



Newsletter of the Adirondack Mountain Club – Niagara Frontier Chapter
MARCH 2018
www.adk-nfc.org



Next General Meeting – Tuesday, March 13, 2018 (Program starts at 6:30 p.m.)

Location: Fellowship Hall - Amherst Community Church
77 Washington Highway, Snyder, NY 14226

NOTE: Please park in rear and enter through back door (walk up to 2nd floor)

Program Schedule:

6:30 pm Education Workshop: Learning the hard way, or living to tell the tale



Admit it! When you get a new issue of Adirondack, the first place you turn is the accident report. Reading about unplanned nights out, hypothermia, lost hikers and dramatic rescues makes for good reading, but it also helps us plan to avoid winding up in the accident report ourselves.

Join us to share adventures and misadventures you've had, and most importantly what you learned and how it has helped you prepare better. Member Jerry Sultz will get us started. He is a former chapter chair, and an active member of the Niagara Frontier Search and Rescue Team. We will meet in the room adjacent to the main meeting room. Questions? Contact education chair Teresa Corrigan: Teresacorrigan85@gmail.com

7:30 pm Speaker: Terry Belke- Photojournalist
Producer of "2 The Outdoors" at WGRZ-TV

The Niagara Frontier Chapter is excited to welcome Terry Belke to our meeting on March 13. Terry is here to share his experiences in the outdoors that he has filmed while traveling throughout the Adirondacks, the Grand Canyon of Pennsylvania, and the Algonquin region of Canada. His goal is to inspire others to care for Mother Earth. Come check out not only photos but also videos of his travels and feel inspired for Spring.



Message from the Chair, Paul Gannon

There are moments of magic that live on in our memory, long after the actual event. We may replay them in our mind, whenever we want or need to. In my experience, they frequently involve an encounter with nature.

Recently, I enjoyed one such moment. I was visiting the Burchfield Center, in West Seneca, on a snowy February afternoon. As I walked further into the woods, I came closer to the junction of a side stream with Buffalo Creek. The running water masked the roar of traffic on nearby Union Road. A gentle snow was falling, and the soft flakes muffled all sound. As I turned to follow the side stream, I noticed a large, dark form emerging from the trees. I paused, and observed, not one, not two, but six deer slowly make their way single file across the path and into the woods on the other side, where they spread out and began grazing.

What made this moment more remarkable is that it took place, not in the deep woods of the Adirondacks, but in my own neighborhood. I am very fortunate that I live near a number of places that can provide such experiences. Some of them are not even official nature preserves. They are just little spots, in the woods or along creeks, which have escaped development. I have heard of such places being referred to as “vest pocket parks”. You may find them in every community.

I enjoy our club outings, where I spend the day exploring with my friends. However, sometimes a brief encounter with the natural world alone is just what I need. I can visit one of my favorite “vest pocket parks” for a short while, without any preparation or planning. Sometimes I take a short stroll in my street shoes. Other times I just sit in the sun, close my eyes, and listen to the running water or the rustle of the leaves. Once, during a quick stop at Mill Road Park, I watched as a red fox emerged from the woods to take a drink from the creek. Wonderful!

I encourage you to seek out the “vest pocket parks” in your own neighborhood. Visit them often. Spend just a few minutes at a time as often as you are able. It will make a real difference in your life.

Conservation Corner, Lynn Rehfeld-Kenney, Chair

The Conservation Committee meeting will be held at the Julia Boyer Reinstein Library at 1030 Losson Road in Cheektowaga on Tuesday, March 20th at 7:00 pm. Call the library at (716) 892-8089 for directions. The meeting will start promptly at 7:00 pm and end at 8:45 pm.

I hope you enjoy the following article written by Art Klein, he has served as a Niagara Frontier Chapter Chair and as Conservation Chair. It provides insight into the ADK-NFC involvement with the Niagara Gorge. In the future we look forward to participating with the WNY Land Conservancy on a work outing to remove invasive plants from the Niagara gorge.

ADK-NFC and the Niagara Gorge Project

At the January meeting, Dave Spiering from the Western New York Land Conservancy described the restoration of the Niagara Gorge. Few members know that the ADK-NFC has been highly involved with the restoration for over 3 decades. Many chapter members participated in gorge trail clean-ups during this time.

