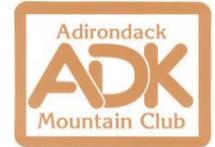




Newsletter of the Adirondack Mountain Club – Niagara Frontier Chapter
JULY 2019

www.adk-nfc.org



Next General Meeting – Thursday September 10, 2019

ANNOUNCEMENTS

• **2019 ADK- NFC Election Results**

Victoria Rowley was elected as outings chair to serve from Fall 2019-Fall 2021. **Paul Gannon** was elected to a second term as chapter chair. **Rob Laing** was elected to a third term as director. **Kate Hacker** and **Cheryl Peluso** were elected to third terms as alternate directors.

The Chapter By-Laws were amended. The new language will be posted on the website.

• **EXTRA EXTRA!! Newsletter Editor Found!!!!**



Mary Kathryn Noack has graciously agreed to serve as the new newsletter editor for the Niagara Explorer. Mary comes to us with leadership experience on the board of our Niagara Frontier Chapter and a wealth of web design and marketing know-how. She will surely spruce up future editions of the Niagara Explorer. Please join me in thanking Mary for her willingness to serve our chapter. Mary is also an avid hiker who is working her way through the 46ers and the Finger Lakes Trail. Email her your submissions at marynoac@buffalo.edu

• **Northtowns Gain a Go-to Gear Store**

After the much anticipated wait, **Gear for Adventure** opened their second location in Amherst, NY with a fabulous grand opening extravaganza on June 15.

Representatives of our club were there! Northtowners no longer need to make the pilgrimage South for all their gear needs as the North store offers the same knowledgeable service and brands as their brick and mortar location in Hamburg. Rentals will also be available - tents, backpacks, bear canisters, kayaks, as well as snowshoes and cross country skis. The North store is located at 3906 Maple Rd., near Niagara Falls Blvd., in Amherst.



Message from the Chair, Paul Gannon

Well, we certainly had beautiful weather for our picnic at Chestnut Ridge. During our annual business meeting, I was re-elected for another two-year term as your chapter chair. I thank everyone for their support and will try my best to live up to your expectations.

Rob Laing, Cheryl Peluso, and Kate Hacker will continue in their roles as Director and alternates, respectively.

Mary Schraven has completed two terms as First vice-chair/outings, and must step down. We thank Mary for all her hard work on our behalf and look forward to benefiting from her commitment to our club and chapter in other ways in the future.

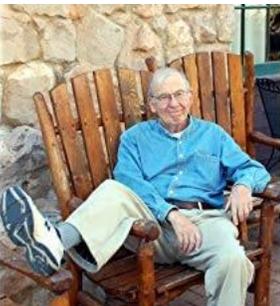
Victoria Rowley was elected to succeed Mary, and we all welcome her as our new First vice-chair/outings.

The chapter presented Larry Beahan with our annual Volunteer of the year award. Everyone who knows Larry would agree that it was well deserved.

At this time, I would like to also acknowledge all of the unsung individuals who help make our chapter so successful. So, here's to all the people who participate in our activities, set up and clean up at meetings, present a positive image of ADK in the community, and help to spread the word about our organization.

I hope everyone enjoys a wonderful summer full of adventure. I look forward to our annual ice cream social and slide show in September. Until then, keep on trekking.

Volunteer of the Year!



At our annual picnic on June 9, we presented Larry Beahan, “the Spirit and Voice of ADK and Niagara Frontier Conservation”, with the Volunteer of the Year award in honor of his many years of service as secretary of the Executive Committee and member of the Conservation Committee. He was our chapter representative for the statewide Conservation Committee for a number of years. In 2007, he was presented with the ADK-NFC Conservationist of the Year award for his life-long commitment to preserving and protecting urban green space, wild forest and waterways.

