Next Meeting
Tues. September 10, 2019, 7pm

Our traditional ICE CREAM SOCIAL will begin at 7 PM, General Meeting and Slide Show will start at 7:30. The program for the evening includes:

- Ice Cream Social - Reconnect with ADK chapter friends after the summer break over ice cream and beverages. A great Welcome Back before the ADK Chapter updates and Slide Show
- Recent 46ers Honored - Celebrate recent ADK members who have climbed the 46 Highest Peaks!
- Annual Members - Plan to share the adventure & fun you’ve had over the past year with fellow ADK members at the Annual ADK Members Slide Show! Start thinking about TEN pictures you’d like to present! They can be from one outing or a few. It’s always fun to see what others have experienced.

They are great suggestions for future trips for all of us!

Send 10 pictures to Slide Organizer Doug Gaffney by Mon, Sept. 9: dgaffney@roadrunner.com

Looking Ahead
Our October speaker will be author and WNY native Brian Castner. His latest book "Disappointment River" is an adventure tale recounting the historic search for the Northwest Passage. In 1789 Alexander Mackenzie traveled 1,125 miles by canoe down the immense river through Canadian Artic wilderness to find a trade route passageway.

Brian will share his own epic journey retracing the long grueling historical paddle down the Mackenzie river battling exhaustion, exposure, mosquitos, white water rapids, and the threat of bear attacks. Brian will also personally sign books for purchase. Hope to see you all at the presentation!
I hope everyone is taking advantage of our beautiful summer weather, after a wet and cool spring. As I write this, I am preparing to leave on my trip to Yellowstone National Park. I look forward to sharing some photos from my adventure at our annual Ice Cream Social and SlideShow in September.

We have some sad news to share with everyone. Victoria Rowley, who was elected as the new First Vice Chair / Outings chair, has informed us that she has had some changes in her personal and work situations. Therefore, she has been forced to conclude she is unable to serve in this new position. We thank her for her offer to serve our chapter in this capacity, and reluctantly accept her decision. She will remain an active member and continue to lead trips when she is able. Mary Schraven has agreed to serve as Acting Outings Chair until a replacement is recruited and we thank her; our replacement will be appointed to serve until a new election can be held at the picnic next June.

Which, brings me to my final point; I am making a general appeal to all of our members to consider volunteering to serve our chapter in one of the open leadership positions. We are looking for a new First Vice Chair, and hiking and winter sports co-chairs. We are always seeking new trip leaders. I hope to hear from some of you soon.

— Paul M. Gannon

And.... WE'RE BACK! September brings the end of summer and some of its warm-weather activities, while autumn weather signals a new beginning of our Chapter's season. Some of us will squeeze in a couple more paddle trip weekends, and many welcome the cooler weather to resume hiking in our beloved Allegany, Catskills, and Adirondacks. When you go, please practice "Leave No Trace", and bring a bag to help clean up after others. Whether going out for the day or for a weekend, always carry some version of THE TEN ESSENTIALS - REI has a great website and description of those items https://www.rei.com/learn/expert-advice/ten-essentials.html

- **Through September 2**, Limited time Free fishing and reduced state parks fees as part of NYS campaign to promote tourism in NY's Great Lakes.
  Select Free Fishing: https://www.dec.ny.gov/outdoor/117603.html
- **Through September 30**, Reduced NYS Parks entry and camping fees.
  https://parks.ny.gov/promotions/default.aspx
- **Thursday, September 19**, **ADK Supports Wind Turbines in Lake Erie**
  The Erie County Legislature’s Energy & Environment Committee will hold a hearing on a proposed resolution that would oppose Wind Turbines along the Lake Erie Shore in Erie County. ADK should be represented there to
help describe the important role of wind energy in the face of the threat of CO2-induced global warming and climate change.

ADK has long been an opponent of coal burning electric power plants which have been responsible for the acidification of Adirondack Lakes as well as much of the CO2 that has created global warming. ADK strongly supports wind energy as a clean non-polluting energy source.

