

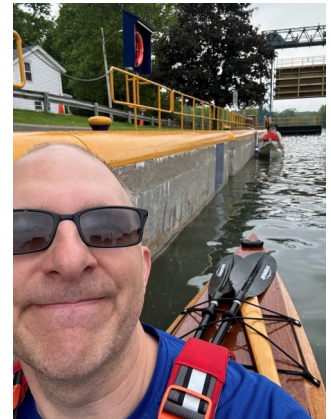
THE NIAGARA EXPLORER

*Newsletter of Adirondack Mountain Club Niagara
Frontier Chapter*

Message from the Chair

Fellow ADK'ers, it's August and as everyone knows this is the perfect time to take a vacation in New York! Warm days and cooling nights have always meant that it's time to get into the woods and (when it's not raining) experience them to their fullest.

If you're considering going to the Adirondacks and haven't firmed up your plans yet, consider the entirety of the region, not only the 46 high peaks but also the trails less traveled. This might mean working on the [firtower challenge](#), paddling and portaging a [chain of lakes](#) or ponds, or even climbing one of the [lesser peaks](#). Even if you're just taking a trip to Lake George, the summer season is a reminder that we have access to one of the greatest outdoor spaces in the world, and we can celebrate the foresight that it took to establish the Adirondacks and the many people who work to keep it amazing for us. I really look forward to seeing the photos you share of your adventures from the past year.



This year is also a milestone for our own club here in the Niagara Frontier. For the first time in over 30 years, we're moving to a new venue. The Executive Committee voted in July to move from the Amherst Community Church to the [Church of the Nativity United Church of Christ](#) at 1530 Colvin Boulevard in Tonawanda. The facility is spacious and clean, and besides the use of their working kitchen to support our pot luck meals and home-

made baked goods, we will have additional storage for our growing gear closet, a larger primary space for our program, social space for people to meet when we're having our Education session, and even WiFi! The decreased cost of the facility will also save us over \$1000 in rent each year, preserving more resources for other club activities. I'm also happy to share the UCC's proximity to the 290 will result in a shorter travel time for most of us to our monthly meetings. I look forward to your feedback on the new facility after we've had the opportunity to settle in.

— **Jonathan Coupal**

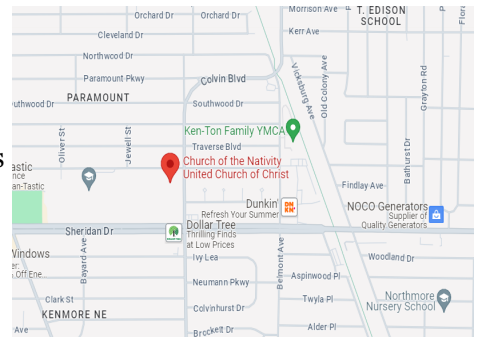
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July 2024

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September Program

The **September 10th** ADK-NFC meeting starts at **7 pm** at OUR NEW MEETING LOCATION! Our new meeting home is **The Church of the Nativity, 2530 Colvin Blvd.**, near the corner of Sheridan Drive, in Tonawanda, NY 14151. This is our first meeting after our summer hiatus and is our traditional ice cream social and the program is our popular slide show presentation!



If you have photos you'd like to share of spring and summer activities, experiences, or places you've visited, please email them to: Adk-nfc-photos@googlegroups.com by September 8, 2024. Note: You must be in attendance at the meeting to present your pictures.

This is a fun meeting for socializing with old friends and meeting new members and guests! Oh, and we'll have great door prizes which include gift certificates and ADK merchandise.

— **Programs Co-chairs Pam Sander and Larry Moses**

Conservation Corner

Take Action:

Public comment period for the NYS 30x30 draft plan ends August 30, 2024.

*Participate in New York State's commitment to the 30 x 30 global initiative to protect 30% of ecologically productive lands and waters by the year 2030. Current land and water baseline estimates indicate that approximately 22 percent of New York State's lands and waters are considered conserved. This means approximately a million more acres would need to be protected to attain the 30% goal.

