



**ADIRONDACK MOUNTAIN CLUB  
NIAGARA FRONTIER CHAPTER  
WWW.ADK-NFC.ORG**

**MARCH 2015 Newsletter**

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**March General Meeting**

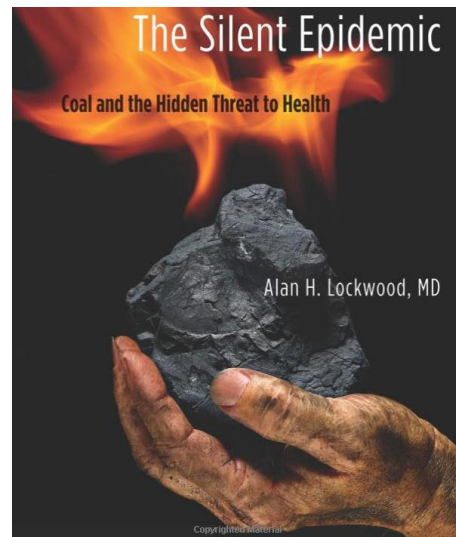
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**General Meeting**

Tuesday, March 10  
Education Workshop 6:30-7:00  
Happy Half Hour 7 - 7:30  
General Meeting 7:30 - 9:00  
77 Washington Highway, Snyder Amherst Community Church  
NOTE: Please park in rear and enter through back door.

**Program: ALAN LOCKWOOD: EFFECTS OF CLIMATE CHANGE ON PUBLIC HEALTH**

Alan Lockwood is a retired MD and UB Professor Emeritus in the Neurology Dept. In addition to over 200 scientific publications including on environmental toxins, Alan authored a book about the health effects of the coal industry titled "The Silent Epidemic: Coal and Hidden Threat to Health". Recognized as an expert in his field, Alan has testified before Congress on the public health impacts of fossil fuel emissions. According to Alan, "Climate Change is the greatest public health threat of this century". Reducing greenhouse gas emissions will prevent hundreds of thousands of asthma attacks and reduce our national health care expenditures. It is imperative for the general public to be informed about the dire impacts of burning fossil fuels, so they can pressure leaders and policy makers to shift to renewable sources of energy, reduce greenhouse gas emissions, and create policies to benefit the well-being of humans and the planet. Alan lives in Buffalo, and is a graduate of Cornell University and its Medical College. He is also on the Board of Directors of Physicians for Social Responsibility, studying the public health impacts of pollution, climate change and nuclear proliferation. This Nobel Peace Prize-winning group works towards a healthier and safer world. In addition, Alan is a Clean Air Ambassador with earthjustice.org, and is involved with court cases and policy decisions. Earth Justice's slogan is: "Because the Earth Needs a Good Lawyer". We are grateful to Alan for sharing his time and expertise with ADK.



**FEBRUARY PROGRAM REVIEW: HAIL TO OUR PRESIDENT  
JOHN GILEWICZ**

At our February meeting, ADK President John Gilewicz led us on a narrative journey that started with the history of the Adirondack Mountain Club, our local chapter's formation, the development of ADK facilities and programs, and his vision for a ambitious and inspiring future. Our Niagara Frontier Chapter is the third largest out of 27 ADK chapters in the state.

A tribute to our region, John is the 3rd ADK President to originate from our local chapter. John reviewed the noble history of the Adirondack Mountain Club which began in 1922 to protect wild lands and waters through environmental advocacy. He reviewed the pillars of ADK CARES, including Conservation, Advocacy, Recreation, Education and Stewardship. Under John's leadership ADK is modernizing the Loj/Heart Lake facilities, hoping to accommodate requests that have been made for group events, including weddings and receptions. Other plans include expansion of the camp store to serve hikers who need last minute supplies, and hosting larger college groups to savor what this area has to offer. Passionate about protecting the pristine resources of the Adirondack State Park, John discussed proposals for oil-carrying rail tanker cars that travel in the area to be spill-resistant and explosion proof. He also reviewed the implementation of renewable energy sources throughout ADK facilities. Closer to home, John discussed the complicated arrangement of natural gas storage tanks in Allegany State Park, and what he realistically hopes will be the best outcome for a clean and safe future for the area. We are blessed to have such bright and dedicated ADK President, who travels to the Lake George ADK Headquarters about nine times throughout the year to advocate for the ambitious and innovative projects he envisions. We are grateful to John for sharing his time and ideas with us. One ADK member stated that "after hearing John's talk it made me really proud to be part of ADK". Well said. Submitted by Janet Kowalski

