

## THE NIAGARA EXPLORER

Newsletter of the Adirondack Mountain Club - Niagara Frontier Chapter

# ANNUAL HOLIDAY POTLUCK

TUESDAY,  
DECEMBER 10TH, 2019  
DINNER STARTS  
AT 6 PM

FELLOWSHIP HALL, AMHERST  
COMMUNITY CHURCH 77  
WASHINGTON HWY., SNYDER

DETAILS CAN BE FOUND BELOW

**6:00 - DECK THE HALLS** - ANY HELP WITH SET-UP IS WELCOME!

**6:30 - DINNER** - EAT, DRINK & BE MERRY! COME ONE, COME ALL, DON'T LET SOMEONE ELSE EAT IT ALL! THE POTLUCK DINNER IS SURE TO PLEASE-BRING A CROCK POT BEFORE DINNERS FREEZE! HELP US MAKE A WARM & MEMORABLE GET TOGETHER ON TUESDAY NIGHT BY BRINGING YOUR FAVORITE HOT DISH OR SHARE YOUR CROCK POT DELIGHTS. WE WILL HAVE EXTRA TABLES SET UP TO KEEP ALL YOUR DISHES READILY AVAILABLE. BEVERAGES WILL BE PROVIDED. ON BEHALF OF THE PLANET, MEMBERS ARE ASKED TO BRING THEIR OWN (REUSABLE) PLATES, UTENSILS, AND CUPS.

*Meeting Cancellation Policy: If Amherst Schools or Amherst After-School Activities are cancelled then the General Meeting (2nd Tuesday of the month) will also be cancelled.*

## Looking Ahead

Our first meeting of 2020, January, 14th will be a historical journey back in time! How fitting as we jump into the New Year!

The Niagara Region Parks will be sharing the history of *The Great Gorge Route*. The rail system ran alongside the Niagara Gorge Rapids between 1895-1935. They will share historical photos and some fascinating stories from that era. Look forward to seeing you folks at our January General Meeting!

## In Case you Missed it..

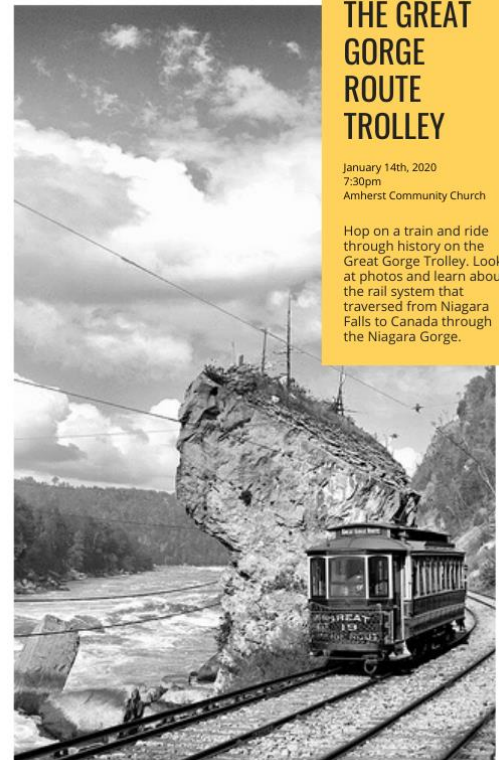
We would like to thank Dr. Jerry Sultz for the November education workshop on map and compass. Our workshops are before the meeting at 6:30, they are informal, and we hope, informative! As we jump into winter and the new year, we want to hear from you!! What topics do you want to see addressed? Do you know an expert in outdoors skills, or conservation issues that would be able to teach a 45 minute workshop? Please contact our Education Chair, [TeresaCorrigan85@gmail.com](mailto:TeresaCorrigan85@gmail.com).

Meanwhile, if you want to become an expert, we will help you. Our chapter provides scholarships for those interested in attending workshops to learn more - available workshops in the back of *Adirondac* magazine or other outdoor organizations. Contact our education chair scholarship forms!

*-Teresa Corrigan, Education Chair*

As for our fascinating November presentation on Arctic plants, Wayne Gall shared his knowledge and beautiful pictures of Arctic Alpine plants he had photographed from past trips to the Canadian Rockies, Manitoba and the High Peaks region of the Adirondacks. Amazing how they adapt and thrive in such harsh environments.

