



**ADIRONDACK MOUNTAIN CLUB
NIAGARA FRONTIER CHAPTER**

WWW.ADK-NFC.ORG

June 2016 Newsletter

General Meetings - There will be no monthly meetings in June, July or August

**ANNUAL MEETING AND PICNIC
SATURDAY JUNE 11 at the COMMISSIONERS CABIN,
CHESTNUT RIDGE PARK**

JUNE 11TH PICNIC Outings schedule of events:

9:30am - PADDLE - Cattaraugus Creek (B) Liesl & James White
larborewhite214@rochester.rr.com (585-721-4480) or (716-587-2576)
after 4 This paddle begins at the Soby Hill access off Rt. 219 in
Springville at 9:30 am sharp. Cars will be spotted at the North Otto Rd.
parking lot (5 mile drive). This will be a paddle for people who are
comfortable maneuvering around areas with fallen trees in the water and
corners that can have mild rapids with possible under water obstructions
(the creek changes every year!). A smaller kayak or flat bottom canoe
would be good for this creek. We will keep an eye on the water level and
a heavy rain would postpone this trip. It is a great paddle and a nice
length! Bring and wear your pfd, dress for the weather and bring your
Ten Essentials for Paddle Outings including: snacks, water, sun protection
and a change of clothes in a dry sack. It is a short ride to the club picnic
in Chestnut Ridge Park after the outing.



1:00pm - BIKE- (B) This will be a moderate bike ride on country roads with some hills. We will start from the Commissioners Cabin then cross to the other side of the park and exit on Newton Road, to Abbott, the old 219 then back to Newton Road (about 17 miles).

1:00pm - Hike - Chestnut Ridge Park - Eternal Flame and Beyond (C)

Kim Newland 799-7616 newlands5@verizon.net

Meet at 1:00 at the Eternal flame parking lot - Chestnut Ridge Road (Rt. 277), about 1 mile south of main entrance to Chestnut Ridge Park. We will hike about 4 miles in the beautiful Shale Creek area of the park, including a descent into the ravine to view the famous Eternal Flame. We will be back to the Commissioners Cabin in time for the educational portion of the annual ADK picnic around 3-3:30pm.

2:00pm - NATURE HIKE - Chestnut Ridge Park (C) Lynn and Doug Kenney. Meet at 2:00PM at the Commissioner's Cabin in Chestnut Ridge Park the day of the picnic. The hike will start from the cabin. This will be a leisurely nature

hike with frequent stops to look at wildflowers and trees. We will try and identify as many as possible. You are welcome to bring along your field guides to help identify any that we are not familiar with. The hike will last about 1.5 hours. We will be back in time for the wildlife program.

3:30pm - Wildlife rehabilitation presentation by Messinger Woods: Tender Loving Care for Nature's

Wounded - Come to the June 2016 ADK picnic to find out what mystery birds from Messinger Woods Wildlife Care and Education Center will be coming too. Margie Hanrahan will be bringing ambassadors like Jimini Crow to talk about the rehabilitation work and rescue efforts of the wildlife care center in Holland, NY. To get a preview of Jimini, search talkingcrow.org. The rehabilitation efforts were really given a boost when Edith Messinger donated 30 acres and space in a barn located on the property. This barn has now grown into rehabilitation center and hospital to care for injured wildlife. The volunteers feel passionate about spreading the word about what type of work it takes to make rehabilitation a success.. Education during the presentation includes useful information on what to do and who to call if wildlife is injured by everyday events such as being hit by a car on the road. (I'm sure we have all had this happen to us.) So come out to learn more about this treasure.



5:00pm - Potluck dinner - Bring your favorite salad, dessert or appetizer to share. BYOB. Club provides: cheeseburgers, hot dogs, Italian sausage and veggie burgers along with condiment, rolls, soft drinks coffee and a limited amount of paper products. Help reduce waste by bringing your own dish, cup and flatware. You may also want to bring a folding chair. Donations will be gratefully accepted.

6:30pm – Meeting and Elections - We are happy to offer you excellent candidates for 2 positions. Both are currently in their respected positions now and are willing to serve another 2 years. Both are unopposed elections. Dana Jandzinski is seeking a 2-year term as Programs Chair, and Lynn Kenney is seeking another term as Conservation Chair.

