



**Newsletter of the Adirondack Mountain Club – Niagara Frontier Chapter
MARCH 2017**

www.adk-nfc.org



General Meeting – March 14, 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 – CAMP STOVES, Mare Steiniger

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

Join Mare Steiniger for a peek inside an Equipment Geek's camping closet. Mare will present the 7 different types of camping stoves on the market today: hobo, white gas/kerosene, Esbit, Sterno, alcohol, propane and canister. Her presentation will include a little about the history and development as well as the pros and cons of each type of stove. Mare has at least one of each type in her closet, and will have them on hand for the workshop. Did you know that Esbit is an acronym? Or that Scott might have survived his expedition to the South Pole if he had the same stove that Amundsen was using? Or that YouTube demonstrates countless models of alcohol stoves and hobostoves you can make yourself out of empty food or beverage cans? Or that the performance of a canister stove is not dependent on the type of stove you have, but rather on what type of canister you purchase? Come join us for the workshop.



7:00 - 7:30pm Happy Half Hour

7:30pm: General Meeting and Presentation – THE WONDERFUL WORLD OF SPRING BIRDS

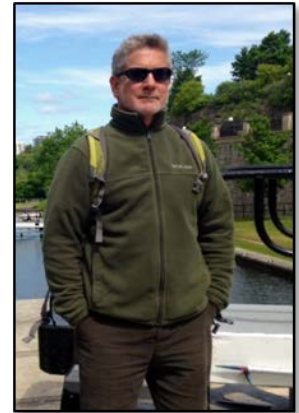
Dave McQuay, New York State Office of Parks, Recreation and Historic Preservation



The Niagara ADK chapter is excited to extend a welcome to Dave McQuay on March 14. Dave has been an outdoor educator with the New York state parks for 16 years. During the winter Dave is on the road sharing his love of snowshoeing with school age children who also get a little education on identifying animal tracks. Dave also leads hikes for adults throughout the year which he will be happy to talk about during his visit. Look for Dave next February leading a hike out on the lake to learn about ice volcanoes! During the spring Dave's focus shifts to bird watching and wetland breeding activity of salamanders and frogs. This visit will cover the arrival of the American Woodcock who can really strut his talent at dusk. Dave will talk about where to find this dance at dusk. Let's not forget the multitude of birds migrating thru this region including the red-throated hummingbird. Migration through this area can be spectacular and Dave is excited to share his knowledge with us.

Looking Back – Mike Weimer, THE ASIAN CARP STORY

Those who attended our ADK meeting on Valentine's Day were treated to an informative and riveting presentation from our own Mike Weimer, Senior Fishery Biologist with the U.S. Wildlife Service - Department of the Interior. Although Mike has returned to his hometown after several years in Washington, DC, he is frequently on the road in the Midwest leading a bi-national partnership working to stop the invasion of these species of fish into our Great Lakes. The effects can be catastrophic as a pictorial graph demonstrated the significant decline in number and species of native fish after carp invasions in Midwest rivers. The fact that these fish can produce a large number of eggs during multiple spawnings of 3-4 x/year is frightening. Who ever thought having electrical current at high risk entry waterways would deter fish? It shows how "locking the doors and brainstorming until the job is done" can really produce some unique and interesting ecological ways of fish control. It goes to show how people like Mike are the silent warriors of keeping the Great Lakes beautiful.



Conservation Corner, Lynn Rehfeld-Kenney, Chair

The Conservation Committee meeting will be held at Larry Beahan's home on Tuesday, March 21st at 7:00pm. Call #839-3112 for directions. Join us and find out the latest information on what is happening in your community and state.