## **UPCOMING ADK PROGRAMS FOR 2015!**

April 14: Julia Goren, ADK Summit Steward Program, protection of High Peak summit ecosystems

May 12: Sam Magavern, 2014 ADK Conservation Award Recipient

Greenway Leadership, Public Good, Attorney, Author

June 14: ADK Picnic at Bison City Rod and Gun Club, Ohio St, Buffalo, including:

Biking along the Outer Harbor

Paddling on the Buffalo River

Hiking at nearby Tift Farm Nature Preserve

Beautiful outdoor and indoor facilities

## **Save the Date: Sunday, June 14, 2015**

What: Annual Meeting and Family Picnic

Where: Bison City Rod and Gun Club on Ohio Street, Buffalo

This urban location for our annual picnic is being designed to bring everyone down to the waterfront to enjoy the newly created public access of the outer and inner harbors! Bison City has a large, open shelter overlooking the river with lots of picnic tables as well as a cozy indoor hall for our use. Ohio Street construction will be completed and it is the link between the 2 harbors we cyclists have been waiting for.

I am calling for trip leaders willing to lead:

1. Hiking at Tift Nature Preserve, or

2. Kayaking on the Buffalo River, or

3. Cycling on the bike path, and

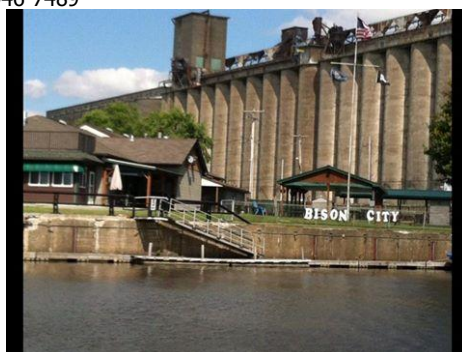
4. A combination trip involving a short paddle, bike to Wilkenson Point and a hike through Times Beach, Bike back to Bison City.

This trip would give participants an introduction to the harbor and a chance to check out all 3 activities.

I am also requesting a small Ad hoc committee of 5 people willing to develop a "gear exchange" event during the picnic. The committee would explore ideas to organize it, make some money for the club and/or give folks an opportunity to sell their gently used gear to club members and perhaps to the general public. We would need to secure permission from the Bison City owners to open the "sale" to the public. I think the urban location would be the perfect place for this sale.

Contact: Mary Schraven if you have ideas for the gear swap and/or trip leading. P.S. Richard Schraven will unfortunately be out of town and won't be available to lead the kayaking outing this year.

Maryschraven1@gmail.com or 716-946-7489



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## Education Workshop (6:30 before main meeting) HYPOTHERMIA

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During our next education workshop Teresa Corrigan will discuss the topic of hypothermia- the potentially fatal condition that happens when the human body loses heat faster than it can produce it. We have deliberately scheduled this workshop as we approach the spring, summer, and fall seasons. Hikers, paddlers, and cyclists are at risk for this condition year round, yes, even in summer! Learn how to prevent, recognize and safely and effectively treat hypothermia We will learn all about the "umbles", and other symptoms, and exactly why cotton kills. We'll have some help for this workshop from our own Bob Van Hise who will discuss the best ways to protect your body on the water, and in case of capsizes. Don't miss this chance to be an educated, proactive outdoors person. Richard Schraven and Peter Corrigan



YES!

YES!

NO!

### Conservation Corner Lynn Rehfeld-Kenney

The Conservation Committee meeting will be held at Bob Van Hise's home on Tuesday, March 17th at 7:00 pm. Call #628-0355 for directions. Action is needed in stop the renewal of the National Fuel gas company lease in Allegany State Park. If they can't be removed now, at the very least the length of the lease renewal needs to be decreased and NO expansion can be allowed. This can lead to the gas storage infrastructure being too antiquated to be cost effective to renew the lease the next time it is up for renewal. No date has been set for public hearings yet, but when it is set we need a great turnout to let National Fuel know they are not welcomed in Allegany.

