



THE NIAGARA EXPLORER

Newsletter of the Adirondack Mountain Club – Niagara Frontier Chapter

It's Finally Here!!

Our chapter t-shirt sale begins this month! May 1 through May 17!!

We have revived the wonderful chapter logo designed by long time member Tim Kerr. For a limited time, we all may order new T-shirts bearing this image honoring our chapter and Western New York!

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 May 1, 2020



Information Brief

Cycle the Erie Canal- July 12-19th - Buffalo to Albany 8 days, 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.



INFORMATION ON CORONAVIRUS

Adirondack Mountain Club leadership has extended the closure of the Heart Lake Program Center, Johns Brook Property, and Member Services Center through May 14. They will reassess the opening date at the end of this month.

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.

ADK leadership wants all chapters to emphasize the following outdoor recreation guidelines:

- Recreate locally (see note below)
- Recreate either alone or with members of your household
- Maintain social distancing of 6 feet or more from others
- Avoid high use and high-risk areas such as the High Peaks Wilderness
- Anyone who is considered “at-risk” (over the age of 70, immunocompromised, etc.) should remain at home as much as possible

Note: New York State has not provided a definition for “local”. ADK is recommending that people stay within a 30-minute radius of home. Another way to define it: where do you normally travel to get groceries, toiletries, and other necessities? Stay within that radius of travel when looking for outdoor recreation opportunities.

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: Let’s get ready for Spring Cycling!

Make sure your bike is ready for the season and some great tips for “social distancing” rides! Cycling is a great way to experience and enjoy the spring season. Before you take that bike out of the garage or basement there are a few things you should check before going out on that solo ride.

1. **Tires:** Look for wear and tear, start by looking for objects embedded in the tire that might cause a puncture. Review the tire for wear: If threads are showing, or the sidewalls have a bulge or cracking is evident, its time for a new tire. . Inflate your tires to the indicated pressure.
2. **Wheels:** Look for broken or loose spokes. Give the wheel a spin to check for wobble. It is a good indicator if your wheel is true.
3. **Brakes:** Be sure your bike can come to a stop. Check that the brake pads are not worn and that they come in contact with the rim.
4. **Gears:** If you have a multi speed bike, run through the gears to check your shifting alignment.
5. **Chain:** Apply a light coating of bike lube to the chain.
6. **Lights and Reflectors:** A blinking red taillight is a great piece of safety equipment.
7. **Helmet:** Find, clean, and adjust your helmet - don't ride without it!



“When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking.”

Arthur Conan Doyle



These unprecedented times have wiped out a number of group and community rides. While social distancing, bicycling is still a great way to get out of the house and enjoy the renewal of the spring season. Check this link for more information: <https://www.bicycling.com/news/a31469228/cycling-during-coronavirus/>

Try the Heritage Trail in Lancaster or the Clarence path starting at Salt Rd for a safe and scenic ride. These trails are usually not too crowded. Traffic has been light on the roadways.

Submitted by: Mike Lex, Bicycling co-chair

Thank you again Mike!! Next month's workshop will be on insider's tips for hiking the Adirondack High Peaks. Also please watch your weekly e mails. We hope to set up some workshops on Zoom as well.

