



## ADIRONDACK MOUNTAIN CLUB NIAGARA FRONTIER CHAPTER

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

September 2016 Newsletter

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### General Meeting, Members Slide Show & Ice Cream Social Tuesday, September 13th

- 7:00 PM Happy Half Hour (with ice cream!)
- 7:30 PM General Meeting, Special Conservation Announcement and Members Slide Show

After a couple of months without meetings it's so much fun to come back and share our summer stories and photos 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.



### Program:

#### Special Conservation Announcement and Information

Diana Strablow, longtime ADK member and Sierra Club Volunteer Activist, will provide an update at the September 13 General Meeting

- What are the risks of the Northern Access Pipeline to WNY?
- What you can do about it!

The proposed National Fuel Gas project will have a huge environmental impact on WNY. Construction of the proposed Project will require the crossing of 180 streams, 7 ponds, and 270 wetlands, including 34 wetlands that are part of 13 NYSDEC-regulated freshwater wetlands in New York. This is FRACKED gas, which is known to emit methane, 80 times more potent at trapping heat than CO2. Don't miss Diana's brief, but also urgent information about this project so close to home.

### Members Slide Show

**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](mailto:dgaffney@roadrunner.com)) by September 11. Please number in the order you'd like them presented.

Also, you can mail a disc with a minimal 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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### **Conservation Corner, Lynn Rehfeld-Kenney, Chair**

The Conservation Committee will resume its regular meetings on the 3rd Tuesday of every month starting in September. All are welcome!

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

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### **Message From the Chair, Janet Kowalski**

Nowadays on any major trail you are likely to see hikers using trekking poles. Compared to a few years ago, trekking pole usage is on the rise, and for good reason considering their many benefits. Trekking poles give your upper body a workout, and can increase the calories burned by 20%. Poles force you to elevate your hands to heart level, which increases blood circulation in the hands and reduces finger swelling, a common occurrence in hot weather. Poles also provide stability and balance, providing 2 extra points of contact with the trail and making it less likely to slip especially in wet areas. The greatest benefit of trekking poles is that they lessen the stress on your joints, especially the knees. Poling reduces stress up to 25-30% on descents and ascents of mountain hikes. Imagine a 160-lb hiker absorbing the impacts of a 120-lb person, thanks to trekking poles. Less stress on joints can mean more years of hiking, and many report they feel more confident with poles and can hike longer distances. Hikers can use 1 or 2 poles, based on personal preference and the desire to have a free hand. Most hiking poles are lightweight, adjustable for height, and store easily... telescope-style strapped on daypacks when not in use. In case you'd like to try a pair, our chapter provides hiking poles on loan: contact Cheryl: [cherylp17@verizon.net](mailto:cherylp17@verizon.net) Check them out!

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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://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](http://adk-nfc.org/calendar)

**9/2 – FRI - BIKE – Morning Delaware Park Time Trials (C- to A+) Paul Kochmanski 895-7712**

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 stopwatches 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 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.

**9/5 - MON - PADDLE - Oak Orchard River with Bob Collings, (B) 716-579-0528, intermediate level of paddling**

due to moving water, possible strainers and obstacles to maneuver around and length of paddle. Meet at the put in, closest address is 3254 N. Gravel Road in Medina. Meet at 10:30. We will unload and shuttle cars to the take out. We will paddle on this lovely, meandering, moving water until we come to the perfect lunch place. Expect beautiful cliffs, Blue Heron and after a possible swim and lunch, we will continue to the take out. Estimated ending time is about 3:00pm. Participation limited to 20 paddlers. Please be sure to call to RSVP. Paddlers must have sunscreen, water, lunch, or snacks, dry bag with a change of clothes in the event of a capsized, life jacket, whistle. This is good for kayaks and canoes but know there are many rocks and no docks to launch from. Expect muddy conditions for the put in and take out locations. Also a good idea to have a change of clothes in the car.

**9/7 – WED- BIKE - Amherst-Clarence Bike Path, (C) Ann Lazroe, 689-1861.** Start at 10am. Meet at Pautler's Drive In Restaurant on Transit Road and ride on bike trail to Clarence Center, 7 miles round trip. After refreshments, some return to Pautlers, others go on to Akron. Helmets Required.

**9/9 – FRI - BIKE – Morning Delaware Park Time Trials, (C- to A+) Paul Kochmanski 895-7712**

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 stopwatches if you have them (and helmets, of course). Call or email for exact time and meet up place.

**9/14 - WED- BIKE - Amherst-Clarence Bike Path, (C) Ann Lazroe, 689-1861.** Start at 10am. Meet at Pautler's Drive In Restaurant on Transit Road and ride on bike trail to Clarence Center, 7 miles round trip. After refreshments, some return to Pautlers, others go on to Akron. Helmets Required.

**9/16 - FRI - BIKE – Morning Delaware Park Time Trials (C- to A+) Paul Kochmanski 895-7712**

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 stopwatches if you have them (and helmets, of course). Call or email for exact time and meet up place.

