



## THE NIAGARA EXPLORER

Newsletter of the Adirondack Mountain Club – Niagara Frontier Chapter

### Virtual Program – Outings Policies and Procedures

Good news! Western New York is in Phase 4, and our main club has given permission to resume in-person gatherings. So, we are starting to offer outings again. This decision will be reviewed every month.

Our executive committee, with assistance from our co-chairs, has developed a policy and procedure for doing so. This includes all of the requirements from the main club, with some additions of our own. Please review the new policies and procedures, and feel free to contact our chapter leadership with any questions.

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## ADK–NFC Outing Policies & Procedures July 2020

- 1.) Day trips may resume. Overnight outings are prohibited.
- 2.) No recurring outings. All outings must be scheduled individually.
- 3.) Outings are limited to a maximum of 10 participants.
- 4.) Trip leaders should avoid crowds and high use areas, especially on weekends. Trip leaders should consider weekday trips. Early morning start times are encouraged.
- 5.) Carpooling and spotting of cars are not allowed. Participants from different households are to provide their own transportation.
- 6.) The trip plan may not include eating in restaurants prior to or after the outing. Purchasing food from take out windows, such as ice cream stands, is allowed.
- 7.) Participants must call the leader and register in advance. To discourage anyone from attending without registering, the exact meeting time and location are not to be published.
- 8.) At the beginning of the outing, the leader must screen all participants and themselves with the following questions. Anyone who answers “YES” to any of these should be sent home:
  - a.) Do you currently have any symptoms of a respiratory infection (including cough, fever, sore throat, shortness of breath, or loss of taste/smell)?

- b.) Have you had any of the above symptoms in the past 14 days?
  - c.) Have you tested positive for COVID-19 in the past 14 days?
  - d.) Have you had contact with any confirmed or suspect COVID-19 case within the last 14 days?
  - e.) Have you traveled out of state and are you required to quarantine per NYS Mandates?
- 9.) At the beginning of the outing, the leader must verify that all participants have hand sanitizer/soap and face masks, and review the following mask use rules:
- a) Masks are to be readily accessible so that they may be donned quickly when needed.
  - b) Masks must be worn when within 6 feet of others, especially at busy trailheads and parking areas, public restrooms, when passing others on a trail, at a destination such as a summit, pond, or other attraction, and when stopping at rest areas, gas stations, and other crowded areas.
- 10.) Updated liability forms must be signed by all participants. Contact information will be shared with government contact tracers when requested.
- 11.) Participants from different households are not to share equipment, food, or drinks. They need to maintain physical distancing of 6 feet or more from members of other households.

Approved July 7, 2020

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*These new requirements may seem like a lot, so let's summarize the key elements. First of all, many of the steps are guidance for the trip leader to use in planning the outing, so they don't directly involve the participants.*

*Participants should focus on the following points. Call and register with the leader in advance. Don't attend if you can answer YES to any of the screening questions. Bring hand sanitizer and a face mask. Having your own pen is also a good idea. Maintain a safe physical distance from people outside of your own household. This includes not sharing equipment, food, or drinks with them.*

*Finally, while not letting down your guard, take time to get away from the steady stream of information about the pandemic. Immerse yourself in the natural world, and experience its rejuvenating powers.*

**Please Note:  
Investing in reusable  
facemasks is more  
convenient than ever.**



## Virtual Education Workshop: 2020 Covid Advice

### *When venturing out on your own:*

Use the Leave No Trace Principle Plan ahead and prepare:

- Have more than one outing in mind, in case the first place you choose is too crowded.
- Check ahead of time. Is the place you are headed to open? Are the restrooms open. Are there new restrictions? (For example some places have closed certain trails and boardwalks, or banned bicycling temporarily) This will help you plan your visit.
- If you get to a park, nature preserve, wilderness area etc. and there are no parking spaces left, don't park on the road. Some spaces may be blocked off to prevent overcrowding. Respect that decision. Turn around and head to the alternate outing spot you have chosen.
- Have your mask and sanitizer handy. When it is cool enough a Buff or similar cloth loop around your neck is easy to pop up and down.
- Be prepared to hop off a narrow trail to accommodate someone coming from the other direction, especially if you are the stronger hiker.
- Find the less crowded trails further from the parking lot
- Try to go at less popular times
- Be ready to be an outdoors ambassador. Many folks are discovering the simple joys of hiking, biking, walking and paddling for the first time because the outdoors is a safer place to be. Make folks feel welcome in "your" favorite place outdoors. If you have to let someone know they are breaking a rule in a nature preserve (for example if they have their dog) do it in a friendly, non-confrontational way.



