



THE NIAGARA EXPLORER

Newsletter of the Adirondack Mountain Club – Niagara Frontier Chapter

Greetings ADK-NFC Members, our hearts are saddened by how intensely our lives have been effected by this novel coronavirus. We wish you all good health through these tough times and hope you are able to spend time out of doors to keep you in good spirits!

STAY SAFE

In response to the spreading of COVID-19:

As you have probably heard by now, Adirondack Mountain Club leadership is closing all main club facilities through the end of April 2020.

Also recommended is that chapters “avoid in-person meetings and gatherings until further notice”. As such, all Niagara Frontier Chapter meetings and outings are suspended until further notice.

We want to ensure that we are still with you ... virtually! Stay tuned to weekly updates and our Facebook page to enjoy fellow members’ past treks and adventures found during these difficult times.

Until we see each other again, please enjoy our Education Workshop and Program from afar...

Virtual Education Workshop: Footloose and Blister Free!

In planning a day hike, one of the most basic questions is what to wear on your feet. So, you need to begin by asking yourself what conditions you might encounter and what you need to do about them.

There are many places with flat or gently rolling terrain that can safely be enjoyed with sneakers on your feet. More rugged terrain requires a sturdy boot with strong ankle support. Most people will probably also want a hiking staff or pair of trekking poles. Cold, wet, snowy conditions demand several pairs of socks and a snow boot with a thick liner. In deep snow, you need to add snowshoes or skis and poles, as well as shell pants or tall gaiters. Icy terrain requires the addition of microspikes. In the mountains, you will need crampons and an ice axe.



In short, the necessary footwear required varies greatly with the activity chosen, the climate and season of the year, and the terrain. There are no "one-size fits all" answers.

Whatever you choose to wear, they must fit well and be broken in. Clean them after each hike. Treat the footwear with a good quality waterproofing product. Your feet must be kept dry. Consider wearing a shoe or boot with a waterproof / breathable liner like GORE-TEX.

In the old days, hikers carried spare shoelaces. The modern nylon laces rarely break. If they do, some nylon cord, which you should have in your pack, makes a good substitute.

Invest in a good pair of wool hiking socks, merino wool being the most comfortable. You may want to add an inner wicking sock liner. I usually do in winter. Many hikers carry an extra pair of socks, especially in cooler weather.

Proper care of your feet is essential when day hiking. Begin by making sure that your toenails are properly trimmed. Podiatrists recommend cutting them straight across just beyond the tip of the toe. This helps prevent ingrown toenails. Some people carry a pair of nail clippers with them. You can also rely on the scissors on a multi-tool.

If you get a blister, in spite of your best efforts, you should have the necessary items to treat it in your first aid kit. There are fancy dressings available such as GlacierGel. However, I prefer plain old moleskin. I cut one piece into a square larger than the affected area. Then I cut a hole in the center that matches the size of the blister (like a doughnut). After I place it over the blister, I fill the hole with triple antibiotic ointment. Then I cut another piece without a hole and apply it on top of the first one, like a lid. For a larger blister, you can stack multiple layers. The idea is to make the dressing higher than the blister.



Proper footwear and diligent foot care will help make your outings safer and more enjoyable.

- Submitted by Paul M. Gannon

Virtual Program: Rafting Through the Desert

In June 2018, I accompanied a group of fellow ADKers from all over the state on a club sponsored Adventure Travel trip - rafting on the San Juan River in Utah. Flying into Durango, CO, the outfitters transported us to where we would 'shove-off' in Bluff, Utah. We spent the next 6 days floating through the deep desert canyon country, camping along the shore, and enjoying great meals prepared by our stalwart company of guides.

The river was running particularly low that year, due to an on-going drought. We constantly struggled to find a deep enough channel for our heavily laden cargo rafts. After the trip, I memorialized the adventure in a ballad. I hope you enjoy it, and the accompanying photos.



The Ballad of the San Juan River

A group of ADKers flew in from the East.
They decided they wanted to conquer the beast.

They call it a river, but that story's all crud.
The San Juan is actually a ditch full of mud.

In that dry, desert land, rare rain comes full tilt,
and washes the soil into streams full of silt.

The guides did try very hard to dissuade them,
then reluctantly agreed to anchors away 'em.

They started to float, looking for fun,
and drifted along in the hot blazing sun.

They boated downstream, in kind of a shock,
as they stared up in awe at the cliffs and the rock.

