

Adirondack
ADK
Mountain Club

THE NIAGARA EXPLORER

Newsletter of Adirondack Mountain Club Niagara
Frontier Chapter

May Monthly Program

Join us for our last regular monthly meeting before we break for the summer as we welcome Dr. Brenda Young's presentation, ***Making a Difference with Citizen Science***. Scientists need more eyes and ears. As outdoor enthusiasts, we can contribute to ongoing data sets through observations and photos while we enjoy the natural world. Projects range from one-time observations to continued monitoring in your own backyard with instructions provided. There is something for all interests from amateur astronomy, birdwatching, water testing and more. We will discuss the range of projects available from non-profit and government partners and how data contributed by citizens has made a difference in our understanding of many topics.

Dr. Brenda Young, LEED AP BD&C, is a Professor of Ecology and chair of the Global & Local Sustainability Department at Daemen University where she teaches courses in conservation biology, animal behavior, sustainable agriculture issues and alter-

native energy issues. Brenda compiles the monthly Enviro-News which highlights local environmental events and has served on the board of several local organizations including the WNY Environmental Alliance currently. She and her husband are preserve managers for Buffalo Audubon's Allenberg bog in Cattaraugus County. Brenda is an amateur beekeeper and co-owns a farm business in Niagara County with her husband.

Brenda is the recipient of the 2023 ADK-NFC Conservationist of the Year.

— 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**
- **Treasurer**

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

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Message from the Chair

ADKers,

Spring is finally here! Trees are leafing out, flowers are popping up, and the birds are migrating. I hope everyone is hitting the trails and getting their paddles wet.

I am thrilled to share that our club Waterkeeper Spring Sweep and Re-inform you that a few volunteers soon-to-be-vacant roles. However, ly in the positions of treasurer, pro-lieve you have the required time and contact me. I would be more than er detail.



has actively participated in the BN Tree. Moreover, I am pleased to have come forward to fill some we still need more help, particular-grams, and club chair. If you be-skillset, please don't hesitate to happy to discuss each role in great-

Our last club meeting will be held in May, followed by our annual picnic on June 9th.

I am thrilled to celebrate another wonderful year with ADK-NFC, and we have some exciting activities planned for the picnic. Oh yeah, and I am looking forward to everyone's delicious contributions!

See you outside, Mike

April Program Recap

Our April monthly meeting main program featured well known and influential conservationist, **Mr. Jay Burney**. Western New York Environmental Alliance 30 x 30 Campaign 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 30 x 30 movement started with international calls for setting aside portions of the globe as protected and adopted by the United Nations and New York State in 2021. Locally, the WNYEA has brought tions together to discuss ways everyone can proving human health, and adapting to cli-



Jay gave us alarming information on spe-resources (Outer Harbor), struggles with government policies, and conservation disinterest by many citizens.

York State became official policy in the U.S. multiple environmental focused organiza-make an impact on conserving nature, im-mate changes.

cies loss, over development of our natural

What can WNY residents do? Jay gave us examples of what we can do and how we can get involved. People can support policies that address climate change, green infrastructure, energy use, and speak out against proposed developments that threaten the environment. Homeowners can plant native plants and trees, reduce, or eliminate the use of lawn and garden fertilizers, choose less distracting outdoor lighting (or eliminate nighttime usage). Consider participating in Birds on the Niagara, Lights Out Niagara (during Spring and Fall migrations

April Program (cont'd)

April 15-5/31 and 8/15-11/15). At this writing (4/17/2024), 1,788,900 birds just crossed Erie County last night! [Migration Dashboard - BirdCast](#) . There are many resources available, both on-line and in hard print including *Natures Best Hope* by Doug Tallamy, *Half Earth*, by Edward O. Wilson, and *Rescuing the Plant* by Tony Hiss. Jay suggested attending the next 30 x 30 meeting. For more information [30 x 30 - WESTERN NEW YORK ENVIRONMENTAL ALLIANCE \(wnyea.org\)](#)

Mr. Burney is the longtime Advocacy Chair of the Western New York Environmental Alliance, the Executive Director of the Pollinator Conservation Association (www.pollinatorconservationassociation.org) and the President of Birds on the Niagara (see the excellent YouTube video). Read the excellent article written by the late Gerry Rising in Buffalo Spree (February 1, 2022) to learn about Jay's powerful connection and dedication to our area including Times Beach on the waterfront at "[Buffalo's Extraordinary Conservationist.](#)"

Education Program

May's program brings us Jessica Hilbert, who has a PhD. In Meteorology and will be talking about practical weather forecasting, including long-term (48-72 hours) forecasting for activity planning along with some simple realtime forecasting that an individual might do on the trail or in the backcountry. — **Jonathan Copal**

Conservation Corner

Join us! Make an impact, volunteer to improve our local environment.

