



ADIRONDACK MOUNTAIN CLUB NIAGARA FRONTIER CHAPTER

WWW.ADK-NFC.ORG

December 2015 Newsletter

ADK-NFC General Meeting Tuesday, December 8th

Holiday Potluck Dinner 6:30

General Meeting 7:45

Location: 77 Washington Highway, Snyder Amherst Community Church

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

ADK – NFC Holiday Potluck Dinner

Schedule

6:00: Setup. Deck the Halls! Any help with setup and cleanup is welcome.

6:30: Dinner. Eat, drink and be merry!

Come one, come all, don't let someone else eat it all. The pot-luck dinner is sure to please. 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.

But let's not forget, dinner is free and there will be time for a shopping spree!!

Not only is the ADK-NFC store offering a deep discount of 50% off items, there will be a raffle for free items. Everyone gets a ticket when picking up a name tag for the event.

Looking Back to November Rocky Mountain High

Many thanks to Bill Cook visiting us here in Buffalo from Lexington, KY to talk about his experiences on the Colorado trail. Although Bill had worked for the EPA for 25 years, his passion is sharing his outdoor experiences. During a brief social hour before the talk, Bill asked that the introduction to the group focus more on outside experiences which included hiking the Appalachian trail in segments, and the Northville-Lake Placid trails in the Adirondacks. The Colorado trail diverse terrain, wildlife and flora was captured in a photography "journal" set to inspirational music that



really made a hiker of any level want to get outside. Bill pointed out that one of the differences in hiking in the west is planning in advance to keep an adequate and healthy water supply while hiking, unlike our plentiful water supply in the northeast. Thankfully Bill did not encounter any forest wildfires that seem so common in such dry conditions. I think Bill felt welcome here by the enthusiastic response in book sales afterwards.

Upcoming Programs: There will be a program on bees and one on the Scajaquada Creek cleanup efforts. Watch the www.adk-nfc.org website for details!

Conservation Corner Lynn Rehfeld-Kenney, Chair

The Conservation Committee meeting will be held at Larry Beahan's house on Tuesday, December 15th at 7:00pm. Call #839-3112 for directions. All are welcome. Get the latest information on environmental issues in our community.

Thanks to Jay Whopperer and Linda Schmieder for organizing an informational walk at Niagara Falls State Park. Dressed in animal costumes, 15 people distributed information about the upcoming UN Climate Change conference in France and how we can locally minimize our impact on the environment.



The Niagara River Greenway Committee approved adding clean dredging material to the newly re-named Unity Island to add up to 25 acres to increase wetland habitat along the shoreline. They approved funding to purchase land in Orchard Park that surrounds a tributary and forest to protect the Niagara watershed and funding to re-populate Map turtles along the Lake Erie.

Dave Kowalski attended the Amherst board meeting to try and address concerns over simplified wording regarding hydrofracking byproducts in a new town bill against hydrofracking. The bill passed without expanding the definition which could lead to loopholes. He will work to get the bill amended with the newly elected legislative members who might be more receptive making the language stronger.

Please help out with upcoming Action Alerts regarding poorly crafted bills that would allow larger ATVs that would increase damage to the land and advocating for re-instituting the land and Conservation Fund. These royalties from drilling on federal lands helps to purchase public lands for recreation.

Message From the Chair, Janet Kowalski

Cooler temperatures are no reason to stop hiking! There are many outings on the calendar, and the key is to "Dress for the Weather", with multiple breathable layers, rain gear if forecast, and sturdy hiking boots. Hunting season is from October 1st to the 3rd Tuesday in December, so ADK chapters across the state are recommending to "Get Your Orange Blaze On!", and wear colors that will stand out in the woods. Have fun out there and be safe!

Thanks to EMS Club Days Volunteers!

Bravo to the generous members who donated their time to being ADK ambassadors during the EMS Club Days in late October. Our members are our best advertisement, and this is a fun way to interact with like-minded folks. Grateful thanks to Kathy Clerkin, Nancy Hanavan, Margaret Wantuck, Dana Jandzinski, Bill Boehm, Mary Schraven, Richard Schraven, Janet Kowalski and Bob Van Hise.

