



ADIRONDACK MOUNTAIN CLUB NIAGARA FRONTIER CHAPTER

WWW.ADK-NFC.ORG

July 2016 Newsletter

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) 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 13th...See you there!

General Meeting & Ice Cream Social

Tuesday, September 13th
7 PM Happy Half Hour with ICE CREAM!!!
7:30 PM General Meeting and Members Slide Show

Fellowship Hall
Amherst Community Church
77 Washington Highway
Snyder NY 14226
NOTE: Please park in rear and enter through back door.



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

Annual Picnic and Meeting Report

About 80 ADK picnickers enjoyed a beautiful afternoon at the scenic Commissioners Cabin at Chestnut Ridge Park for the June 11 Annual Picnic/Meeting. Bravo to Mary Schraven and Dana Jandzinski for organizing a successful event, with an impressive selection of outings, stimulating animal presentation, and smooth production of grilled offerings and beverages to please everyone. The ADK beanbag toss game was properly initiated, and will provide hours of fun for a wide span of ages in the years to come.

Messinger Wood Wildlife Rescue Presentation: A diverse collection of rehabilitating animals were featured, including a possum (a marsupial), Screech and Barred owls, American kestrel, Red-tailed hawk, and a talking American crow. An attentive ADK audience enjoyed the close-up views of these special animals with their dedicated caretakers.

Bylaws: Revisions to add the Webmaster and Young Member Coordinator positions were approved.

Election Results: Lynn Rehfeld-Kenney was re-elected to the 2nd Vice Chair/Conservation position for a 2-year term. Dana Jandzinski was elected to the 3rd Vice Chair/Programs position for a 2-year term. Congratulations and thank you to Lynn and Dana.

Conservation Award: Lynda Schneekloth



Grateful Thanks to many individuals for contributing to a successful picnic:
Outing leaders: Liesel and James White, Kim Newland, Sandy Paine, Karl Minklie, Lynn and Doug Kenney
Shoppers: Sandy Paine and Carol Schuster
Setup: Kathy Clerkin, Schusters, Sandy Paine, Schravens, Kowalskis
Grillers: David and Carol Schuster, Mike Weimer, Kowalskis, Carolyn Kerr, and Kevin Bolt

Executive Committee Gratitude: Every member of our Executive Committee contributes to the smooth operation of our wonderful Niagara chapter. Thanks to: Mary Schraven Outings, Lynn Rehfeld-Kenney Conservation, Dana Jandzinski Programs, Teresa Corrigan Education, Rob Laing Director and Webmaster,

Doug Gaffney Treasurer, Kate Hacker and Mike Weimer Newsletter, Cheryl Peluso Electronic Communications, Larry Beahan Secretary, Kathy Clerkin Membership, Sandy Paine Hospitality, Janet Kowalski Chair
Next Year's Picnic: Sunday, June 11, 2017 at Ellicott Creek Park

Conservation Corner, Lynn Rehfeld-Kenney, Chair

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

Message From the Chair, Janet Kowalski



There is no shortage of enticing challenges to guide ADK members towards achieving hiking and climbing goals. In our own chapter, completing 50 hikes described in our ADK-NFC Outings Guide earns you the Wilderness Weekends in WNY patch. Becoming a 46er is a more popular goal than ever before. The Fire Tower Challenge is another fun endeavor, climbing 18 of the 23 fire tower summits in the Adirondacks, and all 5 Catskill fire tower summits. These climbs are easier than the High Peaks, and take you to historic and spectacular summits across the Park. The Glens Falls – Saratoga Chapter sponsors this challenge, and of course you'll receive a patch when you finish. For youngsters, there is the Kids On the Trail challenge, sponsored by the Laurentian Chapter to introduce families

to 16 easy hikes throughout Adirondack Park. In my view, it's not simply about the patch or the goal, but the enriching and personal journey along each trail. It is important to appreciate the wildflowers, bird songs, wooded

smells and summit views. Whether you finish or not, every outing brings its own joys and challenges, and also a special interaction with the Natural World. As you experience your summer outings, take time to Savor and Enjoy!