Larry has also been active in the WNY Environmental Alliance, Sierra Club, and Niagara Relicensing Environmental Coalition standing committee of the Greenway Commission. He was active in preserving the Great Baehre Swamp Wildlife Management Area in the Town of Amherst. Larry has a great love and commitment to Allegany State Park. He is a member of the Allegany State Park Historical Society. He advocated against the state park master plans in the 1980's and the 1990's that would have permitted extensive logging to be done. Instead, in 2010, a master plan was adopted that provided protection to the old growth areas and allowed for natural forest succession.

He is a prolific writer with a great command of the English language. He has authored many books and is a frequent contributor to the Buffalo News editorial page. His writings will leave a legacy of knowledge to future generations. He also has a great sense of humor, and is very down to earth and easy to talk to. He is very involved with his family and has been married to his wife Lynn for many years. He is a true lover of the Adirondacks and its history and has spent his life hiking and enjoying nature. His leadership, passion, and shared wisdom will have an immeasurable impact for years to come.

In keeping with Larry's values regarding conservation, instead of buying him a physical gift, or another plaque, a \$100 donation in his name has been made to the ADK Conservation and Advocacy Campaign in the Adirondacks. On behalf of the Executive Committee and the general membership, we offer our heartfelt gratitude to Larry for his many years of service, and for the stellar example that he sets for the rest of us.

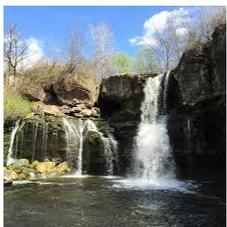
Outings

- **RECURRENT EVENTS**

7/3, 7/10, 7/17, 7/24, 7/31 (Every **WED.** in July) - **HIKE** – 6PM – *Chestnut Ridge Park* (B) – Cheryl Peluso
Meet in the Eternal Flame parking lot on route 277 (aka corral parking lot). We will hike approx. 3.5 miles at a moderate pace on a mixture of marked and unmarked trails. Email or call if you plan on being there. (716) 997-2349 or (Cherylp17@verizon.net).

- **LATE JUNE, JULY and EARLY AUGUST OUTINGS**

6/29 - SAT - PADDLE - YOUNG MEMBERS' EVENT - *18 Mile Creek outlet into Lake Erie* - Deena Mueller-Funke (deena.mueller1@gmail.com). We'll put in off the boat launch from Old Lake Shore Road and paddle a short distance into the lake. We'll stop at the sand bar to have snacks and soak up some sun. RSVP for details and start time.



6/30 - SUN - BIKE - 10 am - ~2.5 hrs - Pace = 10-12mph - *Clarence Meadowlakes Park to Akron Falls Park* - (B) - Mike Lex (716) 430-8986 or (mblex@roadrunner.com). It will be a nice ride along bike paths in Clarence, Newstead & Akron. Helmets are required. Call for start location & further info.

7/4 – THUR - PADDLE – *Lower Niagara River from Lewiston to Youngstown* (B) - Bob VanHise – (716) 628-0355 or (adkpaddles.bvh@gmail.com). We will launch early so you can be home in time for your picnic! Be at the Lewiston launch ramps (end of Center St. by The Silo Restaurant) by 9:00 to drop off your boat. There is a fee to launch a kayak or canoe (\$4 the last time I checked). We will then drive to Youngstown to drop off most of the cars and come back to launch. After a leisurely downstream paddle, anyone who's interested can drive back to Lewiston for lunch at The Silo Restaurant. A PFD and whistle are required and must be worn at all times while on the water. Approx. 2 hour paddle.

7/4 - THUR - BIKE – *North Buffalo to Tonawanda* (C) 13 or 20 miles. Paul Kochmanski (716) 895-7712 or (kochmanski@ecc.edu) We'll start (at a mutually agreeable time) at the NFTA Metro Park-n-Ride at the LaSalle Station (behind Aldi's), ride out 6.5 miles to Mississippi Mudd's in Tonawanda along the Rail-to-Trail. Return route either back the same way for 13 miles, or along the Riverwalk and Scajaquada Bikepaths to Delaware park for a total of 20 miles. Pace and length based on group consensus. Optional eats/drinks/ice cream afterwards in the Hertel Ave. or University Heights area. Call or email by 12:00 noon day of if coming.