Help Needed

"ADK is a wonderful organization with so many facets that are aligned to my core values of protecting the environment, exercising and having fun in the beautiful natural areas of WNY (and beyond) and meeting educated and knowledgeable people with similar interests! Perhaps you, too are getting to know your local chapter and would like to get more involved. Two important leadership positions currently need to be filled: newsletter editor and hiking co-chairperson. Below are brief descriptions of the position. If you would like more information about volunteering for these or other positions, please contact Mary Schraven at maryschraven1@gmail.com 716-946-7489, or Janet Kowalski at janet300@gmail.com. For the newsletter editor position contact Kate Hacker at hackerks@gmail.com or at 688-8618.

Newsletter Editor is an appointed position that can include assembling the monthly newsletter and a range of other online work on our chapter communications. At present the position just includes collecting all of the monthly submissions and putting together the newsletter in Microsoft Word. Other word processing software can be used, including Constant Contact which is used to email members. The newsletter gets posted on our website and a few copies are printed. Several volunteers work on the website and getting the printed copies out. The Editor attends monthly Executive Committee meetings, but the rest of the work can be done at home. The Editor must have strong computer skills and the ability to edit submissions when needed. If you would like more information contact Kate Hacker at 688-8618 or at hackerks@gmail.com.

Hiking Co-Chairperson is an appointed position who works in conjunction with the Outings Chairperson to organize trip leaders for day hiking. Responsibilities generally include calling an organizational meeting, inviting hikers from the club to sign up for various outings, supporting the trip leaders in writing trip descriptions to be included in the monthly newsletter and weekly email reminders. The club is looking for someone who hikes frequently, enjoys helping others develop their leadership skills, and has good organizational skills. "

Mary Schraven and Janet Kowalski

ADK Director's Report September 2015 – Bob Van Hise

- ADK participated in EMS Club Days in October, with several of our members volunteering to staff our table to let potential new members know about ADK and the Niagara Frontier Chapter. Thanks to everyone who helped.
- The 1st Edition (5000) of ADK's new High Peaks trail map sold out; we're currently selling the 2nd Edition.
- As Director of our Chapter, I receive a quarterly packet of reports about every facet of ADKs operation. Members are welcome to peruse those pages - just contact me to make arrangements.
- ADK is working to prevent 500 to 600 old oil tanker rail cars from being stored at Upper Works. The concerns are residues leaking out of the obsolete tankers, vandalism, and the possibility of them being abandoned on site.
- The Boreas Pond Tract is expected to be acquired by NYS by the end of the year, providing additional campsites and improved access to Panther Gorge from the Elk Lake area.
- North Country Scenic Trail construction will proceed across the Adirondack region.
- ADK membership has increased to 16,700 households.
- Winter Host training was held in October at JBL and in November at our Lake George HQ. Members wishing to participate in the program should watch for training opportunities next fall. Participants staff the Henry Young Crew Cabin adjacent to Johns Brook Lodge on weekends during winter, providing trail information and hot beverages to hikers passing through that area. Volunteers are also able to contact DEC rangers if additional assistance is required.
- ADK Volunteer Award nominations are requested for next year's presentations. Contact any chapter officer with your suggestions.
- Signed outing liability waivers should be retained for a minimum of 1 year, but if any incident occurred on an outing the waiver must be retained indefinitely. After each outing, all signed waivers should be turned in to the appropriate Outings Co-chair, or to the club Outings Chair.
- ADK is asking for Chapters to host the Fall 2016 and Spring 2017 Outings.
- The position of Chapter Director is a 2-year term, with a maximum allowed of three consecutive 2-year terms. As such, my six years of representing our Chapter on the ADK Board of Directors in Lake George will conclude in December 2015. We will have a successor in place to begin a new term at the meetings in 2016. My last meeting as Director will be December 5, and my final report will follow in January.

Respectfully submitted, Bob Van Hise - NFC Director

Winter Mountaineering School January 28th – February 3rd

The Adirondack Mountain Club has sponsored Winter School for over 60 years. The purpose is to promote enjoyable, safe, and successful winter mountaineering and camping. Come experience an Alpine winter adventure! Whether you've just started on the trail to become a winter mountaineer or have some experience, may be just what you need to learn new techniques, refine existing skills, and experience new winter activities. The 2016 Winter Mountaineering School will again be based at the [Adirondack Loj](#) and take place January 28 - February 3.

