. Kyle Semmel, communications manager, and Marisa Riggi, acting executive director, spoke passionately about the WNY Land Conservancy's mission which includes purchasing this unique wetland and forest to prevent it from being logged and developed. They are half way to reaching the \$925,000 goal to purchase and maintain the property that will include a trail for public access. For additional information follow this link [Floating Fen | WNYLC](#). Also visit: [The Field Guides Podcast](#) for more information.

- Lynn Rehfeld-Kenney



Naturalist Eric Danielson by the floating fen



Blue Dasher dragonfly



Dave Kowalski and group



## Chapter Outings

### August 5th (Saturday): Hike, Hunter's Creek Coun- ty Park & Mossy Point (B)



Contact Lynn & Doug Kenney to sign up.

Enjoy a hike through the hilly terrain surrounding Hunter's Creek. The hike will include the new Mossy Point trail on adjacent land purchased by the WNY Land Conservancy. We will stop occasionally to identify wildflowers and trees during the 4 hour hike. Bring a bag lunch and water. Call home number for start time and meeting place.



### August 7th: Hike, Chestnut Ridge

BERT AND ERNIE PART  
DEUX

"Good evening Mr. and Ms. America, and all the ships at sea"

Bert & Ernie here, from the ADK Niagara Adventure team. We are pleased to announce a new shindig for all to enjoy!

Date & Time: Monday,  
August 7, 2023, 6:00 PM

Location: Ed Kasperek's  
Lean-to



6606 Chestnut Ridge Rd  
Orchard Park, N.Y. 14127

Drive into the driveway, past the front garage. If the ground is dry, park on the lawn. If not, please park on the pavement.

Description:

This will be an early evening hike in a primitive area in Chestnut Ridge. I'd expect the milage to be around 3+ miles, but we will see how it goes. The plan is to hike to areas that not everyone has seen. This hike will be considered moderate or B due to elevations, tree roots, and possible slippery areas.

Gear: 1. Footgear for trail conditions & hiking poles (may be slippery if rained recently)

2. H2O

3. Headlamp (we'll be getting back at dusk and for campfire)

4. 10 Essentials INCLUDE  
LIGHT RAIN GEAR

5. Compass. This is a great opportunity for review of navigational skills.

6. Tick/Mosquito protection

RSVP: Contact to confirm

and questions to: Pam Sander at sanderpame-la88@gmail.com. Include your cell phone number.

And if the group is interested, post hike, at my house, I'd be happy to set up a campfire for storytelling and comradeship. Feel free to bring refreshments and snacks of your choice. This is a two legged hike only (please leave your dogs at home)

### August 12 (Saturday): Paddle, Outer Harbor

Meet at the South entrance to Gallagher Beach on Fehrmann Blvd for a 9AM launch, where we will head out to paddle along the breakwall.

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

RSVP in case of needed changes.

Bob & Patti Van Hise, [adkpaddles.bvh@gmail.com](mailto:adkpaddles.bvh@gmail.com)

Watch our ADK-NFC Facebook page for updates.

### August 17th (Thursday): Bike, Outer Harbor

Join us at 6 pm for a lei-

surely bike ride along the Outer Harbor. We'll meet at Charlie's Boatyard, ride down to the Union Ship Canal, then back along the Wellness Trail to enjoy beautiful views of the waterfront. We'll stop for a bit at Wilkeson Pointe before peddling on to the lighthouse, then back to Charlie's where we'll enjoy an ice cream or a beverage and snack.

Short ride, 10-12 miles, all on bike paths.

Required gear: good working bike, spare tire, AND a helmet.

Space is limited. Email Sue Kolasz at [Sue728115@yahoo.com](mailto:Sue728115@yahoo.com) to reserve your spot.



Location: 1111 Fuhrmann Boulevard. Parking at Charlie's lot or on Fuhrmann, directly across from the restaurant. Arrive a few minutes early to meet and get your gear in order. Leaving promptly at 6:00 pm

### **August 26 (Saturday): Paddle, Buffalo River**

Meet at Mutual Riverfront Park on Hamburg St. at Smith St. for a 9AM launch. Plastic kayaks are recommended for this roller launch. Paddle through the impressive urban corridor past towering grain elevators and the SS Columbia, the century old 200 ft. predecessor to the Canadiana.

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

RSVP in case of needed changes.

Bob & Patti Van Hise, [adkpaddles.bvh@gmail.com](mailto:adkpaddles.bvh@gmail.com)

Watch our ADK-NFC Facebook page for updates.

