

Adirondack
ADK
Mountain Club

THE NIAGARA EXPLORER

Newsletter of Adirondack Mountain Club Niagara
Frontier Chapter

Summer Celebration at the Loj

Join us for a three night adventure at the Adirondack Loj in June! Our chapter has reserved the 12 person loft at the Heart Lake Loj from **Thursday, June 20, to Sunday, June 23.**

We have a fun-filled weekend planned, including hiking, climbing a 46er (Randy will be leading a hike up Tabletop for experienced hikers), and a peaceful day of paddling in the beautiful St. Regis area. Kayak and canoes are available nearby for rent and transport to the St Regis area. If any hike leaders are planning to attend, we welcome you to lead a hike on one of the days. For those who may want to relax and just chill, you're still welcome to join us. We are also planning an evening bonfire down by the lake.

To reserve your spot in the 12 person loft, you will need to email Sue at the email address below AND send a check for your deposit in the amount of **\$120.00** to:



Doug Gaffney, at 830 George Urban Blvd., Buffalo, NY. 14225.

Make your check out to "Niagara Frontier Chapter ADK". This amount will cover three nights' stay in the loft for ADK members. Our chapter has agreed to pay for one free night's stay in the 12 person loft for members coming for the entire three nights. If you choose to stay just two nights in the loft, you will still have to pay the \$120.00 for your two nights lodging, as we have reserved and paid for the entire three nights stay for 12 members.

We will have a waiting list, and we have had cancellations in the past, so we encourage everyone who is interested to sign up.

For those who prefer not to stay in the 12 person loft, or for those who are wait-listed, you may call the Heart Lake Loj to make other arrangements for your stay, either another room, the campground, or at the property lean-tos (the more, the merrier!), But please be reminded, you will not be reimbursed for any portion of your stay unless you're the

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Message from the Chair



ADKers,

I am back from my Grand Canyon whitewater adventure. It was absolutely epic. The whitewater was world class, the hikes unforgettable, and the scenery breathtaking. The scale of the canyon still has me speechless. I cannot wait to tell the club about my trip, not only was the canyon an experience, how the outfitter provided gear for camp and meals was a logistical marvel.

Now it is time to look forward to Spring in WNY, but not before our winter Adirondack Loj outing.

I am looking forward to spending the weekend at the Loj and climbing some High Peaks with members.

I want to remind everyone that we are still in need of several volunteer positions: Chair, Vice-Chair Programs, Treasurer, and Hospitality Chair. Our monthly meetings, trips to the Loj, and our annual picnic cannot continue without volunteers like you. If you have an inkling to lead our club, organize programs, have bookkeeping experience, or want to help provide refreshments, please let me know.

See you outside, Mike

Summer Celebration (cont'd)

first 12 members who sign up AND have submitted your \$120.00 check to Doug.



For those staying in the Loj, breakfast for Friday, Saturday, and Sunday is included in the cost of the room. Bagged lunches and family style dinner will be available for purchase separately.

You will need to make your own arrangements for transportation to and from the Loj; however, we will let everyone know who is coming, and you can check with each other to see if there is an interest in setting up a carpool.

We will keep a waitlist and require final decisions in advance. Please email **Sue Kolasz at sue728115@yahoo.com** to reserve your spot or ask questions.

— **Sue Kolasz and Randy Barker**

Education Program

The March Education session will be led by Nathan Ibarra, a Financial Advisor and partner at LPL Financial in Williamsville. Nathan will be sharing some ideas about how to identify investments that can align with our values, such as conservation, and how to be sure that our dollars are actually being directed towards those investments that advance the ideals that they say they advocate for. What to look for, and what to watch for.

March Monthly Program

Buffalo Niagara Waterkeeper - Local Waterway Issues, and What We're Doing About Them

Waterkeeper staff will present on the Niagara River Watershed, and what impacts water quality at a local, regional, and statewide level. The presentation will focus on identifying

these issues, connecting attendees to the source of these issues, and what BNW staff and volunteers are doing to combat them. Citizen Science is a large part of the solution to ongoing water quality issues, as monitoring helps us identify where the issues are, what might be driving them, and how they're impacting



points of interest within our watershed. Waterkeeper has a robust citizen science element to its organization, and our volunteers act as eyes and ears on the water

where staff cannot. The data they collect helps drive real solutions to the issues Western New York faces, and Waterkeeper has a proven track record of tackling problems head on. The presentation will also highlight key success stories for restoration and data-driven solutions within our watershed, empowering individuals to make a positive impact on our waterways.