We are offering 4 different program options this year:

- Weekend Day Hiking (Jan 28 - Jan 31)
- Weekend Backpacking (Jan 28 - Jan 31)
- Week Long Combination Program (Jan 28 - Feb 3)
- 4 Night Winter Backpacking Program (Jan 29 - Feb 3 - enrollment restrictions apply).

Space is limited so apply early. Registration closes January 15, 2016. Please see our Winter School website at www.winterschool.org for more information.

2016 ADK-NFC Scholarships for Winter Mountaineering School:

Deadline for Scholarship Application: December 16, 2015

Again this year, our chapter's Executive Committee is pleased to announce that two of our members will receive reimbursements for ADK Winter School tuition up to \$405. Interested applicants should read the Winter School requirements at www.winterschool.org Scholarship winners must pay for the course in full, and will be reimbursed after satisfactory completion of the course as documented by the participant's certificate of completion. Those attending Winter Mountaineering School are required to obtain all the necessary clothing and equipment as specified by the course requirements. Questions about the school can be asked through the WMS website www.winterschool.org. Applicants must be current members of the ADK Niagara Frontier Chapter and may apply for the scholarship by contacting: Cheryl Peluso 997-2349 cherylp17@verizon.net; or Mary Schraven (Outings Chair) maryschraven1@gmail.com. Previous WMS scholarship winners are not eligible. Applications for this scholarship must be received no later than December 16, 2015. If there are more than two applicants, winners will be determined by lottery.

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



The Newly Organized ADK-NFC Library: Check it Out!

Our enticing and eclectic collection of Adirondack literature is available for members to borrow for 1-2 month periods. There are hiking guides, ADK-related literature, field books, history chronicles, ... something for everyone. Wilderness Weekend WNY Outing guidebooks are \$5, or free to new members. The Self-checkout sheet is near the rolling bookshelves, to be used on an honor system. Enjoy!

ADK-NFC Bookstore Chairperson Needed

We are looking for an ADK member (or 2) who would like to oversee the chapter bookstore. This would involve finding out what ADK-related items members want to purchase, and placing orders with the state ADK suppliers. Pre-orders can be taken for popular items such as new hiking guides, wicking shirts, hats, and ADK calendars. Items will be sold at monthly meetings, a fun chance to interact with our friendly community. Anyone interested contact a member of the Executive Committee.

ADK Book Club

ADK BOOK CLUB The ADK Book Club will not meet in December. Our next meeting is Wednesday, January 27 at 6:30 PM in the Meeting Room at the Eggertsville-Snyder Library Branch at 4622 Main St in Snyder, near the corner of Burroughs and Main. We will discuss "The Adirondack Reader", a fascinating compilation of four centuries of Adirondack Writing, including short essays by Ethan Allen, Ralph Waldo Emerson, Joyce Carol Oates and Theodore Roosevelt. Newcomers are always welcome! For more information contact Janet at janetk300@gmail.com



Trip Descriptions

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

December

12/5 SAT - HIKE - Darien Lake State Park, about 4 miles round trip. (B)

David and Janet Kowalski, janet300@gmail.com, 839-3114

Hikers will meet at the Park and Ride at Main/Union in Williamsville to carpool, or at the Trailhead on Rt. 20. This Family-Friendly hike offers a nice variety of scenery, including a picturesque waterfall, babbling brooks with stepping-stones, boardwalks, a rim trail and an old apple orchard. Please bring a snack, wear sturdy shoes, dress for the weather, and wear bright colors since it is hunting season. Those interested can visit Johnny Bear's Restaurant afterwards for old-fashioned milkshakes and more! For start time and more information email Janet at janet300@gmail.com (Preferred) or call 839-3114.



12/12 SAT –HIKE –Eagle Forest trail, Ellicottville. (A, difficult) 5 miles

Mary and Richard Schraven, maryschraven1@gmail.com, 716-946-7489

Contact us for startup time. Car pool meet -up at Park N Ride on Main Street and Union, Williamsville for north towns, or at Coffee Culture in Ellicottville. We will hike up a snow mobile trail with a gradual ascent and loop back to the cars via Eagle trail which is a steep descent through the woods. Please be prepared for cold and wet conditions. Bring a snack and drink. Optional to stop in Ellicottville for an early dinner afterwards.