## Message from the Chair

This is a good time to take stock of where we are as a club and chapter. It has been a difficult period in our history. The pandemic continues with no end in sight. However, there is some good news to report.

The cases in New York are under control, at least for the moment. Our main club has been slowly reopening some of the facilities, and that should improve the financial situation. I am hopeful that they will be able to resume our dues payments soon. In the meantime, we are functioning under an emergency budget. If we are careful, we should have enough in our reserves to cover our essential expenses for several years.

Now that Western New York is in Phase 4, and we have permission from the main club to resume in-person gatherings, we are starting up our outings program again. More information is contained in other sections of the newsletter.

Several more difficult issues will need to be addressed in August. First, we will need to decide whether or not to hold our annual picnic and business meeting, or whether to schedule a chapter Zoom meeting for our election instead. Next, we have to decide if we can resume in-person meetings in the fall and winter. If not, we will need to develop alternative ways to reach our membership.

Rest assured, the safety of our members is our number one priority. One way or another, though, we will continue to serve our members until this difficult time is behind us. Take care, stay safe, and be healthy.

- *Paul M. Gannon*

## Outings

### 07/24 - FRI - HIKE - Zoar Valley Sneaker Creeker

(B) AM meet time. Carolyn Wessel. 716-553-4335

We'll walk about 1.5 miles each way up Cattaraugus Creek in Zoar Valley. Wear water shoes, sandals or shoes you don't mind getting wet. Quick dry clothes also recommended as there are swimming opportunities along the way. Call for meeting time and place, as well as COVID protocols. Outing is limited to 10 but I'll have a waiting list. REGISTER EARLY!!

### 07/26 - SUN – PEDAL AND PADDLE – Lower Niagara River

(B) RichardSchraven1@gmail.com 564-2106 or

MarySchraven1@gmail.com 946-7489

Early morning start and lasting until the early afternoon. We leave our canoes and kayaks at the Lewiston, NY boat dock in the morning and drive on to the Youngstown, NY Public Boat Dock. We leave our cars in Youngstown and ride our bikes 5.5 miles back to the Lewiston Boat Dock. We enjoy the beautiful scenic paddle to Youngstown and after loading our paddle equipment we drive back to Lewiston, load our bikes and go on our way. Bring your bike, your bike Ride Essentials (sun protection, appropriate clothing, helmet, mirror, illumination, repair kit, water, cash, lock and cable). Properly fitting bike helmet must be worn while riding and while on the water, PFDs must be worn. For the paddle, bring your Paddle Outing Essentials (Sun Protection, Insulation, Illumination, First-aid, pump or bailer, PFD, snack/water and whistle).

Special Covid-19 precautions apply: Outings are limited to 10 participants, face masks are required where social distancing is not done, Contact us ahead of time for details, connection information and Covid-19 screening by the afternoon of Thursday, July 23rd. REGISTER EARLY!!

### 08/02 - SUNDAY - HIKE - Holland Ravines, Holland, NY

(A)AM Meeting time. Leslie Salathe, lesliesalathe@live.com, 716-560-1311

We will hike out and back for 8-12 mi. through scenic ravines, creeks and ridgeline trails. For those who are interested we will have the option of adding another four miles to the trip. Please bring at least 3 L of water, plenty of food, sturdy hiking boots and hiking poles. Please call or email by Friday evening, July 31st. Limit 10 participants... REGISTER EARLY!!

## Trip Reports

### 07/18 - SAT - PADDLE - Johnson Creek, Waterport, NY

For our first official ADK-NFC led paddle of the season, this was a terrific outing! The trip filled up fast with 10 participants by Thursday. So next time, be sure to call your trip leader early to RSVP. We enjoyed a leisurely paddle upstream for about 30 minutes, then hit a shallow part where the current picked up. This gave us a chance to stretch our legs and cool off in the clear running water. After a short walk in the creek, we continued up for another 40 minutes until we hit some major strainers. Even though the skies were blue and the temperatures were hot, we were





the only paddlers on the creek for most of the day. There were however, lots of wildlife for us to enjoy: white ducks, perhaps domesticated, a pair of swans and their signets, a lone Great Blue heron and many, many kingfishers flying crisscross just in front of us. The bird calls and songs filled the air. Wait... was that an alligator too? We paddled out into Lake Ontario, which was surprisingly calm and without wind. Lunch was on the rocky shore where only one person was brave enough to swim through some unusually present algae to cool off. Great secret paddle, great group of people. Join us next time!