- No word yet on the land designation ruling for the Boreas Ponds lands. We should hear in the next few months and we will update you then.
- Thank you to members who wrote comments and to those who attended one of the three hearings in February regarding the National Fuel proposal for the Northern Access Pipeline from Pennsylvania to Buffalo and on to Canada. The fracked natural gas is not intended for use locally but will be sold in Canada to a worldwide market. However any leaks will impact us locally by contaminating WNY water sources. Unfortunately a recent FERC ruling stated National Fuel could use eminent domain to build the pipeline across private property.
- We enjoyed the movie "Containment" about the impact of radioactive waste and the latest update about the radioactive waste at West Valley in place of our regular committee meeting in February.
- The National Parks Conservation Association has partnered with Subaru to develop the most efficient way to handle the 100 million pounds of trash collected yearly at the National Parks. Subaru is the first car manufacturer to develop a zero landfill policy at their automotive assembly plant where every piece of trash is composted, reused, recycled or converted to energy. The program will be piloted at the Yosemite, Grand Teton and Denali parks to reduce landfill waste. A main focus will be to start or expand composting and recycling facilities.
- If you have an interest in making positive changes, join us for the next Conservation Committee meeting. We are looking for new committee members.

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

Message From the Chair, Janet Kowalski



Our club is blessed with fantastic people, and every now and then it's fun to spotlight exceptional members. Larry Beahan serves as Secretary on our Executive Board. He records the issues covered at each meeting, and targets Action Items that need to be addressed. His minutes are invaluable in keeping us on track, and always contain a couple of witty remarks we have come to expect from Larry. He has been an avid outdoorsman, hiking and paddling in WNY, the Adirondacks, and beyond. He is an accomplished author, writing about his adventures in NY and abroad on Adventure Travel Trips with the Adirondack Mountain Club. His book titles which include My Grandpa's Woods, Allegany Hellbender

Tales, North Country and Allegany Stalking, are available on loan from our chapter library, and also in bookstores throughout Adirondack Park (and Amazon). Larry frequently contributes to The Buffalo News My View Column, and is also active in Sierra Club, WNY Environmental Alliance, and Buffalo Niagara Greenway planning. A retired MD, husband, father, grandfather, sailor, writer, and environmental advocate, Larry shows no sign of slowing down. He is an inspiration to us all..... Bravo to Larry!

Happy Trails!
Janet Kowalski

Reintroducing the Wilderness Weekends in Western New York Challenge

To freshen interest in this challenge, we have lowered the required number of outings from 50 to 25, and have increased the source of outings to include not only the WWWNY book, but also other outings that have been ADK led in the past. You no longer need to go on 3 different types of outings either. For example, if you only hike, that's ok, your 25 different outings can all be from hiking alone and not include biking, winter sports, or paddling. When it comes time for you to lead your first outing, give Mary Schraven a call and she will assist you in every way to make it enjoyable and memorable. Perhaps you would like to co-lead one of your favorites? That could be arranged. Please see the website for the revised details of this challenge and the revised log of outings: <http://www.adk-nfc.org/wwwny/wwwnyhome.php>.



Help wanted! ADK Chapter Chair and nominating committee members needed!

Hi everyone! Janet has asked me to convene a nominating committee. I need two other members. Please let me know if you are interested. My email is teresacorrigan85@gmail.com. We will be tasked with finding a new chair for our fantastic organization. The good news is that chair will have a wonderful team to work with, including current Outings Chair Mary Schraven who has agreed to stay on. Again, please contact me if you are interested in joining our committee OR if you would like to be considered for Chair - Teresa Corrigan

Calling All Young Members!

The Young Members subgroup of the Niagara Frontier chapter is looking forward to another great year of events specially designed for members in their 20s and 30s. The goal of the Young Members subgroup is to promote greater participation and membership of young members through special events for them and communications from me, the Young Members Coordinator. My name is Deena Mueller and I recently joined the Niagara Frontier chapter. In the next few months, I will be reaching out to young members by email and facebook to inform you of events and seek your input on what events you want the Young Members subgroup to organize. Until then, you can email at deena.mueller1@gmail.com about your suggestions and to let me know that you'd like to be a part of the Young Members group. Cheers! – Deena



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

MARCH OUTINGS:

3/2 - 3/5 - (THURS through SUN) - SS/XC SKI – ALGONQUIN PROVINCIAL PARK (Mad Musher Hostel) (A - C) - Trip Leaders: Richard and Mary Schraven, 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. 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.