The New York State Department of Environmental Conservation (DEC) and the Office of Parks, Recreation and Historic Preservation (OPRHP) jointly released the draft [New York State 30x30 Methodology and Strategies](#) document. To access the draft document and provide comments, visit [DEC's 30x30 webpage](#). This website also includes a link to register for a virtual meeting on August 15th from 6-8 PM to learn more about the draft plan.

*Erie County is updating its Forest Management Plan and is requesting public involvement. Go to [Home | Erie County FMP \(wixstudio.io\)](#) to obtain background information about the process. One of the 12 forestry lots is the land on Genesee Road in Sardinia where a warming hut and maple sugar shack are located. As an outdoor recreational group, we are interested in keeping or expanding hiking trails on this and other forestry plots. Also express your views on whether the undeveloped forest plots should be part of New York State's commitment to the 30 x 30 global campaign to protect 30% of ecologically productive lands and waters by the year 2030.

Conservation Corner (cont'd)

In the news:

*Zoar Valley - The Buffalo News continues to post letters that report how special Zoar Valley is to so many people and the concerns citizens have about cutting 92 acres of mature forest of 100-120 year old trees that abuts the protected Zoar Unique Area old growth forest. The proposed DEC land management plan would involve logging interior mature forest in the Zoar Valley Multiple Use Area to create an opening in the forest to increase habitat for birds that require young forest and bush habitat. Many types of birds species currently reside in the mature forest habitat. Friends of Zoar Valley continue to monitor the status of the forest the DEC proposes to log and then construct a 10 foot high by 20 foot wide deer exclusion berm composed of smaller trees damaged in the logging process and the tops and limbs of the larger logged trees. They have yet to provide an answer as to why mature forest needs to be cut to create bird habitat composed of successional young trees and bushes instead of creating this type of bird habitat in nearby fields or other open areas.

Conservation Committee meetings will resume Tuesday, September 17th in-person & via zoom.

—Lynn Rehfeld-Kenney, Conservation Chair

Spotted Lanternfly – Invasive Insect – Be on the Lookout

The spotted lanternfly originates from China and it is believed they arrived in Pennsylvania at a landscaping business via a shipment of landscaping stones from China. They were first spotted in Pennsylvania in 2014. They have spread throughout the northeast and mid-Atlantic, from the five boroughs in New York City to parts of Indiana. Sightings have also been reported in Buffalo, Syracuse and Ithaca, but were discovered for the first time in the Finger Lakes grape-growing region in July 2024. The pests are especially attracted to vineyards and have the potential to damage the grape harvest and negatively impact the wine and grape juice industry. The insect also attacks fruit trees, maple trees, walnut trees and hops.

The invasive insect is primarily a leafhopper and only flies short distances. They are mainly spread through human activity. Most notably they lay eggs on items that are then transported by vehicles.

Signs of an Infestation

Oozing wounds and adult SLF on a tree



Photo: Pennsylvania Department of Agriculture, bugwood.org

- Sap oozing or weeping from tiny open wounds on tree trunks, which appears wet and may give off fermented odors.
- One-inch-long egg masses that are brownish-gray, waxy and mud-like when new. Old egg masses are brown and scaly.
- Massive honeydew build-up under plants, sometimes with black sooty mold.



HOW YOU CAN HELP

Take pictures of the insect, egg masses and/or infestation signs as described above (include something for scale such as a coin or ruler) and email to spottedlanternfly@agriculture.ny.gov.

If you see it, kill the bug. Note the location, GPS is best. Report it to the DEC. [Spotted Lanternfly - NYS Dept. of Environmental Conservation](#)

DEC Website Fact Sheet on how it looks through various life stages and other look alike insects. [The Invasive Spotted Lanternfly \(ny.gov\)](#)

Conservation Day on Bidwell July 13th -

Because all gardens contribute to the good health of our environment

ADK-NFC was invited to table at July 13th which was presented by Eastern Monarch Butterfly Farm. [arch Butterfly Farm - Milkweed,](#)



This annual event coincides with and is sponsored in part by Western New York Foundation. Over 20 WNY organizations were on hand, educating the public about vital efforts to protect our natural ecosystems and how individuals can implement changes that promote sustainability amidst the challenges of climate change.