7/10 - WED - PADDLE - *Location To be Announced* (C)- Roy Svensson (716) 692-4898 or (roy_svensson@hotmail.com) - Launch at 6:00-8:00. PDFs and a whistle must be worn at all times while in the water. Contact leader for location.

7/13 - SAT - BIKE - *Ride around Grand Island* - (B) Meet at Tom Burkman's house, 800 Kirkwood Drive, Grand Island 14072. RSVP to Tom to register (716) 228-9493 or (burkman@buffalo.edu) - Come at 8:30 a.m. for breakfast or 9:15 for departure. Easy pedal around the island, nearly all on pavement, 25 miles. Partly on new West River Trail. Bring helmet, water, sunscreen. We'll stop for a snack before noon and finish by 1:00.

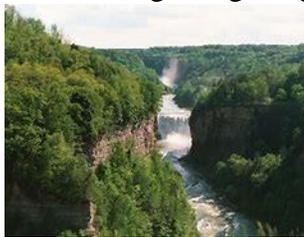


7/16 - TUES - PADDLE - *Buffalo River from Mutual Riverfront Park, Base of Hamburg Street* (C) Schravens - (716) 946-7489 or (maryschraven1@gmail.com) - Good for beginners. Meet at 5:45 for a 6:00 launch -dusk. Call by Monday night to RSVP and to confirm location/weather. PFDs and whistle are mandatory and must be worn while on the river.

7/18 - THURS - BIKE – *North Buffalo to Tonawanda* (C) 13 or 20 miles. Paul Kochmanski (716) 895-7712 or (kochmanski@ecc.edu) We'll start (at a mutually agreeable time) at the NFTA Metro Park-n-Ride at the LaSalle Station (behind Aldi's), ride out 6.5 miles to Mississippi Mudd's in Tonawanda along the Rail-to-Trail. Return route either back the same way for 13 miles, or along the Riverwalk and Scajaquada Bikepaths to Delaware park for a total of 20 miles. Pace and length based on group consensus. Optional eats/drinks/ice cream afterwards in the Hertel Ave. or University Heights area. Call or email by 12:00 noon day of if coming.

7/20 - SAT - PADDLE – *Oak Orchard River* (B) - Richard and Mary Schraven (716) 564-2106 or (richardschraven1@gmail.com), or (716) 946-7489 or (MarySchraven1@gmail.com). Come paddle your canoe or kayak on the meandering, moving water between Gravel Road (Rte. 63) in Medina, and Townline Road in Orleans County. Intermediate skills are recommended to avoid overhanging tree branches and submerged rocks. Bring water, lunch and a change of clothing in a dry-bag. PFD and a whistle are mandatory and must be worn while in the water. Insect repellent, a sun-hat and sun-screen may be helpful and dress for the weather. Cars will be spotted. Google 3254 N. Gravel Rd., Medina, NY for driving directions to put-in on the Oak Orchard River. Please contact trip leader by the night before to verify weather, water conditions, and trip location.

7/21 - SUN - HIKE - *Letchworth State Park* - (B- easy to moderate) Victoria Rowley (716) 225-7271 or (theatreffille@gmail.com)- We will be hiking along the gorge trail starting at the Lower Falls parking area down to Lower Falls and then up to hike. We will hike a bit past the park and then back down Falls parking area (Castile be a big parking area not too depending on group. Bring Bring water, snacks or lunch. There are restroom facilities at the Lower Falls parking area and at Inspiration point halfway through our hike. Please contact Victoria by 7/19 to confirm and to get more details.



Inspiration Point. Stairs are the main elevation for this Inspiration Point which is the most beautiful area in to the Lower Falls parking area. Meet at the Lower Entrance). Follow signs to "Lower Falls". There will far down. About 3 miles for approximately 2-3 hours clothing and gear to be prepared for the weather.

