

DECEMBER 2016 NEWSLETTER

www.adk-nfc.org



ADK Niagara Chapter Potluck Dinner – December 13, 2016

**Location: Fellowship Hall - Amherst Community Church
77 Washington Highway, Snyder NY 14226**

NOTE: Please park in rear and enter through back door (walk up to 2nd floor)

Program:

6:00pm - DECK THE HALLS

Come help create a festive setting for our Chapter's potluck feast. Any help with setup (and cleanup) is welcome!

6:30pm - DINNER! EAT, DRINK AND BE MERRY...COME ONE, COME ALL, DON'T LET SOMEONE ELSE EAT IT ALL, THE POTLUCK DINNER IS SURE TO PLEASE, SO BRING A CROCK POT BEFORE DINNERS FREEZE!!

Help us make a warm and 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. A small supply of paper products will be available, but on behalf of the planet, members are asked to bring their own (reusable) plates, utensils, and cups.



Don't forget that Old Saint Nick may include our Chapter in his travels!

Also, don't miss out on our drawing for outdoor gear... remember to grab your ticket at the door!

Looking Back

"WATER MATTERS" - The conservation efforts by one of our own fellow ADK members Erin Redding on Election Day was enthusiastically received by Niagara Frontier chapter. It was really an eye opener to see the attention to detail put forth by the Gomez and Sullivan Engineering Firm monitoring water quality and work towards planting healthy wetland species on islands of the Niagara River. Erin's extensive knowledge in differentiating these plants was certainly impressive. Samples of books to help us differentiate these plants ourselves were provided and highlighted what a tough job sorting these plants is! Working onsite to both plant and monitor the health of the project must be enjoyable in the middle of the Niagara River in between the nesting season of herons from March to July. The rich history of these little islands includes a previous boat club on Motor island and a hotel on Strawberry island. These previous establishments have been a thing of the past and instead attention to conservation is today priority.

Conservation Corner, Lynn Rehfeld-Kenney, Chair

The Conservation Committee meeting will be held at Jay Wopperer's home on Tuesday, December 20th at 7:00pm. Jay and Linda will be providing a scrumptious holiday meal before the meeting at 6pm. Call (716) 866-8499 for directions and to let them know if you will be attending the dinner before the meeting. Join us and find out the latest information on what is happening in your community and state.

- Thank you to all of the members who attended the Boreas Ponds hearing in Rochester on November 28th. If you were not able to attend, you have until December 30th to send a letter to the Adirondack Park Agency (APA) to inform them that none of the four proposals will provide adequate protection to the forests and waterways. Go to the ADK website under the Protect heading> Take Action and click on sending a letter to Governor Cuomo and the APA. There are suggestions on how to write a letter and an easy way to send the letter by e-mail.
- Two comment sessions were held at the Buffalo City Council Chambers in November about the Green Code Proposition in Buffalo that determines how areas are classified for development. A section of this code pertains to an area of land owned by the NY Power Authority on the Outer Harbor that runs between the Buffalo River and the Union Canal. Currently some boats are stored there and it is the spot where the ferry from the Inner Harbor to the Outer Harbor docks. ADK along with the WNY Environmental Alliance want this land coded as green space. The Green Code proposal wants it changed to allow for housing. This would decrease public access to this section of the Outer Harbor, block views of the water by an apartment building and result in you, the taxpayer, having to pay for the infrastructure(water lines, gas lines, etc.) so an apartment building could be built. Please e-mail your comments to the Executive Director, Dinash Lal at dlal@city-buffalo.com and contact your council member to say you want this land to be coded as D-OG (green space) so the public has access to it. Construction has temporarily been halted on a different site of the Outer Harbor where the old Freezer Queen building is located. A lawsuit has been initiated by the WNY Environmental Alliance to prevent the building of a 23 story building which would also block views, impede migrating birds and limit public access.
- There is hope that the DEC and New York City will provide funds to grow a native beetle (Lari Conbius Niarinus) that naturally attacks the hemlock wooly adelgid infestation. ADK plans to lobby for DEC funding for this program in Albany. The destruction of hemlock trees would be very detrimental to the environment. Hemlocks help to stabilize the soil. Loss of trees would result in increased water turbidity which would negatively impact native fish and mollusks and the NY City water supply. Your tax dollars would have to go towards building a water filtration plant that would cost billions of dollars. Increasing the number of dead trees could result in large, high intensity forest fires if a fire starts. It would also negatively impact your hiking and canoeing experience with views of large areas of dead trees.