Please consider attending this meeting and/or send comments to your County Legislator. The resolution may be found at the following website: http://www2.erie.gov/legislature/sites/www2.erie.gov.legislature/files/uploads/Session_Folders/2019/14/19Intro.14-2.pdf

Hearing will be located:
Erie County Legislature (call to confirm location)
92 Franklin Street - 4th Floor
Buffalo, New York 14202

All ADK members are welcome to attend our monthly Conservation Committee meetings, whether to listen and learn, or contribute any related info. We usually meet in a public venue, and sometimes at the home of a member.

—Bob Van Hise

Next Conservation Committee Meeting:
Tuesday, September 17, 6:30 pm at the home of Ann Lazroe (in Amherst, near Sheridan Dr).
Contact Bob Van Hise for additional info adkpaddles.bvh@gmail.com or (716) 628-0355

Outings

09/7 - SAT - Paddle - Lower Niagara River Lewiston To Youngstown, NY
(B) RichardSchraven1@gmail.com (716) 564-2106
MarySchraven1@gmail.com (716) 946-7489
We will meet at 8:45 a.m. at the Lewiston Boat Dock and leave promptly at 9:10 to spot cars in Youngstown. There are toilet facilities at the dock. The early start gives us smooth water with the current for the eight-mile paddle to Youngstown. There are also toilet facilities at Youngstown for changing out of paddling clothes. We should be back to Lewiston by noon for a lunch stop at the Silo. Wear a fitted, approved type 3 PFD with an attached whistle that does not have a ball in it. PFD is mandatory and must be worn at all times while on the water.
Suggested: One liter of water, a snack for a stop half way down the river, sun-hat, sun glasses, safety/rescue gear. Contact us by Friday afternoon to let us know you are coming and for any additional information.

09/8 - SUN - Bike - Pre-Game Bike Ride (route to be determined)
(B-C) Mike Lex mblex@roadrunner.com or text (716) 430-8986
10am, 12-15 mile ride on paths or lightly traveled country roads. Contact for start & ride description.
09/14 - SAT - Bike - Niagara Falls, NY Bike Trails
(B) RichardSchraven1@gmail.com (716) 564-2106 MarySchraven1@gmail.com (716) 946-7489
Bike & Blues with ride on Niagara Falls bike trails and optional attendance at the Niagara Blues Festival following the outing. Bring water, snack, sun glasses, sunscreen, bike helmet and a bicycle in good working order. Call by Friday afternoon for more details and to let us know to expect you. Niagara Falls Blues Festival 2019 – Old Falls Street USA
www.fallsstreetusa.com/special-events/niagara-falls-blues-festival

09/15 – SUN – Paddle - Grand Island
(B) Janet Morrow- jmorrow@buffalo.edu
We will launch at 10am from the roller launch on Grand Island, E. Ferry Road. Plan on 2 hours. Our route will depend on the group's preferences. PFD's and whistles are mandatory and must be worn while on the water. Please call me to RSVP by Saturday afternoon.

09/21 - SUN - Hike - Deer Lick Conservation Area
(B) Janet and David Kowalski janetk300@gmail.com or (716) 839-3114
We will hike in this beautiful National Natural Landmark, complete with old-growth forests and gorge views of Cattaraugus Creek. Wear sturdy shoes, dress for the weather, and bring a snack.
Directions to the Trailhead on Point Peter Rd.: Take Route 62 to Gowanda. Turn Left on South Water St (1st street south of the bridge over Cattaraugus Creek), which bends and becomes Commercial St, and then Palmer St. Turn Right on Broadway Rd; continue for about a mile. Turn Left on Point Peter Rd and drive about 2.4 miles to find the parking lot on the Left past Forty Rd.

09/22 - SUN - Bike
(B-C) Mike Lex mblex@roadrunner.com or text (716) 430-8986
10am, 12-15 mile ride on paths or lightly traveled country roads. Contact Mike Lex for starting point & ride description.

09/28 - SAT - Hike - Letchworth State Park
(B-C) Victoria Rowley text/call 716-225-7271 or theatrefille@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 Inspiration Point. Stairs are the main elevation for this hike. We will hike a bit past Inspiration Point which is the most beautiful area in the park and then back down to the Lower Falls parking area. Meet at the Lower Falls parking area (Castile Entrance). Follow signs to "Lower Falls". There will be a big parking area not too far down. About 3 miles for approximately 2-3 hours depending on group. Bring clothing and gear to be prepared for the weather. 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 9/26 to confirm and to get more details.

