



# ADIRONDACK MOUNTAIN CLUB NIAGARA FRONTIER CHAPTER

[WWW.ADK-NFC.ORG](http://WWW.ADK-NFC.ORG)

## August 2016 Newsletter

### WANTED! Your pictures!



### What are you doing this summer?

Whatever adventure you choose, please bring your camera, take lots of shots and be ready to share at our next General Meeting on September 13. Whether it's the trip of a lifetime, a paddle, or a day hike or bike ride right around the corner, your ADK friends want to see your pictures! While you may not be on the cover of National Geographic, sharing your vacation shots at the September meeting can be even more fun than Facebook or Instagram. You get instant feedback (applause), and the screen is a lot bigger than anyone's PC!

So review those pictures and send up to 10 images to Doug Gaffney (dgaffney@roadrunner.com) by September 11. Please number in the order you'd like them presented.

file size to Doug at: 830 George Urban Blvd. Cheektowaga, NY, 14255. Remember, the deadline to get your amazing images to Doug is September 11.

**Keep taking pictures and save the date: September 13<sup>th</sup>...See you there!**

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## General Meeting & Ice Cream Social

Tuesday, September 13th  
7 PM Happy Half Hour with ICE CREAM!!!  
7:30 PM General Meeting and Members Slide Show

After a couple of months without meetings it's so much fun to come back and share our summer stories at this first meeting of the season. **Also...there will be ice cream!!!** Come, share, meet, see and hear about adventures and places to go! See you there!



Fellowship Hall - Amherst Community Church  
77 Washington Highway  
Snyder NY 14226

NOTE: Please park in rear and enter through back door.

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## Message From the Chair, Janet Kowalski



It has been a HOT summer! Hikers need to be diligent about HYDRATION to prevent Heat Exhaustion that can occur in high temperatures and is often associated with dehydration. The 2 types of heat exhaustion are Water Depletion, causing headaches and weakness, and Salt Depletion, causing nausea, cramping and dizziness. Hikers need both water and electrolytes to replenish what is lost during demanding hikes such as mountain climbs. Guides recommend pre-hydration before a hike, and carrying at least 2 liters of water, drinking about a half liter every hour. For long hikes, bringing a method of water purification is recommended so you can refill your bottles from a lake or stream. Energy drinks like Gatorade can provide electrolytes, or to avoid excessive sugar physician/ADK member

Dana Jandzinski recommends adding Pedialyte powder to water bottles. Hikers can also eat electrolyte-rich snacks like bananas, celery and small tomatoes, or make your own electrolyte drink from salt (pinch), honey, plus orange juice mixed with the same volume of water. Another option is electrolyte gummy snacks that are available at sport specialty stores. Be well and have fun!

MANY THANKS to new ADK member/young artist Elizabeth Bolt for designing and painting Adirondack-themed pictures on our chapter's beanbag toss game boards. The Blue-lined enclosed Adirondack Forest Preserve, native tree leaves, and mountain scenes are featured on the 2 boards. Thank you for sharing your creative gifts Elizabeth!

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## Young Members (20s & 30s)

### **YOUNG MEMBERS (YM) JOHNS BROOK LODGE FALL WEEKEND SCHOLARSHIPS** **Apply now, only 4 scholarships available!**

On September 9 – 11, ADK's young members (20s and 30s) from across the state are taking over Johns Brook Lodge (JBL)! This beautiful rustic lodge in the heart of the High Peaks Region is a 3.5 mile walk from the famous Garden Trailhead in Keene Valley, and a perfect starting point for some of the most popular climbs in the Adirondacks. Our chapter is offering FOUR HALF-PRICE scholarships (\$75) for ADK-NFC Young Members on a first-come-first-served basis. The weekend includes 2 nights lodging at JBL, ALL meals, and guided hike options.