THANK YOU to everyone who contacted their representatives about increasing funding for the Environmental Protection Fund in the 2015 NYS budget. It was increased by 10 million dollars to \$172 million. That breaks down to 25.5 mill. For land acquisition, 18.5 mill. for land stewardship (part of which funds the ADK trails crew in the Adirondacks and the Catskills, and 1 mill. to combat invasive species, add 36 DEC staff including oil spill clean-up specialists and forest rangers.

ACTION ALERTS: Now is the time to respond to a local request to purchase 230 acres along Eighteenmile Creek in the Town of Colden. This land is adjacent to two parcels of Erie County forest and would result in 1000 acres of connected land being protected. This is the time to protect an area that has high ecological value- mature forests, streams, wetlands and trout habitat. The Buffalo River Keepers organization is working to raise \$150,000 in donations to

combine with \$150,000 already being donated by The Nature Conservancy to purchase this parcel of land from a family who wants to see the land preserved. Don't wait, take action now! Attacks on the environment never stop. Help us by joining the Conservation Committee now.

### **Words from the Outings Chair    Andy Urban**

I hope everybody is keeping warm for the winter. Now it's time to think about the spring and what we will be doing once the snow melts. Ron Dorr has served as the biking co-chair for several years and has decided to step down to pursue some other interests within the club and retirement. Please take a moment to thank him for his dedication and service next time you see him. That leaves us with a large hole to fill. We are looking for someone to carry on with the great work he has done and become the biking co-chair. We are also looking for help in the position of day hike co-chair. Those who are interested please get in touch with me.

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### **ADK Book Club**

**ADK BOOK CLUB March Meeting:** On Wednesday, March 25 at 7 PM we will meet at the home of Erin Redding (ejredding@gmail.com) to discuss "Silent Spring", by Rachel Carson. Written in 1962, biologist Rachel Carson writes about the dangers of pesticide use. Her book was a watershed moment for the environmental movement, and the human impact on nature. Questions: Janet Kowalski, 839-3114, janetk300@gmail.com

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### **Wilderness Weekends in WNY Challenge**



Look for the WWWNY patch symbol on all outings that are part of the challenge. Want to know more? Check our website [www.adk-nfc.org](http://www.adk-nfc.org)

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### **Trip Descriptions**

#### **March**

**Recurring Event every Mon, Tues, Wed**  
**XCountry skiing with Tom Kielb in Williamsville on the Lehigh trail.**  
**<http://www.traillink.com/trail/lehigh-memory-trail.aspx>**  
**contact Thomas Kielb at 716- 828-8514**

It is a rails to trail section about 1 mile long and time is flexible on time to meet in the morning and how many times you can do the trail. It is a good quick work out for people who live in the area and are free mornings.

**3/7 Sat. Robert Treman State Park**  
**contact Thomas Kielb 716- 828-8514 or [ryba@ausfish.com.au](mailto:ryba@ausfish.com.au)**, a local member that will be attending the event below. If you would like to also attend this event please register yourself and contact Tom so that arrangements can be made to carpool.  
First Saturday Hike: Robert H. Treman State Park  
Saturday, March 7, 2015 09:30 AM - 12:30 PM  
Robert H. Treman State Park(Finger Lakes Region)  
Meet at the Upper Entrance parking lot by the Old Mill. This hike will begin on the Rim trail to see Lucifer Falls from the overlook and will also include portions of the Finger Lakes Trail. Total hike mileage approximately 4 miles. Hike length and exact route subject to change due to weather conditions.

Registration: Email [josh.teeter@parks.ny.gov](mailto:josh.teeter@parks.ny.gov) or call (607) 387-7041 ext. 131.  
Phone: (607) 387-7041 ext 131  
Registration: Required  
- See more at: <http://nysparks.com/events/event.aspx?e=135-12123.0#sthash.T9Dyhh5.dpuf>

**3/6 Fri to Mon. 3/9/2015 - X-C Ski Trip - Algonquin Provincial Park (C to A) richardschraven1@gmail.com (716) 564-2106, maryschraven1@gmail.com (716) 946-7489**