Conservation Day on Bidwell Parkway Gardens Buffalo Niagara Gardens and ([Gardens Buffalo Niagara](#) , [Eastern Monarch Butterflies](#))

the Elmwood Bidwell Farmers Market

We talked to so many people about the rich history of our chapter, our love for the Adirondacks, our great monthly meetings and programs, fun outings both locally and in the ADK, conservation efforts (past and present), and the many benefits that members enjoy. Many of the organizations at this event have presented at past ADK-NFC monthly meetings– it was great to chat with them again. And, after making the rounds of most of the tables, Programs will be scheduling some new organizations to present at future meetings!

The highlight of the day was a beautiful and joyful butterfly release by David O'Donnell, President of Eastern Monarch Butterfly Farm! Dave performed to the delight of a large crowd that included scores of families with young children and market patrons! Check out photos and video on our Facebook page, ADK-Niagara Frontier Chapter. — **Pam Sander and Sandy McCready**

Peanut Line Trail Feasibility Study – We Need Your Input!



ADK-NFC cyclists, Northtowns residents, and anyone concerned with improving local transportation, please review the Bicycle and Pedestrian Planning link at the bottom and take a few minutes to review the Amherst Peanut Line Feasibility Study and complete the study's short survey. Thank you!

The Peanut Line corridor was named as a priority corridor in Bike Buffalo Niagara, the Bike Buffalo Niagara: Regional Bike Master Plan in 2020, as both a recreational amenity and regional connectivity between the Clarence Pathway and Ellicott Creek Trails. In the interest of exploring the potential for a future trail connection along the corridor, the Greater Buffalo-Niagara Regional Transportation Council (GBNRTC) is conducting a feasibility study for the Peanut Line in coordination with the Town of Amherst.

This feasibility study sets the foundational groundwork necessary to pursue final design and engineering funding, as well as capital funding to construct the trail. This study will offer concept-level designs and examples of path cross sections. Additionally, the study will recommend intersection treatments where the trail would cross streets in the future. The Feasibility Study can then be used to apply for future grant funding to support the community's vision for the trail.

[Bicycle and Pedestrian Planning GBNRTC](#) [Amherst Peanut Line Feasibility Study Survey](#)

Trivia Challenge

Who was the NFC-ADK member that had a NY State Law named after him?

A) Sam Hoyt B) David Paterson C) Bruce Kershner

Answer on page 10

Where to find us

Website: adk-nfc.org

MeetUp: <https://www.meetup.com/adk-nfc/>

Facebook Group: [ADK-Niagara Frontier Chapter](#)

Follow us on Instagram ([adk_nfc](#))^b

Membership: If you would like to join the Niagara Frontier Chapter you can sign up at a monthly meeting or online at <https://www.adk-nfc.org/membership/>

[Chapter Outings & Events Calendar](#)

Trip Reports and Outings

Saturday, Aug 10, 2024

Allenberg Bog Tour

Join naturalist and Allenberg site manager, Dr. Brenda Young, on Saturday, August 10, and experience the unique flora and fauna of this spectacular natural peat bog that features a quaking mat surrounding a bog pool. Many plants that are uncommon or rare in this part of New York occur at Allenberg. Participants (group limit is 20) should be in good health and mobility for walking on unstable substrates. Anyone with breathing problems should know this is a strenuous walk and it's likely that humidity and heat levels will be high (and will be advised not to go).