Cost: \$148 (members, \$73 with scholarship)/\$165 (nonmember). Check the chapter website for Scholarship Applications: [adk-nfc.org](http://adk-nfc.org)

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## **ADK Director's Report, August 2016 – Rob Laing**

I attended the quarterly Board of Directors meeting at ADK Headquarters in Lake George on June 25. Typically over 40 people attend the BoD meetings, which include a representative from each chapter along with Executive Committee members and Committee Chairs. The meetings last approximately 5 hours and include reports and discussion on finance, membership, conservation, development, properties and other topics. Highlights of the meeting include the following:

### **Conservation Items:**

- Camp Gabriels is a minimum security prison north of Paul Smiths which was closed by the state in 2009. The property covers almost 500 acres, 410 of which are undeveloped. The property was transferred to the Department of Environmental Conservation by the Department of Corrections in 2010. Recently, action was taken to sell the developed 90 acres to a private party however that sale was held up due to questions about whether the developed portion of the former prison is now part of the forest preserve. Questions remain on the developed portion of the property, and we may see a NYS constitutional amendment in the future to allow the developed portion of the property to be sold. The Adirondack Mountain Club supports this potential constitutional amendment.
- Creation of a 500 acre land bank to be used for local road, bridge, public utility and public water projects. Currently, there is no public right of way along roads which abut forest preserve land. There are strict guidelines on what projects qualify to be applied against the land bank. The Adirondack Mountain Club supports the creation of the land bank. On May 10, the Boreas Ponds Tract was officially transferred to the state from the Nature Conservancy. The Boreas Ponds sits south of the High Peaks between Elk Lake and the Upper Works area. The APA has now started the classification process to determine how the Boreas Ponds Tract can be used by the public. The Adirondack Mountain Club supports a predominantly Wilderness classification while local towns support a Wild Forest classification. The Wilderness classification would prohibit motorized use except for a snowmobile connector trail adjacent to the Blue Ridge Rd, while the Wild Forest classification would allow motorized use on most of the tract.

### **Other Items:**

- The Adirondack Loj has numerous changes and updates including expanded outreach to area schoolchildren and new staff hires, which include lead cooks. Over 55 volunteers assisted with the Loj property spring cleanup at the end of April, and the Loj will be hosting 9 weddings this year (at last count).
- At Johns Brook Lodge the entire porch and deck was rebuilt during the spring work weekend.
- ADK Publications has released a new book titled Adirondack Archangels: Guardians of the High Peaks. This is a collection of essays by and about individuals who have worked to protect the park and the high peaks.
- Membership is steadily increasing year after year. The number of current member households as of the end of May is 17,146.

This is just a small portion of the updates that are communicated during the quarterly meeting. If anyone has any questions or would like more detail on any of the topics covered please don't hesitate to contact me.

Rob Laing [rlaing537@gmail.com](mailto:rlaing537@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 out the page on our website [WWWNY](http://WWWNY)

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## **A Message From the Outings Chair, Mary Schraven**

## Trip Descriptions

For an updated listing of outings and activities, please see the event calendar posted on the website: [adk-nfc.org/calendar](http://adk-nfc.org/calendar)



### August

#### **7/31 – SUN – BIKE - Ride to Jazz Concert**

**on steps behind Albright Knox Art Gallery (B)** – Richard and Mary Schraven [richardschraven1@gmail.com](mailto:richardschraven1@gmail.com) or **564-2106** & [maryschraven1@gmail.com](mailto:maryschraven1@gmail.com) or **946-7489**. This ride will be mostly on Bike Paths. We will begin at the parking lot on State & Young Streets in the City of Tonawanda at 12:30 and ride about a mile to the Tonawanda Creek Bike Path. This connects with the Niagara Riverwalk, which we will ride through the Town of Tonawanda and into Buffalo to the Scajaquada Creek Bike Path that goes by the Museum and the jazz concert. The ride to the concert is about 11 miles long. After the concert we will ride about nine miles through Delaware Park and quiet side streets of North Buffalo to the Buffalo/Tonawanda Rail-to-Trail back to the cars. The concert is Bobby Millitello Quartet. Bring your bike in good working order, Bike Ride Essentials: protection, helmet, mirror, whistle, or bell, illumination, repair kit, first-aid, water, cash, lock and cable, snacks and a cloth to sit on and dress for the weather.

#### **8/3- WED - EVENING BIKE - Evening Ride from Amherst to Clarence - Ann Lazroe, 689-1861 or**

[altheaann1@gmail.com](mailto:altheaann1@gmail.com) Meet on Transit Road in East Amherst and ride to Clarence Center. Flat terrain on blacktop trail makes this an easy ride past wetlands, a park and residential settings. In Clarence Center, we will stop at the Café for refreshments. Part of the group can return to Transit (7 miles), others can continue on a rural path towards Akron (20 miles). Bring water and lock if you like; helmet required. Call for exact time and meet up place.