7/24 - WED - PADDLE - Location To be Announced. - Roy Svensson (716) 692-4898 or (roy_svensson@hotmail.com) Launch at 6:00. Contact leader for location.

7/25 - THUR - MOUNTAIN BIKING - YOUNG MEMBERS - *Lakeside Bike Park* - Deena Mueller-Funke (815) 355-6768 or (deena.mueller1@gmail.com) Check out the newly opened mountain biking loops on the outer harbor. Rental bikes available. Contact the trip leader for a start time.



7/25 - 7/28 - THURS - SUN - PADDLE/CAMPING - *Lows Lake, Colton in the Adirondacks* - Kate Hacker - (716) 491-7046 or (hackerks@gmail.com) - We will paddle into beautiful Lows Lake by way of the Bog River on Thursday, paddle in the Lows area for a couple of days and then come out on Sunday. There are several destinations around the lake including hikes and ridges with nice views. We will drive up Thursday morning early to allow enough time to get to one or more sites in the afternoon. There won't be any car spotting unless the put-in area parking sites are full. Camping sites are limited to 9 persons and are limited in number, and you must be able to paddle 4 or 5 miles to get to the sites. The lake is often rough later in the day, so for safety I like to restrict boat size to 12' or larger. Kayaks are okay if you can carry all of your own gear, but there is a portage at the Bog River dam that is at least a 1/4 quarter mile long. This DEC map shows the area http://www.dec.ny.gov/docs/lands_forests_pdf/lowsmap.pdf If there are more than 9 people we can split into two sites. Everyone will be responsible for bringing their own food and camping gear, but we usually bring some food and drinks to share around a campfire. If you need advice on what to bring we can provide that. Send me an email or call me.

7/30 - WED - PADDLE - *Wilson Harbor (C)* - Frank and Linda Gallagher, 2773 Maple Road, Wilson, NY (716) 751-9650 or (716) 751-4147 - Meet at their house at 5:30, to launch at 6:00- dusk. Call to confirm weather conditions are suitable by Monday evening. Enjoy spectacular sunset on Lake Ontario in the protected harbor, or venture out into the lake if it is calm. PFD's are mandatory and must be worn correctly at all times when on the water. Optional refreshments afterwards.



8/1 - THURS - BIKE – *North Buffalo to Tonawanda (C)* 13 or 20 miles Paul Kochmanski (716) 895-7712 or (kochmanski@ecc.edu) We'll start (at a mutually agreeable time) at the NFTA Metro Park-n-Ride at the LaSalle Station (behind Aldi's), ride out 6.5 miles to Mississippi Mudd's in Tonawanda along the Rail-to-Trail. Return route either back the same way for 13 miles, or along the Riverwalk and Scajaquada Bikepaths to Delaware park for a total of 20 miles. Pace and length based on group consensus. Optional eats/drinks/ice cream afterwards in the Hertel Ave. or University Heights area. Call or email by 12:00 noon day of if coming.

8/3 - SAT - BIKE - *Front Park to Port Colborne (Canal Days)* (A- 40 mi, B 20 mi.) Paul Kochmanski (716) 895-7712 or (kochmanski@ecc.edu) Meet at Olmstead's historic Front Park (Porter Ave. entrance, near Peace Bridge). For those wishing to shorten the ride 20 miles and not ride over the bridge, starting near Crystal Beach is an option. We will ride over the Peace Bridge and down the Friendship Trail (a lovely, smoothly paved, flat, green rail-to-trail route) 20 miles to Port Colborne where we will attend the Canal Days Marine Heritage Festival for a couple hours. See http://www.canaldays.ca/page/canal_days for more details. Bring a passport or enhanced NY Driver's License for the bridge crossing, a helmet (required), food (optional), and water. Plenty of photo-ops and eating ops! Call for meet up time. Rain-date Sun. 8/4.

