



JANUARY 2017 NEWSLETTER

www.adk-nfc.org



General Meeting – January 10, 2017 (Program starts at 6:30pm)

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 Schedule:

6:30 - 7:15pm: Education Workshop - WINTER SKI FORUM

(please meet in the Community Room adjacent to the Main Meeting Room)

Winter fun forum! We will gather to review or learn for the first time great local places to snow shoe and cross country ski. We will get some insights on back country skiing too! We will also review equipment needs, and how to get started. If you are experienced, please come with recommendations. If you are a newbie, please join us so you can learn how to have fun on snowy trails. We promise to end on time for the pre meeting social hour!



7:00 - 7:30pm Happy Half Hour

7:30pm: General Meeting and Presentation - GERRY RISING, Nature Watch Buffalo News Columnist

The Buffalo Niagara Chapter of Adirondack Club is honored to welcome Gerry Rising on January 10. Gerry is a long time member of ADK and an official 46er since 1985. His love of the outdoors started long before a rewarding career as Emeritus Professor of Math at University of Buffalo. Our members will be treated to readings from his new book "Birds and Birdwatchers" detailing how he began his birdwatchings as early as a teenager. While his expertise in birds grew Gerry was juggling another job of writing the Nature Watch column for 25 years for the Buffalo News. In total Gerry has produced 1280 columns. Be a part of this history of one of Buffalo's greats. Gerry Rising has agreed to sign books available for purchase both prior and after his presentation.

Looking Back - December's Holiday Potluck was the best of all time! If you attended I'm sure it put you on the holiday mood. There was Santa's helper, Jay Wopperer giving away lots of freebies, cheery Christmas music, and pretty decorated tables. There were so many different and delicious dishes that I wasn't able to sample all of them, like I usually do. But, what really made it great was the wonderful turnout of about 65 ADK'ers. It was great fun to enjoy dinner and socializing afterwards. Good food, Good friends, a great end of the year event! See you next year, 2017!



Message From the Chair, Janet Kowalski



You may have heard about the dramatic successful rescue of the young couple from the summit of Algonquin Mountain in the High Peaks on the morning of December 13. Thankfully the young couple (ages 19 and 20) recovered from hypothermia after spending over 48 hours in the cold winter wilderness. Their challenging experience will surely inspire hikers to take extra precautions on winter outings. The hikers climbed Algonquin early on Dec 11 and reached the summit by noon. They immediately got socked in by thick, blinding fog and while trying to descend from the summit they slid down a over 200 feet to land in deep snow off the trail, and unable to climb their way out on snowshoes. They spent the next 2 nights in the winter elements, encouraging each other, and doing everything possible to stay hydrated and warm. Finally on Tuesday Dec 13 a DEC Ranger heard their cries for help and they were airlifted to safety. They did many things right, including telling family members their plans, signing the trailhead register, and staying put once they were off the trail. They were well prepared for a winter day hike, but not an overnight stay in deep snow. ADK-NFC member Paul Gannon was at the LOJ working on the new HPIC construction, and said he was immensely proud of ADK's role in providing the Rescue Command Center, and a supportive home base for the couple's family members while they waited for news. Have fun this winter, be prepared with the 10 essentials that you need and be safe!

Happy Trails!
Janet Kowalski

ADK Director's Report for December 2016, Rob Laing

I attended the 4th quarter ADK Director's meeting earlier this month and following are some highlights from the meeting. If there are any questions or anyone would more detail on any of this please don't hesitate to contact me at rlaing537@gmail.com.

- Three new yurts will be purchased and setup at the Heart Lake facility. These will be primarily used for educational programs and allow more and larger events to be held. Currently, education events are held at the Loj which means that the Loj space cannot be rented to other visitors. This will free up space in the Loj to be used by overnight guests.
- The remaining funds for the HPIC/Heart Lake renovations were released. Construction is ongoing at the HPIC at the Heart Lake property with the facility opening back up to the public by 12/21(hopefully). Other projects will commence once the weather allows in April or May and are to include: new well, new washhouse, campground loop addition, existing washhouse renovation and other smaller items. The majority of the funding for this was from a NYS grant, however about \$75,000 is coming from ADK.
- The club remains on strong financial footing, and membership continues to grow at a slow but steady pace. Discussions are ongoing on how to grow the membership at a faster rate, with a focus on the downstate area.
- The club has yet to take a stance on the upcoming NYS Constitutional Convention and is soliciting feedback from each chapter. At the local chapter's executive committee meeting in February we will be discussing this topic and provide our recommendations to the main club. Anyone who wishes to participate or provide input is welcome to attend or pass on their thoughts to an ex-com member.
- Other items discussed include: continued success of the Summit Steward program with additional funding provided by the state for next year, a multi-year contract between ADK and DEC for ADK to provide full time trail maintenance staff for projects in the Adirondacks and the Catskills, Boreas Ponds classification hearings have completed and now we wait for a decision.