#### **8/4- THURS - EVENING PADDLE – Strawberry Island (C) - John Yates, 572-8842 or [jyucca@yahoo.com](mailto:jyucca@yahoo.com)**

Meet at Sheridan Drive Launch site on Niagara River at 6:15 pm for launch at 6:30. Possibly interested in canoeing or kayaking, but don't have a boat and aren't sure which end of the paddle to hold? No Problem! Come and join us for an hour or so on the water, but contact me in advance so I can bring extra equipment.

#### **8/5 - FRI – MORNING BIKE –Delaware Park Time Trials (C- to A+) - Paul Kochmanski, 895-7712 or**

[kochmanski@ecc.edu](mailto:kochmanski@ecc.edu) This is the ride for those of you that aren't sure how fast or how far you can go. It's also the ride for those of you that want to increase your current speed and/or endurance with some fellowship. We'll all meet together and ride around the golf course on the dedicated bike lane at whatever pace works for each individual for however many laps each individual can make in 1 hour. At the end, we'll meet to share stats, support each other in our weekly improvement, and have some fresh-squeezed juices from Ashker's. Bring your odometers and stop-watches if you have them (and helmets, of course). Call or email for exact time and meet up place.

#### **8/10 - WED - EVENING BIKE – Evening Ride from Amherst to Clarence - Ann Lazroe, 689-1861 or**

[altheaann1@gmail.com](mailto:altheaann1@gmail.com) Meet on Transit Road in East Amherst and ride to Clarence Center. Flat terrain on blacktop trail makes this an easy ride past wetlands, a park and residential settings. In Clarence Center, we will stop at the Café for refreshments. Part of the group can return to Transit (7 miles), others can continue on a rural path towards Akron (20 miles). Bring water and lock if you like; helmet required. Call for exact time and meet up place.

#### **8/12 - FRI – MORNING BIKE –Delaware Park Time Trials (C- to A+) - Paul Kochmanski, 895-7712 or**

[kochmanski@ecc.edu](mailto:kochmanski@ecc.edu) This is the ride for those of you that aren't sure how fast or how far you can go. It's also the ride for those of you that want to increase your current speed and/or endurance with some fellowship. We'll all meet together and ride around the golf course on the dedicated bike lane at whatever pace works for each individual for however many laps each individual can make in 1 hour. At the end, we'll meet to share stats, support each other in our weekly improvement, and have some fresh-squeezed juices from Ashker's. Bring your odometers and stop-watches if you have them (and helmets, of course). Call or email for exact time and meet up place.

**8/13 - SAT – BIKE - Niagara Glen Natural Reserve, Niagara Falls, ON to Niagara-on-the-Lake PEACH FESTIVAL (C) - Marion Hanover, [mhanover@sympatico.ca](mailto:mhanover@sympatico.ca) or (905) 351-1287.** We will meet at Niagara Glen, Niagara Falls, ON and ride along the scenic Niagara Parkway to Niagara on the Lake. We will enjoy some of the foods, music and culture at the Peach Festival. See [www.niagarafallstourism.com/events/peach-festival/](http://www.niagarafallstourism.com/events/peach-festival/). On the

return trip we will ride some country roads amongst the vineyards and then join up with the Niagara Parkway again back to our cars. Any type of bike will do – must be in good working order. Bring documents to cross into Canada, plus water and repair kit with extra tube. Must wear helmet. Please contact Marion for meeting time.

**8/17- WED - EVENING BIKE – Evening Ride from Amherst to Clarence - Ann Lazroe, 689-1861 or [altheaann1@gmail.com](mailto:altheaann1@gmail.com)** Meet on Transit Road in East Amherst and ride to Clarence Center. Flat terrain on blacktop trail makes this an easy ride past wetlands, a park and residential settings. In Clarence Center, we will stop at the Café for refreshments. Part of the group can return to Transit (7 miles), others can continue on a rural path towards Akron (20 miles). Bring water and lock if you like; helmet required. Call for exact time and meet up place.