Saturday, May 18th from 10am to noon. Join the biannual Tillman Road Wildlife Management clean-up where we have picked up over a ton of garbage over the past 20 years. Meet at the Shisler Road parking lot at 10am, trash bags will be provided. Bring your own work gloves. Bring a long handled reacher if you have one, using one helps to reduce back strain from bending over to pick up trash.

Recent Earth Day Events:



On a beautiful sunny day in early April, Lee Clukey, Pam and John Sander, Larry Moses and Lynn Kenney pitched in to help Dave O'Donnell, founder of the Eastern Monarch Butterfly Farm, build a pollinator garden at the Cayuga Overlook at the Iroquois National Wildlife Refuge. Armed with shovels and rakes, gravel was loaded into wheelbarrows and spread on the ground to construct paths. We hope to join Dave in the future to plant native flowers amongst the paths to welcome pollinators and for human visitors to enjoy.

Conservation Corner (cont'd)



Numerous ADK-NFC members and friends participated in the Buffalo Niagara Waterkeeper's Spring Sweep which is part of the annual Great Lakes CleanUP to pick up trash along local waterways. Members cleaned the shores along both ends of Unity Island, including Unity Island Park (Jonathan Coupal, Lynn Kenney, Emma Piascik, Marcus Russo, Ellen Gibson, Christina Cerruti, Sarah Metzger, Beth Gulakiw, Sandy Kelkenberg) and Freedom Park (Pam and John Sander). Trash was collected and

logged by the type of trash and if it could be identified with a company brand. Litter data will be used to address litter pollution in our waterways in the future. A member of the Seneca Nation encouraged us to think about the positive impact our actions have on the next seven generations. The Seneca's beliefs coincide with the Conservation philosophy of protecting our environment for our children and grandchildren.

Join us **Saturday, May 18th at 12:30pm** for the Conservation Committee meeting. It will held at Tillman Road Wildlife Management parking area on Shisler Road after the morning roadside clean up. Bring a bag lunch if you plan to join us for lunch at noon. Seating is limited, recommend you bring a lawn chair. All ADK members are welcome to attend to discuss conservation topics and plan upcoming events.

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

Advisory Council Report

Thanks to everyone that came to the Loj in March for our winter outing. I think everyone had a good time and we did a few good outings despite the lack of snow. Of course it snowed a lot after we were there! Next year we will do the weekend again and hopefully get the nice snow we had last year. I will get a notice out around November. The outing filled up quickly and we had about 20 people.

Due to problems in keeping chefs the Loj will not be providing dinners for the next few months. There will be food available from the Hungry Hiker which is a food stand at the Information Center near the Loj, and people staying at the Loj can get their breakfast and trail lunches as usual. The club staff has been working hard on getting more permanent kitchen staff, but getting employees in that area is challenging.

The club director, Michael Barrett, and assistant director Julia Goren, along with some other staff, have been successful in getting about a million dollars in funding for the Cascade center and staffing for the Center and the High Peaks Information Center. About half of the money came from this year's state budget. The mortgage for the Center will be reduced substantially and both locations will be fully staffed to provide information to hikers and others coming into the area. If you plan on driving down Route 73 to the east of Lake Placid stop by to see the center. They have a good gear exchange program there, and ADK publications and other merchandise is sold there.

Advisory Council Report (cont'd)

Our chapter always needs people to lead outings to the Adirondacks. Don't forget to check out becoming certified by the club to lead outings. The classes are great and you will meet lots of other people who like to hike up there too. Look at the club website for more information.

— **Kate Hacker, Advisory Council representative and Club Board Member**

2024 ADK-NFC Annual Picnic

The ADK-NFC annual picnic will be held on **Sunday, June 9, 2023, at Stroher's Lodge**, which is located on Cornwall Road, just off of Emery Road, South Wales, NY 14139. (Look for Stroher's Lodge sign). The map coordinates are: 42.713620, -78.591966.