### **August 25-28: Younger Members Summer High Peaks Weekend Outing**

This younger members outings will be an extended weekend trip to the ADK High Peak region. We will drive up Friday 8/25 in the afternoon to set up before dark, have 2 full days to play, and drive back Monday, 8/28 in the morning. There are 2 campsites booked at the

ADK Loj campground, where we will have 6 people per site. As the outing gets closer to the date, we can arrange transportation, food, gear, and other logistics. There are 4 more open spots - RSVP to Emma Piascik @ [emmapiascik@gmail.com](mailto:emmapiascik@gmail.com) if you are interested!

### **September 4 (Monday): Labor Day Paddle**

Lower Niagara River - Lewiston to Fort Niagara (A-B easy moving water)

Meet early at Lewiston Docks (near the end of Center St.) at 8AM to unload boats (\$4 launch fee) and begin vehicle shuttle to Fort Niagara (early enough to avoid entrance fee).

This popular 6+ mile gorge trip takes 2+ hours, ending at the Fort Niagara Park boat ramps.

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

Wearing a proper fitted and fastened PFD is required. RSVP in case of needed changes.



## Chapter Outings (continued)

Bob & Patti Van Hise, [adkpaddles.bvh@gmail.com](mailto:adkpaddles.bvh@gmail.com)

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

### September 16-17 (Sat/Sun): Beginner's Backpacking Trip - Allegany State Park

This is a 1-night, 2-day backpacking event organized by the Niagara Frontier Chapter of the ADK Club and it would be excellent as a beginner's backpacking trip to learn fundamentals. The Willis Creek Lean-To is located 3.25 miles from the ASP3 parking spot in Allegany State Park in the Quaker area. No prior backpacking experience is required for this trip, however as always, 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 (ride sharing, meeting location) and review gear requirements, as attendees are expected to be self-supported including meals and gear. The trip organizer may make recommendations on bor-

rowing or renting gear at that time.

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."

Call or text the organizer Jonathan Coupal, at 716-570-7070 or email [jonathan@coupal.us](mailto:jonathan@coupal.us) to RSVP or ask any follow-up questions. Deadline to RSVP on this trip is Sept.10, 2023.

Meetup link (with map): <https://www.meetup.com/adk-nfc/events/294720010/>

### September 18 (Monday): Paddle, Clear Lake

Genesee Rd. in North Collins.

A 50 acre reservoir built in the 1920s to service the Gowanda State Hospital, Clear Lake is surrounded by 500 acres of forest with a beautiful, remote Adirondack feeling. Clear Creek flows into the Lake from the northern end via a beautiful marsh that's

teeming with aquatic plants & wildflowers.

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

RSVP in case of changes.

Bob & Patti Van Hise, [adkpaddles.bvh@gmail.com](mailto:adkpaddles.bvh@gmail.com)

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

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

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





## Message from the Chair

ADKers,

I hope everyone is enjoying the summer and most importantly getting outside. I was in the Adirondacks in June and introduced some new people to the High Peaks. Needless to say, they are hooked on the Adirondacks like we are. Hopefully some will join our club. I recently returned from a family trip to Allegany State Park, another "gem" of New York State right in our backyard. We had a great week paddling, hiking, birding, playing Spikeball & Pickleball, and generally enjoying the outdoors. I am heading back to the Adirondacks next week and still hope to make a

trip to the Catskills before my sons are off to college and we become empty nesters.

Remember to take loads of photos on your summer adventures! I can't wait to see where our club members visited during our annual ice cream social in September.

Finally, I need to ask for some volunteers. This is a good time to become a trip leader! The main club has released a handbook for trip leaders and our Education Chair is busy working on sessions to train all new and existing trip leaders. I would love to see our calendar and Meetup site full with trips every week. We are not there

yet and need your help to get there.

Do you like the monthly newsletter? Do you want to see it continue? We need a newsletter editor. Nicole has done an amazing job over the past 2 years, but this is her final newsletter. I want to thank Nicole for her service to the club, she has taken the newsletter to a new level. We need someone to step up and keep the momentum going. If you are interested, let me know and we can describe the requirements more fully.

See you outside,

Mike



## Our Executive Committee

### *Chair*

Mike Radomski  
mike.radomski@gmail.com

### *Outings Chair*

Frank Meyer  
edendds@gmail.com

### *Conservation Chair*

Lynn Rehfeld-Kenney  
woodthrush3@hotmail.com

### *Programs Co-chairs*

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### *Education Chair*

Jonathan Coupal  
jonathan@coupal.us

### *Membership Chair*

Vacant

### *Advisory Council Trustee*

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### *Webmaster*

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### *Treasurer*

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### *Hospitality*

Carol Schuster  
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### *Archivist/Historian*

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woodthrush3@hotmail.com

### *Outings Co-chair: Waterways*

Bob Van Hise  
adkpaddles.bvh@gmail.com

### *Outings Co-chair: Biking*

Vacant

### *Outings Co-chair: Hiking & Winter*

Leslie Salathe  
lesliesalathe@live.com

### *Librarian*

Karen Coupal