Expect wet and mucky conditions and bring bug repellent (consider mesh netting to protect your head and face). Recommended clothing: long pants, long sleeves, hat, sunglasses, closed-toe footwear (rubber boots a good option) that can get wet. From our cars, we'll cross the street, enter a right of way access, cross a farmer's field and then enter onto Audubon property. The trail is shaded (possibly buggy), but once we leave the woods to the bog it will be full sun. We'll spend 20 minutes or so on the bog and then lunch under the trees in the woods. **Expect to get muddy and wet – you may even sink into the water.** Changing footwear and clothing post tour is advised. Bring plenty of water, snacks, and bag lunch. NO BATHROOMS

We'll meet at 9:15 in the Walmart parking lot in Springville (near Tim Horton's) and carpool to the Allenberg Bog access site, arriving by 10 am. Parking is **on the side of the road near the right of way** and no formal parking lot. Outing should end by 2 pm.

If not carpooling, directions from Buffalo to Allenberg are: <https://www.alltrails.com/trail/us/new-york/allenburg-bog> From Springville/carpooling: <https://maps.app.goo.gl/ngZ28ZhGvvVuSKNG7>

Contact Pam Sander @sanderpamela88@gmail.com by August 8th.

Thursday, Sep 12, 2024, 9:00 AM EDT

St. Regis Area Canoe/Kayak trip Paddle

This will be a 4 day canoe/kayak event in the Adirondack St. Regis area. Departure on day 1 from the Lower St. Regis boat launch, visiting 6 ponds with 1.8 miles of total hiking (.6 miles portaging plus gear carry), camping overnight in St. Regis Pond. Day 2 will be 6 ponds with 1.2 miles of hiking (.4 miles portaging plus gear carry) plus 2.59 miles carting boats on the Adirondack rail trail between Little Green Pond and Long Pond.

Overnight camping on day 2 and 3 in Long Pond with Day 3 for relaxing camp time.

Last day will be .6 miles total hiking (.2 miles plus gear carry) out to the parking spot and shuttling everyone back to their cars. Optional final day activity - summit to the St. Regis Fire Tower on the top of St. Regis Mountain!

Trip Reports and Outings (cont'd)

St. Regis Area Canoe/Kayak trip Paddle (cont'd)

There is no rain date for this event, we may cancel for significant rain but we should be able to tolerate a little liquid sunshine. Participants are expected to provide their own boats and camping gear. Depending on vehicles, we may choose to carpool vehicles.

Call or text the organizer, **Jonathan Coupal**, at **716-570-7070** or email at **jonathan@coupal.us** to ask any follow up questions. Deadline to RSVP on this trip is September 1, 2024. We'll arrange a zoom call before the event to firm up meeting locations, etc.

October 25-27, 2024

Annual Albany ADK Fall Outing

The Annual Fall Outing will be held October 25-27 at the Ashokan Center, Olivebridge, NY. The Center (www.ashokan.org) is a camp/event space on a 385-acre preserve. It is located 20 minutes from the Kingston exit of the NYS Thruway and within 30 minutes from Catskills trailheads. On-site events start Friday at 5 pm but the site is available to us as of noon. Outings are planned for Friday afternoon through Sunday morning for hiking and other activities in the Catskills, Shawangunks, and other local sites. The site has trails so people arriving mid-afternoon can stretch their leg right there.

Friday evening we will have a meet-and-greet at 5 pm with musical entertainment. Dinner (6:30) pasta bar.

Saturday evening we'll have happy hour at 5 pm, buffet dinner and after-dinner presentation, speaker to be announced.

On-site housing is in semi-private (4 person) or larger (24 person) bunk rooms. Camping (tent) is available on site. There are other accommodations within 15 min drive.

Estimated cost pp for the whole weekend and including 2 night stay, 2 dinners, 2 breakfasts and bag lunches for Saturday and Sunday will be about \$300. Meals will be optional. Cancellation policy: Full refunds will be issued to those who cancel their registration prior to October 4, inclusive. A 50% refund will be issued to those who cancel between October 5–18, inclusive. No refunds will be issued after October 18.