8/4 – SUN – BIKE - *Tonawanda to Albright Knox Art Gallery (B)* (716) 564-2106 or (richardschraven1@gmail.com) or (716) 946-7489 or (maryschraven1@gmail.com) This ride will be mostly on bike paths. We will begin at the parking lot on State & Young Streets in the City of Tonawanda and ride about a mile to the Tonawanda Creek Bike Path. This connects with the Niagara Riverwalk, which we will ride

through the Town of Tonawanda and into Buffalo to the Scajaquada Creek Bike Path that goes by the Art Museum and the jazz concert. The ride to the concert is about 11 miles long. After the concert we will ride about four miles through Delaware Park and quiet side streets of North Buffalo to the Buffalo/Tonawanda Rail-to-Trail. The ride back to our cars will be an additional five miles on this straight and level Bike Trail. The concert is from 2 -4:30 pm. We will start the ride at 12:30 pm. Bring your bike in good working order, and bike ride essentials: sun protection, helmet, mirror, whistle, or bell, illumination, repair kit, first-aid, water, cash, lock and cable, snacks and a cloth to sit on. Dress for the possible weather conditions. Call or e-mail to let us know you are coming and to give us your contact information so that we can let you know of any changes by the evening before.

- **PLAN AHEAD**

8/24-8/26 - SAT - MON - HIKE/PADDLE - ADK High Peaks (A-C) Mike Lex (mblex@roadrunner.com) and Aaron Slosman (aslosman@gmail.com) This trip will be hiking and paddling with goal determined in early summer. Sign up with a deposit of \$12,60 by July 31 to help us plan the hikes and paddles. We will be staying at the ADK Wilderness Campground. This is car camping and not a backpacking trip. We have reserved a camp site allowing 3 tents and a canvas tent which has 6 bunks with single mattresses. We hope to spend one day hiking and one day paddling. Club pays 50% of the camping fee. Each paddler will pay an additional \$35 for boat rental. Exact trip goals and food plan will depend on group decisions made in June. The trip is limited to 12 people. Tent site only allows 3 tents, so tent sharing is likely required. Bunks are reserved on a first come first served basis. A deposit of \$12.60 (minimum cost per 10 participants for remaining camping fee) is required. Email trip leaders for address to mail in check.

- **TRIP REPORTS**

5/4- 5/5 - SAT/SUN ALLEGANY BOUNDARY MAINTENANCE - Our goal was to walk as much of the park's PA border as possible while trimming brush to maintain a line of sight between markers. We added more flagging tape as necessary and posted a few more state park signs. With 25 volunteers, including 12 SUNY Buffalo students, our teams covered all the top priority sections. Letters of appreciation were subsequently received from the Allegany Park foresters and from our ADK Executive Director, Neil Woolworth. Great job, everyone! – Submitted by Bob Van Hise

5/27 - MON - PADDLE - On a beautiful spring day, 7 paddlers met at Grand Island's East River Marsh for a fun paddle on the Niagara River. After crossing over to Pirate's Island (Motor Island Wildlife Management Area), we paddled upstream to observe the aviary with nesting herons, egrets, and cormorants. Continuing upstream through the new Strawberry Island Archipelago (manmade islands), we entered the Strawberry Is. lagoon to observe the active bald eagle nest. A great day on the water! – Submitted by Bob Van Hise



5/18 - SAT - HIKE - *Beehunter Trail, Allegany State Park* -TRILLIUMS GALORE!! Mother Nature displayed a feast of beautiful Trillium flowers along the wooded Beehunter trail for a delightful Spring trek in Allegany State Park. Hikers met leaders Victoria Rowley and Micah in Ellicottville, then caravanned to the Beehunter trailhead. Perfect Spring weather conditions were complemented by the sounds of songbirds and bursts of forest colors. A chill in the air quickly dissipated as we climbed 600 ft. in elevation into the forest. On the trail we observed hundreds of White Trilliums, many Red Trilliums, and some rare and lovely Painted Trilliums. Other wildflowers were seen as well, including Dwarf Ginseng, Jack-in-the-



Pulpit, Miterwort, Mayapple, Violets and Speedwells.

