

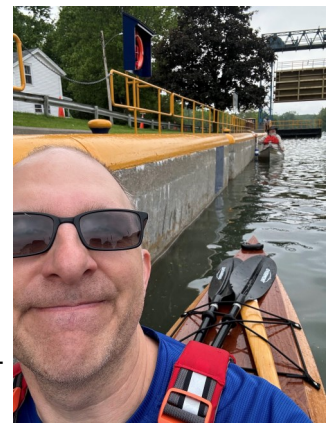
THE NIAGARA EXPLORER

*Newsletter of Adirondack Mountain Club Niagara
Frontier Chapter*

Message from the Chair

Friends,

The warm days and cool nights of late August remind me of my favorite season, Autumn. Gone are the biting insects and (mostly) sweaty days, and yet we still have the greens (and then reds) of the forest to explore. What an excellent opportunity to invite a new friend for a walk, or to plan a trip with old friends to the Adirondacks for some leaf-peeping as the fall colors start to present themselves. I continue to count my good fortune in living so close to six million acres of space dedicated to preservation and recreation, and count on the numerous experience we can have there – paddling, hiking, sailing, and yes even climbing some amazing mountains!



I look forward to our Chapter’s September meeting. This is a great time to reconnect to our friends in the chapter that we haven’t seen all summer, and I especially look forward to the photos that get shared from adventures experienced over the last year. I have definitely added a couple of items to my bucket list over the past couple of years! Just a reminder – send your photos in before our next meeting to our shared inbox, adk-nfc-outings@googlegroups.com. We’ve got a couple of submissions and I expect more to roll in over the next couple of weeks. — **Jonathan Coupal**

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

What’s Inside

September 2024

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September Program

Big News! **September 10th** is the start of the 2024-2025 ADK-NFC meeting season, and we'll be in our NEW HOME! The Church of the Nativity United Church of Christ is located at **1530 Colvin Blvd., Tonawanda, NY 14223** (one block north of Sheridan Drive, next to the KenTon Schools Administration Building, near the corner of Sheridan Drive). The parking lot is behind the church and is wheelchair accessible and has an elevator. After you enter the church, view the directory to the location of the meeting. Please arrive by 7 pm; there will be no Education program for this month.

While we've enjoyed many years at Amherst Community Church, we're excited about having our meetings at The Church of the Nativity UCC, a beautiful space where we'll bring back our popular potluck holiday party and have updated features that will enhance our programming and storage needs.

This is our traditional ice cream social and members slide show program. Members who plan on attending the meeting may submit up to 10 pictures per household of the past year, **no later than September 8**. This is the official "welcome back after the Summer hiatus" meeting where we'll catch up with old friends and make new ones! As always, guests are welcome. <https://www.adk-nfc.org/event/september-general-meeting/> **Please email your pics to:** Adk-nfc-photos@googlegroups.com

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

Looking Ahead...

Our Tuesday, October 8th 7:30 pm main program features author and journalist, Randi Minetor. Randi will present *Deaths in the National Parks: Who, How, and Why*. Her fascinating book explores the fatal mistakes people make when they venture into unfamiliar wilderness. Books will be available for purchase at the meeting.

Tuesday, November 12th welcomes back our former chair and Mr. O.C., Mike Radomski! Mike's 7:30 pm program will wow and fascinate us with pictures and tales of his Winter 2024 whitewater adventure in the Grand Canyon. We thank Mike for sharing this adventure with us.

Trivia Challenge

During the 1970's, the NFC-ADK Chapter held picnics, an annual meeting, and winter weekend at which nearby youth camp?

A) Camp Aloha B) Camp Seven Hills C) Camp Ti-Wa-Ya-Ee

Answer on page 10

Conservation Corner

Take Action:

Public comment period ends September 19, 2024 for the proposed changes to New York's Wetlands Regulations.

There will be an informational webinar on Tuesday, **August 27, 2024, 1:00 - 2:00 p.m. about the proposed changes.** Use **this** link to register [Conservation and Land Use Webinar Series](#) 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 States commitment to the 30 x 30 global campaign to protect 30% of ecologically productive lands and waters by the year 2030.

Thank you to members who voiced their opinions during the public comment period on New York States draft [New York State 30x30 Methodology and Strategies](#) document on NYS plan to attain the 30 x 30 global initiative to protect 30% of ecologically productive lands and waters by the year 2030

In the news:

*Zoar Valley - The Buffalo News continues to post additional letters voicing citizen's concerns about the DEC plan to log 100-120 year old trees in the Zoar Valley Multiple Use Area that abuts the protected Zoar Valley Unique Area that was established to protect old growth forest that comprises only 1% of forest in NYS. DEC has still not provided 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 on the numerous nearby state forest lands that have already been logged.