12/13 SUN –ICE SKATING – Canalside (C-easy)

Donna Kain, donna.kain@yahoo.com, 716-348-8132

Please email or call me for the meet up time, leave your email and cell phone number. We'll meet near the Tim Horton statue on Main St. (near light rail station). Admission is \$6.00. Participants can bring their own ice skates or rent skates for \$4.00. A limited number of lockers are available for \$3.00. Also, ice bikes can be rented for approx. \$10.00 per half-hour. Family friendly. Food is usually available nearby. More info available on website. See Link attached: [Upcoming events: December 2015 | Canalside Buffalo](#)

12/11 FRI and 12/17 THURS – HIKE/SS/XC SKI Delaware Park, Buffalo (C- easy)

Leslie Salathe 560-1311 lesliesalathe@live.com

Hiking or skiing depends on weather and snow conditions. Meet at Rose Garden, across from Albright-Knox Art Gallery. It is probably best to call me just prior to the event to determine what equipment to bring. 3-4 miles.

12/19 SAT – SKI – Evangola State Park (C-Easy) and Pot Luck, Eden

Peg Heath, Pegofmyheart7@live.com, or call 432-4473

Evangola State Park has flat, ungroomed trails around the perimeter of the park, in and out of beautiful woods. Length of ski depends on the group. Awesome beach and cliffs. Expect windy and much colder temperatures than away from the lake. Call if you are interested in carpooling from the North Towns and to plan what food to contribute to the potluck. The pot luck will be at Peg Heath's house in Eden. Email Pegofmyheart7@live.com, or call 432-4473 to RSVP and get start-up time and place.

12/20 SUN - NATURE HIKE - Beaver Island State Park, Grand Island (easy)

Bob Van Hise adkpaddles.bvh@gmail.com (716) 628-0355

Observe and Photograph migratory waterfowl. Meet-up location to be determined. Please contact me in advance with your name, cell phone and email address. We will walk along the shore to observe swans, gulls, geese, ducks, and other birds seen here only this time of year - I can also offer advice on photography. Dress warmly (gloves, coat, hat) and prepare for cold wind and muddy paths. Bring your birding field guide, binoculars or a camera & tripod, water or a thermos, and a snack. We might stop afterward for lunch on the Island.



12/26 SAT - XC SKI/SS/HIKE at Knox Farm State Park, East Aurora. (C-Easy)

Carol Griffis 652-2547 or email carolpgriffis@gmail.com

Trails could be muddy. Carol Griffis 652-2547 or email carolpgriffis@gmail.com, Please leave your name, phone and email address. Please RSVP a few days ahead of time.

12/29 TUES –FAMILY HIKE/SS/ XC SKI- LeHigh Memory Trail, Williamsville, (C-easy) Tom Kielb, 828-8514

Call for meet up time. This is a "rails to trail", historical landmark in the Village of Williamsville. Beautiful trees and park benches, with a restored caboose, surround the flat paved trail. 2 miles round trip. This is a nice family outing and one of the Wegman Passport outings. These books, which include 12 Amherst Nature trails and parks are available at Wegmans. Visit all 12 parks and become eligible for a free drawing. For more information on this site see: <http://www.trailink.com/trail/lehigh-memory-trail.aspx>

January

Available during the week and looking for a day outing? See these two options below:

Weekdays Lunchtime HIKE/SS/ XC SKI- Amherst Parks and trails, (C-easy) Tom Kielb 828-8514

Call for meet up time and locations. Get some daily exercise and explore the area parks and trails listed in the Wegmans Passport Outings. These books, which include 12 Amherst Nature trails and parks are available at Wegmans. We may visit different parks throughout the week. Complete the rubbings in the book and become eligible for a free drawing.

Weekday afternoons in January and February. XC SKI/ SS Knox Farm State Park or Emery Park in East Aurora.

Carol Griffis, 652-2547, carolpgriffis@gmail.com

Call, text email the day before to make arrangements. I will be on the trail every day that conditions are decent.