Hospitality Chair Position Update: Sandy Paine is finishing her long tenure as our delightful Hospitality Chair. Sandy has provided exceptional refreshments at our monthly meetings with a friendly smile and a fun-loving salute to the seasons. We have enjoyed her St Patrick’s Day and holiday treats, and also her healthy selection of fruits and vegetables that sometimes becomes dinner for time-crunched members. On behalf of a grateful chapter, thank you very much Sandy for your years of cheerful and nutritious dedication. Carol Schuster has generously offered to serve as our new Hospitality Chair. Carol and her husband David are active members, driving to every meeting with Kathy Clerkin, and were also notably involved with the picnic this year. Enticing refreshments play a fundamental role in our monthly meetings, and facilitate friendly conversation among ADK members. Thank you Carol!

46er Update: At the Annual Picnic we recognized the Niagara Frontier ADK members who have climbed the 46 Adirondack Peaks over 4000 feet in elevation. Altogether, EIGHTY-ONE members in our chapter have accomplished this impressive goal since our formation in 1971. Many Niagara ADK members are currently working towards this objective. 46er Lynn Kenney is the keeper of our chapter’s official 46er banner, an impressive prop to display from the summit of your 46th peak. Please contact Lynn if your completion is imminent, to borrow the banner and properly photo your achievement! (Lynn Kenney: woodthrush3@hotmail.com).

ADK-NFC Newsletter Name: In the 70’s, our chapter newsletter was called Niagara Newsletter, then shortened to Niagara Letter. Today, we just call it ADK-NFC Newsletter. Since other chapters have catchy names to identify their newsletters (Good Tidings, Trail Talk, Talk of the Trail, Lookout) we asked for suggestions at the Annual Picnic. An excellent assortment of names came forth, including: Pathmaker, Pathfinder, WNY Wanderings, Niagran, Trailhead, Trailblazer, WNY Whispering, Nature Whispers, Explorer Guide, Niagara Nature News, Niagara Frontier Pioneers, and Breaking Trail. Keep the suggestions coming! Submit your ideas to Newsletter Chair Mike Weimer (mtweimer35@gmail.com). A Newsletter Name subcommittee will make their decision soon!

Young Members (YM) Johns Brook Lodge Fall Weekend Scholarships

Apply now, only 4 scholarships available!
On September 9 – 11, ADK’s young members (20s and 30s) from across the state are taking over Johns Brook Lodge (JBL)! This beautiful rustic lodge in the heart of the High Peaks Region is a 3.5 mile walk from the famous Garden Trailhead in Keene Valley, and a perfect starting point for some of the most popular climbs in the Adirondacks. Our chapter is offering FOUR HALF-PRICE scholarships (\$75) for ADK-NFC Young Members on a first-come-first-served basis. The weekend includes 2 nights lodging at JBL, ALL meals, and guided hike options. Cost: \$148 (members, \$73 with scholarship)/\$165 (nonmember). Check the chapter website for Scholarship Applications: adk-nfc.org

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



A Message from Paul Kochmanski, Co-Chair of Biking Committee

ADK July 2016 Ride Schedule

<u>Date</u>		<u>Location</u>	<u>Trip Leader</u>
7/9	Sat.	Front Park to the Ridgeway Market	Richard Schraven

7/10	Sun.	Tift Farm Nature Preserve to Taste of Buffalo? http://www.tasteofbuffalo.com/	leader needed
7/23 or 24	Sat. or Sun	Tonawanda Canal Fest? http://www.canalfest.org/	leader needed
7/31	Sat.	Canal Days Marine Heritage Festival (Front Park to Port Colborne) http://canaldays.ca/page/canal_days	Paul Kochmanski

