



Adirondack
ADK
Mountain Club

THE NIAGARA EXPLORER

Newsletter of Adirondack Mountain Club Niagara
Frontier Chapter

April Monthly Program

Please join us at our next monthly meeting on **April 9, 2024**, as **Jay Burney** presents at **7:30 pm** 30 x 30 and its impact on Western New York.

WNYEA 30 x 30 Campaign

<http://www.wnyea.org/30-x-30.html> is a global, national, and New York State Policy to protect 30% of all ecologically productive lands and waters by the year 2030. How this impacts Western New York communities is an issue that is currently being explored by the Western New York Environmental Alliance and several other groups,



organizations, agencies, and individuals in our area.

The Western New York Environmental Alliance has held 3 workshops and presentations since November including hosting community dialogues amongst stakeholders at the Buffalo Museum of Science and at the Birds on the Niagara Festival which was just concluded.

Mr. Burney, as the advocacy chair of the Western New York Environmental Alliance, has spearheaded the discussions. He will update us on the progress of the discussions including the promotion of community activism and inclusion, and the ongoing development of policy contexts in our region.

Mr. Burney is the longtime Advocacy Chair of the Western New York Environmental Alliance

www.wnyea.org, the Executive Director of the Pollinator Conservation Association

www.pollinatorconservationassociation.org and the President of Birds on the Niagara <https://youtu.be/TCh7BqsXZrg?si=OqFyEHRDhwnuTuTi>

— **Pam Sander and Sue Kolasz**

VOLUNTEERS NEEDED!

The Chapter is seeking Nominating Committee volunteers to find candidates to fill the positions of:

- **Chair**
- **Vice-Chair Programs**
- **Hospitality**
- **Treasurer**

If interested, please reach out to Chapter Chair, Mike Radomski

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Message from the Chair



ADKers,

Hello Spring! As I type this, the temperature outside is 20 degrees and we have a couple of inches of snow on the ground, making it feel more like winter than spring. Hopefully, by the time you are reading this, the weather has improved. Spring Peepers can be heard, trees are starting to bud, and we should be seeing Spring Ephemerals popping up soon.

There was a period of a few months when you did not receive this newsletter in your mailboxes. This was due to the unavailability of a volunteer to take up the role. We are grateful to Peggy for stepping up and offering her valuable assistance to the club. However, we are currently facing a shortage of volunteers and as a result, some aspects of the club may be suspended temporarily.

We have vacancies for Club Chair, Vice Chair for Programs, Treasurer, Membership Chair, and Hospitality Chair. I want to see the club thriving as I step down as your chair. We need you to make that happen. If you can offer your talents, please reach out to me: Mike.Radomski@gmail.com.

I hope to be invited as a program speaker next year. I would love to take you through the Grand Canyon in person, but if you can't wait, here is a video I put together about my trip: <https://youtu.be/1JAYDyB7JkE>
See you outside, Mike

March Program Recap

Our March program was presented by **Robert “Rob” Cody**, Senior Project Coordinator for BNW - Rob’s program began with a brief historical overview of BNW, when in 2017, the organization’s name changed. Formerly **Buffalo Niagara Riverkeeper**, the organization, through its tireless efforts, is regarded as having the great achievement in bringing the severely diseased Buffalo River back from the brink of death.

Rob began his discussion by asking our group, “what is a watershed,” explaining that a watershed is an area of land that drains into a river, lake, or other bodies of water. Obviously, WNY has abundant fresh water sources that need the constant management and watchful eyes of BNW, WNY citizens, our neighbors to the north, and our nation.

Rob spoke of the harmful effects to our waters by run-off from lawn fertilizers, agricultural impact runoffs (especially in the Southern Tier), and CSO’s (combined sewer overfalls) which are the combination of storm water (increased by heavy snow falls and rains) with raw waste (human and animal).

March Program (cont'd)

Rob is directly involved with the collection of water samples and monitors the testing of bacteria and algae. He mentioned the hotspot areas

(Cazenovia Creek in Buffalo and Hyde Park in Niagara Falls) and that NOA has shown the most affected agricultural areas along Lake Erie. The sampling of water also reveals the concentrations of micro plastics.

Nurdles (small pellets of pure plastic), pose a great threat to marine life when ingested.

What Can We Do-Our Help Is Needed - Rob's gave many examples of what the average citizen (or group) can do to help our waters. The Volunteer Ambassador Program raises community awareness, Nurdle Patrol Volunteers help BNW find and map locations of nurdles, Citizen Science Riverwatch collect water samples in sites within the Niagara River Watershed (May-October), Spring Sweep cleanups remove tons of waste



Other opportunities include joining the Buffalo River Remedial Advisory Committee, Restore Corps (restoration/ planting of trees and vegetation), the Buffalo River Friends Group (oversees three Buffalo pocket parks (Red Jacket, Thomas J. Higgins, Seneca Bluff). Internship opportunities with BNW are available to high school and college students. Individuals who see situations should record/take pictures and contact the Spill Hotline at 1-800-457-7362, or Rob Cody at 716-852-7483 ex. 19. Volunteer opportunities.