1/2 SAT –HIKE/SS/XC SKI – Hunter’s Creek, (C-easy)

Richard and Mary Schraven at maryschraven1@gmail.com 946-7489

Please call for the meet up time. Family and dog friendly. Carpooling meet up at Main and Union Park and Ride in Williamsville. Type of outing will depend on the snow conditions. Length of outing depending on the desires of the participants. Early dinner in East Aurora after outing.



1/9 SAT – ADK WINTERFEST 2016

This free family event at the Heart Lake Program Center is aimed at young families, to introduce children to winter sports. Activities include cross country skiing to Avalanche Lake and a paintball biathlon at Mt Van Hoevenberg. See adk.org for more information about becoming a sponsor or attending this event.

1/10 SUN -Winter Family Outing and Potluck - Sprague Brook 9674 Foote Rd, Glenwood, NY 14069

Mary Schraven, maryschraven1@gmail.com, 716 946 7489

Noon to 6:30pm at the beautiful NEW and heated Park Casino Activities include: Sledding for the whole family (adjacent to the Casino) Snow shoe/hike and skiing. Club owned snow shoes available contact Cheryl at cherylp17@verizon.net,

Cross-Country Skiing led by JoAnn Ratajczak at jkish45@yahoo.com

Snow shoe outing led by Lynn and Doug Kenney

12:00 beginner cross-country skiing lesson with Michael Promowitz

3:00 Winter Mountaineering /camping workshop by Aaron Slosman

4:00 Birds of Prey rehab presentation by Margie Hanrahan

5:00 Pot Luck dinner at the casino

For more info or to volunteer to help, email Mary at Maryschraven1@gmail.com or call 716 946 7489



1/15 WINTER MOUNTAINEERING SCHOOL REGISTRATION DEADLINE

1/16 SAT -XC SKI - Alleghany Roscoe X Country Ski Area (w Nordic Club) (B)

JoAnn Ratajczak jkish45@yahoo.com or 716 400 1030

The Nordic Ski club will be down at Alleghany Roscoe Ski Area and if anyone wants to drive down for the day, meet at Coffee Culture in Ellicottville at 11:00. Be on time or get left behind. RSVP. If there is no snow, then there will be a hike in Ellicottville area.



1/18 MON - FAMILY HIKE/SS/ XC SKI- LeHigh Memory Trail, Williamsville, (C-easy) Tom Kielb, 828-8514

This is a "rails to trail", historical landmark in the village of Williamsville. Beautiful trees and park benches, with a restored caboose, surround the flat paved trail. 2 miles round trip. This is a nice family outing and one of the Wegmans Passport outings. These books, which include 12 Amherst Nature trails and park are available at Wegmans. Visit all 12 parks and become eligible for a free drawing. For more information on this site see:

<http://www.trailink.com/trail/lehigh-memory-trail.aspx> Call for meet up time.

1/22-1/24, 2016 FRI-SUN - ALLEGHANY X-C SKI WEEKEND

Joanne Magavern 883-7127

Some of the best skiing in WNY! 3 Cabins are reserved at Summit Art Roscoe X-C Ski area of Alleghany State Park. They are heated and have electricity for our Friday night "wine and cheese party" and Saturday night "pot luck". Ski from your front door - great for beginners to advanced, families welcomed. 4 beds to a cabin and floor space if needed is available. Join us also for a left over potluck lunch on Sunday, followed by the annual sled hill outing. Call Joanne by December 31st, \$50 per person check written to ADK and mailed to Joanne by JANUARY 4th, 2016 or cabin(s) will be cancelled. Book early!



1/23 SAT - XC Ski - Alleghany Roscoe X Country Ski Area (w/ADK group) (B)

JoAnn Ratajczak jkish45@yahoo.com or 716 400-1030

In addition to the ADK group spending a weekend at Alleghany, there will also be a day trip. We will meet at Coffee Culture in Ellicottville at 11:00. Be on time or get left behind. RSVP. If there is not enough snow to X country ski, then there will be a hike in Ellicottville area.



1/29-1/31 ADK Winter Outing at Tug Hill.

Kathy Disque, 315-656-3383, 785 Fyler Rod, Kirkville, NY 13082 or kathy-disque@yahoo.com.