**8/19 - FRI – MORNING BIKE –Delaware Park Time Trials (C- to A+) - Paul Kochmanski, 895-7712 or [kochmanski@ecc.edu](mailto:kochmanski@ecc.edu)** This is the ride for those of you that aren't sure how fast or how far you can go. It's also the ride for those of you that want to increase your current speed and/or endurance with some fellowship. We'll all meet together and ride around the golf course on the dedicated bike lane at whatever pace works for each individual for however many laps each individual can make in 1 hour. At the end, we'll meet to share stats, support each other in our weekly improvement, and have some fresh-squeezed juices from Ashker's. Bring your odometers and stop-watches if you have them (and helmets, of course). Call or email for exact time and meet up place.

**8/24 - WED – EVENING BIKE – Evening Ride from Amherst to Clarence - Ann Lazroe, 689-1861 or [altheaann1@gmail.com](mailto:altheaann1@gmail.com)** Meet on Transit Road in East Amherst and ride to Clarence Center. Flat terrain on blacktop trail makes this an easy ride past wetlands, a park and residential settings. In Clarence Center, we will stop at the Café for refreshments. Part of the group can return to Transit (7 miles), others can continue on a rural path towards Akron (20 miles). Bring water and lock if you like; helmet required. Call for exact time and meet up place.

**8/26 - FRI – MORNING BIKE –Delaware Park Time Trials (C- to A+) - Paul Kochmanski, 895-7712 or [kochmanski@ecc.edu](mailto:kochmanski@ecc.edu)** This is the ride for those of you that aren't sure how fast or how far you can go. It's also the ride for those of you that want to increase your current speed and/or endurance with some fellowship. We'll all meet together and ride around the golf course on the dedicated bike lane at whatever pace works for each individual for however many laps each individual can make in 1 hour. At the end, we'll meet to share stats, support each other in our weekly improvement, and have some fresh-squeezed juices from Ashker's. Bring your odometers and stop-watches if you have them (and helmets, of course). Call or email for exact time and meet up place.

**8/27 - SAT - BIKE - Grand Island Circumnavigation, 21 miles (B-) - Tom Burkman, 228-9493 or [burkman@buffalo.edu](mailto:burkman@buffalo.edu)** Meet at Tom Burkman's house, 800 Kirkwood Drive, Grand Island 14072. Come early for breakfast at 8:30 or in time for 9:15 departure. Easy pedal around the island on quiet roads. Bring helmet, water, and sunscreen. We will stop at an eatery for a snack before noon and finish up by 1:00. Please contact Tom to register.

**8/28 – SUN - BIKE - Tonawanda to Elmwood Avenue Festival of the Arts, 22 miles (B) - Paul Kochmanski, 895-7712 or [kochmanski@ecc.edu](mailto:kochmanski@ecc.edu)** We will meet in Tonawanda, ride down the Riverwalk to the Scajaquada Bike Path, past the historic mansions on Lincoln and Bidwell Parkways, to Elmwood. We'll lock our bikes, enjoy the sights and sounds and food of the festival for an hour or two, and then return the same route. Bring a bike in good working condition, a spare inner tube, water, lunch (optional), a lock and a helmet (required). Call for precise meeting location and afternoon meeting time.

**8/30 – 9/2 – TUES – FRI - Paddle camping trip- Bell Lake Canoe/Kayak & Hiking Trip, Killarney Provincial Park, Ontario (B) - Richard Schraven, 564-2106 or [richardschraven1@gmail.com](mailto:richardschraven1@gmail.com) & Mary Schraven, 946-7489 or [maryschraven1@gmail.com](mailto:maryschraven1@gmail.com)** This trip features little to no portaging so kayaks as well as canoes can be used. We will stay on two of the beautiful campsites in the Bell/Three Mile Lake region. We are limited to nine on an interior permit, but we have two reservations allowing eighteen on this trip. Both reservations are for use of campsites on Bell Lake/Three Mile Lake. Send your \$20.00 deposit to reserve your spot to: Richard Schraven, 91 N. Parrish Drive, Amherst, NY 14228.