The ravens would croak, a coyote did creep.
Up on steep cliffs, scrambled bighorn sheep.

On top of the rocks, lizards started to wither,
while under the bushes, a long snake did slither.

Their pale, Eastern skin began to burn,
and that's when their luck started to turn.

The going was slow, and they had to paddle.
In the heat of the day, their brains started to addle.

They dipped clothes in the silt, hoping to cool,
while desperately wishing for a clear pool.

Some tried to wash, knee deep in the mud.
Others were content to put up with the crud.



One member had to leave, for her it was luck.
Those that remained pulled their boats through the muck.

They got stuck in the rapids, the boat nearly flipped,
but were saved by the guides. Good thing they only tipped!

They finally reached camp, a weary small band,
and set up their tents on top of the sand.

They formed a "fire line" before energy did flag,
and emptied the boats of each box and bag.

The wind started to blow, and scatter their gear.
It blasted the grit right into their ear.

They did have great meals, according to plan,
then walked into the brush to poop in a can.

The can had a name. They called it the "Groover".
Tighten the lid before stowing! It would behoove yer.

When a new one's put out, there's a race through the thistle.
Using one's great when it's clean as a whistle.

They sat on the beach, with no more to fear,
and slowly relaxed, quaffing warm beer.

They finally reached their take-out from hell.
The journey was over, and all was well.

But here's an odd thing. You might think they're all whack.
Every one of them longs for a chance to go back!

-Submitted by Paul M. Gannon



Message from the Chair

On Saturday, March 14, 2020, in response to the new coronavirus spreading across the country, ADK leadership notified the chapter chairs that they were closing all main club facilities through the end of April. They also recommended that chapters “avoid in-person meetings and gatherings until further notice”.

Therefore, I am canceling our executive committee, chapter, and conservation committee meetings until further notice. Furthermore, I am suspending the outings calendar until further notice.

I monitor the World Health Organization, CDC, NY State and Erie County health department websites every day in order to keep up to date on the latest developments. I started an email chain for all communications between the executive committee regarding coronavirus. We have a great leadership team, and they help me stay on top of this issue.

During this time, we will use “virtual presence” to interact with our members in a meaningful way. Instead of upcoming trips, there will be a list of new content posted to our Facebook page and website for us all to enjoy and our monthly newsletter will be similar to the format you’re seeing here until this all blows over. We will continue sending out the weekly email blast, containing important announcements, descriptions of individual outings members have gone on, and a “shout out” section. This will be where members can post a greeting and tell what they have been up to, perhaps accompanied by a photo. I am looking forward to seeing these!



Maureen Rowley, our Program chair, will search for alternate locations for our picnic that are available in August and September, just in case we need one. I would rather postpone this event than cancel it. On a positive note, our annual T-shirt sale will begin on May 1!

Whether in person or on-line, our chapter will continue with our mission of education, recreation, and conservation activities. With all of your assistance and support, we will weather this storm. Please stay tuned for further communication from your chapter leaders. In the meantime, stay healthy and try to enjoy the approach of spring!

— *Paul M. Gannon*

Announcements

INFORMATION ON CORONAVIRUS

A new, or novel, coronavirus named SARS CoV-2 is spreading across the country. This coronavirus causes an illness named COVID-19. There are now confirmed cases in the Buffalo metropolitan area.

It is a respiratory illness spread primarily by droplet transmission. This means that it is carried in large droplets expelled by an infected individual coughing or sneezing. You can then inhale these droplets. The range of the droplets is 3 - 6 feet. The droplets can also settle on surfaces and survive for an unknown period of time. If you touch a contaminated surface, and then touch your eyes, nose, or mouth, you can infect yourself.

About 80% of cases are mild, but about 20% of individuals, especially those older than about 60, or those with preexisting health problems, can develop severe illness, usually requiring hospitalization. The symptoms of severe illness are fever, cough, and shortness of breath. There have been some fatalities. The death rate is variable but estimated at about 2% or so.

Public health agencies have recommended that you follow these recommendations. Clean your hands frequently, either by washing with soap and water for 20 seconds, or using an alcohol-based hand sanitizer. Avoiding touching your eyes, nose, or mouth. Sneeze or cough into your elbow or onto a tissue. Dispose of the tissue, and then clean your hands. Frequently clean potentially contaminated surfaces, such as countertops. Maintain a social distance of at least 6 feet from individuals, especially those who are coughing, sneezing, or otherwise appear ill. Avoid large crowds. Stay home if you are sick.