Newsletter Name Update

Thank you to all who attended the December Holiday Potluck and voted on naming options for our chapter newsletter. Voter turnout was high and results will help inform the Executive Committee's discussion on "branding" and personalizing our monthly publication to better reflect the unique attributes of Western New York's outdoors. Stay tuned, more to come!

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.



- 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)



<http://www.adk-nfc.org/wwwny/wwwnyhome.php>

A Message From the Outings Chair, Mary Schraven

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

January Outings -

1/7 - SAT - XC SKI/SS - IROQUOIS NATIONAL WILDLIFE REFUGE (C) Trip Leader: Bob Ensminger, Please call (716) 434-2969) for details and to RSVP. Meet at the Park and Ride on Main St. and Union in Williamsville in the morning. We will start at the Kanyoo Trail on Route 77, Only a porta potty available at that location.

1/8 - SUN - XC SKI-ELMA MEADOWS (C) Trip Leader: Carolyn Kerr; stenolou@gmail.com. Gentle rolling terrain. Groomed trails. Bring lunch to enjoy afterwards in the lovely casino. Call for meeting time and place. 716-553-4335. Lack of snow cancels.

1/20 - FRI - ICE SKATE - CHEEKTOWAGA TOWN PARK ICE RINK 7:00-9:00 PM, , \$5. Paul Kochmanski, Kochmanski@ecc.edu or call 716-895-7712.

1/20 - 1/22 (FRI - SUN) - ALLEGANY X-C SKI WEEKEND Trip Leader: 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 snowshoe 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.



1/21 -SAT - XC SKI/SS - BOND LAKE PARK (C+) Trip Leader: Mike Promowicz, Call 716-297-3126 for start time and to let leader know you are interested. Meet at Park and Ride on Main and Union Rds in Williamsville to carpool. Bring a lunch and beverage or use the snack bar in the warming hut. Indoor bathrooms.

1/22 - SUN - HIKE/SS/XC SKI - OAK ORCHARD STATE MANAGEMENT AREA (B) Trip Leader: 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 10 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 participant we may XC ski or Snowshoe. Parking area is off of Albion Road. We should return in the early afternoon. Contact Aaron Slosman if you would like to participate via email aslosman@gmail.com.

1/27-1/29 (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 motel 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.

1/28 - SAT- XC SKI - EMERY PARK (C) Trip Leader: Mike Promowicz, 716-297-3126. Meet at the Park and Ride on Main St and Union in Williamsville to carpool. Bring a snack/lunch to eat at the warming house, indoor restrooms. Please call to RSVP.

1/29 - SUN - SS/HIKE - GENESEE COUNTY PARK AND FOREST (B) 4-5 miles. Trip Leader: Bob Ensminger Please call for exact meet up time. 434-2969. Enter park from Bethany Center Road, then park in the large parking lot near the Interpretive Nature Center. The park consists of 431 acres of rolling hills with nature trails winding through a nice mix of habitat. We should finish up shortly after noon at which time the Nature Center opens. Pack a lunch.

2/3 - 2/5 (FRI - SUN) XC SKI/SS - SUSQUEHANNOCK LODGE WINTER WEEKEND (C) Ed & Jan Kramer: 716-674-7042, email: edair701@icloud.com; Join us at the Susquehannock Lodge for the weekend of February 3-5, 2017, for our annual cross country ski/snowshoe weekend. This is a great weekend for both new and experienced cross country skiers/snowshoers. The lodge provides comfortable accommodations and great meals. Skiing/shoeing starts at the back door, or we drive to nearby trails. On Friday and Saturday nights we get together in the lodge to talk, play games and just enjoy each other's company. On Saturday and Sunday we will ski/snowshoe some of the trails available in the Susquehannock State Forest. If the snow cover is not sufficient, we'll hike instead. This weekend is a great way for new members to meet other club members and for the rest of us to renew old acquaintances. The Susquehannock Lodge is located on US Route 6, just outside of Coudersport, PA, about two hours from Buffalo. Cost, including 2 breakfasts and 2 dinners, is \$130 pp private (based on double occupancy), and \$120 pp for semi-private. Single private is available at \$85.00 per night. Friday dinners are available for an additional \$17.00, or in place of dinner on Sunday. Trail lunches are available for purchase (\$8.00), or dine out or bring your own lunch for Saturday. A deposit of \$55 pp is required, the sooner the better since space is limited.