I have reservations for two yurts for the March 5th to 9th time period. These reservations will provide a bunk for between eight and twelve skiers. Our plan is for up to ten people. This year, by making the reservation well in advance, I was able to obtain reservations over the weekend to allow participation by people who could not go before. We drive to the park from mid-morning to mid-afternoon. Near the West Gate of the park, we ski at the Fen Lake Ski Trail. There is a choice of trail loops here over easy to moderate terrain. All trails are groomed and set tracked. We then drive to the Mew Lake Campground and our Yurt abode for our stay. Yurts are heated heavy tent-like structures on a concrete pad with two double bunks and two single uppers in each yurt. The yurts have electricity and a covered, outdoor cooking area with a gas grill. Meals are the responsibility of each participant. Advance planning at a meeting or by e-mail will allow us to organize the meals. We could drive to Whitney or Huntsville one or two evenings for dinner out. The winterized comfort station has flush toilets, hot and cold running water, showers and washers and dryers. The second day is spent at Leaf Lake Ski Trail. Here there is an extensive network of trail loops ranging from easy to strenuous. On the final day, we have choices of back-country skiing at the Minnesing Wilderness Ski Trail, snowshoeing on one of several interpretive trails along the Hwy 60 corridor, or another stop at Fen Lake on our way home. There also is a small hockey rink near the comfort station. Based on participant's feedback, the length and choice of activities will be made. With the number of participants and the number of vehicles, choices can be made for what you do with your time. Please check out the websites: [www.OntarioParks.com](http://www.OntarioParks.com) (reservation service) and [www.algonquinpark.on.ca](http://www.algonquinpark.on.ca) (online bookstore) for a look at the trail maps. Closer to the trip we can decide about car-pooling and food arrangements. At this time, there are seven confirmed participants. That will work great, but we can accommodate as many as three additional people. Let me know if you are interested in joining us for this ski experience.

3 night stay, Fri. to Mon.:

Cost of Yurt + 2nd vehicle parking permit\* - \$320.70

4 people in yurt/person - \$80.17

5 people in yurt/person - \$64.14 + \$7.80\* = \$71.94

6 people in yurt/person - \$53.45 + \$6.20\* = \$59.65

As you would expect, the cost of the yurt is per night and each yurt reservation fee includes one vehicle permit. I have computed the trip yurt costs per person, based on the number of people sharing it. In addition I have added an additional vehicle permit for options involving more than four people. There are three Ski areas that can be used with no additional fee. If you would like to reserve a spot in this trip, send \$50.00 per person to: Richard Schraven, 91 N. Parrish Drive, Amherst, NY 14228. In the past we have found that four sharing the yurt was tolerable. Five or six sharing gets tight and two people would have to share a double bottom bunk. After I have gone through each person's choice, I will determine a plan for the yurts. Final cost will also have HST added and this chart does not include food and travel expense to the park. ADK-NFC and BNSC are invited, but the general membership of those clubs. As soon as I have sufficient deposits, the trip will be closed.

**3/8 - 3/13 Sat. - Fri. Winter sports around Lake Placid NY (don't need to stay the whole week)**

**JoAnn Ratajczak at 716 400 1030 or email [jkish45@yahoo.com](mailto:jkish45@yahoo.com)**

Activities available: X-Country Skiing/ice skating/Downhill Skiing

X-Country Skiing at Cascade <http://www.cascadeski.com/>

and Mt Van Hoevenberg <http://www.whiteface.com/activities/cross-country-skiing>

Ice skating at Lake Placid Outdoor Olympic Speed Skating Oval. You don't need to speed skate. Skates available for rent.

Weather permitting Thurs-Mon 7:00-9:00

Downhill available at Whiteface. Downhill skiing is not a covered sport by ADK, so you will be skiing at your own risk as an individual. Anyone who chooses to downhill ski will not be at an ADK sponsored event. Various accommodations available.

Email for details. JoAnn Ratajczak [jkish45@yahoo.com](mailto:jkish45@yahoo.com)

**3/29 - 3/31 Sun-Tue. Mountain Snowshoeing - "Saranac Lake 6er" climbs.**

**Bob Van Hise (716)628-0355 [adkpaddles.bvh@gmail.com](mailto:adkpaddles.bvh@gmail.com)**

Meet me in Saranac Lake for 1 or 2 days of climbing and work toward the "6er" patch! We'll hike both Sunday and Monday, with our goal of summiting Mount Baker (easy/moderate) on one day, and Mounts Haystack and McKenzie (strenuous) on the other day - all in the Saranac Lake area of the Adirondacks. Snowshoes required. Check out the 6er site and contact me for trip details. <http://saranaclake6er.com/>