They also recommend that people who develop symptoms, including a fever of > 100.4, call their health care provider, before going to the office to be seen, to alert them. People who have been in close contact with a possibly infected person should call their health care provider for advice. In both of these cases, the individual should also quarantine themselves until told otherwise.

This is the latest information about the coronavirus, as of March 22, 2020. You should keep up to date as new information is reported. Stay healthy!

Chapter T-Shirt Sale

May 1 through May 17: www.adkclubgear.com

We have revived the wonderful chapter logo designed by long time member Tim Kerr. For a limited time, you may order new T-shirts bearing this image honoring our chapter and Western New York, at a great price from **May 1 through May 17th**. Made from 100% polyester interlock, the Sport-Tek Posicharge Competitor Tees are light, roomy, breathable, and moisture wicking - available in men's and woman's styles, both short and long sleeve versions. Two colors are available – stealthy Forest Green and hi-visibility Neon Orange. The shirts are being sold by Strictly Ts in Hamburg. Ordering is simple at www.adkclubgear.com!

All orders received during this period will be processed at the end of the sale. Expect delivery during the first week of June. Please note, the webpage will not be live until the sale begins.



Information Brief

Cycle the Erie Canal- July 12-19th - Buffalo to Albany 400 miles- for information on the bike ride please visit <https://www.ptny.org/cycle-the-erie-canal>. Registered ADK cyclists may submit their name and contact information to Mike Lex at blex@roadrunner.com. He will compile and share the list with members registered for the ride.

Conservation Corner

Buchheit kills Queen City Landing Project

Published 12:54 p.m. March 20, 2020

By Jonathan D. Epstein

Developer Gerald Buchheit has pulled the plug on his Queen City Landing project on the Outer Harbor, citing a financial gap that he was unable to bridge without help from the city.

The Orchard Park developer has been in talks with city officials for several weeks about potential assistance for the \$180 million project, including a "project incremental financing" concept where reduced property tax payments could have been used to pay for infrastructure or other components of the venture. But those talks led nowhere.

"There comes a point where the economic realities of a bold venture like Queen City Landing and the political realities of what is needed to make the project viable need to align with one another," Buchheit said.

"It really comes down to finances," Pantano said. "A project like that doesn't fit easily into any box, when you consider the support that building projects get or are eligible for. And with everything going on now, it's certainly unreasonable to think any meaningful progress is going to be made, and he's got other business considerations."



Photo Courtesy of Buffalo Rising

As a result, Buchheit said, the planning for the ambitious waterfront project "has been suspended indefinitely" and the project will "no longer proceed through the City of Buffalo review process as scheduled."

Buchheit bought the 20-acre peninsula property – formerly the Freezer Queen site – in 2008, and unveiled plans for a 23-story, glass-walled residential tower in 2016. The project eventually received city approval over vocal environmental and community opposition, but was stalled for more than two years by continued litigation against it.

You may have heard the news by now: Mr. Buchheit is abandoning his proposal for Queen City Landing, citing the shortfall in the amount of public funding he was able to wangle out of City Hall. I think this pandemic is helping to sober up some of the more speculative developers!

But we owe most of that City Hall backbone to you and the time you took to write letters and come to meetings. Thank you!! We will celebrate sometime in the future when we can actually meet.

Meanwhile, please stay safe and positive. This is a welcome bright spot and perhaps turning point for our Outer Harbor.

For full article visit, <https://buffalonews.com/2020/03/20/buchheit-kills-queen-city-landing-project/>

- Submitted by Larry Beahan

Trip Reports

03/06/20 – 03/08/20 – LOJ WEEKEND



I attended the annual Adk-Nfc Loj weekend outing March 6-8th hosted by Mary and Richard Schraven. We all stayed in the upper 12 person loft and 3 others stayed in downstairs rooms. Some attendees went cross-country skiing at the Mt Van Hoevenberg Olympic Center while others snowshoed various snow covered trails and mountains.

Sue, Pam, and I went up a couple days earlier and did some winter hiking up Ampersand, Owls Head, and Rocky Peak. We also did a little cross-country skiing through the forest towards Marcy Dam. The weather and conditions were ideal!

Friday night after a yummy hearty dinner we gather for an interesting presentation on the geology of the Adirondacks lead by a staff naturalist. Saturday morning we started the day with a full hot breakfast and headed out on our winter fun filled adventures!