*-Maureen Rowley, Programs Chair*



## Message from the Chair

Well, the holiday season is upon us, with all its hustle and bustle. On December 10, we will gather once again for our annual ADK holiday party. I look forward to seeing everyone, and enjoying our potluck dinner together.

We have some exciting news. As I announced at our November meeting, we have found two new leaders. Greg Germaine, a new member of our chapter, has agreed to take on the role of First vice chair / Outings chair. The positions of hiking co-chair and winter outings co-chair have been vacant for several years. Leslie Salathe, a longtime member and trip leader, has volunteered to fill both of these openings. We welcome Greg and Leslie, and thank them for their service.



During this hectic time, I hope all of you take the opportunity to step back, and enjoy some well-deserved quiet. The approach of winter, with its shortened days, and long, cold nights, is nature's chance to slow down, rest, and recover, after a busy year. We should follow that example. On behalf of the executive committee, I want to wish all of our members a season filled with peace, joy, good health, and good fortune. Happy Holidays!

*— Paul M. Gannon, Chair*

## Outings

### **11/29 – FRI – BIKE - Black Friday Ride, Clarence Paths & Roads**

(B) Mike Lex (716) 430-8986 or mblex@roadrunner.com

Clarence Paths & Roads, moderately paced covering 8-10 miles. Weather dependent, helmets required, email or text for details.

### **11/29 – FRI – HIKE - Young Members' (~ages 21-40) - Iroquois Nat'l Wildlife Refuge**

(B) Deena Mueller-Funke deena.mueller1@gmail.com

Opt out of the shopping and consumerism and go for a Hike at Iroquois National Wildlife Refuge. Email Deena for more info.

### **12/04, 12/11, 12/18, 12/25 - SS/HIKE - Beaver Meadow Audubon Center**

**EVERY WED @ 9:00 AM**

Carol Griffis (716) 652-2547 or carolpgriffis@gmail.com

Every Wednesday morning you will find me at the Beaver Meadow Audubon Center. I will be most happy to get outside for a hike or snowshoe with you. The Center is on 1610 Welch Rd, Java Center, NY 14082. There are snowshoes available for a modest \$5. All ages and abilities are welcome. Bring your lunch if you can stay. Call me to verify time and plan a meet up location at the center.

### **12/04, 12/11, 12/18, 12/25 - HIKE - Reinstein Woods**

**EVERY WED @ 6:30 PM**

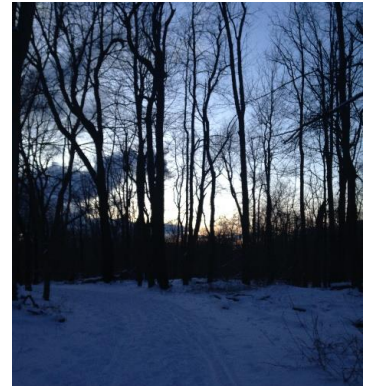
(C) Gus Phillips (716) 646-5034 or gusphillips1941@yahoo.com

Meet at 6:30. Hike in the woods in the evening to hear and see night-time wildlife. Enjoy a starry sky or the moonlight. Possibly hear an owl. Family Friendly. This is a weekly event. Please email/call to let me know you are coming and to confirm in the event of inclement weather. There may be weeks when I need to cancel.

### **12/07 – SAT – SS/HIKE – Sprague Brook**

(B) Leslie Salathe (716) 560-1311, lesliesalathe@live.com or Katherine Henry katherineeh@yahoo.com.

Meet at 10AM. Hike 6 miles or Snowshoe 4 miles. We will hike/ss the northern section of the main trail, paralleling Sprague Brook. Bring a lunch and water. Waterproof hiking boots and poles are recommended. Call, text or email by Friday evening if you plan on attending. If no one contacts us the outing will be cancelled.



*Reinstein Woods Trail /  
Photo by Mary K. Noack*

### **12/08 – SUN – SS/HIKE – Erie County Forest**

(B) - Maureen Rowley (716) 628-0369 or mrowley62@yahoo.com. Start Genesee St, Sardinia - hike or snowshoe 5-7 miles. Contact trip leader for more information.