Review: “The Adirondacks”

This 2-hour documentary, originally aired on WNET in 2008, is available to view online at <https://www.pbs.org/video/wned-tv-documentaries-adirondacks/> and is an excellent play-by-play of the history and controversies related to the establishment and use of the Adirondacks. Following a seasonal theme, the documentary begins with the use of the land for logging and recreation, continuing through the 19th century as a retreat for TB patients and an escape from NYC for the wealthy, and proceeding through the early 20th century, covering the inception of the protected region into its current state today as a mixed-use private/public park.

It finishes with many of the ways that people are using the park today, including a cool segment covering the annual Canoe Classic 90 Miler.

This excellent documentary touches on the many people that used (and continue to use) the park for their many reasons and does a great job showing the concerns of the actual people striving to live and work in the area, as well as the perspectives of those of us who might visit it for recreation. If you're looking to learn more about this amazing area that we all love, this is a great way to spend several hours of your time.

— **Jonathan Copal**

Looking ahead...

Save the Dates: Upcoming Monthly Main Programs

April 9, 2024

Jay Burney, Advocacy Chair, Western New York Environmental Alliance

May 14, 2024

Brenda Young, Ph.D., Professor of Biology, Daemen University

February Program Recap

Our February program featured Mary Ronan, Environmental Educator with the New York State Department of Environmental Education, who presented an enlightening program for our chapter members entitled, “Freedom Seekers-Naturalists of the Northeast.”

Mary stated that as an educator, she works to inform and inspire citizens to take responsibility for the environment.

She stated her awareness of Freedom Seekers as naturalists began with the “Freedom Seekers: The Underground Railroad, Great Lakes and Science Literary Activities” curriculum, a collaborative project between several organizations and schools throughout the Great Lakes.

During Mary’s presentation, we learned about the trials and tribulations that Freedom Seekers endured as they struggled to escape slavery and make their way up north to freedom.

Mary explained how the Freedom Seekers hid in the swamps, where it would be easier to conceal themselves by day, and travel under a cloak of darkness at night. And since it was safer to travel in the dark, we

learned that they became skilled at navigating the land by reading the stars.

The Freedom Seekers lived, slept, and foraged through these damp, mucky areas for extended periods of time, and relied on their knowledge of edible and medicinal plants to sustain them. Mary passed around cups of swampy muck for everyone to smell, so her audience could have an idea of the stench they would have had to tolerate on a daily basis. And we agreed that it was definitely not something you’d care to have surround you for months on end!

Some of the plants the Freedom Seekers ate included berries, cattails, acorns and pawpaws, which is a unique tropical type of fruit. In addition to foraging for food, they fished, trapped, hunted small game, and raided nearby farms; whatever it took to help them survive their perilous journey to freedom.

Mary stressed that avoiding detection was paramount to their safety, and since communication was necessary, they learned to imitate barred owl calls to warn and make contact with each other.

Mary’s presentation gave us an eye-opening description of the hardships



and dangers the Freedom Seekers had to deal with on a daily basis. But through the many months of privation and misery these tenacious people suffered, they remained resilient and steadfast in their desire and determination to pursue a life of freedom.

So, sometime when you’re hiking in the woods, look around, observe the plants, the trees, and the sky, and take time to reflect on everything we’ve learned about these courageous people...how they managed to survive these harsh conditions, and what they had to endure to win the freedom that most of us have taken for granted.

—Sue Kolasz and Pamela Sander

Conservation Corner



Save the date. We are looking for volunteers to plant bare root trees as part of Re-Tree WNYs tree planting event on **Saturday, April 27, 2024**. We are looking for 1 or 2 volunteers to attend a free tree planting workshop on **April 20, 2024** to learn the bare root planting method. We will be assigned a location to plant trees during the workshop training for the next Saturday. Trees play a vital role in a city by providing shade to help decrease the amount of heat generated by a city, provide habitat for birds and insects and to help improve people's mental health. Contact **Lynn at 716-825-7329** if you plan to participate either day.



SIERRA CLUB
ATLANTIC CHAPTER

Sierra Club Atlantic Chapter and the ADK-NFC Conservation Committee will be co-sponsoring an Environmental Series again this year. On Wednesday **March 20th at 6:30pm** the meeting will be on the 2022 Inflation Reduction Act (I.R.A.). The zoom meeting will discuss what tax credits, rebates and programs to promote renewables, energy efficiency, transportation and electric appliances are available through the I.R.A. and other federal and state programs. The zoom link will be sent out in the Weekly ADK Email.