In the late 1980's, the ADK-NFC granted a small fund to a graduate botanist, Pat Eckels, to help her complete a study of the gorge flora. The Chapter was but one of many helping hands but to the joy of all, the study of gorge flora was well done and completed.

In 2007, Larry Beahan convinced me of the importance of the Niagara Power Authority License Renewal and its possible impacts to recreation and the trails along the river. During the meetings and public hearings, Pat Eckels's flora study and presence ensured that the gorge native flora was identified as a high priority in the restoration of the gorge. She is now a major consultant on the work underway.

I encourage ADK-NFC members to join the Gorge Renewal Project and to contact me or Larry Beahan for more information. A restored biome like the gorge is a significant gift to the future. Check out, Chapter Member and Nature Author, Gerry Rising's tribute to Pat at:

<http://www.acsu.buffalo.edu/~insrisg/nature/nw09/0301Eckel.htm>.

The Adirondack Park Agency released its proposal in February for the land classification for the Boreas Ponds Tract. It is similar to the proposal supported by ADK, The Nature Conservancy, and several other environmental groups. Follow the link <https://www.adk.org/adks-view-on-boreas-ponds-tract-proposal/> to the article written by ADK's executive director, Neil Woodworth, for further information.

The Outer Harbor Coalition, which has grown out of the WNY Environmental Alliance Group, is composed of many local environmental groups (including ADK-NFC) and WNY stake holders concerned about development in Buffalo's Outer Harbor. Larry Beahan is our ADK-NFC representative. Margaret Wooster recently submitted comments for the group on Buffalo's draft Local Waterfront Revitalization Plan to Albany. Overall the revitalization plan looks good but three areas of inconsistency with City policies were identified that need to be changed. The Buffalo Common Council is the lead agency to review proposed development projects, not the City Planning Board. Residential development is inconsistent with Buffalo's newly adopted Green Code. There has never been any residential land use and the Green Code states new land uses in any district of the City should be consistent with the character of that district. Developing housing would come at great expense to the tax payer to upgrade infrastructure. This area would be prone to flooding, high winds and toxic sediment from former industrialized land use. The city needs to update its flood hazard and subsoil information for this area in order to make sound decisions on land use. ---Art Klein

Outings

For an updated listing of outings, please see the event calendar posted on the website: adk-nfc.org/calendar

RECURRING EVENTS:

EVERY WEDNESDAY MORNING – SNOW SHOE/HIKE -

Audubon's Beaver Meadow, Welsh Rd. North Java. (C) Snowshoe rental \$5, assorted sizes available. Bring lunch. Carol Griffis - call or text (716)-652-2547 or email carolpgriffis@gmail.com.



EVERY WEDNESDAY EVENING - HIKE/SS/XC SKI – Reinstein Woods Nature Preserve, Cheektowaga – (C) Gus Phillips – Home: (716) 646-5034 - Cell: (716) 860-0421- Only call if you are concerned about the weather. Easy outing, come enjoy the moonlight, night sounds and get some exercise.

EVERY FRIDAY MORNING – SNOW SHOE/XC SKI - Knox Farm State Park - Rt 16/Seneca St., East Aurora. - (C) Carol Griffis - For time & directions, call/text (716)-652-2547 or email carolpgriffis@gmail.com I will lead this all snowy Friday mornings. Good for beginners, gentle inclines, some woods, some open fields. There's a new coffee/pastry shop in the former sheep shed, meet there.