-Teresa Corrigan, Education chair

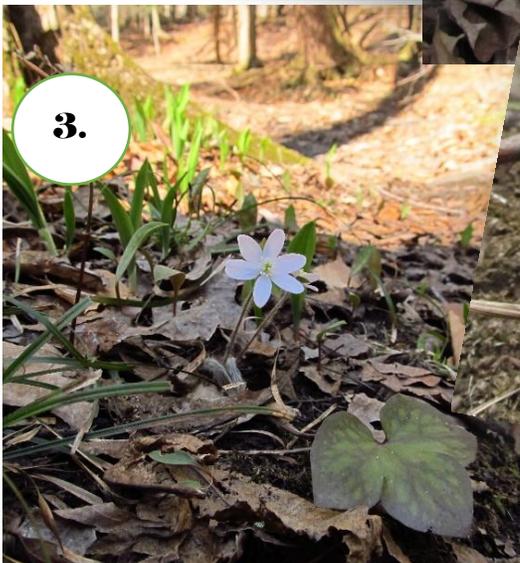
APRIL SHOWERS BRING MAY FLOWERS

Virtual Program: Nature Appreciation

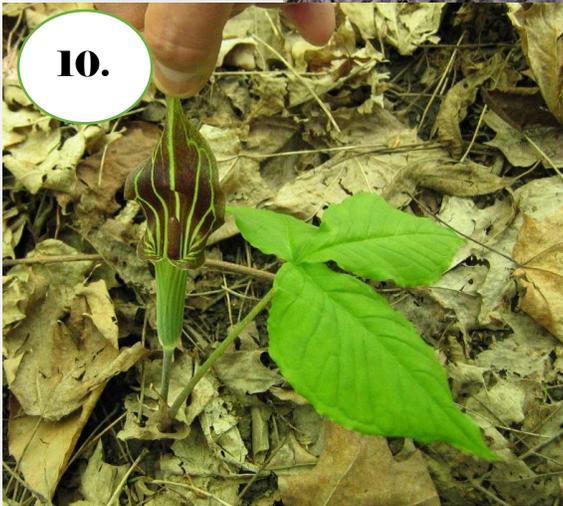
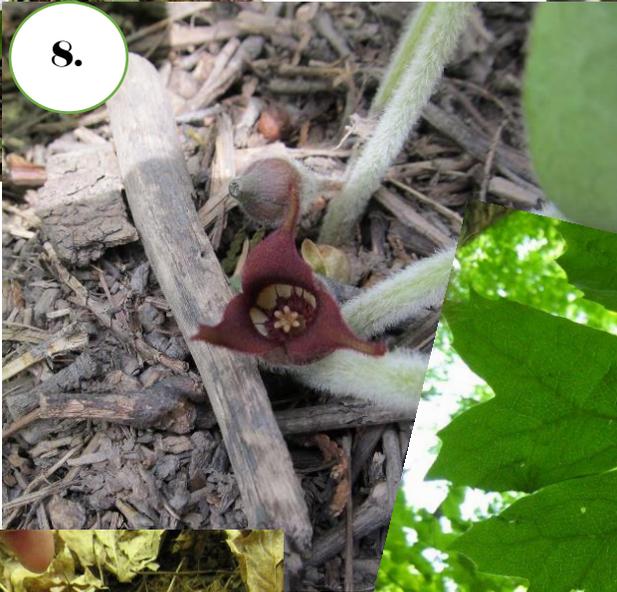
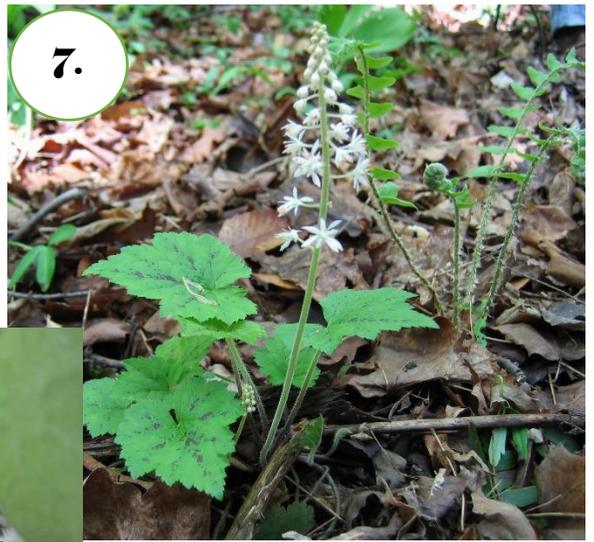
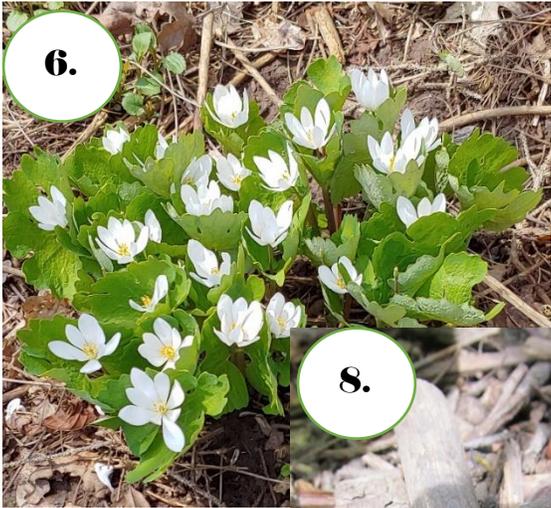
As we move past the days of following snowy footprints through the woods, our attention is turned to the new growth popping up though the fallen leaves of last autumn. The next time you take your daily quarantine stroll, take note of the flowers and buds showing their heads!

Can You Identify These Spring & Early Summer Flowers?