From 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

Tandem Canoe Paddling and Maneuvers Course Safety and Rescue



Tandem Canoeing = Divorce Boat??!!#! NOT ANYMORE!
Have you heard it said that tandem canoeing = divorce boat? But you want to use that lightweight canoe for these great canoe camping trips that everyone is talking about? How about a half day of lessons from highly trained, ACA certified Jeff and Laura Liebel! Longtime ADK members, the Liebel's have been paddling together for 25 years and are certified Instructor Trainers in Advanced Touring Canoe and Level 3 Freestyle. Plus, they actually have the experience of paddling together in cooperation, with good communication skills! Learn to maneuver safely and effectively around

obstacles in moving water, track straight and know how to self-rescue. Maybe you are ready to Freestyle. This course is being offered at a deep discount to ADK members: \$75 per couple, limited to 3-6 couples. Class location to be determined. Date: Saturday, August 20. Contact Mary Schraven at maryschraven1@gmail.com for more information and to sign up.

Instructors can be contacted at jdliebel@aol.com or go to their website www.WeKanu.com.

7/1 – 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.

7/3 – SUN - PADDLE - Outing on the lower Niagara River from Lewiston to Youngstown (B) Bob Van

Hise, adkpaddles.bvh@gmail.com, (716) 628-0355 We will launch early so you can be home in time for your picnic! Be at the Lewiston launch ramps (end of Center St. by The Silo Restaurant) by 9AM to drop off your boat. There is a fee to launch a kayak or canoe (\$4 the last time I checked). We will then drive to Youngstown to drop off most of the cars and come back to launch. After a leisurely downstream paddle, anyone who's interested can drive back to Lewiston for lunch at The Silo Restaurant. Wearing your PFD is mandatory.

7/6 - WED - BIKE – Morning/Afternoon from Amherst to Clarence. Ann Lazroe 689-1861 or email at

altheaann1@gmail.com Meet on Transit Road in East Amherst and ride to Clarence Center. Flat terrain on blacktop trail makes this an easy ride past wetlands, a park and residential settings. In Clarence Center, we will stop at the Café for refreshments. Part of the group can return to Transit (7 miles), others can continue on a rural path towards Akron (20 miles). Bring water and lock if you like; helmet required. Call for exact time and meet up place.

7/6 - WED - EVENING HIKE - Chestnut Ridge Park (B), Cheryl Peluso 997-2349 cherylp17@verizon.net

Meet at 6:20pm at parking lot on route 277, 2 miles past the park entrance. Hike will be 3 - 4 miles finishing around 8pm. It would be courteous to call or email Cheryl if you plan on being there.

7/8 –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.

7/9 – SAT - BIKE- Canadian Friendship Bike Trail from Front Park to the Ridgeway Market (C)

RichardSchraven1@gmail.com (716) 564-2106 & MarySchraven1@gmail.com (716) 946-7489 We start cross the Peace Bridge and ride 10 miles to the Ridgeway Farmers Market, which straddles the bike path. There we find excellent baked goods, fresh fruit and vegetables and sausages. There usually is live music to relax to while eating our snack or lunch. We then ride back to the bridge with beautiful views of Lackawanna and the Buffalo Skyline. Bring a bike in good working order, your bike helmet, tools including: one or more spare tire tubes, water, food, cash and your passport or Enhanced Driver's License. Call or e-mail for the ride start location, your phone # and questions.

7/13 – WED – BIKE – Morning/Afternoon from Amherst to Clarence. Ann Lazroe 689-1861 or email at

altheaann1@gmail.com. Meet on Transit Road in East Amherst and ride to Clarence Center. Flat terrain on blacktop trail makes this an easy ride past wetlands, a park and residential settings. In Clarence Center, we will stop at the Café for refreshments. Part of the group can return to Transit (7 miles), others can continue on a rural path towards Akron (20 miles). Bring water and lock if you like; helmet required. Call for exact time and meet up place.

7/13 - WED - EVENING HIKE - Chestnut Ridge Park (B), Cheryl Peluso 997-2349 cherylp17@verizon.net

Meet at 6:20pm at parking lot on route 277, 2 miles past the park entrance. Hike will be 3 - 4 miles finishing around 8pm. It would be courteous to call or email Cheryl if you plan on being there.

7/15 – 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.

