



ADIRONDACK MOUNTAIN CLUB NIAGARA FRONTIER CHAPTER

WWW.ADK-NFC.ORG

February 2016 Newsletter

General Meeting Tuesday, February 9th

Education Workshop: 6:30 - 7

Happy Half Hour: 7 - 7:30

General Meeting: 7:30 - 9:00

Location: 77 Washington Highway, Snyder Amherst Community Church

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

Program: BEHIND THE TREES LOOK AT DEC LAND MANAGEMENT AND RECREATIONAL OPPORTUNITIES OF THE SOUTHERN TIER

Get off the couch in February and help welcome Dave Paradowski, Regional Forester with the NYS DEC to discuss land management of state forests in Chautauqua, Cattaraugus and Allegany counties. Have you ever wondered why recreational ATV trails are available, why spruce removal and clear cuts occur, and how hiking trails are established? Don't forget the DEC attack against invasive species of woolly adelgids threatening our WNY hemlock population. Dave will answer these questions and also talk about new land purchases in Zoar Valley that will protect Old Growth Forest communities, and Cattaraugus Creek along with its tributaries.

Dave Paradowski's early years were spent on a dairy farm in southern Erie County and his love of the land continued with his studies at the SUNY Forest and Resources Management school. His time at DEC began in 1997 and his office has been centered in the Allegany office since 2007. Dave's presentation is a great opportunity to learn more about the valuable forests within our ADK chapter and how they are being protected and managed. Bring your questions and learn about one of WNY's most valuable assets.



Education Workshop: 6:30 Animal Tracks and Signs



about what

also learn a bit about what some of our favorite plants look like in winter, and see some beautiful close up pictures of

Winter is a wonderful time to be a "nature detective", and discover what animals are prowling about the woods and/or our backyards. Please join me at 6:30 P.M. to learn kinds of signs and evidence animals leave us in the winter landscape. We will

snowflakes. Children are welcome at this workshop! We will be sure to stop in time for our social hour and snacks. We can put our detective skills to work on the many outings our chapter offers this winter, including the Wednesday night Reinstein walks on February 10th and 24th. See the outings schedule for details.

-Teresa Corrigan, Education Chair



Summary of last month's program: DIRTY BUSINESS AND THE NECESSARY CLEANUP

Despite a rather scary looking forecast for snow, our informative January speaker Dan Telvock from Investigative Post addressed the equally brave and engaged audience about the Scajaquada Creek pollution issues. Dan's long term investigation efforts and photographic documentation highlighted why the creek and feeding waterways have now become so polluted. With someone like Dan at the forefront making headlines, the hope is to force the long term inaction of local governments, EPA and DEC in taking corrective action. The touching footage of ducks drowning in floating garbage in front of politicians, and the public is sure to keep the topic alive. With continued outreach thru ADK members, hopefully more people will keep this effort moving forward. Dan invited interested science sleuths to join his research efforts and support his goals for cleaner waterways in WNY. (Email: dtelvock@investigativepost.org / Twitter: [@dantelvock](https://twitter.com/dantelvock))

Conservation Corner Lynn Rehfeld-Kenney, Chair

The Conservation Committee meeting will be held at Larry Beahan's home on Tuesday, February 16th at 7:00pm. Call #839-3112 for directions.

President Obama signed the Micro-bead Free Waters Act of 2015. It mandates that manufacturers eliminate microbeads from their products by 2017. This is a huge success for the environment, but unfortunately it does not go into effect for another year. Erie County was one of the first to eliminate them locally. Now the federal law will help all of the Great lakes and waterways throughout the country. Micro-beads are so small that they are difficult to filter from the water allowing them to be digested by humans and wildlife.

In upcoming meetings, we will be reviewing candidates for the Conservationist of the Year award. We are also currently looking for topics for the free Conservation Conversation seminar that we hold every two years to educate the public on environmental issues.

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

Message From the Chair, Janet Kowalski

The Niagara Frontier ADK chapter offers a calendar full of year-round outings. We are also one of the most social chapters in the state, with monthly meetings throughout most of the year. Our club is fortunate to have the loyal volunteers to make it happen! Here are the Top 10 Attractions at the ADK-NFC General Meetings, held the second Tuesday of every month from September to May.