2/4 - SAT - SS/HIKE - STIGLEMEIER COUNTY PARK (C) Trip Leader: Beth Hartz, 716-713-8896 bethh.alpha@gmail.com. We will meet at the park at 10am and snow shoe on the really nice trails throughout the park. There are restrooms in the warming hut. Bring a snack and drink, dress appropriately for the weather. Please call to let me know you plan on attending and for more information.

2/5 - SUN - XC SKI - REINSTEIN WOODS (C) Trip Leader: Carolyn Kerr, stenolou@gmail.com. Easy skiing. Ski rental available first come, first serve for \$8. Snowshoe rental at \$5. Trails are not groomed and are shared with hikers and snowshoers. Lunch afterwards at Alton's for those interested. Call for meeting time and place. 716-553-4335. Lack of snow cancels.

Plan Ahead: Looking Forward!

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/>



9/22 - 9/24 (FRI – SUN) DARK SKIES OVER SAGAMORE Step back in time to the gilded age, and vacation at the former retreat of Alfred Vanderbilt's historic Great Camp Sagamore in Raquette Lake, N.Y. The camp has rustic, but comfortable accommodations, private or shared baths down the hall, delicious meals, hiking trails, free kayak & canoe use on Sagamore Lake. Saturday evening there is an astronomy lecture with an opportunity to view the sky with telescopes afterwards. There is a free 2 hour historic tour of the Camp, free tickets to the Adirondack Museum in Blue Mountain, a narrated boat tour of Raquette Lake IF there isn't a wedding that day, plus a possible optional tour of Uncas or Camp Pine Knot. The cost is \$375 for a Fri.-Sun. stay with 5 meals & a furnished room with linens. Send \$87.50 pp deposit to reserve your space. Deadline to RSVP is Feb. 28th. After that deposit is non-refundable. For more information, please contact JoAnn Zurek, call: 716-957-0127 or JZ592@aol.com. Mail deposit to 6 Westview, West Seneca, NY 14224. P.S. There are a limited number of spots open if someone wanted to stay over Sunday, for an additional fee.

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. 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):

2/17 – 2/19 (FRI-SUN) LAKE CHAUTAUQUA CROSS COUNTRY SKI TRIP 2017 (BELL SKI CLUB)

February 17th-19th at Chautauqua Institute at Bellinger Hall (Check-in: 3:00 PM Friday/Check-out: 12:00 PM Sunday) Contact: Judy Trankle Schneegass (716) 694-8310; prices include 2 nights lodging, 2 breakfasts, one lunch, one dinner, N.Y.S. tax, Chautauqua bed tax, tips & gratuities. If you have a special food preference such as gluten free, vegan or vegetarian, please let Judy know when you reserve your room with your final deposit at the latest. Friday night we go to Andraccio's at 7:00 as a group; (optional) everybody pays their own restaurant bill. If you are rooming with a person, please tell Judy who it is, so reservations can be made for the same room. If you have a preference with who you want to share an adjoining bathroom with, let Judy know so she can try to accommodate you. NON-MEMBERS ADD \$10.00 to any package and this will automatically enroll you as a Bell Ski Club Member. Inter-Club Members such as Lederhosen, SKOL, ADK, Foothills, and Nordic just add \$5.00 (Note: another \$5.00 will automatically enroll you as a Bell Ski Club Member for the remainder of the 2016-2017 year). This will entitle you to newsletters by e-mail (an extra \$10.00 by mail) and Bell activities. DEPOSIT DUE: \$50.00 per person by Dec 31 or asap in early January, then \$50.00 per person by Jan 19th; BALANCE DUE BY Feb. 2nd. Please select one option below and return with your deposit to Judy Schneegass, 47 Ridgedale Circle, Tonawanda, NY 14150

Please put a checkmark in front of the package you are choosing:

- Two per room with shared bathroom between adjoining rooms = \$148.00 per person
- Two per room with private bath = \$159.00 per person
- One per room with shared bath = \$222.00
- One per room and private bath = \$244.00 per person

PLEASE NOTE: ABSOLUTELY NO REFUNDS UNLESS FILLED BY ANOTHER PERSON; BELL SKI CLUB IS NOT LIABLE FOR ANY PERSONAL INJURIES OR DAMAGES INCURRED AT ANY EVENT

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

Remember: Our chapter has hiking poles and snow shoes available to members to borrow for free. It is a benefit of membership. Contact Mary Schraven at maryschraven1@gmail.com or 716-946-7489 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 aide 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, as needed.
- 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!

- Kevin Kreher
- Martha Malkiewicz
- Doug Mattingly

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 (cherylp17@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, January 3 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