## August

**2015 Killarney Provincial Park (KPP) Paddle Outing**

We are planning to have this year's KPP paddle trip over the weekend of August 8th & 9th for three or four nights. This is the sweet spot of warm temperatures, low insect counts and it avoids the Canadian Civic holiday. The reservation has to be made five months ahead of time to get the most coveted routes. Reservations allow nine on a permit and the route will

be determined by whether participants are using canoes or kayaks. In order to accommodate our members' needs, please inform me if you are interested and the choice of craft (canoe or kayak) you will be using. I am not asking for a commitment now, but those who contact me will be among the first to be informed of the trip and thus have the best chance of getting their deposit to me to reserve their spot on the trip. In the past we have had to limit the number of participants even though we got two permits. Contact richardschraven1@gmail.com or (716) 564-2106 asap

## **TRIP REPORTS**

### **2/1 - Sprague Brook County Park x-c Ski Outing.**

It has been a wonderful year for skiing in Western New York and one of the finest spots is Sprague Brook Park. We had fifteen skiers from ADK and BNSC participating in this trip. The three mile course over varied terrain and perfect pack powder snow was a great place to practice our technique. Lunch in the warming hut was a chance to build on friendships and tell stories about past adventures. Many years haven't offered the optimum natural snow conditions needed for Nordic skiing like this one has. We hope to make good use of it.

Submitted by: Richard Schraven

### **Susquehannock Lodge 2015 Winter Weekend**

Eight participants enjoyed our ADK Winter trip to the Susquehannock Lodge in PA, the weekend of February 6-8, 2015. There was great winter weather, with enough snow for snowshoeing and cross country skiing. Four participants took advantage of the added Thursday arrival, which allowed us to check out some new territory for future reference. The group enjoyed XC skiing and shoeing the Susquehannock State Forest, and some participants also explored Pine Creek, Leonard Harrison State Park, and even the nearby cities of Coudersport and Wellsboro. Highlights of the trip once again included bald eagle and other bird sightings, spectacular views, great company, and of course, the excellent food and accommodations at the lodge. Report submitted by: Ed & Jan Kramer



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## **Winter Equipment Available to Borrow**

Remember: Our chapter has hiking poles and snowshoes available to members to borrow for free. It is a benefit of membership. Contact Cheryl Peluso 997-2349 or cherylp17@verizon.net for more information.

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## **A Warm Welcome to the Following New Members**

Jessica Evans  
Joseph Grasmick  
Scott Kurzdorfer  
Norm Seelbinder  
Suzanne & Scott Switzerland

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## REMEMBERING RAY MARKIEWICZ

Ray Markiewicz was an avid outdoorsman, and the Founder of the Adirondack Mountain Club Niagara Frontier Chapter. Starting with 12 members in 1971, Ray helped nurture the chapter to 400 members by 1978. He passed away on Feb 4, 2015. Perhaps the best way to pay tribute to Ray is to revisit the Dedication in the 1978 edition of "Wilderness Weekends", the popular local ADK-NFC Hiking Guide. "For Ray Markiewicz We dedicate these writings, with joy, to Ray. - to an individual whose pure love of wilderness has been such an inspiration. - to a person who gathered us together in July, 1971, and formulated this local Niagara Frontier Chapter of the Adirondack Mountain Club. - to one who fathered us along from the "original twelve" to four hundred members at this writing in 1978. - to one whose spiritual approach to the earth has bonded us ever so closely to this beautiful land. We thank you Ray." Current ADK President John Gilewicz paid tribute to Ray, remarking on the "thousands of people over the past forty or more years who have been able to get out and enjoy the woods and rivers of Western New York because of his vision. We are all in his debt." Submitted by Janet Kowalski

### EXECUTIVE BOARD MEETING

The Executive Board will meet on February 3rd at 6:45 pm at the Julia Reinstein library. Any member is welcome to attend. Chairpersons who cannot attend should send a report to the Secretary, [larry\\_beahan@roadrunner.com](mailto:larry_beahan@roadrunner.com)

### ADK-NFC WEBSITE

Check out our website [www.adk-nfc.org](http://www.adk-nfc.org) for a calendar of future events and outings, conservation news, newsletters and upcoming programs.

### LIABILITY WAIVER

The OFFICIAL ADK LIABILITY WAIVER FORM needs to be filled out and SIGNED in ink by EVERY participant at EVERY outing, WITHOUT EXCEPTION, BEFORE the outing begins! This also applies to all outing leaders and to all participants (members and non-members) on any ADK activity.