7/17 – SUN – HIKE - Griffiis Sculpture Park, Ashford Hollow (B)

Kim Newland 799-7616 or Newlands5@verizon.net This is the hike where art and nature meet! We will first view the enormous sculptures that have stood since the late 60's at the original Rohr Hill Road site. We will then hike the wooded trails to The Mill Valley Road area. More sculptures, including the climb-able "Castle", The "Amazon Women", and " Aluminum Bathers" are seen here on hilltops, in ponds, and nestled in the woods. An admission fee of \$5 is required at the main entrance. This hike is about 4 - 5 miles. Meet at the parking area on Rohr Hill Road at 1:00. Call me or email to RSVP. Please bring water and a snack.

7/20 –WED - BIKE – Morning/Afternoon from Amherst to Clarence. Ann Lazroe 689-1861 or email at

altheaann1@gmail.com. Meet on Transit Road in East Amherst and ride to Clarence Center. Flat terrain on blacktop trail makes this an easy ride past wetlands, a park and residential settings. In Clarence Center, we will stop at the Café for refreshments. Part of the group can return to Transit (7 miles), others can continue on a rural path towards Akron (20 miles). Bring water and lock if you like; helmet required. Call for exact time and meet up place.

7/20 - WED - EVENING HIKE - Chestnut Ridge Park (B), Cheryl Peluso 997-2349 cherylp17@verizon.net

Meet at 6:20pm at parking lot on route 277, 2 miles past the park entrance. Hike will be 3 - 4 miles finishing around 8pm. It would be courteous to call or email Cheryl if you plan on being there.

7/22 – 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.

7/27 – WED - BIKE – Morning/Afternoon from Amherst to Clarence. Ann Lazroe 689-1861 or email at altheaann1@gmail.com; Meet on Transit Road in East Amherst and ride to Clarence Center. Flat terrain on blacktop trail makes this an easy ride past wetlands, a park and residential settings. In Clarence Center, we will stop at the Café for refreshments. Part of the group can return to Transit (7 miles), others can continue on a rural path towards Akron (20 miles). Bring water and lock if you like; helmet required. Call for exact time and meet up place.

7/27 - WED - EVENING HIKE - Chestnut Ridge Park (B), Cheryl Peluso 997-2349 cheryl17@verizon.net
Meet at 6:20pm at parking lot on route 277, 2 miles past the park entrance. Hike will be 3 - 4 miles finishing around 8pm. It would be courteous to call or email Cheryl if you plan on being there.

7/28 – THURS – PADDLE –Tonawanda Creek from North Tonawanda Botanical Gardens (C) richardschraven1@gmail.com 564-2106 & MarySchraven1@gmail.com 946-7489; Join us early for a 30 minute training session on safety and basic kayak strokes and maneuvers. This outing is open to kayaks and canoes and all levels of experience. After instruction, we will paddle at a leisurely pace towards Amherst, returning before dark. Bring your own boat, personal floatation device (PFD), paddles, paddle floats or sponge & bailer, sun protection, whistle and a water bottle. Instruction starts at 6:00pm, launch at 6:30pm. Please, arrive early for preparation.

7/29 – 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.

7/30 – SAT – PADDLE- Paddles Up Niagara - Beaver Island State Park GI - FREE - at a new location by the beach at Shelter 2B. See links for full info: 7:00AM Eco Tour (Free, but limited to the first 15 registrants) with Paddles Up Founder Paul Leuchner and DEC Niagara River Habitat Ecologist Tim DePriest (Bob Van Hise will assist on the tour adkpaddles.bvh@gmail.com); **7:00 AM Early Bird paddle/Poker Run** - Free - open to all paddlers; **Paddle Fair** – Vendors, product demos, food trucks, beer tent, and more; **11:00 AM Fun Paddle** - new shorter route; Registration <http://wnylife.com/paddlesup2015.htm> For more information, see the event flyer: <http://www.edgepath.com/paddlesup2016.htm>.

