



THE NIAGARA EXPLORER

Newsletter of the Adirondack Mountain Club
Niagara Frontier Chapter



Adirondack Search and Rescue

AdirondackMountainRescue.org

Our May program will feature Peter Boinet, an ADK 46er, retired NYS licensed guide, who is a member of the Adirondack Mountain Rescue Organization. Peter has been involved in Search and Rescue (SAR) for over 30 years, assisting in numerous missions from the Southern Adirondacks to the Canadian border, and in our own Western New York. He has also taught land navigation for over 25 years, and authored a land navigation manual that is still used in SAR training classes.

Peter's presentation will highlight search and rescue operations utilizing the Incident Command System. He will include a series of images that visually explains the typical operations during a DEC organized SAR mission.

Peter will share details of his personal SAR experiences, and will welcome Q & A from our members.



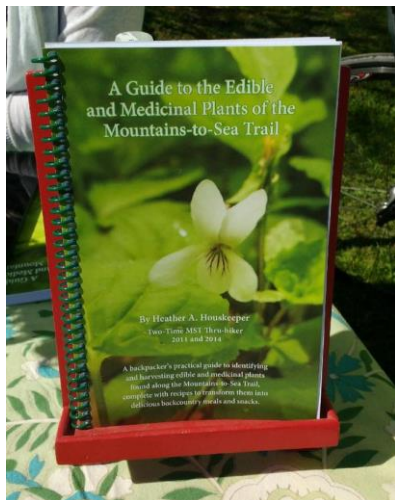
Our Virtual General Meeting:

Tuesday, May 11, at 7 PM

Our upcoming Zoom meeting will start with a brief chapter meeting, with our program starting around 7:10 pm.

Join using the Zoom link that will be sent out via the weekly email.

Looking Ahead...



The Edible and Medicinal Plants of New York...

For our June program, join Heather Houskeeper, aka *The Botanical Hiker*, for an exploration of the edible and medicinal plants that inhabit your nearby forests, meadows, and roadsides; some of these plants may even be found in your own backyard!

Heather will share tips for identifying recognizable plants and how to discern them from lookalikes, how to harvest and prepare wild plants at home or on trail; incorporating them into dishes and medicines.



It is springtime and our thoughts naturally turn to getting outdoors to enjoy our favorite warm weather activities such as hiking, biking, and paddling. No one likes to think about the possibility of mishaps, accidents and injuries. However, each of these pursuits present a small, but very real risk which we should take seriously.

At our April on-line meeting, we enjoyed a presentation from Andrea Vaillancort-Alder, a local expert in canoeing and kayaking. She will be offering members of our chapter a course in paddling safety where we can learn the skills required to handle an emergency that may occur on the water. I would like to encourage all of our paddlers, especially those who lead outings, to consider taking this training.

This is a good time to ask ourselves if we always follow the best practices to stay safe during outdoor activities. Do you routinely tell someone where you are going and when you will return? When biking, do you wear a helmet? It only takes a moment to turn an enjoyable ride into a lifetime disability. What about paddling outings? Do you wear your personal flotation device (PFD), or just toss it into the boat? It is virtually impossible to put one on when you are already in the water. When day hiking, do you carry the 10 Essentials? If you get into trouble are you really prepared to spend the night out? What about your first aid skills? When is the last time that you reviewed them?

This type of preparation is every bit as important as oiling your bike chain, waterproofing your boots, and getting your boat down from the rafters in your garage. Remember, the best outings are the ones where you return home at the end of the day.

So, have a great spring. While enjoying yourselves, please take care, be safe, and stay healthy...

Paul M. Gannon | Chapter Chair

Nominating Committee Report - Please vote on June 8th!

This year the Chair, 1st Vice-chair for Outings and the Director positions need to be filled for next year. Nominations need to be shared with members one month before a vote is taken. This year we will be voting at our June meeting, so the nominations need to be presented in May.