Do you have a friend who may ADK-NFC? Welcoming a guest introduction to who we are, what Members who are inviting a please) are asked to notify our Schuster, at carolfschuster@gmail.com by June 2, 2023, so she can purchase enough food and supplies.



be interested in joining to the picnic is a great in- we do, and to our chapter. guest (\$5 cash donation hospitality chair, Carol

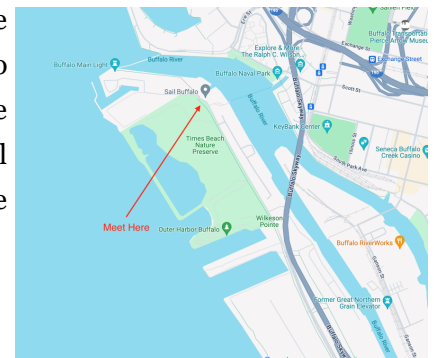
Please remember to bring your potluck dishes if you plan on sharing food. Also, members and guests are asked to bring their own table settings (plate, bowl, utensils, water bottles, BYO), so we can limit our garbage for the landfills.

Members ONLY Fantastic Door Prize – Patagonia large tote (retail value \$119)

Picnic Schedule:

9:00 am: Paddle the Buffalo River at Red Jacket Riverfront Park, with Bob and Patti Van Hise. Smith Street, Buffalo, 14210 www4@erie.gov Arrive early for a 9 AM start. Shoreline launch suitable for canoes & kayaks. Bring a drink & snack. Wearing a US Coast Guard approved PFD is required. Leaders Bob & Patti Van Hise Register adkpaddles.bvh@gmail.com

11:00 am Bike ride with Education chair Jonathan Coupal. This will be an out-and-back group ride at the Outer Harbor, meeting at the North end of the Times Beach Nature Preserve (see map). We'll take a quick ride to the Lighthouse and then head south to Ridge Road, then a return through Tiff Nature Reserve ending again at the lighthouse. The ride will be approximately 10 miles. Anyone attending will need to have a bicycle in good repair and a helmet that fits. The event will be canceled in the event of rain. Jonathan@copal.us



2024 ADK-NFC Annual Picnic (cont'd)

11:30 am 4-mile hike (approximately 2.5 hours) led by Chair Mike Radomski. Meet Mike at the top of the ski hill in the park. Dress for hills; bring water/snacks (<https://maps.app.goo.gl/QvXsywACrAzBS2nz5>).

12:30 pm Picnic Set-up; help is very much appreciated

1:00 pm: Nature Walk with Lynn and Doug Kenney (assemble at Stroher's Lodge)

3:00 pm: Let's Goat Buffalo! Meet and greet the endearing goats from this organizations farm sanctuary that are natural landscape clearers of unwanted vegetation that includes invasive plants (and they LOVE poison ivy)! See Let's Goat Buffalo (<https://www.letsgoatbuffalo.com/>)

4:30 pm: Dinner includes chapter provided grilled delicacies (hamburgers, Italian sausage, veggie burgers, hot dogs), cooked to perfection by Carol and Dave Schuster and helpers. If sharing food, bring your favorite sides (salads, desserts). Please BYO (bring your own beverages pop, beer)

5:45 pm: Chapter meeting, election of officers, and the presentation of the 2024 Conservationist of the Year Award.

Please continue to read the monthly and weekly newsletters for updated picnic information, including outings.

— Pam Sander/Sue Kolasz, Program Co-chairs

Trip Reports and Outings

Saturday, May 18, 2024; Rain date Sunday, May 19, 2024

Join us for the 30th Anniversary of the highway clean-up surrounding the Tillman Road Wildlife Management Area!

Make a difference! Join us for the Spring 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. Long handled reachers are helpful too. Clean-up takes about 2 hours.

Trivia Challenge

At what local area did the chapter help the DEC construct trails as part of a new DEC Adopt-A-Wetlands program?

A) Great Baehre Swamp (Amherst)

B) Tillman Road Wildlife Management Area (Clarence)

C) Hampton Brook Woods Wildlife Management Area (Hamburg)

Answer on page 11

Trip Reports and Outings (cont'd)

At **12:30 PM** Doug will lead a hike through the wild-life area. Many different types of birds call this area home. Bring a bag lunch to eat in between the clean-up and the hike or just come for the hike.

At **12:30 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 and concerns.

Please call **716-825-7329 (H)** to sign up for the hike in advance. Day of the hike contact Doug at **716-361-6172(C)**.