Registration will be through a form accessed from this webpage - <https://members.adk.org/fall-outing/registration.aspx> We hope that other chapters that frequently hike in the Catskills or other areas in the lower Hudson Valley will help with leading outings. **Patrick Van Roey, Albany Chair**

Trip Reports and Outings (cont'd)

TRIP REPORT: GRIFFIS SCULPTURE PARK HIKE—Sunday June 30, 2024

A dozen delighted ADK members enjoyed a special cultural outing at Griffis Sculpture Park under the capable leadership of Kim Newland. Kim lives nearby and hiked the park with her family as a child. Kim described how the park was created in the 60's by visionary Larry Griffis Jr, and continues to be a relevant destination for inspiration to this day.

There were actually 2 areas to visit. We began at the Rohr Rd location characterized by towering sculptures set in fields and woods just off the road. We also toured the Mill Valley section which was hilly and contained miles of trails filled with unique sculptures in a variety of settings including woods and ponds. There are just enough mowed paths to visit carefully placed works of art, while still feeling like you're continuously connected to nature.

Nearly half of the group were first-time visitors. We have all seen the signs for the sculpture park on Rt 219, and it was fantastic to take the time to explore this enchanting WNY destination. — **Janet Kowalski**



Library Corner

Happy Summer ADK Club members. We'd love to hear about what you've been reading this summer! If you'd like to write a short review of a book you enjoyed, please send it to Karen at karen@coupal.us.

This month, we have a review of an app for you. It's the **Merlin Bird ID by the Cornell Lab**.

This app makes it easy to identify the birds you hear in your yard, while exploring, or traveling. Simply install the app, start a recording, and let the app do the rest. It will identify the birds it hears, provide a list along with photos, and even categorize the sounds into songs, duets, and calls.

During one recording in the woods, the app identified 32 different birds. Give Merlin Bird ID a try and let us know what you think. Happy birding and reading! — **Karen Coupal**



Picture Page



Conservation Day on Bidwell Parkway



VOLUNTEER NEEDED!

The Chapter is still seeking a volunteer to fill the position of **Education Chair**

If interested, please reach out to Chapter Chair, Jonathan Coupal

Our Executive Committee

Chair

Jonathan Coupal
jonathan@coupal.us

Outings Chair

Frank Meyer
edendds@gmail.com

Conservation Chair

Lynn Rehfeld-Kenney
woodthrush3@hotmail.com

Programs Co-chairs

Pamela Sander
sanderpamela88@gmail.com
Larry Moses
Elmo69254@gmail.com

Education Chair

Vacant

Membership Chair

Vacant

Advisory Council Trustee

Kate Hacker
hackerks@gmail.com

Webmaster

Jonathan Coupal
jonathan@coupal.us

Treasurer

Brian Monckton
bkmonckton@gmail.com

Newsletter Editor

Peggy Naughton
panaughton59@gmail.com

Secretary

Larry Beahan
larry_beahan@roadrunner.com

Hospitality

Sandy McCreedy
Pauline Bartl

Archivist/Historian

Lynn Rehfeld-Kenney
woodthrush3@hotmail.com

Outings Co-chair:

Waterways

Bob Van Hise
adkpaddles.bvh@gmail.com

Outings Co-chair: Biking

Vacant

Outings Co-chair: Hiking & Winter

Leslie Salathe
lesliesalathe@live.com

Librarian

Karen Coupal

Digital Communications

Emma Piascik



High Falls Gorge photo credit Sue Kolasz

Trivia Challenge Answer

C) Bruce Kershner

Bruce Kershner was a member of the Western New York Old Growth Survey Team that identified old-growth forest throughout New York State. He helped to prevent the logging of old-growth in the Zoar Valley Unique Area and Allegany State Park. The NY Environmental Conservation Law § 45-0105 was signed September 4, 2008. It was entitled the Bruce S. Kershner Old-growth Forest Preservation and Protection Act. It was named posthumously after the late old-growth forest authority, naturalist, author and high school biology teacher.