**9/18 - SUN – HIKE - Niagara Glen Gorge Trail, Ontario (B) richardschraven1@gmail.com (716) 564-2106 & maryschraven1@gmail.com (716) 946-7489.** This park provides a hike through a maze of trails to the Niagara River. A steep metal staircase takes you down the cliff to the rocky trails below. Estimated time is 4 hours if the group decides to hike to Whirlpool and walk the rim back to the parking lot. The ecosystem is unique in exhibiting flora and

fauna unlike any in the region. At the river we will experience the power as the entire Great Lakes watershed is funneled through the narrow gorge. We can eat our lunch at a picnic table up top or sitting on a boulder next to the river as Jet-boats power through the rapids. We will then follow the trails to the rim and our drive back to the bridge. This hike will take place in the early afternoon to accommodate churchgoers. Call for exact meet up time. Call to car pool across the Rainbow Bridge or meet at the Niagara Glen Park parking lot. Bring: a water bottle, lunch, camera, passport or ID and cash and dress for the weather.

**9/21 – WED- BIKE - Amherst-Clarence Bike Path, (C)** Ann Lazroe, 689-1861. Start at 10am. Meet at Pautler's Drive In Restaurant on Transit Road and ride on bike trail to Clarence Center, 7 miles round trip. After refreshments, some return to Pautlers, others go on to Akron. Helmets Required.

**9/23 – FRI - BIKE – Morning Delaware Park Time Trials (C- to A+)** Paul Kochmanski 895-7712  
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 stopwatches if you have them (and helmets, of course). Call or email for exact time and meet up place.

**9/28 – WED - BIKE - Amherst-Clarence Bike Path (C)** Ann Lazroe, 689-1861. Start at 10am. Meet at Pautler's Drive In Restaurant on Transit Road and ride on bike trail to Clarence Center, 7 miles round trip. After refreshments, some return to Pautlers, others go on to Akron. Helmets Required.

**9/30 – FRI - BIKE – Morning Delaware Park Time Trials (C- to A+)** Paul Kochmanski 895-7712  
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 stopwatches if you have them (and helmets, of course). Call or email for exact time and meet up place.

**10/1 – SAT - BIKE – Iroquois National Wildlife Refuge (B)** 23 miles, Paul Kochmanski, 895-7712  
[kochmanski@ecc.edu](mailto:kochmanski@ecc.edu) This area, teeming with wildlife, has been described as one of the best kept secrets of WNY. This ride qualifies you for the "Wilderness Weekends in Western New York Challenge". The ride will begin at the Visitor's Center and we will ride around and through the refuge. First stop will be Cayuga Pool overlook, where we can view the eagle's nest (and hopefully some eagles!). Second stop will be at the Ringneck Marsh Overlook, where we can expect to view migratory waterfowl and Great Egrets. Third stop will be the Swallow Hollow Trail, a 1.3-mile loop with boardwalk and interpretive panels describing the unique and diverse wetland species along the way. We will return to the Visitor's Center where we can view the new displays. Since we'll be finishing around lunchtime, those that care to will join up for lunch at the Indian Falls Log Cabin on the way home for some good eatin' and view of the falls on Tonawanda Creek. Bring a bike in good working condition, helmet (required), water, a spare inner tube, and a lock. If you're a "birder", you'll definitely want to bring your binoculars and/or camera. Rain date Sun 10/2. Call for meeting time, specific meeting location and any questions.

**10/7 -10/9 – FRI- SUN - Robert Treman State Park Cabin Camping with Schravens (C)** Email  
maryschraven1@gmail.com or call 946-7489. 2 primitive cabins for 8 people are reserved. \$25 a night/per person. Bring bikes, hiking shoes, food and bedding. Join us and enjoy the beautiful hiking/biking and fall leaves. Lots to do in the town of Ithaca as well. Day outings will be planned depending on the needs of the group.

**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!](#)



Strawberry Island Paddle, August 4

It was a beautiful evening for a paddle on the Niagara River. The six of us put in at the Sheridan Drive Launch site and made our way to and around Strawberry Island. Paul Zanolli took the photo above of the sunset over the water.

Submitted by: John Yates

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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## NOT TO BE MISSED!



**Gerry Rising's new book signing –  
"BIRDS AND BIRDWATCHERS: 100 Brief Essays"**

Friday, September 9th at 7pm at  
Talking Leaves Bookstore, 951 Elmwood Ave, Buffalo

Gerry is a longtime member of ADK and author of the Buffalo News  
"Nature Watch" columns for 25 years.  
Gerry has been an avid birdwatcher for 80 years!

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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.

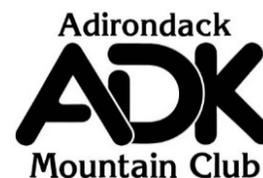


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## *Welcome New Chapter Members!*

Welcome to our new members who joined in July:

- Family memberships include:
  - Douglas Hartley and Kristy Long, Alex and Melissa Przytulski, Peter and Nancy Sorci, and Scott and Michele Williamson and children



- Adult memberships include:
  - Kevin Lane and Michael Swain

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)