Attacks on the environment never stop. Join the Conservation Committee to see how you can help.

Message From the Chair, Janet Kowalski



Some of the nicest people I know are from the Adirondack Mountain Club. At any ADK function, it is a good bet you'll be surrounded by happy, nature-loving folks with similar interests. Amidst our calendar of outings, meetings and education workshops it is important to schedule events for good old socializing and fellowship. The pleasure of getting to know our fellow members is one of the greatest gifts that ADK offers! For our December meeting, the Annual Holiday Potluck is always fun and well-attended. The food is guaranteed to be amazingly delicious, and there are usually a few surprises and shenanigans. 'Tis the season to Eat Drink and Be Merry!!! See you there.

Happy Trails!
Janet Kowalski

Newsletter Name Update

At the traditional December Holiday Potluck, members will have a chance to weigh in on choosing a name for our Monthly Newsletter. Look for the display and the Newsletter Elf, and state your preferences! There are many suggestions, or you may add a new one. Some Newsletter Name possibilities include WNY Whispers, Niagara Explorer,

Niagara Pathfinder, Niagara Headings, Niagara Compass, Happy Trails, Niagara Guidepost, Trailhead, and Niagara Routes. Think about what our chapter represents, and what makes it unique. We are certainly blessed with a multitude of waterways, so a name that captures both land and water would be appropriate. Bring your ideas and input!

ADK Winter Mountaineering School

Winter Mountaineering School is **now accepting applications** for weekend and week-long training. Go to www.winterschool.org for complete information and registration. Your ADK-NFC chapter sponsors up to 2 participants by granting a full scholarship upon proof of completion of the training. Apply now by going to <http://adk-nfc.org/> home page and scroll down to education scholarship links for guidelines and application. Complete the application and submit to Janet Kowalski, Chapter Chair, or Teresa Corrigan, Education Chair at the December General Membership meeting on December 13th.



- Weekend Day-Hike training is \$410 on Jan 26th-29th
- Weekend Backpack training is \$375 on Jan 26th-29th
- Week-long Combination training is \$465 on Jan 26th-Feb 1st

ADK Niagara Frontier Chapter education scholarship application forms can be found at:

<http://adk-nfc.org/wp-content/uploads/2014/05/ADK-Education-Program-Application-final.pdf>

<http://adk-nfc.org/wp-content/uploads/2014/05/ADK-Education-Program-Guidelines-final.pdf>

NOTE: Separate applications are completed for the Winter School and for the ADK-NFC scholarship.

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://www.adk-nfc.org/wwwny/wwwnyhome.php)

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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

DECEMBER OUTINGS

12/4 - SUN - HIKE - Art Roscoe Trails in Allegany State Park (B) with Mare Steiniger 12 miles in length. Contact maresteiniger@aol.com Meet up at 10am at the Daily Grind Coffee house in Ellicottville @ 28 Washington Street where Coffee Culture used to be. Bring lunch, water and dress appropriately for the weather. If the ski trails are open for skiing we will hike the Beehunter trail (7 miles) instead. The pace will be about 2.5 miles an hour, the terrain is up and down rolling hills.

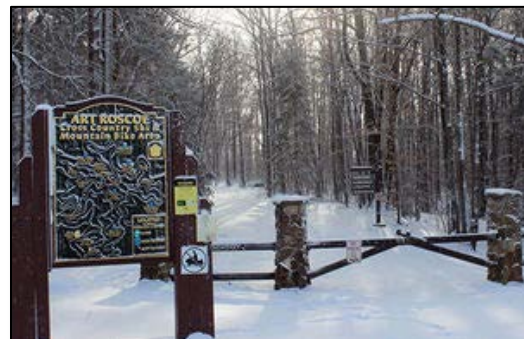
12/17 - SAT - HIKE/XC SKI/SS - Buckhorn State Park (C) Trip Leader: Mike Promowicz, call for morning time. 716-297-3126. We will hike about 2 hours, or SS or ski depending on conditions. Some bushwacking, so dress for cold, windy, muddy conditions.