[Our Niagara River Watershed - Buffalo Niagara Waterkeeper \(bnwaterkeeper.org\)](http://bnwaterkeeper.org)

— Pam Sander and Sue Kolasz

Education Program

Our February presenter was Nathan Ibarra, a Financial Advisor and partner at LPL Financial in Williamsville. He shared 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 toward those investments that advance the ideals that they say they advocate for. What to look for, and what to watch for.



Looking ahead...

SAVE THE DATES

Upcoming Monthly Main Program

May 14, 2024

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

ADK-NFC picnic is **Sunday, June 9, 2024**, at (Stroher's Lodge)

The 2024 ADK-NFC annual picnic planning is shaping up nicely and a full schedule including the main program (Goat Buffalo), outings, mealtime, and chapter meeting, and presentation of Conservationist of the Year award will be published in the May monthly and weekly newsletters!

Conservation Corner



The Environmental Series zoom presentation sponsored by **Sierra Club Atlantic Chapter** and the ADK-NFC Conservation Committee was very informative. We learned about the availability of federal and NY state tax credits, rebates and utility company incentives to promote energy efficiency for your home with renewable energy and electric appliances and transportation. If you missed the zoom meeting, you can access the Power-Point at this link. <https://drive.google.com/drive/folders/1PfhHaKxIo8NoiH8C6V4WjER7bclCBfy3>

Recent Events: **On March 20th** several ADK members (Pam and John Sander and Randy Barker) attended a public informational meeting at the Chestnut Ridge Casino presented by Erie County Forestry Department and their natural resources planning team, CC Environment & Planning, to discuss Erie County's forests and the update to the management plan for the 12 county-owned forest lots. The plans for each lot will determine what actions will be implemented which could include logging and recreational use. The public comment period was kept brief. Participants recommend more public meetings to allow opportunities to provide additional input and that the Forestry Departments plan for one more meeting before the plan is finalized in 2025 is insufficient. The Conservation Committee will provide more in-depth information in the future.

Mark your calendars! There will be several opportunities to participate in hands on conservation activities in April and May.



*** Saturday, April 20th.** Join fellow ADK members to pick up garbage along the Unity Island shoreline as part

of the annual efforts by the **Buffalo Niagara Waterkeeper** organization to clean-up Lake Erie beaches and



waterways. Sign up on the Waterkeeper's website using this link. [Unity Island | VOMO](#)

***Saturday, April 27th.** We are looking for volunteers to plant bare root trees as part of Re-Tree WNY's tree planting event. Trees play a vital role to the health of the environment. In a city trees provide habitat for birds and insects, shade to help decrease the amount of heat generated by a city, and help to decrease resident's stress and thus benefit resident's mental health.

Contact Kim Downing & Joseph Schretzman by April 20th to sign up to volunteer. The number of volunteers will determine what site Re-Tree WNY will assign ADK to plant. Contact Kim and Joe at #716-445-0020 to sign up and for questions. They are familiar with the process after participating in Re-Trees WNY tree planting event last year.

Tillman Road Wildlife Management Area

***Saturday, May 18th** from 10am to noon. Join the bi-annual Tillman Road Wildlife Management clean-up where we have picked up over a ton of garbage over the past 20 years

Join us **Tuesday, April 16th** 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**

Trip Reports and Outings

Saturday March 2, 2024 Chestnut Ridge and Eternal Flame



Our friendly group had a fantastic time roaming the undulating trails of scenic Chestnut Ridge Park, starting at the Eternal Flame Trailhead on Chestnut Ridge Rd. Proficient hike leader Kim Newland led us along scenic ravines, and enchanting waterfalls and streams for a lovely sampler of the historic park. Lively conversation permeated throughout our 4-mile trek, with enthusiasm for ephemeral wildflowers that will bloom soon, and the upcoming ADK weekend in the High Peaks Region. Our grand finale to the Eternal Flame Falls was exciting, as other hikers worked hard to light the doused flame and keep it lit! Visiting this iconic WNY gem is always an adventure. Most of our group capped off the day with delicious ice cream at nearby Charlap's. Yum! — **David & Janet Kowalski**



Volunteers needed for **Chestnut Ridge Trail** clean up at **9:00am** on **Saturday, May 4, 2024**. Sponsored by the Chestnut Ridge Conservancy. Meet at Eternal Flame parking lot. Bring hand tools if possible (shovels, hand saw, etc.). Need to be able to hike Boy Scout and Ward trails. Rain date ???— **Randy Barker**

Allegheny State Park

“Third Time’s the Charm!”