We are happy to report that **Mike Radomski has agreed to run for Chair** and **Frank Meyer has agreed to run for First Vice-chair / Outings Chair**. Mike is the founder of Outside Chronicles, the Western New York Hiking Challenge, and has been moderating our Zoom meetings since last winter, so you may have seen him. Mike and Frank are both 46'ers and hike frequently in WNY. Both bring knowledge and enthusiasm to our chapter!

The Director position was eliminated by the change at the state level from a board of directors to the new Advisory Council. **Kate Hacker was the temporary Director, and has been appointed by our Chair, Paul Gannon, as the new Advisory Trustee**. Once our by-laws are revised later this year this position may become an elected position.

We need to have at least 35 people participate in the vote at the June meeting. The meeting will be a zoom meeting, **please log on June 8th at 7 pm and participate in the vote!** Tell all of your ADK friends that we need them to participate that evening.

Thank you everyone for agreeing to commit your time and energy to the support of our chapter!

- *Kate Hacker, Leslie Salathe, Fran D'Amico | Nominating Committee*

SAVE THE DATE

If all goes well, we should be able to begin gathering together in person by late summer. So, the executive committee decided to be optimistic and reserve a picnic shelter as soon as they became available.

We have rented the casino at **Ellicott Creek Park on Saturday, August 28**. Please save the date and plan on joining your fellow chapter members for a day of fun and fellowship. The casino has a full kitchen, as well as indoor dining space. Ellicott Creek Park has a boat launch, provides opportunities for some short hikes, and is close to bike paths.

Watch for further information in the newsletters and weekly emails. We look forward to seeing everyone there!

Outings for ADK-NFC have resumed!

We are looking for Trip Leaders to setup outings for upcoming months!! Please contact Greg (gwg99t@gmail.com) with your outing. If you need suggestions or want to become a Trip Leader, our Outings Co-Chairs can help!

- Hiking & Winter, Leslie Salathe, lesliesalathe@live.com
- Waterways, Richard Schraven, richardschraven1@gmail.com

Please note that we will operate under the same guidelines established July 2020 to remain as safe as possible during this pandemic. A brief overview is listed below:

- Day trips ONLY. Overnight outings are prohibited.
- Outings are limited to a maximum of 10 participants.
- Participants must contact the leader and register in advance.
- Carpooling and spotting of cars are not allowed. Participants from different households are to provide their own transportation.
- 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.
- All participants must carry sanitizer/ (or) soap and face masks, and review the following mask use rules.
- Masks are to be readily accessible so that they may be donned quickly when needed. 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.
- 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.



The 2021 Earth Day Rain Barrel and Compost Bin Sale

ORDERS MUST BE PLACED BY MAY 8TH!!!

The time has come once again to update your garden space to earth-friendlier water and fertilizer! As you select various items to purchase, options for you to select a pick up location and date will pop up. ErieComposterSale.com



ADK-NFC and Buffalo Outer Harbor State Park

ADK's Niagara Frontier Chapter has voted \$500 to support a suit that, if successful, will require the Erie Canal Harbor Development Corporation (ECHDC) to do a full Environmental Impact Study before it acts on its plan for Buffalo's Outer Harbor. The suit is an action under SEQRA, the New York State Environmental Quality Review Act.

Buffalo's Outer Harbor was once the marshy outflow of the Buffalo River into Lake Erie. It was habitat for thousands of migrating birds, spawning waters for sturgeon and lush home to wildlife of all varieties. As Buffalo became a major Great Lakes port the Outer Harbor was filled with earth, rubbish, and concrete to form slips, dockage and land for factories, grain elevators and warehouses. With the opening of the Saint Lawrence Seaway all this activity evaporated. The Outer Harbor began to return as a habitat for wildlife, particularly birds. Rare plants sprouted from the river sludge dumped there. Human beings moved in for the amazing sunsets, boating, walking, and biking. They began to treat it as a Park.