Our group enjoyed the cool shade of the newly-leaved hardwoods, and enjoyed a picnic lunch while sitting on logs by a babbling brook. Altogether we hiked 6.5 miles with over 1300 feet in elevation gain and had a great workout. Our friendly group ranged in ages from 12 to adults. A great time was had by all! There's no better way to spend a Spring Saturday in Western NY. Thanks to Victoria and Micah for a wonderful outing. — Submitted by David and Janet Kowalski

5/19 -SUN - HIKE - Franklin Gulf - We enjoyed a delightful Spring hike in Eden's Franklin Gulf County Park, one of Western New York's wilderness gems. The hike start was delayed a few minutes by a fast-passing thunderstorm, but after this dramatic beginning we had perfect weather. Our knowledgeable trip leader Kim Newland took us on an unmarked trail on Views there offered a whole new perspective of the forest and revealed several new waterfalls. Along the hike we encountered about a dozen bright orange wiggly eft salamanders, the juvenile stage for the Red-spotted Newt. We and eventually crossed the creek to trip. We were treated to a smorgasbord of wildflowers including the sublime pink lady's slipper orchid, along with white baneberry, trilliums, violets, elderberry blossoms and a mayapple flower. Altogether we hiked over 3 miles with nearly 800 feet in elevation gain for a delightful Sunday outing that was a feast for the senses. Thanks to Kim for leading a wonderful excursion.— Submitted by David and Janet Kowalski



6/15 - SAT - HIKE -Forest Lawn Cemetery

A delightful balance of Nature, Art and History set the stage for a wonderful 4-mile hike throughout Buffalo's Forest Lawn Cemetery on this cool spring day. The rolling hills, valleys and spring-fed ponds that comprise this urban burial ground were originally farmland located over 2 miles from the City of Buffalo. Following the 1849 land purchase, trees were planted to provide shade for future grave sites, thus creating a Forest on the Lawn. The water, trees and ground-cover provide a welcoming landscape for numerous deer that live here (photo 1).

Forest Lawn has over 3500 trees comprising at least 100 species that support over 200 types of migrating birds. We observed spectacular tulip tree (2), in addition to unusual trees like Weeping Beech. We thoroughly designed Blue Sky Mausoleum, the sublime Jubilee Spring. The iconic gorgeous setting for two sculptures, Little Girl on the Little Island. This is a and birders.



We ventured to Serenity Falls, an aptly Scajaquada Creek. Extensive cleanup Sanctuary with attractive arched We enjoyed visiting famous residents Seneca Chief Red Jacket, Pole explorer Frederick Cook, U.S. Weather Bureau founder Albert Myer, R&B musician Rick James, and numerous other historic Buffalo figures. It was a joy for our group (photo 4) to visit this urban gem and savor the natural beauty, artistry and impressive Buffalo history that Forest Lawn offers.— Submitted by David and Janet Kowalsk

blossoms at their blooming peak (photo Bald Cypress, Fern-leaved Beech, and enjoyed the Frank Lloyd Wright-beautifully situated on the rising bank of spring-fed Mirror Lake provides a Three Graces Fountain (photo 3) and The favorite destination for photographers

named cascade waterfall within of the creek and a new Wetland bridges are wonderful improvements. including Flag Day pioneer Sara Hinson, Congresswoman Shirley Chisholm, North

THE EXECUTIVE COMMITTEE

| | | | |
|-------------------------------|---------------------------|---|----------------|
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| Outings Co-Chair: Biking | Paul Kochmanski | kochmanski@ecc.edu | (716) 895-7712 |
| Outings Co-Chair: Backpacking | Teresa and Peter Corrigan | teresacorrigan85@gmail.com ; hikePMC@roadrunner.com | (716) 835-1905 |