Photographs submitted by Lynn & Doug Kenney,
and Mary Schraven (Blood Root)



- Round-lobed Hepatica**
- Foam Flower**
- Trout Lily**
- Painted Trillium**
- Jack-in-the-pulpit**
- May Apple**
- Moccasin-flower or Pink Lady's Slipper**
- Skunk cabbage**
- Coltsfoot**
- Wild Ginger**
- Great spurred violet**
- Blood Root**



Answers can be found on page 7!

Message from the Chair

We have run into some stormy weather, and we must carefully navigate our way through to calmer seas on the other side. I am confident that we will manage to reach a safe anchorage.

I would like to begin by updating you on ADK business. The state club leadership has extended the closure of all properties and programs until at least May 14. They also released guidelines on outdoor recreation, and requested that all chapters pass these along to their members. Please refer to both of these announcements in this month's newsletter.

On April 16, Rob Laing and I participated in a Zoom video conference with Michael Barrett, our new executive director, and Tom Andrews, our president. They discussed the impact that the pandemic was having on ADK's finances. To summarize, all revenues are significantly decreased. This will most likely require adjustments in how the club operates in the near term.

In spite of the challenges we are experiencing, our chapter continues with our mission of education, recreation, and conservation. The executive committee remains in contact, using email, phone calls, and Zoom video conferences, and continues to manage our chapter's business. Greg Germaine is sending out the weekly email blast, under its new format. Members have responded generously to our request for reports and photos of their individual outings, and we are sharing them with all of you. Our monthly newsletter continues to offer education sessions and programs for your entertainment and enlightenment.

Our T-shirt sale begins on May 1. This is your chance to obtain one of these great garments, while also assisting a struggling local business.

I am assuming that we will be operating under these new conditions at least through the end of June, and won't be able to resume our outings calendar until July at the earliest. In response, we have rescheduled our annual picnic and business meeting from June until Sunday, August 30.

As we all adjust to our new normal, I am taking advantage of the chance to slow down, and focus on myself and my home. I try to get plenty of rest, eat a healthy diet, and get outside for some exercise every day. I am working my way through a backlog of books and National Geographic magazines. My unruly pile of papers and owner's manuals has been wrestled into submission. The file box has never looked better.

Nevertheless, I look forward to the day that we may all be together again, and enjoy each other's company in the wonderful natural world that our Western New York home has to offer. Until then, take care, stay safe, and be healthy.

— *Paul M. Gannon*



Conservation Corner

Earth Day Celebrates 50 years!

By Roddy Scheer and Doug Moss April 22, 2020

“Indeed, on April 22, Earth Day celebrated its 50th anniversary. Back in 1970, some 20 million Americans took to the streets, parks and auditoriums to demonstrate against pollution and other environmental ills stemming from 150 years of industrial development.

The idea for that first Earth Day sprung from Wisconsin Senator Gaylord Nelson, who was troubled by the environmental deterioration he witnessed around the country and thought he could borrow some of the organizing tactics from the student-led anti-Vietnam War movement

to infuse youth energy into raising public consciousness about air and water pollution. Nelson brought on a young lawyer/activist named Denis Hayes to make it happen. At first the idea was to hold a nationwide “teach-in” on college campuses but it soon morphed into a nationwide celebration that all Americans could join, with thousands of rallies happening simultaneously within communities and on college campuses coast-to-coast.

Earth Day continued to be celebrated across the country throughout the 1970s and 1980s and in 1990 went global.”

Full article: <https://emagazine.com/earth-day-is-50/>

How do you Earth Day every day?

Even though Earth day is noted but once a year, doesn't mean we limit our celebrations to that day! ADK's mission statement of “Conservation.Recreation.Education” shows that, us ADK'ers celebrate our earth every day of the year!

What are some of the ways you Earth Day in your everyday life? Is it having an electric car, or saying ‘No’ to single use plastic? Any change each of us makes in our daily lives can change the course of the environment ... for good.

Share with us! Email marynoac@buffalo.edu with subject line “Earth Day Every Day” to be featured in next month's *Niagara Explorer!*



Trip (and other) Reports



03/27 – PADDLE – Ellicott Creek

Reflections on Ellicott Creek today. Incidentally a friend of mine, Two-Hat Gibson, gave me the idea for today's head gear, providing both warmth and shade.

- Submitted by *Larry Beahan*

04/01 – HIKE – Reinstein Woods

Today was a beautiful day for a stroll through Reinstein Woods!