ECHDC took ownership with the idea of developing the Outer Harbor for high-end housing. Recreational and environmental organizations protested and ECHDC backed off. But the ECHDC plan for an outdoor arena, giant concerts, too much trail building and heavy programming and little regard for environmental rehabilitation or for protection from Lake Erie's notorious weather led to the SEQRA suit. ADK-NFC is a member of Buffalo's Our Outer Harbor Coalition which is organizing this suit. We hope to see Buffalo's Outer Harbor become the Outer Harbor State Park. For more information visit, www.lwvbn.org.

- Submitted by Larry Beahan



04/25 – SUN - ONONDAGA ESCARPMENT STATE UNIQUE AREA

Susan Kolasz/Pamela Sander leaders: (716) 207-9750, (716) 445-3879

(C) Peaceful, easy 1.4 mi. in the woods (easy pace, with gradual incline to escarpment). We'll stay on the trail to protect the diverse and rich plant communities that include wildflowers, ferns, trees, and mosses on massive Onondaga limestone rocks.

Note: Parking tight, may need to park behind another member's car or on the street. Sturdy hiking boots or trail shoes recommended, poles optional. Dress for the weather and bring water and a snack.

Limit 10 participants, Covid protocols followed. CALL for meet time and location specifics - All participants must call/register with the trip leaders!



Photo by NY DEC

5/15– SAT – ADOPT-A-HIGHWAY CLEAN-UP/HIKE – TILLMAN ROAD STATE WILDLIFE MANAGEMENT AREA, CLARENCE (C) RAIN DATE – 5/16 - SUN

Lynn & Doug Kenney (716)825-7329(H), Day of the hike call our cell361-6172 Make a difference! Join us for the Spring Adopt-A-Highway clean-up. Volunteers are needed to pick up litter along the roadsides surrounding the Tillman Wetlands area in Clarence. Meet at 10:00AM in the Shisler Road parking lot located at the eastern end of Wehrle Dr. Garbage bags are supplied. Bring work gloves. Clean-up takes about 2 hours. You only need to call the home phone if you plan on joining us for a hike through the wildlife area afterwards. Bring a bag lunch if you will be joining the hike after the clean-up. There is a large outdoor area where we can be socially distant while eating. We will eat in-between the clean-up and the hike.

FRI 5/21 and FRI 6/25 - Paddling Safety and Rescue Training

Cassanovia Pool with Andrea Vaillancourt-Alder - 8:00 am to 10:00am

Contact Mary Schraven at 716-946-7489 or email

maryschraven1@gmail.com for more information and to register. \$50 per session, with subsidies available through the chapter scholarship application process.

OPEN INVITATION

Need a High Peak hiking partner, but don't know where to turn? Currently, Marlene Killian is inviting hikers who are interested in climbing the Adirondack High Peaks to join her. She would love to start a conversation with anyone interested! Please contact her at mmtkillian@yahoo.com for available dates, peak picks, and pace.

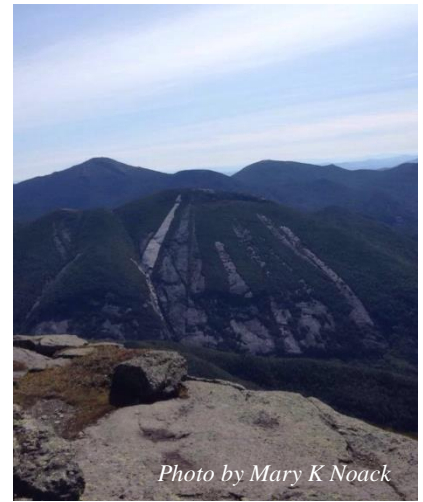


Photo by Mary K Noack



03/30 – HIKE – Silver Lake Bog

One of the first spring feeling days, hiked through the Nature Conservancy's Silver Lake Bog from boardwalks over the bog a trail leading to bluffs overlooking Silver Lake with views of Whiteface and Esther Mountains. Sat for a couple hours listening to chatty Barred Owls!