Conservation Committee meetings will resume Tuesday, September 17th in-person & via zoom. Location to be announced in Weekly ADK Email. All members are welcome to attend to find out the latest conservation news. — **Lynn Rehfeld-Kenney, Conservation Chair**

Are you a current ADK member? We will soon be switching over to the ADK membership list as supplied to us by the ADK. However, the ADK is running late in processing new members and adding them to the roster. If you are not a current member please renew SOON since if you are not on the list, you will not be getting any newsletters in the future! See our Facebook page for details—<https://www.facebook.com/groups/adknfc>

Advisory Council Report

If you have had a chance to look at the latest edition of the Adirondack magazine you know that lots of things are happening this summer at Heart Lake and the Cascade center. The Executive Director, Michael Barrett left, and a search is now being conducted for his replacement. The club's Strategic Plan is now almost five years old and most of the changes outlined in it have been implemented. The board will be considering goals for the future after a new director is appointed by the end of the year.

The new computer system that we all will be able to login to in order look at our membership status and certifications for outings is still in progress, although most of the data is in. If you want to sign up for the emails regarding training programs offered free for outings leaders send an email to support@adk.org to request to be added. We are currently working on setting up a local training for Wilderness First Aid certification. Chapter websites are being set up for chapters without one, and the Niagara Frontier chapter website will still be used probably for at least another year before we switch over. We will still be running our Meetup indefinitely.

For those interested in staying at the Loj, dinners will be resumed at the end of October when the Hungry Hiker closes. They will be like those served at JBL in the summer and will not require a chef. Kitchen staff will prepare the food, which they have been doing before but with a simplified menu a full chef will no longer be required. Hiring a chef in the Lake Placid area has been a big challenge, as is hiring other staff due to housing and competition from other businesses.

The club Fall Outing is coming up soon, run by Albany chapter volunteers. You can register online on the ADK website for that. There is a volunteer work group that works on the Heart Lake property. If you would like to join that contact me for information. Other volunteer opportunities include the Campground Host program and the Trailhead Steward program at Heart Lake. Both programs are at Heart Lake and provide a tent site and food. There is also a high peaks Summit Steward program run by the 46ers and one at Buck Mountain at Lake George run by ADK. Volunteering for these programs is fun and rewarding. Of course, our local chapter needs volunteers also, especially outings leaders!

I have served as the representative of the Advisory Council to the board for three years and have decided to let someone else take that job at the end of the year. I joined the Finance Committee and am thinking about staying on the board if I can. I will remain our chapter's Advisory Council trustee. I'm excited about the future of the club and the way it is evolving. Some of the changes have been tough and are not complete yet, but for the most part everything has gone well. I encourage you to maintain your membership and look forward to the future as I do.

— **Kate Hacker, Advisory Council representative and Club Board Member**

Trip Reports and Outings

Monday, Sep 2, 2024 LABOR DAY Paddle

Lower Niagara River Lewiston to Youngstown

(Rating A/B - Moving water kayak/canoe with possibility of wind or wakes). Meet by 9am at Village of Lewiston Boat Launch (below Silo restaurant) to drop off boats and shuttle our vehicles.

Launch at 10. Paddle to Village of Youngstown boat launch on Water St.- approx. 2 hours. Afterwards, meet for lunch at The Silo in Lewiston. Wearing a properly fitted and fastened PFD w/ whistle is required.



Watch our ADK-NFC Facebook page for any

weather changes or updates. RSVP Bob & Patti Van Hise (716) 628-0355 adkpaddles.bvh@gmail.com

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!

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.

Trip Reports and Outings (cont'd)

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 Report: Clark Hall Memorial Jr. Weekend Klondike Trail Maintenance

Vicki Wulf, Janice Cochran, Justin Clukey and Lee Clukey are part of the standard crew. We were joined this year by Niagara Frontier Chapter members Deborah and Brian Waldrop and Dave Norton. The photo from left is Justin Clukey, Janice Cochran, Vicki Wulf, myself and Deborah and Brian Waldrop. Dave Norton is not in the picture because he was already marching down the trail at photo time. He was a busy guy.

Our section of the Klondike Notch Trail has gotten longer! With the bridge out at the beginning of the original Klondike trail and the possibility of it not being replaced, the "workaround" trail is now the full time trail and becomes part of our responsibility to maintain. This adds a mile to the trail, 5 miles in and the same hiking out.

Similar to most trail projects we are clearing blowdown, digging out and improving drainage and cutting back encroaching underbrush.