- Super nice people who share common interests
- Delicious refreshments.... Hospitality Chair Sandy knows a special baker who prepares goodies for us
- Informative Education Workshops: a great opportunity to brush up your outdoor knowledge
- The ADK store has fun T-shirts and informative WNY guidebooks
- An eclectic assortment of library books covering Adirondack history, hiking guides, adventure stories, and much more
- Learn about upcoming outings, or plan an outing with a fellow ADK member
- Excellent speakers covering a variety of topics, to enrich your understanding of timely issues
- Free giveaways, including books and raffle prizes
- An unbeatable network of outdoor-minded people, and an opportunity for lifelong connections
- A golden opportunity to support ADK missions: ADK CARES about Conservation, Advocacy, Recreation, Education and Stewardship

See you there! Janet Kowalski

New Members Update

Young Members (YM) form a vital component of ADK, rejuvenating the membership with fresh ideas and energy. Across the state, YM ADK groups are forming in other chapters, with their own outings and social scene. Our YM Chair Travis Darrin has been instrumental in reaching out to the YM population in WNY, organizing outings both locally and in the High Peaks area. Through contacts Travis made through ADK, he was offered a new position in Albany as a Conservation Intern at the Public Affairs Office. Travis is learning about Environmental Law, and pursuing his career goals with ADK legal professionals. We wish Travis all the best, and are looking for Young Members to continue to build the YM community in the Niagara Frontier Chapter. The YM groups have tremendous support from ADK staff at the state level, to plan outings in the High Peaks area, or with other YM groups in other chapters. If you are interested in planning YM outings or serving on the YM Committee, please contact Outings Chair Mary Schraven maryschraven1@gmail.com or Chapter Chair Janet Kowalski janetk300@gmail.com

ADK-NFC Offers Scholarships for a Variety of Education Programs

In addition to the Winter Mountaineering School scholarships, awards for several other ADK classes are also available from the Niagara Frontier Chapter. ADK's Education classes provide the skills and ethics needed to explore the wilderness safely with maximum enjoyment and satisfaction. Most classes are offered at the Heart Lake Program Center with trained professional instructors. Options include the popular Wilderness First Aid and Wilderness First Responder courses offered throughout the year. These courses will help you prepare for an emergency when you are miles from help. Other skill workshops including Map and Compass Fundamentals, Leave No Trace Master Education courses, and Guides License Training. Learn more about ADK classes on the state website ADK.org, and find out about scholarship support from the chapter's website adk-nfc.org. Build up your skills and share what you have learned with local ADK members. It's a win-win for everyone!

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

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

Our next meeting is Wednesday, February 24th 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 Healing Woods*, by Martha Reben. Newcomers are always welcome! For more information contact Janet at janetk300@gmail.com.



Future Reads:

March 30: *The Lure of the Labrador Wild*, by Dillon Wallace

April 27: *Bellefleur*, by Joyce Carol Oates

May 25: *Woodswoman II*, by Anne LaBastille

The library has between 1-5 copies of most selections. Purchase options include abebooks (used and inexpensive), adirondack-books.com, or amazon. The ADK chapter library also has some of these books. Books can also be shared among club members if necessary.

A Message From the Outings Chair, Mary Schraven

Time to plan ahead... Don't miss out on this wonderful training opportunity provided by the ADIRONDAK FORTY-SIXERS! It is the forty-fifth annual 46er Outdoor Skills Workshop at the Loj in Lake Placid on April 29th to May 1st. All the information has been listed in the Jan-Feb 2016 Adirondack magazine and on their website. Richard and I will be attending again. We attended a few years ago and it was a blast. Not only were there many workshops to advance our skills in backpacking, hiking, orientation and compass usage, cooking, and leave no trace, we also met wonderful, committed people who love the 'Dacks and hiking. The cost is only \$20 and everything is included; camping fees, food and the training. We learned so much, had a great time and were newly inspired in trip leadership. We hope you will join us in attending this training. Go to www.adk46er.org for more information. Comparable weekend workshops would be hundreds of dollars!