- Submitted by Mary K Noack



Close up through binoculars

04/13 – HIKE – Noonmark Mountain.

Wanting to stick to lowlands and enjoy the Noonmark Mountain trail out of the Ausable Club before the dreaded permit system is enforced, set out on a perfect 60-degree day. Such a terrific trail, plenty of ledges for views due to the '99 fire, while some lingering ice and snow above 3000 ft. made for tricky going. No one else on the trail or summit!! If interested, here's a great article on the Noonmark and Bear Den fire:

adirondackexplorer.org/stories/1999-noonmark-fire

Submitted by Mary K Noack



Noonmark Mtn. Summit

04/17 - HIKE - Chestnut Ridge

To mark the reopening of our local ADK outings three fellow ADK members joined me for an enjoyable hike on the roads of Chestnut Ridge Park. We combined an aerobic workout with a reunion, as we caught up on each other's news.

We reminisced about our ADK Heart lake trip in March of 2020 which was closely followed by a complete shut down due to the pandemic.

- Submitted by Leslie Salathe

Looking for Adventure Inspiration?



2021 WNY Hiking Challenge

Presented by Outside Chronicles, The Western New York Hiking Challenge is designed to get folks an opportunity to get outside, visit new local parks, and explore unique new trails. Along with hiking the trails, the challenge material will educate participants on parks' history and local flora and fauna to spot while on the trail.

While there are 32 parks plus two bonus parks, each with a unique landmark, hikers need to complete 20 hikes for the challenge – new this year is the ULTRA CHALLENGE!!! Complete Challenge information can be found on their website, www.outsidechronicles.com/challenge.

Proceeds for 2021 to support The Western New York Land Conservancy's *WNY Wildway Project*, www.wnyc.org and The Finger Lakes Trail Conference, www.fingerlakestrail.org.



Wilderness Weekends in WNY

Presented by your very own ADK-NFC, 'WWinWNY' is a 25 hike challenge that has no time limit! Work your way through WNY using our Wilderness Weekends guide book, or visit [WW in WNY](#) for more information!

Some more spring peepers to look out for ...

Trout Lilly, Round-lobed Hepatica, Moccasin-flower or Pink Lady's Slipper, and Jack-in-the-pulpit



Outings Ratings

Rating	Effort Level	Elevation Gain (ft)	Miles
A	Difficult	1500+	8+
B	Moderate	Under 1500	6-8
C	Easy	Well-graded trails	Under 6



Our Executive Committee

Chair	Paul Gannon	paulmgannon54@gmail.com	(716) 395-5739
Outings Chair	Greg Germaine	gwg99t@gmail.com	(716) 696-0829
Conservation Chair	Bob Van Hise	adkpaddles.bvh@gmail.com	(716) 628-0355
Programs Chair			
Education Chair			
Membership Chair			
Advisory Council Trustee	Kate Hacker		
Webmaster	Rob Laing	rlaing537@gmail.com	
Treasurer	Doug Gaffney	dgaffney@roadrunner.com	(716) 631-3979
Newsletter Editor & Electronic Communication Chair	Mary Kathryn Noack	marynoac@buffalo.edu	
Secretary	Larry Beahan	larry_beahan@roadrunner.com	(716) 839-3112
Hospitality	Carol Schuster	carolfschuster@gmail.com	
Archivist/Historian	Lynn Rehfeld-Kenney	woodthrush3@hotmail.com	(716) 825-7329
Outings Co-chair: Waterways	Richard Schraven	richardschraven1@gmail.com	(716) 564-2106
Outings Co-chair: Biking			
Outings Co-chair: Hiking & Winter	Leslie Salathe	lesliesalathe@live.com	
Webinar coordinator (interim)	Mike Radomski	mike.radomski@gmail.com	(716) 807-4040