### **12/14 – SAT – SS/HIKE AND POTLUCK –Allegany State Park**

(B) Cheryl Peluso (716) 997-2349 or cherylp17@verizon.net

Come join us for a festive day at Allegany. We will hopefully snowshoe or hike (if no snow) the 5 mile trail behind the Administration building on Red House side of the park. It is one of my favorites. The lobby of the Admin bldg. will be decorated for Christmas! I will bring Chili-Beef Macaroni in a crock pot to be plugged in the lobby of the Admin. Bldg. and paper dishes, and silverware to share after the hike.

*Red House /  
Photo by Paul Crawford*

## 12/14, 12/21, 12/28 - SS/XC-SKI - Knox Farm State Park

### EVERY SAT MORNING

(C) Carol Griffis - For time & directions, call/text 716-652-2547 or carolpgriffis@gmail.com. I will lead this all snowy Saturday mornings. Good for beginners, gentle inclines, some woods, some open fields. Some of the trails have been nicely improved. PS trails are not groomed. Meet at Rt 16/Buffalo Rd/Seneca St., East Aurora

## 12/14 - SAT -SS/XC-Ski - Elma Meadows

(C) Hank Patronski (716) 866-2112 or hpatronski@roadrunner.com.

Bring lunch / snacks for those who desire, as there are no nearby eateries. Meet at the parking lot by the warming house/ indoor restrooms (exact location link on Google Calendar. GPS = 2111 Rice Rd, Elma, NY, then continue 1/4 mile to the golf course clubhouse / parking lot). Email me for the start time (late morning) and to confirm snow conditions are good.

## 12/21 – SAT - SS/Hike - Young Members (~ages 21-40) - Rolin T. Grant Gulf Wilderness Park

(B) Deena Mueller-Funke (deena.mueller1@gmail.com)

A short easy snowshoe or hike through a pretty ravine in Niagara County. If we want more distance, the Town of Lockport nature trail is nearby. Email the trip leader for a start time.

## Outings Ratings

(A) Strenuous, for the duration and level of fitness and skills needed

(B) Moderate difficulty

(C) Easy, good for beginners, shorter length

For and updated list of outings, please see the event calendar posted on our website, ADK-NFC.ORG

## Looking Ahead

More info on all events can be found on our Google Calendar: [http://adk-nfc.org/?page\\_id=498](http://adk-nfc.org/?page_id=498)

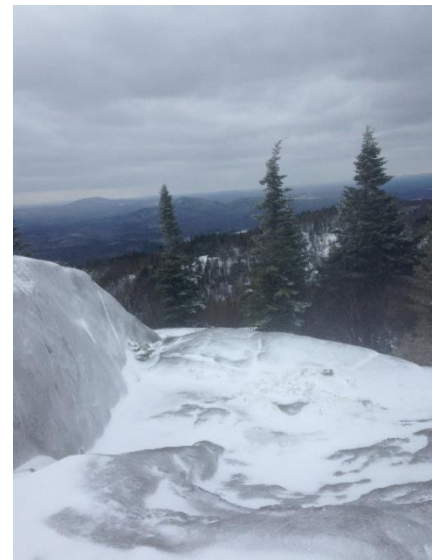
## 1/10 – 1/12 (FRI-SUN) – XC-SKI WEEKEND - Allegany State Park- NOTE THE NEW DATE

(A-C) Peg Wantuck (716) 432-4473 or pegofmyheart7@live.com, Mary Schraven (716) 946-7489 or maryschraven1@gmail.com

Plan to enjoy a weekend with fun ADK'ers (along with Buffalo Nordic friends) and some of the best X-C skiing in WNY! Reserved are 4 cabins (2 bedrooms each) at the Summit area of Alleghany State Park. They are heated with a stove and fridge. Join us on Friday to ski /snow shoe /hike with an evening wine and cheese party. Enjoy outings all day Saturday on easy to difficult slopes. We have reserved the warming hut for our pot luck dinner on Saturday night. Left over lunch on Sunday. Rentals available at the warming hut. Ski from your front door – great for new members, families, and/or beginners to advanced skiers. Call Peg or Mary to reserve a spot and mail payment (WRITE CHECK TO ADK!) of \$66.00 each for 2 nights (depending on occupancy) by December 27th. Call or email for address to mail your check. Plan ahead, this weekend usually fills up!!