The Buffalo Niagara Waterkeeper's are holding their annual clean-up on the shores of various waterways on **Saturday, April 20th**. We encourage members to participate as individuals. You are welcome to join other ADK members at a site to be announced. Sign up will be on the Waterkeeper website where you specify what site you are interested in attending.

Tillman Road Wildlife Management Area

Save the date. The biannual Tillman Road Wildlife Management clean-up will be **Saturday, May 18th** from 10am to noon.

Join us **Tuesday, March 19th** for the Conservation Committee meeting. All ADK members are welcome to attend to discuss conservation topics and plan upcoming events. The ADK Niagara Frontier Chapter Weekly Email will have the zoom link to attend the meeting.

— **Lynn Rehfeld-Kenney, Conservation Chair**

Advisory Council Report

At the last ADK board meeting the board passed minor changes to the Outings Leader Guide. The Advisory Committee Outings Committee had issued a set of suggested changes to the guide, which were approved by the Advisory Committee last month. There will be more flexibility in outings ratings, the addition of paddling ratings and changes in the portage distance. The Leave No Trace Train the Trainer course for level 3 will be modified in the future to be one day, and the Authority of the Resource material will be moved to the Outings Leadership course. The AC Outings committee had asked to have the Outings Leadership and Map and Compass courses optional, and this was denied. The committee had asked to take away the yearly requirement for sexual harassment training and add a reporting form and make the course oriented to outdoor settings. This was denied, but the course that is used for staff will be filmed and provided online and a process for reporting developed. The current guide is on the ADK.org website. Courses are being offered online and in person for free through the club both at ADK properties in Lake Placid and locally for some chapters. The only courses required for

this year are the online sexual harassment course or equivalent and the online Leave No Trace basic course. Both of these take about an hour to complete, and certificates of completion get submitted through the ADK website. The other courses need to be completed by the end of 2024 and will be offered regularly this year. Official ADK outings leaders have to be certified to be covered under ADK insurance. Any questions on these changes? Contact me at hackerks@gmail.com.

Other issues covered at the board meeting included the combination of the Lake Placid and Northwoods chapters, the hiring of a Senior Accountant who will manage the Club's finances, progress on the new software which will be used by the club for managing membership data and hosting websites for chapters, and several grants which will support the club's educational programs. The Club's advocacy staff, Kathy Pedler, is currently focused on the state budget, trying to increase funding for programs in the Adirondacks and Catskills. There are lobbying days coming up and all are welcome to help. Visitor-use data is being collected for the various places people come in to the

Adirondacks and Catskills. Recommendations will be made by DEC this May and there will be opportunities for public review. The centennial of the Northville Lake Placid trail is this year. Activities can be viewed at

<https://www.npt100.com/>.

— **Kate Hacker**



Trivia Challenge

How many ADK-NFC members have served as ADK club president?

- A) One
- B) Three
- C) Five

Answer on page 10

Trip Reports and Outings

Saturday February 3, 2024

We had a beautiful, sunny day for our hike through the **Tiftt Nature Preserve**. After what felt like a month of no sun, it was therapeutic to bask in the sun on the boardwalks. We were also able to see a family of deer! We ended the lovely afternoon with a drink at duende and some live music!

— **Emma Piascik**



During a warm spell in February, we hiked 4 miles at **Emery Park** in 40-degree weather. The sky was overcast but the rain showers stayed away. We hiked on both sides of the park and stopped to look at five waterfalls flowing through the shale creeks that crisscross the park. We stopped to look at the two old stone furnaces hidden in the forest, and someone thought they had been used to burn garbage. The park is filled with many stone structures that were built during the Depression Era by members of the Works Progress Administration.

— **Lynn Rehfeld-Kenney**

Saturday, February 17, 2024

With threats of a winter storm in the forecast, a hardy crew gathered to enjoy a hike at the **18 Mile Creek Park** in Hamburg. Mud was mostly frozen, and micro spikes were used by a few folks. We stayed on the high ground above the gorge for a hike of about 5 miles, enjoying the views of the mini Zoar valley and a looping hike through the woods. There are two trails to the creek, which can be connected in dryer and less slippery conditions. We had two shallow creek crossings over a small creek that feeds a pretty waterfall near the confluence of the two branches of the 18 Mile Creek. No ice climbers were evident - I think a little more freezing weather is necessary. Look for a hike in the summer along the creek itself and the Turtle Rocks!

— **Frank Meyer**



Trip Reports and Outings (cont'd)

Saturday, March 2, 10 AM start time (B)

Chestnut Ridge Park, ~ 4miles total

SNOWSHOE/HIKE: We will begin at the Eternal Flame parking lot on Chestnut Ridge Rd and hike to the Flame, then do a fun loop hike on the woods trails. Please wear sturdy shoes or micro spikes or snowshoes depending on the conditions. Trekking poles are recommended. Dress for the weather and bring water and a snack.