MARCH OUTINGS:

3/3 - SAT – HIKE - The Laura Secord Legacy Trail part 3 - Niagara Region, Ontario (A). Ken Martin - (716) 997-7929 or kmartin977@gmail.com for trip starting time and spotting of cars. This is the 3rd of 3 hikes about 6.5 miles each, on the Legacy Trail. Laura Secord is a Canadian historical figure from the War of 1812. In 1813, Laura overheard plans for a surprise attack and struggled alone through miles of dense bush to warn the commander of the British outpost. Her actions turned the tide of the battle. Many schools and buildings in Ontario bear her name. We will retrace her footsteps 205 years later starting at the Laura Secord House in Queenstown and ending at the DeCew House near Thorold. This is a HISTORICAL hike through woods, fields, and towns. No need to have done #1 or #2 to complete this hike. More information can be found on the website here http://www.friendsoflaurasecord.com/LSLT_TURN-BY-TURN_2016.html

3/4 - SUN - ICE SKATE - North Buffalo Rink (C) - Paul Kochmanski kochmanski@ecc.edu or (716)-895-7712. Plan on joining us for non-weather-dependent exercise and fun! 7:00-9:00 pm; \$2 admission, \$2 skate rental available. See facility website for more info: <http://www.northbuffalorink.com/>

3/9 - 3/11 - FRI - SUN - WINTER WEEKEND - LOJ HEART LAKE - Lake Placid, NY - Trip is full. Contact Maryschraven1@gmail.com to be put on a wait list. See the website or December newsletter for more information about this trip.

3/10 – YOUNG MEMBERS EVENT (Ages 18-39-ish) SAT- XC SKI – Bond Lake – Deena Mueller-Funke - (815) 355-6768. Text for a start time. We'll ski the trails and then sled! Weather dependent.

3/17 - SAT - SS/HIKE - Zoar Valley North Rim (C) Richard and Mary Schraven - (716) 946-7489 or maryschraven1@gmail.com - Meet at the Park N Ride on 20A and 219 and car pool to Vale Road access. Hike or snow shoe to the rim of the gorge, then follow the gorge trail past the Knife Edge into a few ravines. Bring a sit-upon for a snack/lunch in the ravine near a small waterfall and stream. Hike for about 2 hours. Call for meet up time. Possible lunch in Springville afterwards.



3/18 - SUN - ICE SKATE - North Buffalo Rink (C) - Paul Kochmanski kochmanski@ecc.edu or (716)-895-7712. Plan on joining us for non-weather-dependent exercise and fun! 7:00-9:00 pm; \$2 admission, \$2 skate rental available. See facility website for more info: <http://www.northbuffalorink.com/>

3/24 - SAT - HIKE - Short Hills Provincial Park, Thorold Ontario - Ken Martin - (716) 997-7929 or kmartin977@gmail.com for time and parking. Moderate in length, but trail length can be added as desired. Explore this large park and its many trails. A favorite of Southern Ontario hikers—DeCree Falls and Grist Mill are close by along with wineries for after the hike.

3/31 – SAT – YOUNG MEMBERS EVENT (Ages 18-39-ish) – BIKE – Genesee Valley Greenway Trail Segment near Letchworth. Deena Mueller-Funke (815) 355-6768. Text to RSVP. We'll start near mile 34 in downtown Mount Morris and bike to mile 55 in Portageville. Depending on interest, we can shuttle cars or ride back through Letchworth State Park. The trail is a mix of cinder, grass, and gravel. Before heading back to Buffalo, we can hit Brian's USA Diner in Mount Morris. Trip cancels if wintery conditions.

PLAN AHEAD SECTION:

5/4-5/6 - 47th ANNUAL 46er OUTDOOR SKILLS WORKSHOP - LOJ, Lake Placid - This is a must for anyone interested in hiking in the High Peaks Area, or leading outings. Cost is \$30 and includes accommodations and meals Sat. breakfast through Sun. Lunch, free T-shirt and seminars all weekend. If you like camping, this is something you will want to do more than once! Go to www.adk46er.org.

5/11 - 5/13 - FRI THRU SUN - BACKPACK - West Canada Lakes Loop, Speculator, NY - (B) Aaron Slosman, email aslosman@gmail.com - 25 mile loop over rolling hills, limit of 9 people. We will be working map and compass for on and off trail navigation. Cool bushwack about a mile to French Louie's cave. The trip is from 11 am Friday in Speculator, NY where we drop a shot of whiskey on French Louie's grave to Sunday at 2 pm when we walk out. Plan on being back to Buffalo by 7 pm. Requires backpacking experience and ADK membership is mandatory.

