



Newsletter of the Adirondack Mountain Club–Niagara Frontier Chapter | www.adk-nfc.com



Annual Chapter Picnic & Meeting

Saturday, June 9th at the Commissioner's Cabin in Chestnut Ridge Park | Orchard Park

Join your ADK friends for this NOT TO MISS annual event. Great for the whole family, new members and friends interested in ADK.

Outings • Wildlife Presentation • Sustainable Practices in your Backyard Presentation • Great Foods • Potluck Dishes • Elections of New Officers • Conservation of the Year Award • Frisbee Golf • Bean Bag Toss • Rain Barrel and Compostor Raffle

Location:

Commissioner's Cabin, Chestnut Ridge County Park. Drive past the sledding hill and casino. Continue on main road. Look for sign for Commissioner's Cabin on left, turn, going through a gate. For a map of the park, please visit: http://www2.erie.gov/parks/sites/www2.erie.gov/parks/files/uploads/Chestnut%20Ridge_General%20Map.jpg

Set-up starts at 2:00pm:

Helpers needed to set out snacks, cover tables, make coffee, sign-in guests, organize pot-luck dishes, unload beverages and grill items. Please contact Dana to let her know you are coming to help. HIKENBIKE30@YAHOO.COM or 716-704-5597

Picnic Outings & Schedule:

8:30AM - 1:30PM - BEGINNING KAYAK PADDLING AND ASSISTED RESCUE TECHNIQUES

Pre-registration required. Beaver Island State Park. Jeff and Laura Liebel. Contact MarySchraven1@gmail.com to register.

11:00AM - PADDLE - BUFFALO RIVER PADDLE FROM HARLEM RD.

(C) richardschraven1@gmail.com (716) 564-2106.

We will meet at the Harlem Rd. put-in at 11am, paddle for a couple of hours and then go to the ADK-NFC Annual Meeting and Picnic at the Commissioner's Cabin in Chestnut Ridge Park.

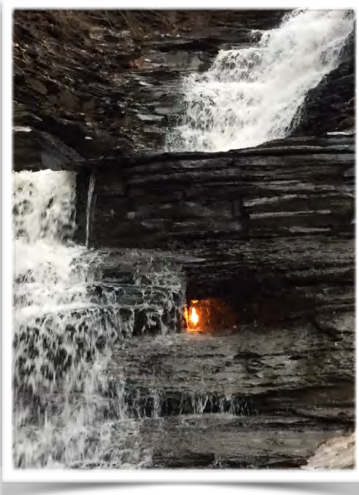
Dress for the weather, bring sun protection, water and extra clothing in a dry-bag. **A proper fitting PFD is required and must be worn at all times when on the water. Contact the leader at the above e-mail or phone for further information and to notify of your participation.**

1:00PM - BIKE - COUNTRY ROADS NEAR CHESTNUT RIDGE

(B) This will be a moderate bike ride on country roads with some hills. We will start from the Commissioners Cabin then cross to the other side of the park and exit on Newton Road, to Abbott, the old 219 then back to Newton Road (about 17 miles). Paul Kochmanski - Kochmanski@ecc.edu - or 895-7712 (H)

10:00AM -12:30PM - HIKE - CHESTNUT RIDGE PARK, SHALE CREEK SECTION

Kim Newland 799-7616 kathrynkim1027@gmail.com
(B) - moderately difficult- Meet at 12:00 at Eternal



Eternal Flame

Flame parking lot - Chestnut Ridge Road , Orchard Park. We will explore the Shale Creek Park section of Chestnut Ridge, including a visit to the famous Eternal Flame Falls. If weather permits, we will primarily walk the shale creek beds to explore other waterfalls, interspersed with hiking the beautiful trails that follow the ravines. This hike includes several

hilly sections with creek conditions that can be wet or muddy. Please wear proper footwear for these conditions. We will finish in time to attend the ADK annual picnic.

1:30PM – HIKE- CHESTNUT RIDGE NATURE HIKE

(C) Lynn and Doug Kenney (meet at the Casino) This will be a leisurely walk inside the park with frequent stops to look at wildflowers and trees. We will try to identify as many as possible and will explain the different format between the Peterson and Newcomb’s Wildflower Field Guides. We invite you to bring your field guides to assist us. Birders are also welcome to help identify birds. The hike will last about 1.5 hours.

3:00PM WILDLIFE REHABILITATION DEMONSTRATION



Our annual picnic presentation this year will feature a visit from Buffalo Animal Adventures with a program entitled “In your own Backyard” will begin

and will feature animals native to WNY which include: the red fox, ground hog, snapping turtles, rat snake and salamanders to name a few of the guests. This program is unique and interactive way to introduce us to the various species of our region. The biodiversity of animals in our region and how they all fit into our ecosystem will be discussed.