## 1/14 - 1/17 (TUE-FRI) – MIDWEEK ADK TRIP - ADK Loj at Heart Lake

Kate Hacker (716) 491-7046 or hackerks@gmail.com. The Loj is a great place midweek because it's quieter, less crowded, and there are always other people there to meet and hike with. There are many activities to do right out the front door or just a short drive away, from cross country skiing to snowshoeing to hiking. The club rents equipment for winter hiking and snowshoeing and there are ski trails around the Loj property. Contact Kate Hacker for more info! Reservations will be made in December.



St. Regis Mtn. /  
Photo by Mary K. Noack

### 01/17-01/19 (MLK Weekend) – ADK WINTER OUTING

<https://www.adk.org/play/snow-sports-information/winter-outing/>

Come out and play in the East's heaviest snows for a weekend of XC skiing, snowshoeing, and camaraderie at the annual ADK Tug Hill Winter Outing, hosted by the ADK Iroquois Chapter! Explore the numerous groomed and backcountry trails that are within minutes of the clubhouse. Accommodations are at the Mad River Club, a rustic yet comfortable building with a large basement. See website link above for full details / sign-up info, etc.

### 02/06- 02/09 (THUR-SUN) - SS/XC-SKI - Algonquin Provincial Park

(A - C) RichardSchraven1@gmail.com (716) 564-2106, MarySchraven1@gmail.com (716) 946-7489

5 to 6 hour drive, arrive early enough to ski a few hours at the Fen Lake Ski Area before checking into Mad Musher Hostel. On subsequent days we will ski at the Leaf Lake ski area, snowshoe through the Algonquin Logging Museum and visit the impressive Algonquin Visitor's Center. Carpooling is possible. If snow conditions are poor this weekend in Algonquin, we will consider going to Harris Lodge in Tug Hill instead. OR we would consider going the weekend of Thur. 02/20 - Sun. 02/23. We will be in contact with reserved participants closer to the date.

### 02/11 - 02/14 (TUE-FRI) – MIDWEEK ADK TRIP - ADK Loj at Heart Lake

Kate Hacker (716) 491-7046 or hackerks@gmail.com

The Loj is a great place midweek because it's quieter, less crowded, and there are always other people there to meet and hike with. There are many activities to do right out the front door or just a short drive away, from cross country skiing to snowshoeing to hiking. The club rents equipment for winter hiking and snowshoeing and there are ski trails around the Loj property. Contact Kate Hacker for more info! Reservations will be made in January.



*Frozen High Falls Gorge /  
Photo by Mary K. Noack*

### 3/6 - 3/8 - FRI - SUN – X-C SKI/ SS /HIKE - Weekend Heart Lake ADK Loj

(A-C) Mary Schraven (716) 946-7489 MarySchraven1@gmail.com

Buy 1 night at the Adirondack Loj and get 1 night FREE! Membership in NFC is mandatory to take advantage of this opportunity. 12 Bunks in the loft at the Loj at Heart Lake have been reserved. Your charge for the 1st night stay is only \$56.04. This includes breakfast. Opportunity for bag lunches and dinner at a reasonable cost (or meals in town). Outings will depend on the group and will be informally organized. Plan on hiking, snowshoeing and/or cross country skiing. Outings may leave from the Loj or may begin at various trail heads or area resorts. Naturalist Intern offering evening and daytime group programs. There are also lots of fun things to do in the area not snow related, if the weather doesn't provide us with snow. *This is the way to enjoy NY's long winters!*

### 3/17 - 3/20 (TUE-FRI) - – MIDWEEK ADK TRIP - ADK Loj at Heart Lake

Kate Hacker (716) 491-7046 or [hackerks@gmail.com](mailto:hackerks@gmail.com)

The Loj is a great place midweek because it's quieter, less crowded, and there are always other people there to meet and hike with. There are many activities to do right out the front door or just a short drive away, from cross country skiing to snowshoeing to hiking. The club rents equipment for winter hiking and snowshoeing and there are ski trails around the Loj property. Contact Kate Hacker for more info! Reservations will be made in February.