3/5 - SUN - HIKE - Charlton Hill/Sulphur Springs Area- (B) - Trip Leader: Aaron Slosman, email: aslosman@gmail.com. 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. Parking area is off of Bank Road about a mile from West Middlebury Road. We should return in the early afternoon.

3/12 - SUN - HIKE - Bee Hunter Trail in Allegany State Park (B) - Trip Leader: Mare Steiniger, Hike is 7 miles in length. Contact maresteiniger@aol.com; Meet up at the Daily Grind Coffee house in Ellicottville at 10:30 @ 28 Washington Street where Coffee Culture used to be. Bring lunch, water and dress appropriately for the weather. The

pace will be about 2.5 mph as the terrain goes up and down Bee Hunter Mountain.

3/18 - SAT - HIKE/SS - Beaver Meadow Audubon Nature Center (C) - Trip Leaders: David and Janet Kowalski, janetk300@gmail.com, 839-3114. We will meet in the lobby of the beautiful Nature Center (1610 Welch Rd, North Java, 14113) at 9:30 AM and enjoy a delicious Pancake Breakfast as part of Audubon's annual Maple Harvest Festival. We will hike afterwards about 3 miles on easy wooded terrain. Bring footwear to fit the conditions (hiking boots/microspikes/snowshoes). There is a small fee for breakfast.

3/17 - 3/19 – (FRI through 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



3/24 - FRI - Ice Skate @ Cheektowaga Town Park Ice Rink, \$5. Rental \$3, Public Skate available. Paul Kochmanski, Kochmanski@ecc.edu or call 716-895-7712.

APRIL OUTINGS:

4/6 - THURS - Paddle Season Planning Meeting at Richard Schraven's House (7:00pm), 91 N. Parrish Drive, Amherst, 14228. RSVP 716-564-2106.

4/9 - SUN - HIKE - Letchworth State Park Gorge Trail- (B) – Trip Leader: Aaron Slosman, Meet at the Park and Ride in Williamsville on the corner of Main St. & Union Rd at 8 am to car pool. We will leave the Park and Ride at 8:10 am. The hike will be about 6 miles total on rolling terrain. Hikers must dress for the weather and bring lunch, snacks, water (2 quarts), rain gear, and extra clothing as appropriate for the weather. We will be parking at Lower Falls parking lot. We should return in the early afternoon. Contact Aaron Slosman if you would like to participate via email aslosman@gmail.com.

4/13 - THURS - Biking Schedule Planning Meeting at Paul Kochmanski's house (7:00pm), 243 Huntington Ave, #3, Buffalo, NY 14214. RSVP 895-7712.

4/23 - SUN - HIKE - Rattlesnake Hill State Mgmt Area - (C) - 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 8:10am. Hikers must dress for the weather and bring lunch, snacks, water (2 quarts), rain gear, and extra clothing as appropriate for the weather. We should return in the early afternoon. Contact Aaron Slosman if you would like to participate via email aslosman@gmail.com.

PLAN AHEAD:

9/22 - 9/24 (FRI – SUN) DARK SKIES OVER SAGAMORE Great Camp Sagamore in Raquette Lake, NY. JoAnn Zurek, 716-957-0127. Your special discounted rate for a mid-Fri. 4 pm to Sun. 10am stay is \$337.50. This includes: 5 delicious meals in the former Vanderbilt dining room, a double room, linens, shared bathrooms, canoes and kayaks for Sagamore Lake, a two hour historic tour of the camp, an astronomy lecture and star gazing, weather permitting, hiking on easy trails around the complex, and an evening campfire. Your non-refundable deposit of \$87.50 reserves your room. If paying by check, please notify Marie in the Registrar by phone first at 518-406-5200 until May 1st at their winter number. Please include the date, your name, address, phone number, e-mail, which club you belong to, rooming with, and any special requests. Checks should be written and addressed to: Great Camp Sagamore, PO Box 40, Sagamore Road, Raquette Lake, N.Y. 13436. To register and make your deposit online: <http://sagamore.doubleknot.com/event/bell-ski-club-adk-nfc/2061368>