- Submitted by Richard and Mary Schraven

### 07/19 - SUNDAY - BIKE - Amherst to Lockport via the Empire Trail

With heavy rain predicted for later in the afternoon we got our bike ride in just in time. A group of experienced riders met at the Amherst Canal Veterans Park at 9. With the wind at our backs it was a quick hour's ride twelve miles to Lockport, all on the recently lengthened Empire Trail. How pleasant to bike with no worries of being mowed down by vehicular traffic. Once in Lockport we took a break, watched some boats pass through Locks 34-35 and viewed the recently restored Flight of Five locks. With the wind in our face the twelve miles back to Amherst was a bit slower, but not terrible. In these times of COVID-19 bike riding is one of the easiest socially distant activities that can be achieved. You almost feel normal. Of course all participants had masks at hand, hand sanitizer and answered the preliminary screening questions beforehand. Hope to see more bikers on future rides.

- Submitted by Carolyn Wessel

## Announcements

### Ride for ADK

Please join in participating in the virtual **ADK Ididaride** this year! In contribution to a major fundraiser for ADK, Mike Lex, Cycling chair, will be leading a 23-mile, early morning ride around Grand Island on Sunday, August 16, 2020. The ride will be on roads and beautiful bike path. Registration is \$50 and you will receive a t-shirt and great ride along the river. Registration is available via <https://www.adk.org/play/cycling-information/ididaride/>.

Only registered riders may participate in the ride. After registration, please call or text Mike (716) 430-8986 to reserve your spot. Ten riders may participate under current guidelines.



### As we have Already Reported ..

... our chapter faces a significant financial shortfall. As a result of the state club's loss of revenue, they are unable to send us our usual share of the dues. At our June executive committee meeting, we adopted an austerity budget.

As part of that budget, we are suspending the distribution of paper copies of our monthly newsletter, until further notice. Printing and mailing the paper copies would consume a substantial amount of the available funds. This will begin with the August newsletter.

If this decision will cause a hardship for any member that lacks access to the electronic version, we ask you to contact someone on the executive committee. We will see if a special accommodation can be arranged. Several members of the committee have offered to print single copies and mail them at their own expense, if necessary.

We apologize for any inconvenience and thank you for your understanding.

# ADK – NFC Picnic and Annual Meeting 2020

The annual meeting and picnic, originally scheduled for June, has been rescheduled for Sunday, August 30, at Ellicott Creek Park. In the event that the in-person meeting cannot be held, a Zoom video meeting will be scheduled in its place. The final decision will be made at the executive committee meeting in early August.

If we are able to hold the in-person gathering, a number of changes to our usual format will be required. The hike, paddle, and bike ride will most likely take place as usual. Afterwards, we will need to gather in family groups, while maintaining appropriate social distancing from other households. Masks will probably be required until the groups are seated. We plan on asking people to bring their own lawn chairs, beverages, and food, and not share any of these things with people outside of your household group.

A program will be offered, followed by the business meeting and election. Please note that these are just the preliminary plans. The details will need to be finalized as the date approaches. Pencil in the date on your calendar and stay tuned for further information.

## ADK - NFC 2020 ELECTION

The Nominating Committee has assembled the slate of candidates for our 2020 election. Members will be voting on candidates for three offices. The election will be held at our annual meeting, during the picnic, which is currently scheduled for Sunday, August 30, at Ellicott Creek Park. In the event that the in-person meeting cannot be held, a Zoom video meeting will be scheduled in its place. The final decision will be made at the executive committee meeting in early August.

Greg Germaine was appointed to replace Victoria Rowley as First Vice-chair / Outings, after she resigned last fall. Members need to approve his appointment and his completing the remainder of Victoria's term, which ends on August 31, 2021.

Bob Van Hise is running for another term as Second Vice-chair / Conservation.

Maureen Rowley is running for another term as Third Vice-chair / Programs.

## INFORMATION ON CORONAVIRUS

As Western New York prepares to enter Phase 4 of our reopening, we have received a formal notification from Michael Barrett, Executive Director of ADK, that our chapter may resume in-person gatherings and outings, provided that the state and club recommendations be followed.

The executive committee will develop a plan to resume outings as soon as possible. Stay tuned for more information!

The state club has also begun the process of reopening their facilities and resuming activities. Due to the complexity of their reopening process, please visit the main club website to view their most up-to-date information.

<https://www.adk.org/adk-property-closures-extend-new-york-forward/>

## Our Executive Committee

Chair	Paul Gannon	paulmgannon54@gmail.com	(716) 395-5739
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Conservation Chair	Bob Van Hise	adkpaddles.bvh@gmail.com	(716) 628-0355
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Outings Co-chair: Hiking & Winter	Leslie Salathe	lesliesalathe@live.com	