Trip Reports and Outings (cont'd)

I had begun to think this trail was a forgotten area being used less since it was not a direct path to a 46er. I previously had noted in the logbook that some hikers use it as a connection to Johns Brook Valley to avoid the overcrowding at the Garden Parking lot. The unmarked trail up the north side of Phelps had also become popular in recent times. I was happy to learn from Daria Stacy, an Adk Outdoor Skills Coordinator, that they lead several overnight backpack trips through the area so potentially someone's first trip in the "dacks" could be hiking the Klondike Notch trail and overnighing at the Klondike lean-to. I find this very motivating and suspect it is the same with the majority of the volunteers.

We never summit on this outing, there are no grand vistas, we probably sweat as much or more than bagging a peak and probably get dirtier. We are carrying on a tradition that some members recall working on in the 70s and others will recall working on the lean-to when it was replaced in the 80s.

We end our day with a potluck dinner in Saranac Lake at the residence of Marilyn and Peter Gillespie who have been involved with ADK for..... "a while".



If you think you would like to get into a hands-on High Peaks project, get in touch with me and join us next Memorial Day. Submitted by Lee Clukey

Trip Report: Allenberg Bog Tour —The hike to Allenberg Bog was attended by ADK members eager to learn more about the bog and the specialty plants that comprise this habitat. On the way to the bog, Allenberg site managers, Dr. Brenda Young and her husband Robert Johnson, pointed out numerous fungi and club-mosses growing in the forest. We took our group photo by a type of giant polypore fungus. Once we arrived at



the bog we stepped onto the quaking peat mat that surrounded the bog pool. We found carnivorous sundew and Pitcher plants that trap and digest insects for food. Few large plants grow in this acidic, low nutrient habitat except for small Larch Trees, blueberries and cranberries. Common cotton sedge looked like balls of cotton perched on tall stalks and cinnamon ferns swayed in the breeze along with pink swamp loosestrife, bog rosemary and leather-leaf. We hope to arrange another hike in the spring or early summer next year to see more flowering plants that grow in the bog.

Library Corner



I'm looking forward to getting back to our monthly meetings after having the summer off. The book cart will be back at our new meeting location. Please remember to bring back any books you checked out and are done with. See you soon! —

Karen Coupal

The members of ADK- NFC, Foothills Trail Club and Buffalo Nordic Ski Club mourn the recent passing of longtime member and friend to all, Mr. Gus Phillips. *A life lived to the fullest stays in fond memories.*

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](#))

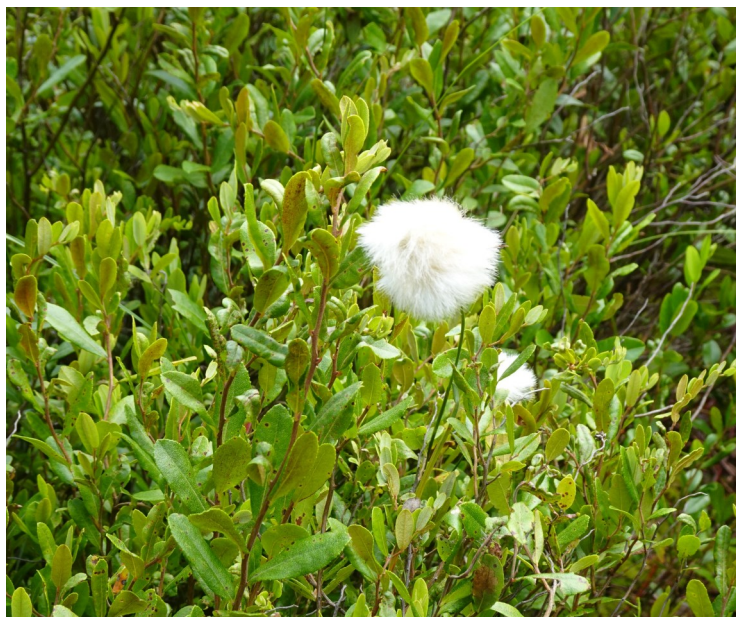
Membership: If you would like to join the Niagara Frontier Chapter you can sign up at a monthly meeting or online at <https://www.adk-nfc.org/membership/>

[Chapter Outings & Events Calendar](#)

Picture Page



Allenberg Bog Tour



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Three Lakes Park and Nature Center, Ashland, VA - Photo Credit Peggy Naughton

Trivia Challenge Answer

A) Camp Aloha

Numerous activities were held at Camp Aloha, operated by the Camp Fire Girls of America located in Wales, NY. Camp Aloha was sold by the Camp Fire Girls organization and is now operated as a public campground using the same name. You might recognize the names of the other two camps. Camp Seven Hills remains an active Girl Scout Camp. The Ti-Wa-Ya-Ee Boy Scout Camp was sold by the Greater Niagara Frontier Boy Scout Council in 1980.