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

February

2/5-2/7 - SS/XC SKI – Susquehannock Lodge (C)

Ed & Jan Kramer: 716-674-7042, email: edair701@icloud.com

Join us at the Susquehannock Lodge for the weekend of February 5-7, 2016, for our annual cross country ski/snowshoe weekend. This is a great weekend for both new and experienced cross-country skiers and 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 \$124 pp private (based on double occupancy), and \$114 pp for semi-private. Single private is available at \$85.00 per night. Friday dinners are available for an additional \$16.00, or in place of dinner on Sunday. Trail lunches are available for purchase (\$7.00), 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.

**2/6 -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 and David Kowalski janetk300@gmail.com , 839-3114, or 435-8547 (cell) for start time.

Meet at the Park n Ride at Main/Union in Williamsville to carpool, or the Warming House at Bond Lake Park (2571 Lower Mountain Rd, Sanborn, 14132). We will take a 4-mile loop around the park on a fairly level route with a few gentle hills. Bring a picnic lunch for an indoor gathering afterwards.



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.

2/7 SUN - XC SKI - Nature View Park, Amherst (B+)

Mike Ford, 691-4308 or Ford100Paul@hotmail.com

Contact Mike for morning start up time and place. Nature View is an undeveloped 1200-acre park in North Amherst. This is backcountry skiing with some ditches that need to be crossed. 3 miles one-way, spot cars to get back to start up, 1.5 to 2 hours. No facilities at the park but bring a hot beverage and snack to enjoy at the Ford's house at the end of the trail.



2/10 and 2/24 WED EVENING -Hike/SS- Reinstein Woods Nature Preserve. (C-easy)

Contact Teresa Corrigan Teresacorrigan85@gmail.com, 716-440-5755.

Meet up at 6:20 for 6:30 hike. We will hike or snowshoe at night to look and listen for owls, animal tracks, and see what animals are stirring on a winter's night. Bring your own snowshoes, and dress in layers for the weather. Pace will be moderate-not too fast or too slow. We will be out for about an hour. You are only allowed to use the preserve at night if you are with a volunteer, so don't miss this opportunity. If you are not sure if the hike is on due to weather call Teresa at 716-440-5755. Hike will be on unless driving conditions are treacherous between Buffalo and the preserve in Depew. The address is 93 Honorine Drive, Depew. We will meet in the preserve parking lot at 6:20, and hit the trails at 6:30 sharp. Please contact Teresa Corrigan Teresacorrigan85@gmail.com with questions.



2/13 SAT –SS- Beaver Meadow

Teresa Corrigan teresacorrigan85@gmail.com 716-835-1905

This winter hike or snowshoe is an annual tradition. Come join us on the gently rolling trails at Beaver Meadow Audubon Nature Center. We make this an afternoon hike in hopes of spotting some crepuscular animals toward the end. We also stop at a cozy spot for dinner afterward. We hope to snowshoe, but will gladly hike! E mail or call to sign up and get meeting place. We will meet at 1:00. Please call by Friday at 5:00 P.M. Thanks!

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 that are also lit by night. . \$12 trail fee + \$12 equipment rental. Small discount for ADK Club members. Meet at the Park and Ride on Main Street in Williamsville to carpool. Bring a snack/hot beverage for a lunch break in the warming hut or purchase food in the restaurant.

2/14 SUN -XC SKI - Letchworth (C-easy)

Carolyn Kerr 553-4335 or email stenolou@gmail.com

Beautiful park setting, nature trails, beginner and intermediate levels, Indoor facilities available. In conjunction with Buffalo Nordic Ski Club.



2/20 SAT - SNOWSHOE - Chestnut Ridge Park - B

Cheryl Peluso cherylp17@verizon.net 997-2349

The park sure is lovely when there is snow. Meet in the casino at 10am. We will snowshoe approx. 5 miles. Hike if no snow. Our chapter has snowshoes to borrow. Let Cheryl know if you need to borrow snowshoes for the outing.