**Looking Ahead**

**ANNUAL ADK FALL OUTING: September 6-8, 2019 - Poughkeepsie area**

One of the many benefits of ADK membership is the annual ADK Fall Outing, an opportunity to explore a new scenic part of New York State and be hosted by locals who know the surrounding terrain.

Over 130 ADK members attended, with the diehards from the Niagara Frontier Chapter having the highest participation!

Of course the best perk of all is meeting and getting reacquainted with the congenial, terrific ADK folks from other chapters across the state. It is a joy to engage with others who share similar interests and values in the beautiful outdoor settings.

*ADK Fall Outing 2018 was in the sublime Finger Lakes area around Watkins Glen - this area provided glorious settings for this year’s Fall adventures. Numerous lakes, streams and waterfalls carved by ancient glaciers enabled nearly 30 hiking, paddling and biking options to choose from over the 3-day event. Since the ADK Finger Lakes Chapter has a small membership, our Niagara Frontier members provided invaluable expertise to organize the weekend.*

Look forward to the 2019 ADK Fall Outing that will be held September 6-8 in the Poughkeepsie area!
—Submitted by David and Janet Kowalski

**Trip Reports**

**Wednesday Evening Hikes**
The Wednesday Evening hikes at Chestnut Ridge in July and August have been quite enjoyable, even on the hot, humid evenings. As we walked along amiably in our small group, we have relished the peaceful, green and lush woodland surrounding. Some of us looked forward to the calm after a hectic work day. The slanting evening sunlight through the trees has been an added reward for our efforts.

The hikes will not continue into September due to the shortening of the days and the hike leader being out of town. However look to the schedule for when we offer these again. Submitted by Cheryl Peluso

**08/10/19 - Rim Trail to Little Rock City**
The Rim Trail to Little Rock City is really a combination of several trails put together to make a 7 mile loop in the forests behind Ellicottville. About 4.5 miles in, the trail intersects with the Finger Lakes Trail which meanders through the most spectacular of the rocks of ‘Little Rock City’. A special shout out to the volunteers from the Foothills Trail Club who spent several days exploring the area in order to mark the trail through the best of the rocks! The 6 of us who participated in the hike were thoroughly impressed with this area. We did not climb the rocks but instead gushed our appreciation with “oooo”’s and “ahhhh”’s.
We had perfect conditions for hiking that day: some sunshine, some clouds, not too hot, no humidity and, best of all, practically no bugs! There is a huge variety of plant life in the forest understory which, thankfully, has not been destroyed by deer. Yet. We made a promise to visit the trail again in spring when the wildflowers will be in abundance. In addition we came across a sunny section with an abundance of milkweed and monarch butterflies, even finding a good sized caterpillar almost ready to go into his chrysalis.

Best of all was the time spent with new and old friends. It seemed to this writer that there were very interesting conversations happening amongst us all! Submitted by Cheryl Peluso

07/28/19 - Clarence Country Roads
Cyclists enjoyed a morning spin along four different bike paths in the Town of Clarence. Riders traveled through subdivisions and rural areas on a pleasant 17 mile excursion. Along one path, a coyote loped across the path into a corn field while on another trail, a deer gracefully bounded along. Submitted by Mike Lex

08/11/19 - Clarence Country Roads
Cyclists enjoyed a beautiful, low humidity morning along the quiet country roads of Clarence and Newstead. Riders traveled along Keller Rd to Utley Rd returning via the bike path. The 15 mile ride went past bucolic farms, fields and corn as high as a cyclist eye. Submitted by Mike Lex

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.

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.
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 ADL 46 and the Finger Lakes Trail.

Northtowns Gain a Go-to Gear Store

After the much anticipated wait, Gear for Adventure opened their second location in Amherst, NY. 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.
# Our Executive Committee

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<thead>
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<th>Role</th>
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