TRIP REPORTS Check our website for [trip reports!](#)

Stiglemeier Hike (February 4) - Beth Hartz led a friendly group on a beautiful winter hike through scenic Stiglemeier Park. We were treated to several bird sightings, including a Red-bellied Woodpecker! We also savored the wide variety of Old Growth trees there, including ash, black cherry and beech. We saw evidence of some busy beavers too! This well-maintained park is a local gem, with benches, boardwalks, and several miles of well-marked wooded trails. Submitted by Janet Kowalski



Grand Island Hike and Breakfast (February 4) - Tom Burkman had a wonderful breakfast for us hikers of bacon, eggs, coffee, and juice. Participants added fresh fruit, English muffins and exotic flavors of yogurt. Yummy! With our bellies full and a feeling of camaraderie, we set off for a lovely hike around the creek, woods, and wetlands adjoining Tom's property. Our first adventure was crossing the mostly frozen creek over a bridge that made us wonder what we were getting ourselves into. But following our brave leader, everyone made it across safely. We saw footprints that may have been coyote and many wild turkey tracks. Crossing the wetland ponds and hearing the ice groan and splinter

under our weight was also a thrill, though no one got a wet foot. After about 90 minutes, we warmed up around the fireplace with hot cocoa. It was a great way to visit with new and well known ADK members, get some exercise and enjoy the lovely wilderness of Grand Island. Thank you Tom for sharing your home and woods with us all! Submitted by Mary Schraven

Susquehannock Lodge 2017 Winter Weekend (February 3-5) - Eleven participants enjoyed our ADK Winter trip to the Susquehannock Lodge in PA, the weekend of February 3-5, 2017. Some cross-country skied while others hiked the nearby Susquehannock State Forest. We also enjoyed the trail along Pine Creek, in PA's "Grand Canyon", as well as the view from the top at Leonard Harrison State Park. Some visited the nearby cities of Coudersport and Wellsboro. Wildlife sightings included deer, numerous birds, including bald eagles and ravens, the sounds of owls in the evening and various tracks in the snow. As usual, the food at the lodge was delicious, the accommodations comfortable, and the company was great! Submitted by Ed & Jan Kramer



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 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, 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!

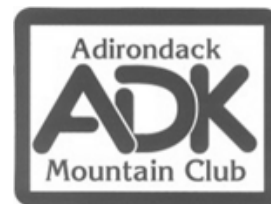
Loretta Yerke, who is a long term member of our chapter and former ADK Newsletter editor, made up a list of all of our chapter 46ers in 2008. Wilma Cipolla and Loretta thought we should update the list to include all of the new 46ers since then. If you don't have a number because you didn't register 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!

Adult memberships include:

- Eric Crittenden
- Barry Donohue
- Sue Kolasz
- John Melithoniotes
- Joyce Ohm



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

Executive Committee Meeting

The ADK-NFC Executive Committee will hold their next Executive Committee meeting Tuesday, March 7th 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

EDUCATION CHAIR- 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 – Mary Kathryn Noack, 716-984-2342, marynoac@buffalo.edu

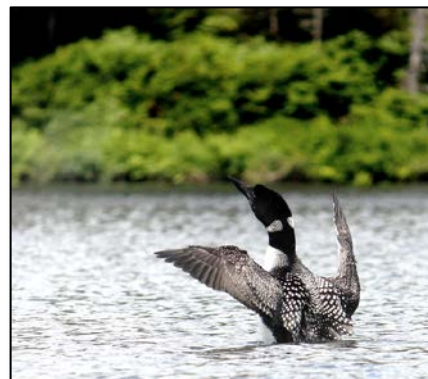
SECRETARY - Larry Beahan, 5 Darwin Dr., Amherst, NY 14226-4599, 716-839-3112, larry_beahan@roadrunner.com

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, carolschuster@gmail.com

YOUNG MEMBERS COORDINATOR – Deena Mueller, deena.mueller1@gmail.com



Outings Co-Chairs:

DAY HIKES (Apr - Nov) New co-chair needed! (contact the Chair)

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