4:00PM SUSTAINABLE PRACTICES IN YOUR BACKYARD AND HOME WITH LYN CHIMERA

Lyn received her Master Gardener certification from Cornell and began a garden consulting business, Lessons from Nature. Lessons from Nature provides on-site garden consulting, site assessment and gardening classes as well as selling organically grown perennials and native plants. She makes house calls to help solve your garden problems. Lyn is also an active volunteer for the Master Gardeners, teaching and manning the hot line phones. She has self-published a book, 5 Keys to Better Gardening, writes a monthly gardening column for After 50 Magazine and contributes Garden Tips to Upstate Gardeners Journal as well as articles for The Master Gardener Newsletter and Figure 8, the Federated Garden Clubs publication.

5:30PM - POTLUCK DINNER AND GRILLED FOODS

Bring your favorite salad, dessert or appetizer to share. Your club provides grilled hamburgers, hotdogs, sausage and veggie burgers along with rolls and condiments, soft drinks, water, coffee and tea. A limited amount of paper products will also be available, but to help reduce waste, please bring your own place setting. You may also want to bring a folding chair and your favorite yard game.

6:30PM - MEETING AND ELECTIONS

Two unopposed elections:

- Program Chair- Maureen Rowley
- Conservation Chair- Bob Van Hise

Presentation of “Conservationists of the Year” Award, Rain barrel and Composter raffle.

Outings

May Outings

5/26 - SAT - HIKE - LOCATION - TONAWANDA WILDLIFE MANAGEMENT AREA

C) **John Sander**: ph: 716-832-4285, cell: 445-3879, email: bifrost3@roadrunner.com

The hike will be primarily along the west sides of West Ruddy Marsh and West Wood Marsh. This is a simple linear hike of about 3 to 5 miles along flat ground. The hike will begin at 10:30 am. Depending on what we see and the amount of time people spend taking photos, I expect the hike to last about 3 hours. We will stop at the Iroquois National Wildlife Refuge headquarters along the way to use the restrooms. After the hike we could stop at Alabama Hotel or Log Cabin Restaurant for lunch/libations. The views here are beautiful, as the trek is along the west side of two narrow marshes, affording a view across the water and into the riparian vegetation along the east side of the marshes.

June Outings

6/5 - TUE - PADDLE - AMHERST VETERANS PARK

(C) RichardSchraven1@gmail.com 716-564-2106 - roller launch - Flat water, 5:45pm meet up and ready to launch at 6:00. About 2 hours. Out and back. Call for questions, weather concerns and to RSVP with leader. PFD and whistle must be worn at all times while on the water.

6/8 - 6/10 - FRI - SUN - BACKPACK - PHARAOH MOUNTAIN LOOP, TICONDEROGA, NY

(B) Aaron Slosman, email aslosman@gmail.com - 20 mile loop over rolling hills, limit of 9 people. We will be working map and compass for on trail navigation. We will carpool from Buffalo leaving at 5:30 am on Friday morning with the goal of being at the trail head by noon to Sunday at 2 pm when we walk out. Plan on being back to Buffalo by 7 pm. Requires some backpacking experience. ADK membership is mandatory.

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/>

6/12 - TUE - PADDLE - GRAND ISLAND

Tom Burkman - 228-9493 - Burkman@buffalo.edu - Meet at 5:45 for a 6pm launch. Call or email for exact put-in and course of paddle.

6/16 - BIKE - FRONT PARK TO BOTANICAL GARDENS

(C) Schraven 716-946-7489, 564-2106 MarySchraven1@gmail.com - Meet at 10am, about 2 hours of riding/20 miles round trip, mostly bike trails along the Inner and Outer Harbor, will include the elevated overlook near the Peace Bridge and Bike Ferry (\$1 each way) If the group desires, we can tour the Botanical Gardens (\$11) and/or eat our bagged lunch there or on the waterfront. Optional stop at Charlie's Boat Yard, or for ice cream at the Inner Harbor. Call for the exact meet up place.

6/23 - SAT - PADDLE TRAINING - BEAVER ISLAND STATE PARK

Tandem Canoe paddling and rescue training - Laura and Jeff Leibel ACA Certified trainers - \$75 per couple, Bring your own canoe, PFD's, paddles, lunch, drinks, change of clothes.... expect to get wet. Paddling strokes and assisted rescues. Beaver Island State Park, Lagoon area. To register, Send non-refundable tuition of \$75 to Mary Schraven, 91 N. Parrish Drive, Amherst, NY 14228 - MarySchraven1@gmail.com for more info. or 716-946-7489.