Thursday, May 16, 2024

Join Pam Sander on Thursday, May 16th at **10:30am** for an 18 mile total ride (10-12 mph level) that includes the UB bike path and road traffic. We'll meet at the parking lot at **1398 North Forest and Maple (next to Daffodils Restaurant) at 10:15 sharp**. Biker's need proper equipment (bike in good condition, SPARE TIRE TUBE, helmet, water) and know their endurance and ability. Approximately 9 miles to Mississippi Mudds from UB bike path. **12 BIKER LIMIT**

RSVP with telephone number to Pam @ **sanderpam-ela88@gmail.com**

Saturday, May 18, 2024

Mayor's Park to Goat Island (and back, total 36.5 miles). This is a round trip cycling event starting at Mayor's Park in North Tonawanda, following the Niagara River for a rest and lunch on Goat Island. See MeetUp for full details—<https://www.meetup.com/adk-nfc/events/299278950/>

ADK Fall Outing—October 25-27, 2024

The annual ADK Fall Outing will be held at the **Ashokan Center, Olivebridge, NY**. The Center (www.ashokan.org) is a camp/event space on a 385 acre preserve. It is located 20 minutes from the Kingston exit of the NYS Thruway and within 30 minutes from Catskills trailheads. On site events start Friday 5 pm but the site is available to us as of noon. Outings are planned for Friday afternoon to Sunday morning for hiking and other activities in the Catskills, Shawangunks, and other local sites. The site has trails so people arriving mid-afternoon can stretch their legs right there.

Friday evening we will have a meet-and-greet at 5 pm with musical entertainment. Dinner (6:30) pasta bar. Saturday evening we'll have happy hour at 5 pm, buffet dinner and after-dinner presentation, speaker to be announced.

On-site housing is in semi-private (4 person) or larger (24 person) bunk rooms. Camping (tent) is available on site. There are other accommodations within 15 min drive.

Estimated cost pp for the whole weekend and including 2 night stay, 2 dinners, 2 breakfasts and bag lunches for Saturday and Sunday will be about \$300. Meals will be optional.

We intend to have a webpage accessible from the club's website up mid May. Registration will be through a form accessed from this webpage. When the webpage is up, there will be an email blast to all club members. Sign-ups for outings will be handled through a separate sign-up sheet that will be available later. We hope that other chapters that frequently hike in the Catskills or other areas in the lower Hudson Valley will help with leading outings. **Patrick Van Roey, Albany Chair**

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**.

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](#)



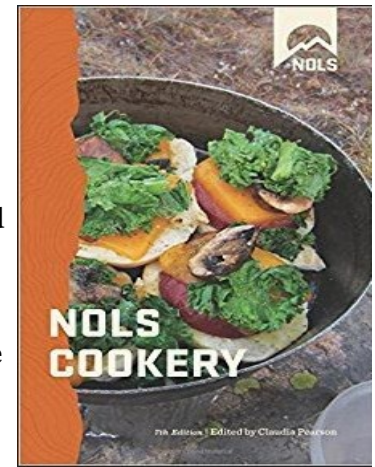
Library Corner

Review: “NOLS Cookery”

NOLS Cookery, Claudia Pearson (4th Edition)

Reviewed by Jonathan Coupal

With lighthearted illustrations by Mike Clelland, the NOLS Cookery book is an excellent guide to true backcountry cooking. This book is not directed to those on a shorter time frame who might consider more strict meal plans. Rather, a longer expedition (more than 10 days) begs an alternate approach to cooking in which variety is achieved by blending ingredients, spices, and time into a variety of tasty meals that would be just as excellent for front country cooks and boondockers as well. Broken down into three sections (planning, cooking, and recipes), this book takes the novice through the process of putting together a pantry and kitchen based on the travel being done, then proceeds into some of the skills necessary to successfully cook a meal. It finishes with a number of tasty, relatively easy meals, snacks, and even (!) breads and desserts. Available now in its 7th edition from Amazon <https://www.amazon.com/NOLS-Cookery-Library-Claudia-Pearson/dp/0811719812> or directly from NOLS <https://store.nols.edu/products/nols-cookery-7th-edition>. This book is an invaluable guide for those who want variety in their backcountry diet and have the time and carrying capacity to follow the NOLS way.



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

Our Executive Committee

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Conservation Chair

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Karen Coupal

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Emma Piascik



Eighteen Mile Creek Park –photo credit Peggy Naughton

Trivia Challenge Answer

Answer: B. Tillman Road Wildlife Management Area

Participation in the new DEC Adopt-A-Wetlands program was recommended by Conservation Committee member JoAnn Zurek & organized by Conservation Chair Sue Kalafut. During the 2 year obligation in 1992 & 1993, members joined the DEC for 4 work days to build and improve trails in the 239 acre wetlands area.