## Conservation Corner

Contact Bob Van Hise for additional info [adkpaddles.bvh@gmail.com](mailto:adkpaddles.bvh@gmail.com) or (716) 628-0355

**Riverline:** is the name given to the future 1.5 mile greenway recreational corridor that will run from near Canalside at the DL&W terminal, to the Buffalo River across from Solar City.

**Good News:** New York's last coal-burning power plant (SOMERSET) announced plans to shut down operation in February. A park and data center is expected to take its place.

**Do you still POISON your lawn?** Those chemicals also kill birds, bees & other insects, and can even kill your pets. Keep this in mind for the spring! Dandelions are beautiful.

**Déjà vu:** Recently, I picked up a great old book, "Murray's Adventures in the Adirondacks: Tourist's Edition". It's an 1869 publication that is generally credited (or blamed) for the surging post-Civil War popularity of the Adirondacks that gave rise to the great camps, and attracted so many other "sports" to make the long trip from NYC & Boston to experience the natural beauty of a place we now know so well. It even included a companion map of the "New York's Wilderness", depicting the region before roads and dams changed the terrain.

MAP: <https://historicpittsburgh.org/islandora/object/pitt%3ADARMAP0302>

**Next Conservation Committee Meeting:**  
**Tuesday, December 17, 7:00 pm**  
**Bob Van Hise's home, 91 Kohler St., Tonawanda, NY 14150**

If any member has conservation-related information that you think would be of interest to our chapter, please email content or a link to [adkpaddles.bvh@gmail.com](mailto:adkpaddles.bvh@gmail.com) for possible inclusion in an upcoming newsletter.

- Bob Van Hise, Chair

## Trip Reports

### October 20th – Conservation Trail Hike

On Sunday October 20th thirteen hikers and two dogs enjoyed a beautiful day on the Conservation Trail in Hunters Creek Park. Many trees were at near peak color and fallen leaves provided a soft cushion to hike on. Numerous bridges made for a dry and pleasant traverse.

I provided some background information on the Conservation Trails' history and the Foothills Trail Clubs' maintenance responsibilities.

We were treated to a short discussion of bridge building and repair techniques, by Frank Occhiuto. He has been instrumental in building bridges and maintaining the Conservation Trail, while a member of the Foothills Club.

*Submitted by Leslie Salathe*



### November 16<sup>th</sup> – Niagara Gorge

A group of hardy ADK members hiked the Niagara Gorge starting from Artpark in Lewiston. I've never seen so many fisherman parked in the lot! We began on a bright sunny blue skied day with brisk temps around 20°, though warmed up quick due to a steady incline and several stair climbs. We enjoyed the views of the fast moving water, fisherman bravely perched on protruding rocks, and a clear view of Lake Ontario becoming visible at the highest point near the Power plant.

*Submitted by Maureen Rowley*



## Announcements

### New Executive Committee Members!!



#### **Introducing Greg Germaine as Outings Chair:**

Recently joining ADK-NFC to become more involved in local and ADK-region organized outings, Greg is a long time kayaker - he and his wife joined trips in New Zealand (Abel Tasman Sea), Mexico (Baja Peninsula), and Canada (Johnstone Strait) while also having kayaked at many local and ADK region lakes. He also enjoys weekly summer cycling, cross-country skiing, and hiking year round. As Outings Chair, he is looking forward to meeting new ADK members, supporting future trip leaders, and keeping the outings calendar full with plenty of appealing trips.



#### **Introducing Leslie Salathe as Hiking and Winter Outings Co-Chair:**

Having been a member of ADK for the last 10 years, Leslie is an avid outdoors enthusiast who enjoys skiing, snowshoeing, hiking, swimming, and yoga. Her family owns a log cabin in the Adirondacks which they visit often.

Leslie finished the Adirondack 46 High Peaks in September of 2018 and is in the process of climbing the Northeast 115 peaks over 4000 feet. Leslie is looking to book up the winter calendar of events and being a resource to fellow ADK trip leaders who want to hike, snowshoe and ski locally as well in the 'Dacks!