7/31 – SUN – BIKE - Canal Days Marine Heritage Festival (Front Park to Port Colborne) 40 miles (B) Paul Kochmanski at kochmanski@ecc.edu; call 895-7712

7/31 – 8/5 - SUN – FRI - Women's Canoe camping – Forked Lake State Park, Adirondack's. Carol Griffis at carolpgriffis@gmail.com. 716-652-2547; I'm looking for a few female companions for a week or so of canoe/camping in the Adirondacks. We'll make base camp at Forked Lake State Park. Since I plan to stay in one location, you wouldn't have to stay the whole week if your schedule won't allow it. Along with exploring the local waters, we may have a day visiting the Wild Center. You don't have to know how to paddle, but for your own safety, I'd like you to be able to swim. We'll share the cooking and other chores. I have kitchen gear, extra canoes, tents, sleeping bags, etc. This will be a leisurely, stress-free outing. A good time to retreat, rest, read, reflect...

Plan Ahead:

8/30 -9/2- Paddle camping trip- Bell Lake Canoe/Kayak & Hiking Trip, Killarney Provincial Park, Ontario (B) Richard Schraven 564-2106 richardschraven1@gmail.com & Mary Schraven 946-7489 maryschraven1@gmail.com. We will drive six hours from Lewiston to the Bell Lake Access Point to obtain our interior permits Tuesday morning. This trip features little to no portaging so kayaks as well as canoes can be used. We will stay on two of the beautiful campsites in the Bell/Three Mile Lake region. With staying put on the same campsites for three nights, instead of spending a big part of each day setting up and packing, we will have the freedom to go on day-trips on nearby lakes and hiking trails. You will get a sense of Killarney's incredible landscape with views of near-by lakeshores and mountain ranges to the west. One of the days we could even take our nearly empty boats on an easy paddle with a couple of short portages to Johnnie and Ruth Roy Lakes. The La Cloche

Silhouette Hiking Trail is also within reach or we could go back to the Bell Lake Access Point and drive to the Village of Killarney and Herbert's Fish Market. We are limited to nine on an interior permit, but we have two reservations allowing eighteen on this trip. Both reservations are for use of campsites on Bell Lake/Three Mile Lake. Send your \$20.00 deposit to reserve your spot to: Richard Schraven, 91 N. Parrish Drive, Amherst, NY 14228.

More ADK Summer Events:

ADK is sponsoring the following muscle-powered events to support our mission:

- **The 11th Annual ididaride! Adirondack Bike Tour** will be held on Sunday, July 31st, 2016. Registration information can be found at: <http://www.adk.org/page.php?pname=ididaride-register>.
- **Peak 2 Brew Relay Run** starts in Whiteface on August 12 and ends at Saranac Brewery in Utica on August 13. Consider registering for ADK's team, 'ADK Trail Heads' at <https://runsignup.com/RaceGroups/21378/Groups/217119> or donate to the ADK Trail Heads team, <https://runsignup.com/Race/21378/Donate?charityId=2623>
- Earn your i-did-a-lot t-shirt by completing both the ididaride & Peak to Brew relay this summer.

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.

Thank You Volunteer Trip Leaders 2015-2016!

<p><u>Hiking/Backpacking</u> Cheryl Peluso Richard and Mary Schraven Rebecca Wightman JoAnn Ratajczak Teresa and Peter Corrigan Jan and Ed Kramer Janet and David Kowalski David Bray Mike Promowicz Kim Newland Ed Kasperek Bob VanHise Tom Kielb John Yates Bob Ensminger Dan Piedmont Marion Hanover Mare Steiniger Erin Redding Carol Griffis Lee Clukey Leslie Salathe</p>	<p><u>Biking</u> JoAnn Ratajczak Richard and Mary Schraven Cheryl Peluso Paul Kochmanski Aaron Slosman Mike Promowicz Ron Dorr Sandy Paine and Karl Minklei Mary MacQueen Ann Lazroe Tom Burkman</p> <p><u>Paddling</u> Mary Durlak Bob VanHise Richard and Mary Schraven Bob Colling Carol Griffis Peggy Heath Carolyn Kerr Kate Hacker Jinny Colburn Bob Ensminger Denise Smith</p>	<p>Roy Svennson Patti Zander Liesl White Bob Bohner Marjorie J. John Yates</p> <p><u>Snow Shoe/XC Skiing</u> Leslie Salathe Donna Kain Peg Heath Carol Griffis JoAnn Ratajczak Richard and Mary Schraven Joanne Magavern Teresa and Peter Corrigan Mike Promowicz Carolyn Kerr Jan and Ed Kramer Bob VanHise David and Janet Kowalski Mike Ford Kate Hacker Kim Newland Marion Hanover</p>
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Trip Reports