Our group went on a 10 mile hike to Avalanche Lake which was exceptionally stunning with sunshine and the bluest skies imaginable! We enjoyed another delicious dinner together on Saturday and then sat outside around a warm campfire chatting, laughing and gazing at the florescent moon and stars. Another wonderful experience enjoying Adirondacks with fellow club members!



- Submitted by Maureen Rowley





03/14/20 – HIKE – ERIE COUNTY FORESTRY

Our cheery group of 7 fit hikers greeted each other with elbow bumps and thoroughly enjoyed 5 miles of rolling terrain and scenic bridges at this WNY gem. We savored virus-free fresh crisp air and early spring trail conditions with traces of snow and the sun peeking out at times to generate some Vitamin D production. We hiked both the Silent Wood and Old Scarbuck trails, plus the extra loop that begins after crossing ‘A Bridge Too Far’. During our pre-hike 2 days earlier, the Sugar Shanty was operational and we tasted and purchased fresh maple syrup.... Talk about buying local!

Happy Trails!

- Submitted by David and Janet Kowalski

03/14/20 and 03/16/20 – HIKES – THE CREEKS OF WEST SENECA

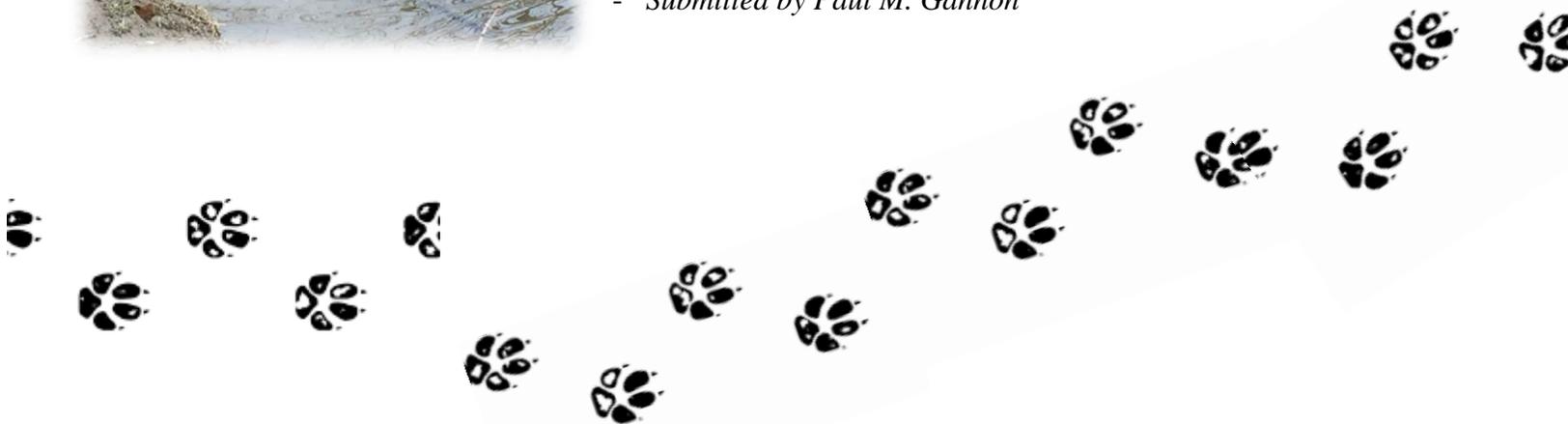
On Saturday, March 14, I needed a break from the 24-hour news cycle (all coronavirus, all the time). So, I took a long walk along Cazenovia Creek, in West Seneca. I started at Mill Road Park, and headed upstream. It was a clear, cold day. The early spring thaw had started, so I slipped in the soft, greasy mud in a few places. Pools of meltwater were everywhere. Some of the trees had started to bud, and the quiet was interrupted with a scattering of birdcalls.

I proceeded well past the ice control structure, until I was opposite the high bank adjacent to the old Developmental Center site. That’s when I found it - a beautiful waterfall flowing down into the creek. I paused, and watched, and listened to the cascade of the falls and the murmur of the creek, and felt refreshed.



The following Monday, March 16, I took advantage of the bright, sunny day to visit one of my favorite spots, the Burchfield Center on Union Road. I followed the path upstream along Buffalo Creek, until I reached a side stream. In the calm pool below the bank, I spied a pair of ducks, doing what ducks do best. They floated and paddled along, occasionally dipping their bills down to grab a bite to eat. In this difficult time, there is a lesson to be learned from this placid pair.

- Submitted by Paul M. Gannon



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