**8/31 – WED – EVENING BIKE – Evening Ride from Amherst to Clarence - Ann Lazroe, 689-1861 or [altheaann1@gmail.com](mailto:altheaann1@gmail.com)** Meet on Transit Road in East Amherst and ride to Clarence Center. Flat terrain on blacktop trail makes this an easy ride past wetlands, a park and residential settings. In Clarence Center, we will stop at the

Café for refreshments. Part of the group can return to Transit (7 miles), others can continue on a rural path towards Akron (20 miles). Bring water and lock if you like; helmet required. Call for exact time and meet up place.

**9/2 - FRI – MORNING BIKE –Delaware Park Time Trials (C- to A+) - Paul Kochmanski, 895-7712 or [kochmanski@ecc.edu](mailto:kochmanski@ecc.edu)** This is the ride for those of you that aren't sure how fast or how far you can go. It's also the ride for those of you that want to increase your current speed and/or endurance with some fellowship. We'll all meet together and ride around the golf course on the dedicated bike lane at whatever pace works for each individual for however many laps each individual can make in 1 hour. At the end, we'll meet to share stats, support each other in our weekly improvement, and have some fresh-squeezed juices from Ashker's. Bring your odometers and stop-watches if you have them (and helmets, of course). Call or email for exact time and meet up place.

**9/3 – SAT- BIKE – Front Park to Crystal Beach, 24 miles (B) - Paul Kochmanski, 895-7712 or [kochmanski@ecc.edu](mailto:kochmanski@ecc.edu)** Meet at Olmstead's historic Front Park (Porter Ave. entrance, near Peace Bridge) in the morning. For those wishing to shorten the ride 3 miles, and not ride over the bridge, starting in Fort Erie is an option. We will ride over the Peace Bridge and down the Friendship Trail (a lovely, smoothly paved, flat, rail-to-trail route). After a stop at the farmer's market in Ridgeway, we will continue on to Crystal Beach where we can relax on the sand of the public beach (bring sunscreen - there's no shade!), have lunch (no glass or alcohol allowed), and take a dip in the lake. For those wanting to buy a hot lunch, there's a nearby snack bar. After about 1.5 hours, we will return along the same route. Bring a passport or enhanced NY Driver's License for the bridge crossing, lunch, swimsuit and towel, a spare inner tube for your bike, a bike lock and a helmet (required). Rain date Sun. 9/4. Call for meeting time.

### More ADK Summer Events:



**8/12-8/13 FRI-SAT - PEAK to BREW RELAY Wilmington, NY** - Are you looking for a challenge beyond the typical road race and an event that will build lasting Team camaraderie?...then you are ready for Peak to Brew. The Peak to Brew Relay race presented by Bark Eater Events, LLC is the Northeast's longest most scenic overnight Team supported relay race at 230+ miles. Teams of 6-12 Runners and 1-2 Support Vans will traverse the course over 48 unique legs. The Peak to Brew Relay Race provides a wide range of leg distances for elite and novice runners to enjoy. The course will take Teams through the heart of the Adirondack Park, around the Maple Ridge Windmill Farm, and through some of the most beautiful areas in the Northeast. From an epic Start at the summit of Whiteface Mountain Veterans Memorial Highway to an unforgettable finish and celebration at the historic Saranac Brewery, the Peak to Brew Relay is one of the most unique and challenging events in the Northeast.

Register for the event and find out more information at: <https://runsignup.com/RaceGroups/21378/Groups/217119>

**Looking for Adirondack Trail Stewards:** Adopt an Adirondack section of the longest National Scenic Trail, the 4600-mile North Country National Scenic Trail. Existing trails on the Adirondack route are looking for trail stewards to inspect and maintain these trails. Stewards will be part of the ADK Trail Steward Program and DEC Volunteer Steward Agreement. For information please contact the Adirondack NCNST Steward Coordinator, Mary Coffin, 315 687-3589, [maryccoffin@gmail.com](mailto:maryccoffin@gmail.com).

**Trip Reports** Check our website for [trip reports!](#)

**July 9 Friendship Trail Bike Ride:** We planned this trip to have access to the Saturday morning Farmer's Market in Ridgeway, Ontario. In the past we have gotten wonderful sausages there for our back-country canoe trips to Killarney Park. When we got there we were surprised to find the Ridgeway Festival in full swing. There were three venues with live music and about a hundred booths with everything you could imagine for sale. There was face painting for we kids, clowns with balloons and information booths with petitions to sign for proposed town improvement projects.