Visit the Liebel's website at <http://wekanu.com/>

6/23 - HIKE - N. BUFFALO RAILS TO TRAILS/ TONAWANDA RAILS TO TRAILS

(B) for length- 5 - 11 miles depending on the group - Start hike at the NFTA Park and Ride LasSalle Station, meet at the far end of the parking area, by the Childcare Center. Contact trip leader for start time: Leslie Salathe 716-560-1311 or lesliesalathe@live.com

6/30 – SAT – HIKE - DARIEN LAKE STATE PARK

(B) Janet and David Kowalski, janetk300@gmail.com, 839-3114 - This family-friendly gem far away from the amusement park offers a delightful variety of scenery, including a picturesque waterfall, babbling brook with stepping stones, boardwalk, a rim trail, and an old apple orchard. We will hike about 4 miles on wooded trails. Meet at 10 AM at the Rt 20 trailhead between Harlow and Alleghany Rds.

Directions: Take 90 to exit 48A/Pembroke, and turn RIGHT onto NY-77 S/Alleghany Rd. Proceed 7.2 miles and turn RIGHT onto US-20W. Drive about 1.7 miles and the Trailhead Parking Area will be on the RIGHT. Wear sturdy shoes, dress for the weather, and bring water and a snack.

Save the Date: Future Outings

8/17-8/19 ADK YOUNG MEMBERS (AGES ~21-39) WEEKEND AT JOHNS BROOK LODGE



Johns Brook Lodge

Johns Brook Lodge has been reserved for young members ages 21-39 to come together and explore the High Peaks Region. Enjoy the comforts of the backcountry lodge and delicious food, make new friends, and get some hiking in! We'll go over our personal goals and interests and split into smaller groups for Saturday's high peak hike, with flexibility to make this weekend as adventurous as you'd like! This social and recreational program includes two nights lodging and six meals, prepared by the amazing JBL

staff. **Cost:** \$165; includes meals, and lodging for 2 nights. Register here: <https://www.adk.org/teen-and-young-adult-programs/>

The ADK-NFC chapter has scholarships for the first six young members from our club who sign up. After completion of the program, you will be reimbursed \$80. If you have questions about the weekend, contact Deena Mueller-Funke (deena.mueller1@gmail.com)

9/21 - 9/23 - GREAT CAMP SAGAMORE - RAQUETTE LAKE



Great Camp Sagamore

JoAnn Zurek
716-957-0127 - Step back in time at Great Camp Sagamore near Raquette Lake, NY in the Adirondacks on a joint trip with Bell Ski Club. The price is \$398.pp for adults, for a two-night stay (add \$135 for a 3 night stay). The

accommodations are simple, but comfortable, in a shared room, shared bath. Cost includes use of the canoes & kayaks on Sagamore Lake, swimming, easy hiking on camp trails, tickets for the historic camp tour, Friday dinner, Saturday breakfast, a bag lunch, Saturday dinner, a campfire, stargazing, optional other activities and Sunday breakfast. **After 5/16, please call Sagamore at 315-354-5311 x 1021 Registrar-attn. Marie- & leave your name, number, & e-mail.** Please notify me after you register or leave a message at 716-957-0127 if you have any questions.

10/26-10/28 – ADK FALL OUTING AND PRESIDENT’S BANQUET – WATKIN’S GLEN - SENECA LODGE

Your Chapter, ADK-NFC is co-sponsoring this weekend event. We will be looking for outing leaders, volunteers to help with registration.... Stay tuned for Registration information.

Outings Ratings: (A): strenuous, for the duration and level of fitness and skills needed (B): moderate difficulty (C): easy, good for beginners, shorter length For an updated listing of outings, please see the event calendar posted on the website: adk-nfc.org/calendar

Message from the Chair

It was one year ago, at our annual picnic, that you elected me as the chair of our chapter. What a great year this has been! Our chapter continues to do well, thanks to the efforts of so many. At our monthly meetings, we present interesting and varied education sessions, followed by some wonderful programs. Our trip leaders have offered a terrific outings schedule. We just completed our T-shirt sale. Our conservation committee is planning to collaborate with the Sierra Club Niagara Group on environmental advocacy efforts. Almost half of the students in the upcoming wilderness first aid course are chapter members.

Now, the warm summer months are upon us. I hope you all take advantage of the opportunity to enjoy the outdoors in your favorite ways. We may be taking a break from our meetings. However, our outings schedule is as busy as ever.

I will not be at our picnic. Instead I will be on another ADK Adventure Travel trip, rafting on the San Juan River in Utah. I encourage all our members to consider attending one of these trips. The schedule is in every edition of Adirondack, as well as on the main club website.

I look forward to our annual ice cream social and photo show in September, so I can see what everyone has been up to. Have a great summer!