In light of the virus pandemic, the NY State DEC closed the entry trail at the parking lot and opened a new, wider trail to facilitate maintenance of a 6 foot 'social distance' between walkers traveling in opposite directions.

- Submitted by *Janet & David Kowalski*



04/04 - Griffis Sculpture Park



My wife and I enjoyed a hike around Griffis Sculpture Park this past Saturday morning. We arrived at 9:45AM and were one of the first cars in the parking lot. By the time we departed around noon, the lot was full! Outdoor activities are more popular than ever these days! Another great day to be outside as the scent of Spring was definitely in the air. Although trees are still bare other than developing buds, we are looking forward to watching trees bloom over the next few weeks! Again, we brought our pup, Mia, who thoroughly enjoyed being outside for a long hike. She definitely is not afraid to get muddy! Fortunately, the self-serve dog wash near my house was a welcome stop for a quick bath before the inevitable afternoon nap. Oh, and yes, Mia also napped!

- Submitted by *Greg Germaine*



04/08 - Walton Woods, Amherst

Even though it was a cloudy day, it was delightful to see these charming wood carvings throughout the woods. On our 2nd loop around the lake, we saw at least 12 more pairs of toys, painted rocks, carvings, hangings.... Deer were grazing and totally ignored us, Even met up with a friend. Can you guess who is behind the masks?



- Submitted by Mary Schraven

04/21 – HIKE – Conservation Trail

Janet & I hiked out and back on a 5 mile section of the Conservation Trail through the downs & ups of the Holland Ravines in the birthplace of the CT devoted to Mabel James. If you're interested, go in April since the trail closes May 1-31 for hunting.



- Submitted by Janet & David Kowalski

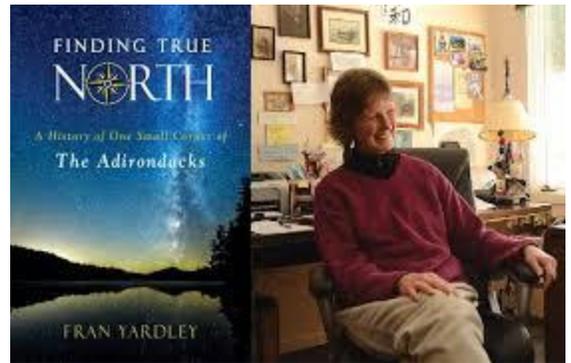
04/26 – HIKE - FLT

Beautiful walk yesterday from Matteson corners to Allen Rd trailhead and back on portion of Finger Lakes Trail, about 4 miles. Thankful to this page to learn more of this local trail.

- Submitted by Jodi Rospierski

Trekking Along the Book Shelf: *Finding True North* by Fran Yardley

Finding True North by Fran Yardley describes the remarkable 1968 journey of Fran and Jay Yardley, a young couple with pioneering spirit that moved to a remote corner of the Adirondacks to revive long-abandoned historic summer cottages. Located near the Saranac River between Upper and Middle Saranac Lakes, 37 buildings on 1000 acres owned by Jay's family had been neglected for decades, and the young Yardleys devoted their early married years to renovating each cottage, starting a family, and giving the Bartlett Carry Club new life. At Bartlett Carry which is well-known to paddling enthusiasts, the Saranac River drops 20 feet in 2 tenths of a mile between Upper and Middle Saranac Lakes. Originally from Buffalo, Fran met Jay in Colorado in the mid-60s. They married, lived in Tunisia for a while, then returned to the US to start the Saranac Lake renovation. Jay in his late 20s had a dream to return to the historic summer resort where he'd spent summers as a child and reopen it. Fran and Jay were careful to retain the historic character of the cottages while working tirelessly to refurbish the dilapidated buildings and install electricity. They used local workers, and Fran contributed home-sewn curtains, antique dishes and flower boxes. Their two daughters were born in 1969 and 1973, and played with summer residents for many summers. In the late 70's Jay suffered a health setback which changed the course of their lifelong dreams. Fran is a gifted storyteller who researched the early 19th-century visitors to the Bartlett Carry Club, and skillfully tells her personal story of triumph and hardship in this beautiful region of Adirondack Park.



- Outdoor-themed book review submitted by Janet Kowalski

- 1.Skunk cabbage, 2.Coltsfoot, 3. Round-lobed Hepatica, 4.Trout Lily, 5.Painted Trillium, 6.Blood Root, 7.Foam Flower, 8.Wild Ginger, 9.May Apple, 10.Jack-in-the-pulpit, 11.Great spurred violet, 12.Moccasin-flower or Pink Lady's Slipper

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