Some riders stayed away because of a less than perfect weather report, but the weather was perfect except for a stiff head wind which made our return ride very short. It was gusty as we crossed back over the Peace Bridge and when we pulled into our driveway there was a five-minute downpour. We definitely would want to repeat this trip in future years. It is the weekend (Saturday and Sunday) after the Canada Day or for us the Independence Day weekend.

Submitted by: Richard and Mary Schraven

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

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## Are You a 46er? We Want You on Our List!

Loretta Yerke, who is a long term member of our chapter and former ADK Newsletter editor, made up a list of all our chapter 46ers in 2008. Wilma Cipolla and Loretta thought we should update the list to include all of the new 46ers since then. If you don't have a number because you didn't register we can still add you to the list. The list is posted on our ADK-NFC.org website. To add your name send it to Cheryl Peluso, [cherylp17@verizon.net](mailto:cherylp17@verizon.net), or call Kate Hacker at 688-8618.



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## Welcome New Chapter Members!

Welcome to our new members who joined in June:

- Diane Ham
- Robert Reeves

If you would like to join the Niagara Frontier Chapter you can sign up at a monthly meeting or online at ADK.org. If you sign up online don't forget to check that you want to join our chapter so you will be informed about outings in your local chapter, and also so your dues can support local ADK events.

Kathleen Clerkin, Membership Chair



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## EXECUTIVE BOARD MEETING

**Executive Committee Meeting:** The ADK-NFC Executive Committee will hold their next Executive Committee meeting September 6, 6:45pm at the Julia Goren Reinstein Library, 1030 Losson Rd in Cheektowaga. For further details contact any member of the Executive Committee. 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 [adk-nfc.org](http://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 on the [OUTINGS](#) page. Completed forms can be submitted to Mary Schraven 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).

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### **Executive Committee Members**

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

**1ST VICE CHAIR/OUTINGS** - Mary Schraven, 91 N. Parrish Dr., Amherst, NY 14228, 716-564-2106, [maryschraven1@gmail.com](mailto:maryschraven1@gmail.com)

**2ND VICE CHAIR/CONSERVATION** - Lynn Rhefeld- Kenney, 21 Hillside Ave., Buffalo, NY 14210, 716-825-7329, [woodthrush3@hotmail.com](mailto:woodthrush3@hotmail.com)

**3RD VICE CHAIR/PROGRAMS** - Dana Jandzinski [hikenbike30@yahoo.com](mailto:hikenbike30@yahoo.com)

**4TH VICE CHAIR/EDUCATION** - Teresa Corrigan, 207 Woodward Ave., Buffalo, NY 14214-2313, 716-835-1905 [teresacorrigan85@gmail.com](mailto:teresacorrigan85@gmail.com)

**DIRECTOR/WEBMASTER** - Rob Laing, [webmaster@adk-nfc.org](mailto:webmaster@adk-nfc.org)

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

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

**SECRETARY** - Larry Beahan, 5 Darwin Dr., Amherst, NY 14226-4599, 716-839-3112, [larry\\_beahan@roadrunner.com](mailto:larry_beahan@roadrunner.com)

**NEWSLETTER EDITOR** – Mike Weimer, 703-517-7624 [mtweimer35@gmail.com](mailto:mtweimer35@gmail.com) Also email Mary Schraven at [maryschraven1@gmail.com](mailto:maryschraven1@gmail.com)

**MEMBERSHIP CHAIR** - Kathy Clerkin, [kmclerkin@gmail.com](mailto:kmclerkin@gmail.com)

**HOSPITALITY** - Carol Schuster, [carolfschuster@gmail.com](mailto:carolfschuster@gmail.com)

### **Outings Co-Chairs**

**DAY HIKES** (Apr - Nov) New co-chair needed!

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

**BIKING** - Paul Kochmanski, (716) 895-7712, [kochmanski@ecc.edu](mailto:kochmanski@ecc.edu)

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

**BACKPACKING** – Teresa and Peter Corrigan , 207 Woodward Ave., Buffalo, NY 14214-2313, 716-835-1905 [teresacorrigan85@gmail.com](mailto:teresacorrigan85@gmail.com), [hikepmc@roadrunner.com](mailto:hikepmc@roadrunner.com)

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