12/18 - SUN - HIKE/SS/XC SKI – Tonawanda State Wildlife Management Area- (B) with Aaron Slosman. Meet at the Park and Ride in Williamsville on the corner of Main St. & Union Rd to car pool. We will leave the Park and

Ride at 8:10 am. The hike will be about 4 miles total on relatively flat terrain. Hikers must dress for the weather and bring lunch, snacks, water (2 quarts), rain gear, and extra clothing as appropriate for the weather. Depending on snow conditions and participants, we may XC ski or Snowshoe. Parking area is off of Lewiston Road. We should return in the early afternoon. Contact Aaron Slosman if you would like to participate via email aslosman@gmail.com.

Plan Ahead: Looking Forward to Winter Sports!

1/20-1/22 (FRI - SUN) ALLEGANY X-C SKI WEEKEND, Joanne Magavern 883-7127 Plan to enjoy a weekend of good company and some of the best X-C skiing in WNY! Reserved are 3 cabins at the Summit area of Allegany State Park. They are heated and have kitchens for our Saturday Pot-Luck dinner and Friday night wine and cheese party. Ski or snow shoe from your front door – great for new members, families, and/or beginners to advanced skiers. 4 beds to a cabin; First come, first serve. Leftover lunch on Sunday, followed by the “annual sled”. Call Joanne to reserve a spot and send payment of \$53.00 each by JANUARY 4th.



1/27-1/29/17 (FRI - SUN) - ADK TUG HILL WINTER OUTING

Enjoy a rustic weekend of XC skiing and snowshoeing in the Tug Hill region. This Adirondack-like wilderness, located in upstate NY boasts of the greatest snowfall in the state. We will again be staying at the Mad River Club. Bring a sleeping bag or pad or stay at a nmotel nearby. Camping is also an option for those wishing to rough it. Full package includes floor space for sleeping bag, snacks Friday night, all meals on Saturday, including gourmet dinner and breakfast, and lunch on Sunday. Full registration is \$100; Saturday Skiing and dinner is \$45. All but \$20 is refundable until Dec. 31. For registration info contact Cindy Steward, 9922 Nohle Rd., Adams, NY 13605; call 315-232-2263; cindykaysteward@yahoo.com.

3/2 -3/ 5 -THURS – SUN - SS/ XC SKI - Algonquin Provincial Park, (Mad Musher Hostel) (A - C)

RichardSchraven1@gmail.com (716) 564-2106, Maryschraven1@gmail.com (716) 946-7489 A spot in the Hostel can be secured by sending your check for \$20.00 /person to: Richard Schraven, 91 N. Parrish Drive, Amherst, NY 14228. We will be going again to the Algonquin Provincial Park winter wonderland for a 4 day and 3 night XC ski and snowshoe experience. On Thursday, we will drive the five to six hours to the Fen Lake Ski Trail Area at the West Gate of the park. Here there are over 20 kilometers (km) of groomed and track-set trails that are from easy to moderate in difficulty. We will arrive in time for a few hours of skiing in daylight. Then we will drive about 60 km across the park on Hwy. 60 to the town of Whitney and the Mad Musher Hostel. The hostel has rooms for 12, two bathrooms with hot showers, a fully equipped kitchen and a common room. There also is a full-service restaurant serving meals throughout the day. Information about the hostel is available at: www.madmusher.ca. On Friday, we can go snowshoeing on one of the many hiking trails accessible from Hwy. 60, including the one at the Logging Museum and visit the superb Algonquin Nature Centre with its displays that depict the natural and human history in the park. A possibility for Saturday is another day of skiing or snowshoeing. The Leaf Lake Ski Area is larger, with trails ranging from easy to most difficult. There are two warming huts in the Leaf Lake Trail network and one at the Fen Lake Area. They have a wood stove, first-aid kit and a repair kit. Those interested in Back Country Skiing can check out the Minnesing Wilderness Ski Trail. This area should only be used by experienced back-country skiers with appropriate equipment. Additional information including maps of all the ski areas is available on-line at www.ontarioparks.ca. This trip will be available to the memberships of the ADK-NFC and the Buffalo Nordic Ski Club. Last year the hostel was filled with our group. When the capacity of the hostel is reached, others can still join us, but they will need to find and make their own accommodation arrangements. With staying in the hostel, we will need to obtain day-parking permits for parking at the ski areas which costs \$17.00 CA /car. Mad Musher room rates vary from \$29.00 to \$36.00 CN /person/night, depending room capacity (2-4). Food cost varies by your choice of what you prepare for yourself in the kitchen or your restaurant selections. Car-pooling is encouraged to diminish our carbon foot print.