- Paul M. Gannon

Waterways Committee Report

Waterways Committee Report May 3, 2018:

Present: John Baker, Roy Svensson, Jeff Kramer, Phil Nesmith, Richard Collins, Bob Van Hise, Mary Schraven & Richard Schraven

We had a very enthusiastic group at our initial meeting to plan the events in our coming paddle season. The first topic was the mid-week evening paddles. We want to provide an opportunity for people to come out during the week for a flat-water paddle. They will start every Tuesday at 5:45 pm and launch at 6:00 pm. The first date is Tuesday, May 22nd launching from Veterans' Canal Park on Tonawanda Creek (see outings section for details on this and other paddling outings). This outing will be led by RichardSchraven1@gmail.com (564-2106) and MarySchraven1@gmail.com (946-7489). These paddles will continue through the Summer with the venue determined by the person who steps forward to lead it. Mary or I can be contacted through e-mail or phone to find out where the weekly Tuesday evening paddle will be done. Some suggested places are: Beaver Island State Park, Bond Lake (Niagara County), Buckhorn Island State Park (Woods Creek on Grand Island), Buffalo Creek from Harlem Rd., Buffalo River from put-ins near Canalside, Cazenovia Creek (East Aurora), Ellicott Creek, Niagara River and Tonawanda Creek (several different put-ins). We are continuing to fill in the weekend dates for the season with day paddles and paddle camping trips.

Please contact me to help you plan and write up a trip you can lead for the chapter. I am available to co-lead if you need the support. Go to this website for ideas on where to put in: <https://www.google.com/maps/d/viewer?mid=1Rn9 JsxcWZ7CclBEoJtecGpWG-o&ll=43.000041459797785%2C-78.86846922167967&z=11>

-Richard Schraven

Look Back–Outings

Bruce Trail Hike - Iroquois Section, part 2 - 4/29



Felker's Falls

Seven adventurous hikers led by Ken Martin continued their journey in the Bruce Trail Iroquois Section on a beautiful wooded footpath from Grimsby to Hamilton Ontario. Our veteran group was unfazed by the wet conditions. We marveled at the astonishing display of

scores of earthworms wriggling on a soaking wet part of the trail! Yellow-green mosses decorated sections along the trail (photo). Elsewhere, leaves of numerous early Spring wildflowers were bursting through the soil on our 20 km/12 mile journey along the Niagara Escarpment.

Spring rain created many waterfalls on the escarpment and enhanced existing ones, including the spectacular Felkers Falls (photo), which is 20 feet wide and drops over 70 feet from the top into a pool below.

Near the end of our journey, we encountered an irresistible bench with an accompanying sign – “Rest, Look and Listen” – a much-appreciated reminder from the Bruce Trail Conservancy to take those extra moments to savor the natural beauty when hiking in beautiful places.



Signs of Spring: Mosses along Bruce Trail

-David and Janet Kowalski

Waterfalls and Wildflowers at Emery Park – 5/5/18

Eight cheerful hikers enjoyed warm, sunny weather for a 4-mile hike in Emery Park, a WNY gem known for its natural beauty and solitude.

We hiked along ravines on paths selected to see 5 picturesque waterfalls located throughout the park. We also spotted delightful wildflowers including bloodroot, cut-leaved toothwort, white and red trillium, trout lily, and spring beauty. Spring has finally sprung in WNY!



Emery Park Outing Group Photo

Emery Park was once a vibrant homestead established by Josiah Emery in the early 1800's, and included an outdoor amphitheater, Emery Inn, gardens, gazebos, a stocked pond, and stone bridges. Remnants of that era remain, including a stone sculpture in the now-dry sunken pond area. One person in our group used to be a waitress at the historic Inn! The Inn is gone, but nowadays this Erie County Park is a multi-use facility, offering hiking trails, a free downhill ski hill with a T-bar lift, a frisbee golf course, picnic shelters, and baseball diamonds.



Welcome Wildflowers at Emery Park

– David and Janet Kowalski

Look Back– May Meeting

Heidi Gee, CNLP and Horticulturist, “The Importance of Native Plant Biodiversity in the Home Landscape”

The Niagara Frontier Chapter was treated to a inspiring talk by Heidi Gee, Horticulturist and Certified Nursery and Landscape Professional on May 8, 2018. She brought her enthusiasm and energy and showed us the wide variety of native plants. A variety of native plants can provide vital habitats for insects and butterflies needed to pollinate a healthy range of plant life in an area. Heidi stressed the importance of tree diversity over what is popular, and effectively demonstrated this with the many examples with side by side pictures of the varieties that exist. Who wouldn't love the fact that Heidi theme is change starts with oneself. She champions that idea even at work, encouraging customers to make smart choices for their home environment. **-Dana Jandzinski**

Executive Committee Members

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Outings Co-Chairs:

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

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