May and June- If you like being outdoors, do a trail project with ADK. Trail maintenance is a great way to learn about the Adirondacks, hike, volunteer and make new friends. Our chapter sponsors a full day of work on the Klondike Trail over Memorial Weekend. Throughout spring, volunteer opportunities abound. Go to <https://www.adk.org/protect/volunteer/volunteer-on-the-trails/>

6/10 - 6/15 - FIRST ANNUAL ADK CYCLING OUTING - Potsdam - Stay at Clarkson University with multiple trips led each day. Go to <https://www.adk.org/play/cycling-information/adk-cycle-outing/>

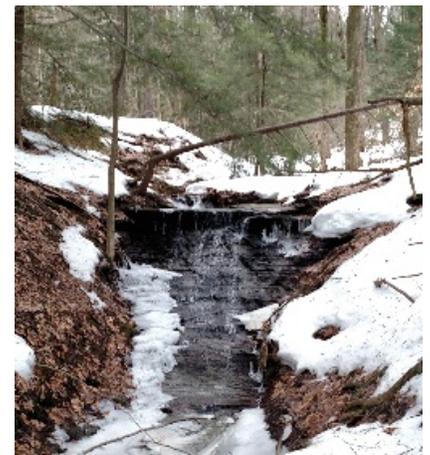
LOOK BACK SECTION: A look back at January & February!

Trip Reports - Check our website for trip reports!

1/19-1/21 –ADK TUG HILL WINTER OUTING. Situated about a half hour north of Syracuse, the Tug Hill area offers reliably abundant snow and a Winter Wonderland for adventurous ADK members to snowshoe and cross-country ski in wooded wilderness settings. The annual ADK Winter Outing is hosted by 3 ADK chapters who take 2-year turns organizing the fun weekend. This year the Black River ADK chapter hosted. There was a great selection of outings for all skill levels on both Saturday and Sunday at venues including Winona State Forest ski trails, Barnes Corners ski trails, and Whetstone Gulf State Park snowshoe trails. Following an invigorating day on the trails, participants relaxed at the Mad River Club with snacks, a delicious traditional turkey dinner, raffle prizes, and a bike trails presentation. Board games and socializing with cheerful ADK members from across the state filled in the remaining hours. This outing is a great escape, and a fun way to try new trails and meet friendly ADK folks from afar. --Submitted by Janet and David Kowalski



1/27/18 - FRANKLIN GULF HIKE. Five hardy hikers savored spring-like conditions in late January to explore the scenic ravines and enchanting waterfalls at Franklin Gulf County Park. Located near Eden, Franklin Gulf is one of WNY most notable gems, and offers a refreshing wilderness experience for every season. Hiking poles are always recommended for the ups and downs here, and though planned as a snowshoe hike, microspikes were ideal for the icy patches and atypical weather we experienced. Old growth trees are a special treat in this unlogged area that was previously owned by John D. Larkin, founder of the Larkin Soap Company in Buffalo. The remains of the Larkin cabin foundation



provided a fun point of interest along the gorge rim trail. This park has a network of several frequently-used, color-coded trails, and is a year-round joy. Look forward to snowshoeing here when winter returns, followed by hiking among beautiful wildflowers in the spring. — Submitted by Janet and David Kowalski

2/3/18 - LAURA SECORD TRAIL PART 1. After spotting cars, six well-outfitted hikers began a 6.8-mile trek at the Laura Secord Homestead in Queenston, ON. We enjoyed sunny winter conditions with fresh powder and a delightful variety of sights and terrains along the way. There were a few ups and downs, and altogether we experienced ~680 feet of elevation gain. We wore micro-spikes for most of the hike. Last Fall, we encountered a lovely young woman on the Bruce Trail who was a descendant of Laura Secord and was inspired to retrace her steps. The trail is well-maintained, with sturdy bridges over scenic creeks and even the QEW, and plenty of markers pointing the way. In Ontario it is not uncommon to encounter an artistic Inuksuk, an indigenous cairn often displayed on country roads and in private landscapes. Also common along the Bruce Trail are the endearing Ladder Stiles, short v-shaped ladders to climb over at property borders. Near the end of our journey, we sighted a few robins and a flock of Eastern Bluebirds.