Please RSVP, and arrive at 9:45 for a 10 AM start. GoogleMap “Eternal Flame Hiking Trailhead Parking”

Kim Newland and Janet Kowalski janetk300@gmail.com 716.435.8547 text/cell



Library Corner

Looking for something new to read? Check our chapter’s library cart at the next meeting. Two new books are *The Parrot and the Igloo: Climate and the Science of Denial* by David Lipsky and *Nature's Best Hope: A New Approach to Conservation That Starts in Your Yard* by Douglas Tallamy.

Grandma Gatewood's Walk: The Inspiring Story of the Woman Who Saved the Appalachian Trail

In 1955 Emma Gatewood told her children she was heading out for a walk in the woods. What she didn’t tell them was how long she would be gone for. She later told her daughter that “If those men can do it, I can do it.” Reading about how she completed the thru hike of the trail is not completely what our education sessions teach us at our meetings, but a lot has changed since the 1950’s! I thoroughly enjoyed Grandma Gatewood’s Walk and maybe you will too.

Find out what Grandma Gatewood had in her homemade denim bag and how many pairs of Ked sneakers she wore throughout her journey. The library cart has a copy of the book.

Any questions or suggestions for new books contact **Karen Coupal**, Librarian



The Chapter is seeking Nominating Committee volunteers to find candidates to fill the positions of Chair, Vice-Chair Programs, Hospitality and Treasurer.

Please reach out to current Chapter Chair, Mike Radomski

Where to find us:

Website: adk-nfc.org

Membership: If you would like to join the Niagara Frontier Chapter you can sign up at a monthly meeting or online at <https://www.adk-nfc.org/membership/>

Facebook Group: [ADK-Niagara Frontier Chapter](#)

MeetUp: <https://www.meetup.com/adk-nfc/>

Follow us on [Instagram \(adk_nfc\)](#)

Eclipse 2024 Presentation At Beaver Meadow

Think you know everything there is to know about the upcoming total eclipse on April 8, 2024, au contraire, mon ami! Perhaps by now, everyone is aware of how big, really big, this event will be (hundreds of thousands coming to WNY)! Experts from Buffalo Astronomical Association (BAA) will provide a comprehensive overview of what a total eclipse is, what to expect on April 8th, how to safely view this spectacular event, and more!

Join us from 10 to noon on **Saturday , March 16, 2024**, at Audubon Beaver Meadow Nature Center, 1610 Welch Rd., North Java, NY 14113. Please bring a bag lunch, water, and wear appropriate gear (sturdy shoes, boots, dress for the weather) for a post eclipse program short hike.

We are asking \$2 from participants to purchase eclipse glasses from BAA; free will donations to both BAA and to Beaver Meadow appreciated.

We will gather in the Audubon building which holds a large group, so please feel free to invite a friend.

Please RSVP to Pam Sander by March 14th by email and include your contact phone number and if bringing a guest to: sanderpamela88@gmail.com

For more information about BAA and the 2024 Total Eclipse: <https://www.buffaloastronomy.com/solar-eclipse-2024/>

Our Executive Committee

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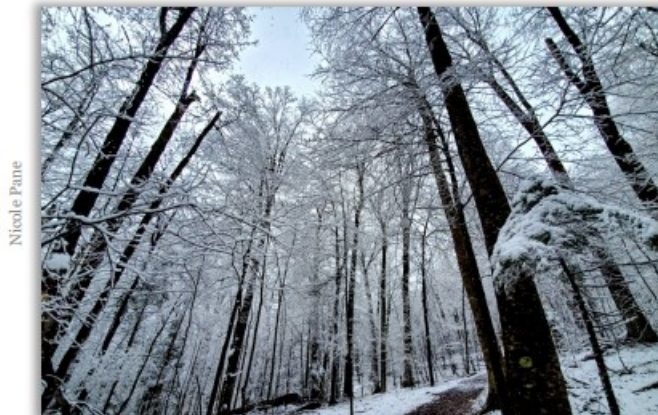
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Librarian

Karen Coupal

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Emma Piascik



Nicole Pane

Trivia Challenge Answer

Answer: B. three

The ADK club has three volunteer officers who are either chapter members or members at large who fill the positions of president, vice president and secretary. They assist the paid staff with making decisions on how to operate the ADK club.

Our chapter has had the privilege of having three members serve as club president.

Marilyn Gillespie - 1993

Charles Lawrence - 1998

John Gilewicz- 2014