3/17 - 3/19 (FRI-SUN) ANNUAL ADK-NFC LOJ WEEKEND AT HEART

LAKE, Cheryl Peluso, cherylp17@verizon.net 997-2349 Never been to the ADK Heart Lake Loj near Lake Placid? Are you a frequent High Peaks visitor? Now is your chance to enjoy many winter activities in the High Peaks of the Adirondacks with fellow NFC members. Reserve your place in the 12 bunk loft by sending \$56 for your first night stay. Your chapter will subsidize your second night stay! This is available to all ADK-NFC members. Breakfasts are included. Dinner at \$19.50 and trail lunch for \$9.50 can be ordered. You

may change or cancel reservation prior to March 1st. Send your check for \$56 to Cheryl Peluso 3618 Howard Rd Hamburg NY 14075 Pictures can be found at <https://www.flickr.com/photos/89845027@N06/sets/72157632007827853/>



Interested in ice skating this winter? What about a regular weekly ice skating outing that rotates around the city rinks? Interested? Contact Paul Kochmanski at kochmanski@ecc.edu or call him at 895-7712.

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.

Additional Opportunities for Club Members (non-ADK Sponsored):

Retired or Looking to Volunteer & Share All Your Outdoor Skills? Tiff Nature Preserve needs you, especially if you like working with children. We need volunteers who would like to lead school groups a few times per week or month. Sessions run approximately 40 to 90 min. each. Each year, several hundred people donate time and talent to the Buffalo Museum of Science and Tiff Nature Preserve. Additional opportunities included planning annual fundraisers, creating databases, working on exhibits, and archiving materials in our research library. Become a steward of Tiff Nature Preserve by volunteering to help with outdoor projects around the Preserve. Projects include tour guides, event assistance, an invasive species control. If you'd like to know more about volunteer opportunities at Tiff, please call (716) 883-7127.

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



November 5th Niagara Gorge Hike: On this beautiful Fall morning Mike Promowicz led about 30 hikers along the Niagara River Rim Trail, then down the fantastic sturdy new stone staircase to the Niagara River near the Whirlpool Bridge. We hiked upstream to the Schoellkopf Power Plant, where a guide talked about the history of this formidable operation. We then rode the elevator back to our cars at the Niagara Gorge Discovery Center. Mike was a jolly guide as usual, and even filled a large plastic bag with trash we encountered on the trail.... so inspiring!

Submitted by Janet Kowalski

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 for more information.

Outings Guidelines

How to LEAD an outing - It's easy! Confidence low? Ask to co-lead an outing with an experienced ADK leader before you lead.

BEFORE THE OUTING:

- Choose an area you are familiar with and would like to share. Invite a friend to be a co-leader if you'd like.
- Scope it out before the outing to learn about trail, road or water conditions, driving directions, restrooms, parking, etc.
- Submit the outing details to the Outings Chair (date, time, meet-up place, outing description, rate the difficulty, what to bring, RSVP information) by the 15th of the month before the outing, so it can be advertised in the monthly newsletter. Submissions after the 15th of the month will only appear in the weekly email reminders. (You can count on the Outings Chair to assist with the



write-up, No worries!)

- Be prepared with a map, basic first aid kit, and any essentials you might need.
- If you need to cancel your scheduled outing due to illness or inclement weather, communicate with the participants the night before or the morning of the outing.

DURING THE OUTING:

- Be at the meeting place 15 min early.
- Ask participants (including trip leader) to sign the ADK waiver form (printed out in advance). Form can be found on ADK-NFC.org/outings or at the bottom of weekly email from ADK.
- Introduce yourself to the group, give helpful background information on the area, and appoint a person to be the sweep, the last person in the group.
- Enjoy the outing and the new people you will meet!

AFTER THE OUTING:

- Send the completed waiver form to the Outings Chair, and submit a trip report if possible for inclusion in the next newsletter. You can also ask a participant to write a trip report for you.
- If someone is injured on the outing, even if it is minor, please notify the Outings Chair so an accident report can be completed.
- How to be a RESPONSIBLE PARTICIPANT: Participate in outings! It is so gratifying to a leader to have enthusiastic participants along!
- RSVP to the outing leader that you are coming.
- Feel free to BRING a FRIEND!
- Dress for the weather, wear appropriate clothing and footwear, and bring water, a snack and any other items the leader suggests.
- Pack your 10 essentials.
- Make sure you are physically qualified to complete the outing and to take care of your needs. If you are not sure, ask the leader.
- Bicycle helmets (for bike outings) and PFD (life jackets for paddling outings) are mandatory.
- Arrive on time. Sign the ADK waiver form. Stay with the group, and have fun!
- Show your appreciation to the trip leader by offering to write an informative and/or humorous trip description for the next newsletter.