2/10/18 – GRAND ISLAND. Tom Burkman again opened up his lovely home and 13 acres of wooded property on Grand Island to 5 happy hikers. Tom and Janet Kowalski made a wholesome and delicious breakfast while the snow continued to gently fall. We broke a snow shoe trail across Gun Creek, and through the woods, listening to the chatter and calls of various birds and marveling at the beauty of the woods shrouded in white. With a leisurely pace of about 1 mile an hour (the snow was deep, and the topics of discussion were many!), we hiked about 2 hours and burned 312 calories for our effort. Thank you, Tom! Your hospitality will be long remembered! --Submitted by Mary Schraven



2/18/18 – LETCHWORTH STATE PARK. For the sixth year in a row, Carolyn and Tim Kerr have rented the Chalet and then invited ADK and Buffalo Nordic friends to Letchworth for the day. Even though there wasn't enough snow to ski, the new powder made the Cathedral Trail absolutely gorgeous with many running creeks, herds of traveling deer and 12 happy hikers. Given the thick ice on the trail, many were happy to have micro-spikes and Yak Traks. After the hike, many stayed in the beautiful, historic chalet and enjoyed a potluck lunch together. Thank you to Carolyn and Tim for sharing this very special place with us!

A LOOK BACK AT LAKE ERIE ICE VOLCANOES WITH DAVE MCQUAY

The Niagara Frontier Chapter was treated to a beautiful photographic expedition of wintery Lake Erie on February 13. Dave presentation with an the amazing process of the shoreline. Dave collection of sunsets on group was transported show. Not only was shown to us, but Dave benefits ice formation great lakes. The harvested on Canadian to reduce wave action eggs from being spawning in December. term benefit of ice the winter and keeping the overall temps cooler for the summer months to reduce algae bloom. Amazing how nature is a never-ending cycle!



Mcquay began his excellent explanation of ice volcano formation on ended with an amazing the lake. It felt like our to Antarctica during his the beauty of Lake Erie explained some of the has to the ecology of the whitefish that is still side actually needs the ice which in turn protect their washed away during Let's not forget the long-reflecting the sun during

Training Opportunities

Take advantage of the subsidies and scholarships available through your membership in ADK. View future course offerings/trainings at <https://www.adk.org/discover/> or in the Adirondac Magazine. There are 5 different scholarship opportunities for high school aged students and 1 opportunity for College-aged members. Print scholarship applications from <https://www.adk.org/discover/scholarships/>

Plus your local ADK-NFC has scholarship money available for members of any age to participate in training programs as a benefit of local chapter membership. New guidelines are being developed to better serve our member's needs.

Executive Committee Members

CHAIR – Paul Gannon paulmgannon54@gmail.com (716) 395-5739

1ST VICE CHAIR/OUTINGS - Mary Schraven maryschraven1@gmail.com 91 N. Parrish Dr., Amherst, NY 14228 (716) 946-7489,

2ND VICE CHAIR/CONSERVATION - Lynn Rehfeld-Kenney woodthrush3@hotmail.com 21 Hillside Ave., Buffalo, NY 14210 (716) 825-7329,

3RD VICE CHAIR/PROGRAMS - Dana Jandzinski hikbike30@yahoo.com

EDUCATION CHAIR- Teresa Corrigan teresacorrigan85@gmail.com 207 Woodward Ave., Buffalo, NY 14214-

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YOUNG MEMBERS COORDINATOR – Deena Mueller-Funke deena.mueller1@gmail.com (815) 3535-6768

ARCHIVIST/HISTORIAN - Lynn Rehfeld-Kenney woodthrush3@hotmail.com (716) 825-7329

Outings Co-Chairs:

DAY HIKES (Apr - Nov) New co-chair needed! (contact the Chair)

WATERWAYS - Richard Schraven richardschraven1@gmail.com 91 N. Parrish Dr. Amherst, NY 14228 (716) 564-2106

BIKING - Paul Kochmanski kochmanski@ecc.edu (716) 895-7712

BACKPACKING – Teresa and Peter Corrigan hikepmc@roadrunner.com; teresacorrigan85@gmail.com 207 Woodward Ave., Buffalo, NY 14214-2313 (716) 835-1905