Full package is \$90, Saturday Skiing and dinner is \$45. See Adirondac Magazine for more information.

1/30 SAT -XC SKI – Reinstein Woods Nature Preserve with Jim Klein from Buffalo Nordic Ski Club giving beginner lessons.

RSVP Teresa Corrigan at teresacorrigan85@gmail.com. 716 440-5755.

Rental of equipment is \$8.00 but must be reserved well ahead of time as this is also open to the general public. Call Reinstein to reserve equipment at 683-5959.

February

2/6 -8 SAT-MON - HIKE SARANAC LAKE 6er HIKE & Winter Carnival Saranac Lake, Adirondacks.

Bob Van Hise (716) 628-0355 adkpaddles.bvh@gmail.com

Hike one or more of the SL 6er mountains (moderate to strenuous) and watch the lighting of the Ice Palace with a Fireworks display. Make early reservations now because this is a popular regional event. Bob Van Hise (716) 628-0355 adkpaddles.bvh@gmail.com



2/6 SAT – XC Ski – Bond Lake (C easy)

Janet Kowalski janet300@gmail.com (preferred) or cell: 435-8547, home: 839-3114

Please leave your name, phone no. and email when you call for the start up time.



2/6 SAT - XC SKI - Potluck at Holiday Valley Ski Resort (B)

JoAnn Ratajczak at 716 400 -1030 or email jkish45@yahoo.com

Meet at Holiday Valley Tannenbaum lodge on second floor by 11:00 am. Leave your skis outside on rack. Bring food and personal items up to second floor. Please contact JoAnn and let her know what you will be bringing. JoAnn will provide Chili and crackers. There is an option to ride the lift up and down to the ridge trails for \$15. Or you can ski up and down.

2/13 SAT - XC SKI - Ellicottville, NY (B)

Contact JoAnn Ratajczak jkish45@yahoo.com or 716 400 1030

Meet at Coffee Culture in Ellicottville at 11:00.

2/13 SAT – XC SKI – Bryncliff Resort**Mary and Richard Schraven, maryschraven1@gmail.com or 946-7489**

Join us early in the day for skiing on beautiful groomed trails (\$10 ski pass) that are also lit by night. We plan to book a motel room on the resort, ski, then enjoy a Valentines Dinner, dance music and Sunday morning brunch. All for a reasonable rate. See their website for prices and to make reservations. Call us for ski outing on Sat/Sunday.

2/20 SAT - XC SKI - Ellicottville, NY (B)**JoAnn Ratajczak jkish45@yahoo.com or 716 400 1030**

Meet at Coffee Culture in Ellicottville at 11:00.

2/18 – 2/21 THU - SUN Cross-Country Ski trip to Algonquin Provincial Park (A)**richardschraven1@gmail.com (716) 564-2106 maryschraven1@gmail.com (716) 946-7489**

Just when we got used to staying in yurts, during our previous three Algonquin “play in the snow” trips, we are staying in the Mad Musher Hostel This year. It is situated in Whitney, Ontario, near the east gate of Algonquin Provincial Park. This gives us flexibility with regard to meals and more civilized accommodations.

The park has outstanding winter outdoor activities. The Fen Lake ski area features a network of easy and moderate trails. The Leaf Lake area also has easy and moderate difficulty trails, but in addition there are longer and steeper trails. The trail maintenance, at all the Ski areas is very good with grooming and set-tracks. The Lake Minnissing Ski Area, on the other hand, is not groomed and is a good area for Back Country skiing. Also, Algonquin Park has numerous hiking trails and portage trails that are excellent for snowshoeing. This year’s trip is from Thursday to Sunday at the end of the President’s Week school holiday. Additional information including maps of the Cross-Country Ski Areas is available on-line at www.ontarioparks.ca . This trip will be available to the memberships of ADK-NFC and Buffalo Nordic Ski Club. The trip description will be in their newsletters in November. Since the available bed space is very limited, please confirm your participation ASAP. Information about the hostel is available at: www.madmusher.ca. When the capacity of the hostel is reached, others can still join us, but they will have to find and make their own arrangements. Also, when we stayed in the yurts in the park, use of the ski trails was included. With staying in the hostel, we may need to obtain day-parking permits for parking at the ski areas.