#### **Introducing Richard Schraven as Waterways Co-chair:**

A familiar ADK-NFC member, Richard has organized and led kayak and canoe outings for many years. He has been the waterways co-chair for about 8 years and a wonderful resource for local outings as well as in Killarney and Algonquin Provincial Parks. Look for his canoe camping trips in summer and his Algonquin Cross Country Ski weekend trip in Feb. Richard meets with interested paddling trip leaders as well as participants in early spring to brainstorm the calendar of outings for the season. He is always willing to co-lead and advice beginner paddlers and new trip leaders.



#### **Introducing Mike Lex as Biking Co-Chair:**

A recent retiree and avid cyclist, Mike recently took over the Biking Co-Chair position from Paul Kochmanski, this summer. Still enjoys cycling as much as when he got his first bicycle as a boy, on most mornings he can be found pedaling the roads and bike paths in the Northtowns. Mike has completed several century rides and participates in local Gran Fondos. He is happy to share his favorite routes with potential bike trip leaders for 2020. You can count on Mike to lead a great trip as well as to be a wealth of information and support to new trip leaders.

## Go Paperless!

In an effort to "GO GREEN" our chapter is looking to reduce the number of paper newsletters mailed out to members each month. If you would like to support this effort and only receive your newsletter via an email link, please email [marynoac@buffalo.edu](mailto:marynoac@buffalo.edu). We thank you in advance for taking this step to reduce our carbon footprint.

## Main Club Executive Director Elections

Effective November '19, ADK Board of Directors has unanimously approved Michael Barrett as the state-wide club's Executive Director. Visit our website, [www.adk-nfc.org](http://www.adk-nfc.org) for the official full press release!

### Our Executive Committee

Chair	Paul Gannon	<a href="mailto:paulmgannon54@gmail.com">paulmgannon54@gmail.com</a>	(716) 395-5739
Outings Chair	Greg Germaine	<a href="mailto:gw99t@gmail.com">gw99t@gmail.com</a>	(716) 696-0829
Conservation Chair	Bob Van Hise	<a href="mailto:adkpaddles.bvh@gmail.com">adkpaddles.bvh@gmail.com</a>	(716) 628-0355
Programs Chair	Maureen Rowley	<a href="mailto:mrowley62@yahoo.com">mrowley62@yahoo.com</a>	(716) 628-0369
Education Chair	Teresa Corrigan	<a href="mailto:teresacorrigan85@gmail.com">teresacorrigan85@gmail.com</a>	(716) 835-1905
Membership Chair	Kathy Clerkin	<a href="mailto:kmclerkin@gmail.com">kmclerkin@gmail.com</a>	
Director/Webmaster	Rob Laing	<a href="mailto:rlaing537@gmail.com">rlaing537@gmail.com</a>	
Treasurer	Doug Gaffney	<a href="mailto:dgaffney@roadrunner.com">dgaffney@roadrunner.com</a>	(716) 631-3979
Electronic Communication Chair & Newsletter Editor	Mary Kathryn Noack	<a href="mailto:marynoac@buffalo.edu">marynoac@buffalo.edu</a>	
Secretary	Larry Beahan	<a href="mailto:larry_beahan@roadrunner.com">larry_beahan@roadrunner.com</a>	(716) 839-3112
Hospitality	Carol Schuster	<a href="mailto:carolfschuster@gmail.com">carolfschuster@gmail.com</a>	
Archivist/Historian	Lynn Rehfeld-Kenney	<a href="mailto:woodthrush3@hotmail.com">woodthrush3@hotmail.com</a>	(716) 825-7329
Outings Co-chair: Waterways	Richard Schraven	<a href="mailto:richardschraven1@gmail.com">richardschraven1@gmail.com</a>	(716) 564-2106
Outings Co-chair: Biking	Mike Lex	<a href="mailto:mblex@roadrunner.com">mblex@roadrunner.com</a>	(716) 430-8986
Outings Co-chair: Hiking & Winter	Leslie Salathe	<a href="mailto:lesliesalathe@live.com">lesliesalathe@live.com</a>	