Outings Rating:

A: strenuous, for the duration and level of fitness and skills needed

B: moderate difficulty

C: easy, good for beginners, shorter length



10 Essentials include:

- map/compass
- snack, water
- sun/insect protection
- whistle
- insulation (emergency blanket minimum) and/or extra clothes
- Rain protection
- flashlight
- fire making kit
- first aid kit
- knife

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 of 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, or call Kate Hacker at 688-8618.



Welcome New Chapter Members!

Adult memberships include:

- Sergiy Lavryk
- Deena Mueller
- Carly Nichols
- Gail Reynolds
- Matt Romagnuolo
- Eon Verrall

Family memberships include:

- Benjamin & Suzy Randle
- John & Malgorzata Rogers

Student memberships include:

- Christopher Nicosia



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

Wanted: Electronic Communications Chair!

We are looking for an individual with computer skills who would like to join our wonderful Executive Committee, which meets once per month. The time commitment is flexible, usually just a few hours per month. The Electronic Communications Chair (ECC) maintains a database of chapter email contacts, and composes/disseminates email communications as needed. The ECC also oversees the ADK-NFC website. For more information please contact our current ECC Cheryl Peluso (cheryl17@verizon.net) or Webmaster Rob Laing (RLaing537@gmail.com).

Executive Committee Meeting

The ADK-NFC Executive Committee will hold their next Executive Committee meeting Tuesday, December 6 at 6:45 PM at the Julia Boyer Reinstein Library at 1030 Losson Rd, Cheektowaga, 14227. 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.

ADK-NFC Website and Newsletter

Check out our website adk-nfc.org for a [calendar](#) of future events and outings, conservation news, current and past newsletters and upcoming programs. As a reminder, the deadline for submitting reports and other information for the newsletter is **the 15th of each month**.

Liability Waiver

PLEASE NOTE, 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).

Executive Committee Members

CHAIRPERSON - Janet Kowalski, 166 Burbank Dr., Snyder, NY 14226, 716-839-3114, janetk300@gmail.com

1ST VICE CHAIR/OUTINGS - Mary Schraven, 91 N. Parrish Dr., Amherst, NY 14228, 716-946-7489, maryschraven1@gmail.com

2ND VICE CHAIR/CONSERVATION - Lynn Rhefeld- Kenney, 21 Hillside Ave., Buffalo, NY 14210, 716-825-7329, woodthrush3@hotmail.com

3RD VICE CHAIR/PROGRAMS - Dana Jandzinski hikenbike30@yahoo.com

4TH VICE CHAIR/EDUCATION - Teresa Corrigan, 207 Woodward Ave., Buffalo, NY 14214-2313, 716-835-1905 teresacorrigan85@gmail.com

DIRECTOR/WEBMASTER - Rob Laing, webmaster@adk-nfc.org

TREASURER - Doug Gaffney, 830 George Urban Blvd., Cheektowaga, NY 14225, 716-631-3979, dgaffney@roadrunner.com

ELECTRONIC COMMUNICATIONS - Cheryl Peluso, 3618 Howard Rd, Hamburg, NY 14075, 716-648-9027, cherylp17@verizon.net

SECRETARY - Larry Beahan, 5 Darwin Dr., Amherst, NY 14226-4599, 716-839-3112, larry_beahan@roadrunner.com

NEWSLETTER EDITOR – Mike Weimer, 703-517-7624 mtweimer35@gmail.com Also email Mary Schraven at maryschraven1@gmail.com

MEMBERSHIP CHAIR - Kathy Clerkin, kmclerkin@gmail.com

HOSPITALITY - Carol Schuster, 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, 564-2106

BIKING - Paul Kochmanski, (716) 895-7712, kochmanski@ecc.edu

BACKPACKING – Teresa and Peter Corrigan , 207 Woodward Ave., Buffalo, NY 14214-2313, 716-835-1905 teresacorrigan85@gmail.com, hikepmc@roadrunner.com