2/25, 26, 27, 28 – THU-SUN – XC SKI/HIKE, Adirondac Loj, Lake Placid**Kate Hacker, hackerks@gmail.com, 688-8618**

I have reserved the two 6-person bunk rooms at the ADK Adirondac Loj for our chapter for Thursday through Saturday night the last weekend in February. At that time of year the snow is great and the weather is usually not as cold. There are numerous on-site ski and hiking trails at all levels, and snowshoes and Microspikes are available for daily rental at the Information Center. Staff can provide Loj site maps and information on trails and conditions. Just down the road you can go to the Olympic ski trails, Whiteface ski area, ice skating at the Olympic rink, or even take a bobsled ride. Cross country equipment is available from the Olympic ski center. I will send out a list of participants and proposed outings to those who sign up so we can plan group outings. All of your outings can be done right from the Loj without traveling out if you want. I reserved Thursday night with the idea that participants can drive up Thursday, have all day Friday and Saturday for outings, do a half day outing on Sunday and then return home. It usually takes 6 hours to get there, depending on weather.

The bunks will cost each person \$195 for three nights or \$65 a night including breakfast. The Executive Committee of our chapter has generously agreed to subsidize one night for any member who stays at least two nights. We hope to encourage people to try out the Loj and the great activities in the area.

Trail lunches cost \$9.23 and dinners cost \$18.47 at a member rate including tax. A 50% deposit is required. You will need to submit a deposit of one half of the cost of your bunk to me at 28 Partridge Run, Amherst, 14228, by the end of December. You can cancel up to 14 days before the 25th. You can reserve for less than the full three days, and lunch and dinners are optional. You will pay for meals and alcohol when you check out. You need to notify the Loj by 11 am if you want dinner. You can keep a cooler of food in your room or car so you can bring your own lunch food. There is no access to the kitchen.

2/28- 3/5 SUN – SAT – XC SKI Craftsbury, Vermont**Vicki Wulf and Buffalo Nordic Ski Club.**

Call Vicki for details 688-1037 or email vmwulf@roadrunner.com.

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

ADK Oak Orchard Paddle, Oct. 24th

Submitted by Bob Ensminger



Franklin Gulf Hike, Nov. 8th

Seven hikers enjoyed exploring Franklin Gulf, Erie County park in Eden on November 8th. It was a beautiful fall day, with temperatures above normal for November, but perfect for hiking. Most of the trees were bare, which allowed for the sun to filter through the forest. The water level was low in the creek, so a portion of the hike included walking in the creek bed. Here we enjoyed seeing the layered shale cliffs, crystal clear water pools, and shale ledges filled with oak leaves and acorns. Thanks to all who attended this hike.

Submitted by Kim Newland



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.

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, or call Kate Hacker at 688-8618.



MEMBERSHIP

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 the local chapter gets a portion of your dues.



EXECUTIVE BOARD MEETING

The Executive Board will meet on December 1st at 6:45 pm at the Julia Reinstein library. Any member is welcome to attend. Chairpersons who cannot attend should send a report to the Secretary, larry_beahan@roadrunner.com

ADK-NFC WEBSITE

Check out our website 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).

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) 564-2106, maryschraven1@gmail.com

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

PUBLICITY Help Needed!

DIRECTOR - Bob Van Hise, (716) 628-0355 adkpaddles.bvh@gmail.com

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

2ND VICE CO-CHAIR CONSERVATION

Lynn Rhefeld- Kenney, 21 Hillside Ave., Buffalo, NY 14210, 716-825 7329, woodthrush3@hotmail.com

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

NEWSLETTER EDITOR - Kate Hacker, 28 Partridge Run, Amherst, NY 14228-1011, 716-688-8618, hackerks@gmail.com Also email Mary Schraven at maryschraven1@gmail.com

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

MEMBERSHIP CHAIR - Kathy Clerkin, kmclerkin@gmail.com

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

HOSPITALITY - Sandy Paine, 823-0122 or 462-2925 (cell)

YOUNG MEMBERS CHAIR – Travis Darrin, travisda@buffalo.edu

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

WINTER SPORTS (Nov - Mar) - JoAnn Kish Ratajczak, 400-1030, jkish45@yahoo.com

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