Forms are available through the ADK-NFC.ORG website at the bottom of the Home page. Completed forms can be submitted to Andy Urban or any Outing Co-Chair at the next meeting following the outing.

If leading a joint ADK outing with another group, ADK waiver forms must be signed by all participants, even non-members, in addition to the other organization's waiver(s).

### MEMBERSHIP

If you would like to join the Niagara Frontier Chapter you can sign up at a monthly meeting or online at [www.ADK.org](http://www.ADK.org). If you sign up online don't forget to check that you want to join our chapter so the local chapter gets a portion of your dues.

## EXECUTIVE COMMITTEE MEMBERS

### CHAIRPERSON

Cheryl Peluso  
3618 Howard Rd  
Hamburg, NY 14075  
716-648-9027  
[cherylp17@verizon.net](mailto:cherylp17@verizon.net)

### 1ST VICE

#### CHAIR/OUTINGS

Andy Urban  
716-909-6165  
[maebus.ski@gmail.com](mailto:maebus.ski@gmail.com)

### DIRECTOR

Bob Van Hise  
(716) 628-0355  
[adkpaddles.bvh@gmail.com](mailto:adkpaddles.bvh@gmail.com)

### 4TH VICE CO-CHAIR EDUCATION

Pete Corrigan  
207 Woodward Ave  
Buffalo, NY 14214-2313  
716-835-1905  
[hikepmc@roadrunner.com](mailto:hikepmc@roadrunner.com)  
Richard Schraven  
716-564-2106  
[richardschraven1@gmail.com](mailto:richardschraven1@gmail.com)

### TREASURER

Doug Gaffney  
830 George Urban Blvd  
Cheektowaga, NY 14225  
716-631-3979  
[dgaffney@roadrunner.com](mailto:dgaffney@roadrunner.com)

### PUBLICITY

Help Needed!

### ELECTRONIC COMMUNICATIONS

Cheryl Peluso  
3618 Howard Rd  
Hamburg, NY 14075  
716-648-9027  
[cherylp17@verizon.net](mailto:cherylp17@verizon.net)

### 2ND VICE CO-CHAIR

### SECRETARY

### NEWSLETTER EDITOR

**CONSERVATION**

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21 Hillside Ave.  
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716-825 7329  
woodthrush3@hotmail.com

Larry Beahan  
5 Darwin Dr  
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Kate Hacker  
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Amherst, NY 14228-1011  
716-688-8618  
[hackerks@gmail.com](mailto:hackerks@gmail.com)  
Also email [chery117@verizon.net](mailto:chery117@verizon.net)

**3RD VICE CO-CHAIR  
PROGRAMS**

Janet Kowalski  
166 Burbank Dr.  
Snyder, NY 14226  
716-839-3114  
[janetk300@gmail.com](mailto:janetk300@gmail.com)

**MEMBERSHIP CO-CHAIRS**

Kathy Clerkin  
[kmclerkin@gmail.com](mailto:kmclerkin@gmail.com)

**WEBMASTER/ALT. DIRECTOR**

Rob Laing  
[webmaster@adk-nfc.org](mailto:webmaster@adk-nfc.org)

**BOOKSTORE/LIBRARY**

Bruce Lockwood  
716-982-6627  
[2006gojake@roadrunner.com](mailto:2006gojake@roadrunner.com)

**HOSPITALITY**

Sandy Paine  
823-0122 or 462-2925 (cell)

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**Outings Co-Chairs****DAY HIKES**

(Apr - Nov)  
New co-chair needed!

**WATERWAYS**

Richard Schraven  
91 N. Parrish Dr.  
Amherst, NY 14228  
(716) 564-2106  
[richardschraven1@gmail.com](mailto:richardschraven1@gmail.com)

**BIKING**

Ron Dorr  
693-6832  
[ilikeoutdoors@gmail.com](mailto:ilikeoutdoors@gmail.com)

**WINTER SPORTS**

(Nov - Mar)  
JoAnn Kish Ratajczak  
400-1030  
[jkish45@yahoo.com](mailto:jkish45@yahoo.com)

**BACKPACK**

Andy Urban  
716-909-6165  
[maebus.ski@gmail.com](mailto:maebus.ski@gmail.com)