Bring a lunch and water. Email or contact Cheryl if you plan on being there!!! Group size is limited.



2/21 SUN –SS- Western Side of Sprague Brook Park (B)

Kenney's 716-825 7329, woodthrush3@hotmail.com

Meet at the Casino parking lot. Explore another section of Sprague Brook Park. We will not be near the x-country ski area. We will instead be on foot trails at the western end of the creek. We will snowshoe about 2.5 to 3 miles in a wooded area with some easy hills and along the top edge of the ravine. Bring water/snack and snowshoes. Call Cheryl Peluso 997-2349 or cherylp17@verizon.net to borrow them a few days ahead of the outing. If there is not enough snow, we will hike instead.

2/18 – 2/21 THU-SUN -XC SKI – Algonquin Provincial Park (A-C)

Richard Schraven: richardschraven1@gmail.com (716) 564-2106 or 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 in that the hostel has kitchen facilities for preparing our own meals as well as a restaurant serving lunch and dinner. More information about the Mad Musher is available at: info@madmusher.com. Participants will have to pay daily park permits.

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. Additional information is available at www.ontarioparks.ca.

As of 12/5/15 there are no longer openings at the Mad Musher Hostel. Other accommodations are available in the area. See tripadvisor.com for Whitney, Ontario for bed and breakfasts and motels. Any people going on the trip, but staying in places other than the Mad Musher can inform Mary or Richard Schraven to facilitate car-pooling and keeping in touch during the days of the outing.

2/24 WED –SS/HIKE- Reinstein Woods Nature Preserve. (C-easy)

Contact Teresa Corrigan Teresacorrigan85@gmail.com, 716-440-5755.

Meet up at 6:20 for 6:30 hike. We will hike or snowshoe at night to look and listen for owls, animal tracks, and see what animals are stirring on a winter's night. Bring your own snowshoes, and dress in layers for the weather. Pace will be moderate-not too fast or too slow. We will be out for about an hour. You are only allowed to use the preserve at night if you are with a volunteer, so don't miss this opportunity. If you are not sure if the hike is on due to weather, call. Hike will be on unless driving conditions are treacherous between Buffalo and the preserve. Address is 93 Honorine Drive, Depew, off of Como Park Blvd.

SAT 2/27 - SNOWSHOE - Allegany State Park - B+

Cheryl Peluso cherylp17@verizon.net 997-2349

We will snowshoe approx. 7 miles on Beehunter Trail. Hike if no snow.

Bring a lunch and water. Meet at Park and Ride at Orchard Park Route 20A exit of the 219 at 9am or at Administrative Building in the park around 10:25 am. We can enjoy a pot luck dinner afterwards in the Admin building. Cheryl will bring a crock pot of 'Chili Beef Potato'.

Email or contact Cheryl if you plan on being there!!! Group size is limited.



2/28 SUN - XC SKI- Sprague Brook Park, Glenwood. (B)

Kim Newland 799-7616 newlands5@verizon.net.

We will ski the 2.8 mile XC Ski trail loop, plus off-trail area across Foot Road. If there is no snow, we will hike the 5+ mile-hiking trail that follows ravines, crosses streams and leads through hemlock and hardwood forest. Meet at the XC Ski warming hut and bring water and a snack. Call for meet up time.

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 January. This deadline has been extended since there are plenty of spots available. 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 [trip reports!](#)

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.



Welcome New Chapter Members!

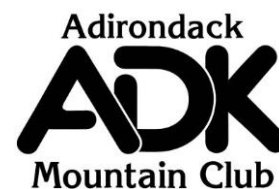
Our chapter had a total of new members join in November. There were 4 adults:

Michael Biehler, Elizabeth Hartz, Demar McClain and Harles Thomas

There was one family: Marie Hennessy.

And there were two students: Hailey Muscarella and Andre Ray

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. Kathleen Clerkin, Membership Chair



EXECUTIVE BOARD MEETING

February Executive Committee Meeting: The ADK-NFC Executive Committee will hold their February 2nd, 6:45 PM meeting at the Julia Reinstein library. 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

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/ 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

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

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

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