After trying (and failing) twice to get a winter backpacking trip under our belts, we managed to get one in just hours before spring, and it was a good one! Seven of us met at the southern trailhead for the Stony Brook lean-to in Allegheny State Park on Saturday morning, hitched up our backpacks, and headed into the woods for 24 hours of hiking, camping, and fellowship. Saturday was certainly a great day for the trip, with some cool winds on our faces but warm sunshine on our



backs. We were all in our sleeping bags before 9pm (hiker’s midnight) but were unprepared for a crazy night. Winds over the top of the hills burst through like freight trains early in the night, calming down to ½” of snow overnight and then cold rain to wash it away before the morning. Feeling grateful, we saw an end to the rain after eating our breakfast and repacking our bags for the hike back to the trailhead.

— **Jonathan Copal**

Trip Reports and Outings (cont'd)

Geological Hike with Fossil Dan at Mendon Ponds

Join us on **Saturday, May 11**, for a geological hike with **Geologist/Paleontologist Dan Krisher** at **Mendon Ponds**. For those who attended our chapter meeting last March, you'll remember we had a fascinating program presented by Dan on what Western New York looked like 380 million years ago, and the life forms that populated our state at that time.

Mendon Ponds is a Monroe County Park located a few miles southeast of Rochester. The park covers over 2,500 acres and was designated a National Natural Landmark in 1967 due to its unique glacial features. The park also boasts 21 miles of colored-coded trails, and many more miles of uncoded trails.

The ice age features we will see on our 1.75-mile 2-hour walk were created about 11,000 years ago as the last ice sheets slowly retreated from the Monroe County area. When the end of the ice reached the area of the park, it stalled for a time, which created a host of seldom seen glacial features. Among the things we will see and learn about are meromictic lakes, kettles, eskers, kames, and ground moraine. Hikers will also get an overview of what caused the ice age which lasted from about 2.6 million until about 10,000 years ago. You will also learn what makes a glacier a glacier, and how they work.

We will meet at the Devil's bathtub parking lot at 10:00 a.m., where Dan will spend about 10 minutes going over some of the basic geology we will be seeing. We will then proceed to the Devil's Bathtub to begin our glacial geology hike. We'll be hiking the Devil's Bathtub and West Esker trails. The hike is fairly easy, with a few short, somewhat steep sections, and a few stairs.

After our hike, we plan to add on another hour or so of hiking in this beautiful park for those who wish to get in a little more mileage and see more of this scenic area.

Bring snacks and a drink since we'll be on our outing for approximately 4 hours. Attendance is limited. Please see Weekly email for full details. Email Sue Kolasz at sue728115@yahoo.com or go to our **ADK-NFC MeetUp** to reserve your spot!

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](#))

[Chapter Outings & Events Calendar](#)

Total Eclipse Program at Beaver Meadow Nature Center

On April 8, 2024, a total solar eclipse will occur when the moon passes between Earth and the sun, thereby obscuring the view of the sun from an exceedingly small part of our planet. In the Buffalo area, the duration of the entire event will be about 4.5 hours (roughly 2:00 p.m. to 4:30 p.m.), with a total eclipse lasting for about 3.25 to 3.5 minutes. (The duration of the total eclipse will depend on your exact location.)

In preparation for the eclipse, on March 16, 2024, a group of ADK-NFC members and one guest enjoyed a terrific total eclipse program presented by the Buffalo Astronomical Association (BAA) in their facility at the Beaver Meadow Nature Center. The facility is housed in a small building, which required splitting the group in half, with one half doing the classroom portion of the program while the other half was upstairs using the observatory's telescope. (Note: The Audubon and BAA have plans to renovate and expand the facility.)

In the classroom portion of the presentation, BAA astronomy experts Tim Collins and Terry Farrell discussed what to expect on the day of the event and how to safely view the eclipse (use approved solar glasses or handmade options). They also stressed the enormous number of people expected to come to WNY to view the total eclipse, estimated at about one million, and encouraged viewing the eclipse at home to avoid congested traffic. They also presented a recorded program that included newspaper articles from Buffalo's 1925 eclipse (Buffalo had three major newspapers at that time!).

In the upstairs portion of the program, astronomer Dan Marcus allowed us to use the BAA's large telescope, equipped with very strong filters, to look at the sun and observe sunspots. The BAA's telescope at Beaver Meadow is one of the largest public viewing telescopes in WNY. Dan then discussed various ways to observe the eclipse while protecting your eyes.

He stressed the importance of **never looking at the sun directly without approved solar glasses or lenses!** Dan also suggested other viewing props that many of us will remember from our childhood, such as a big cardboard box with a small pin hole that casts the eclipse image safely onto the ground.