Presentation of "Conservationist of the Year" to Lynda Schneekloth - The "Conservationist of the Year" Award will be presented to Lynda Schneekloth at our Annual Meeting during the Picnic on Saturday, June 11th. Lynda was one of the founders of Friends of the Buffalo River, which later became Buffalo Niagara Riverkeeper. Lynda is a former Chair of the Sierra Club Niagara Group and is currently the Advocacy Chair of the Western NY Environmental Alliance. The award will recognize Lynda Schneekloth's leadership of the Climate Justice Coalition of WNY. The coalition works to raise awareness about the urgency to address climate change and the injustices it presents to humanity and life on Earth. The coalition seeks bold action to end global warming pollution as well as justice in the necessary transition from fossil fuels to a clean energy economy.



Summary of last month's program –

WAVES OF WISDOM FROM TWO PADDLING EXPERTS - Not one but two boats made their way to our May meeting covering water safety. Both a kayak and a canoe were exhibited by the dynamic duo of Bob Van Hise and Andrea Vaillancourt-Alder. The 10 essentials of outdoor safety also apply to the water. A life vest with plenty of pockets can easily store these essentials to keep within easy reach. Don't forget what to wear under the life vest is also important. The various types of layers ranging from a full body dry suit to neoprene top and bottoms (for those warm water days we all want) were on display. No matter how nice the day is, keep in mind to dress for the water temperature, not air temperature. If the weather takes a turn for the worse, extra layers of warmth couldn't be stressed enough. Who could forget the orange rounded tent with a view hole that can help you stay warm until warmth arrives? Shopping for this item could be fun!

Conservation Corner Lynn Rehfeld-Kenney, Chair

We are excited to be presenting the Conservationist of the Year award to Lynda Schneekloth. She was the driving force behind organizing the Rise Up For Climate Justice activities in WNY to raise awareness about the need to work together to protect our world from climate change in preparation for the international climate talks in Paris this year. Lynda rallied a wide range of groups including environmental, religious, indigenous, unions and government officials to sign the pledge to work for climate change.

Governor Cuomo finalized the agreement for the state to purchase the Boreas Ponds Tract, 21,000 acres of pristine wilderness in the Adirondacks. You can play an important role in getting this land classified as Wilderness including a small segment classified as Wild Forest to allow for vehicles to travel along an existing road to access a portage for non-motorized water craft. We need a big turn-out in writing and in person. To start this process we need to get land classification hearings throughout NY State. Go to www.adk.org and click on Advocacy>Action Alerts. Write a short letter thanking Governor Cuomo and ask for state wide hearings. There is a form letter you can use but add a few sentences to add a personal touch to make it have more impact. Thanks for your help. This is the last large parcel of wilderness left in the Adirondacks and we can't afford not to save it as Wilderness!

ADK advocacy helped prevent legislation to open up more state forests to ATV use from being added to the state budget. However it is expected that new legislation will be introduced before the legislative session ends for the summer. We will keep you informed when ADK sends out Action Alerts so you can contact you state representatives in the assembly and the senate to prevent this ATV legislation. I know I can speak about personal experiences with finding hiking trails ruined by ruts from ATVs and I am sure you can too. Let your government representatives know how ATVs ruin your enjoyment of our state lands and how it negatively impacts the environment. Conservation Committee meetings will resume in September.

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

Message From the Chair, Janet Kowalski

Boreas Bliss: Bravo to Governor Cuomo on New York's purchase of the nearly 21,000-acre Boreas Ponds Tract, marking the state's largest Adirondack land acquisition in more than 100 years. Located south of the High Peaks Wilderness area near Newcomb and North Hudson, this addition can consolidate with several other land parcels for a remarkable 280,000-acre Wilderness area. The next critically important step is for this unspoiled area to be classified as WILDERNESS, to be protected as a motor-free area to insure its current pristine water quality, fishery free of invasive species, and peaceful solitude. **To electronically support the Wilderness Classification**, please take a minute to sign the pre-written letter to Governor Cuomo from the ADK website advocacy link and action alert option (adk.org). ADK Executive Director Neil Woodworth stated recently "This is the most important opportunity to add wilderness to the Adirondack Forest Preserve in over 40 years". It is a proud and exciting time to be a member of ADK.