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

Tonawanda & Sawyer Creeks paddle, May 26th: We met at Roy & Ineke's house on Creekside Road. The basin behind their house joins Tonawanda Creek by way of large pipes that go under the road. Paddling on the cool water brought relief from the sunny, day. We went up Sawyer Creek toward Wheatfield and returned. It was a short, but very satisfying paddle. Being a beautiful day in the Memorial Day weekend, we encountered much walking, cycling and paddling activity. Submitted by Richard Schraven

Bike trip on May 29th on Tonawanda Bike path to Smoke on the Water: Even though it was a hot and muggy Sunday, 12 people came out to bike about 50 minutes on the bike trail, starting at North Amherst Fire Dept. parking lot on S. Tonawanda Creek Rd and Campbell Blvd. Unfortunately, one potential rider missed us as she went to the North Tonawanda Creek Road, Wendelville Fire Hall at Campbell Blvd. Yes, 2 fire departments across the creek from each other. It was breezy and beautiful along the creek and once we arrived at Smoke on the Water, our thirst was quenched and our stomachs satisfied with a delicious lunch of barbeque, and various Carribean fare. Definitely a repeat of this trip in the future. A highlight was having a young teen on the outing and seeing her enthusiasm for bike riding. Submitted by Mary Schraven

Wednesday AM Clarence bike path ride: June 1 and June 8, 2016: A small group of ADK'ers rode the trail from Pautler's on Transit Road in East Amherst to the Clarence Center Café where refreshments were enjoyed. Part of the group continued on toward Akron while the rest returned to Transit. This ride takes place every Wednesday at 9am. The first part is an easy 7 miles the 2nd part is 20 miles. Come join us! Submitted by Ann Lazroe, 689-1861.

Tuesday, June 7 AM Paddle on Tonawanda Creek by Denise Smith: On a warm and sunny morning, six ADK'ers met Denise at the N.T. Botanical Gardens on Sweeney Road. Using roller put in was easy, as was the paddling up stream towards Amherst. New friends were made and after 2 hours, we all felt gratified with the exercise. This trip will need a new leader in July. Please contact Richard Schraven or Denise Smith if you are interested in keeping it going! Submitted by Mary Schraven

45th Annual 46er Outdoor Leadership Skills Workshop, April 29 to May 1: This was an excellent presentation of all aspects of successful outdoor pursuits in the wilderness. The highly experienced members of the Adirondack 46ers organization worked with the participants on subjects from trip planning and route finding to camping, cooking and emergencies. I am sure that the seven participants from the Niagara Frontier Chapter are anxious to share their new skills and knowledge on future outings. Submitted by Richard Schraven

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 cheryl17@verizon.net for more information.

Are You a 46er? We Want You on Our List!

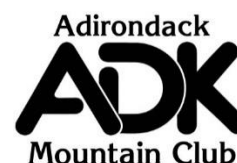
Loretta Yerke, who is a long term member of our chapter and former ADK Newsletter editor, made up a list of all our chapter 46ers in 2008. Wilma Cipolla and Loretta thought we should update the list to include all of the new 46ers since then. If you don't have a number because you didn't register we 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, cheryl17@verizon.net, or call Kate Hacker at 688-8618.



Welcome New Chapter Members!

Welcome to our new members who joined in May:

5 adults: Laurie Barszcz, Kevin Bolt, Brittany Cudeck, Jo Ellen Lang and Robert Smith
2 families: Joe and Heather Mahley, and Sarah and Nathan Wicker



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 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

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

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

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