Tim Collins has worked in the planetarium field for 35 years (paid and volunteer) and as an astronomer at the Kellogg Observatory at the Buffalo Museum of Science. Tim is an active participant in the Buffalo Eclipse Consortium. He encourages people to experience the 7th Magnitude podcast (see links below).

Terry Farrell is a veteran of planetarium presentations and has been involved in astronomy since he was eleven. Terry is president of the Buffalo State Astronomy Club, Alumni Chapter, and is past president for the Buffalo Astronomical Association and the Southtowns Astronomy Club.

Dan Marcus is Co-Director of Beaver Meadow Observatory (BMO) and a lifelong astronomy enthusiast. He is an expert on how to use telescopes and binoculars and how to get the best astronomical photos from a camera.

Click on the following links for more information on astronomy and the 2024 Total Eclipse:

[Buffalo Astronomical Association
\(buffaloastronomy.com\)](https://buffaloastronomy.com)

[Buffalo Eclipse | Total Solar Eclipse 2024 Buffalo, NY](#)

[Podcast - The 7th Magnitude](#)

[Total Solar Eclipse on April 8, 2024: Path Map and Times \(timeanddate.com\)](#)

—**Pamela Sander**

Library Corner

Book Review

Adirondack Paddler's Guide

"Finding Your Way by Canoe and Kayak"

Publisher: Paddlesports Press

Author: Dave Cilley

Link: <https://adk.org/product/adirondack-paddlers-guide/>



A spiralbound companion guide for the ADK Paddler's Map, the ADK Paddler's Guide provides an in-depth set of wayfinder's directions, indicating not only important items within waterways such as islands, parking sites, and campsites but also portaging routes in the areas for those who are planning a trip between different ponds. This is an amazing resource for anyone planning a day trip or a multi-day adventure with their boat or kayak. Any questions or suggestions for new books contact **Karen Coupal**, Librarian

Our annual **on-line T-shirt sale** begins **April 12, 2024**, and ends **May 12, 2024**. We are offering two T-shirt styles this year, and both were designed by longtime member, Tim Kerr.

2 Great Designs This Year! - We're bringing back the very cool, "Rock On" design that includes a back print of many favorite hiking locations and is available in dark navy or black with white lettering. The other design is our traditional four activity design that captures what we love to do (hiking, paddling, biking, and skiing) and includes our chapter name.

The shirts are being sold by Strictly Ts of Hamburg (**on-line only and delivered directly to your address**) at ADKCLUBGEAR.COM All orders received during this period will be processed at the **end** of the sale with delivery before our **Sunday, June 9, 2024**, picnic.

A complete list of women's and men's shirt styles and colors will be available on the website with price ranges. The Traditional 4 Activities Logo shirt ranges from \$16 - \$20, long sleeve prices \$18 - \$22. The Rock On version is slightly more at \$21-\$27 because of the added printing on the back. Remember, sale **opens April 12th** and **ends May 12, 2024**. *Note: The link to order will not be active until April 12th.*

Trivia Challenge

What trail did the NFC Chapter maintain for many years?

A) Bruce Trail B) Bee Hunter Trail C) Conservation Trail

Answer on page 10



Tick-Tock, It's Time for Ticks (ECDH 4-3-23)

With warmer weather, the Erie County Department of Health gives advice for preventing tick bites.

Walk in the center of trails: stay on cleared trails when walking or hiking and avoid the edge habitat where ticks are likely to be.

Repel ticks on exposed skin with repellent that contains 20 percent or more DEET, picaridin or IR3535. Do not use it on children younger than two months. Use according to instructions on the label.

Treat clothing, socks, shoes, boots, and camping gear with products that contain permethrin; do not use this on skin. It can remain protective through several washings. Pre-treated clothing is available and may be protective longer.

Wear a long-sleeved shirt and long, light-colored pants tucked into socks or closed-toed shoes. Talk to your veterinarian about effective tick control options.

Find and Remove Ticks from Skin



Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you.

Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially

ly in their hair.

Examine gear and pets. Ticks can ride into the home on clothing and pets, then attached to a person later, so carefully examine pets, coats, and day packs.

Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time in the dryer may be needed. If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks effectively. If the clothes cannot be washed in hot water, tumble dry on low heat for 90 minutes or high heat for 60 minutes. The clothes should be warm and completely dry.

Announcement

Many of you who receive this newsletter are not presently ADK members. In the next few months the ADK is going online with new computer software. Unless you are a current ADK member you will no longer receive newsletters and notifications. Renew soon, as currently it may take over a month to start getting emails and newsletters after you renew!



Rainbow Falls –photo credit Kate Hacker

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Trivia Challenge Answer

Answer: C Conservation Trail

The Niagara Frontier Chapter completed trail work along a 36-mile section of the Conservation Trail which is a branch of the statewide Finger Lakes Trail system.