Happy 45th to NFC! At the June 11 Annual Picnic there will be a Memory Board to highlight the origins of the Niagara Frontier Chapter in the 70s. Learn about the "original 12" charter members, and how early members were profoundly affected by the mountains and wilderness.

Name That Newsletter! Footnotes, Mountaineer, The Lookout, and Trail Talk are some of the names other ADK chapters use for their newsletters. Look for the Suggestion Easel at the Annual Picnic and add an idea for our own newsletter!

WELCOME TO MIKE WEIMER, NEW ADK-NFC NEWSLETTER CHAIR

Mike Weimer has joined the ADK-NFC Executive Committee as our Newsletter Chair. Mike is from Western NY, and has lived in Washington DC and St. Paul, MN for several years working for the Department of the Interior U.S. Fish

and Wildlife Service. He currently works on Asian Carp control, among other waterways issues. His dedication to ADK missions, along with his computer and graphics skills make Mike an ideal match for the Newsletter position.

MANY THANKS TO OUTGOING NEWSLETTER CHAIR KATE HACKER

Kate Hacker has skillfully executed the Chapter Newsletter for many years. We are grateful to Kate for her service, and also for the experience and wisdom that she contributed to the Executive Committee. Kate is a 46er, avid paddler, and an inspiring outdoorswoman. She was part of the entourage that accompanied 91-year-old Ruth Kuhfahl on the recent Johns Brook Lodge Reunion expedition that was described in the March-April Adirondac.

YOUNG MEMBERS (YM) JBL TAKEOVER SCHOLARSHIPS

On September 9 – 11, ADK’s young members (20s and 30s) from across the state are taking over Johns Brook Lodge! 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 popular starting point for some of the most ultimate mountain climbs that the Adirondacks offer. 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, meals, and guided hike options. Cost: \$148 (members)/\$165. Check the chapter website for Scholarship Applications: adk-nfc.org

Young Members are encouraged to check the main website (adk.org) for seasonal opportunities as summit stewards, trail maintenance volunteers, and a variety of other openings.

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

Spring has sprung and the wheels are rolling! We had our bicycling organizational meeting on Monday March 21st at Gander Mountain, with Richard, Mary, Janet, Ann and I in attendance. Mustafa from Shickluna Bike Shop (<http://shicklunabikes.com/>) gave us some good tips on bicycle maintenance and demonstrated how to effectively and efficiently change a flat. He disappointedly was not able to get any “Mr. Tuffy” in stock in time for our meeting, but he assured me he has them in stock now to help you avoid getting flats this season. We discussed some of the favorite rides from the past and generated some ideas for this upcoming season, laying out some plans. Please look at the outline (so far) for the season below. We are pleased to announce that we will be offering more weekday rides than ever before, one of them on a brand new rail-to-trail! The rides with a question mark by them are date-specific rides that have been popular in the past that we are currently looking for someone to lead. Remember that ADK biking is all about being together, visiting interesting places, getting exercise, and riding safely, mainly on dedicated bike paths and routes. So, make sure your bike is in good working condition, get your helmet on and join us! If you’d like to see a ride added, like to lead a ride, or just want more information, please contact me at 895-7712 or kochmanski@ecc.edu.

ADK 2016 Ride Schedule

| | | | |
|------------|--------------|---|----------------------|
| 5/18-8/31 | Wed. | Morning Ride - Amherst to Clarence | Ann Lazroe |
| 6/2-9/1 | Thurs. | Evening Ride - Tonawanda Rail-to-Trail | JoAnne Ratajczak |
| 6/24-9/30 | Fri. | Morning Ride - Delaware Park Time Trials | Paul Kochmanski |
| 5/29 | Sun. | Tonawanda Creek Bike Path to Smoke on the Water | Richard Schraven |
| 6/5 | Sun. | Delaware Park to Outer Harbor | Paul Kochmanski |
| 6/11 | Sat. | ADK Picnic Ride - Chestnut Ridge Park | Sandy Paine |
| 6/18 or 19 | Sat. or Sun. | Fairy House Festival at ArtPark? http://www.artpark.net/content/pages/family-events-fairy-house-festival | leader needed |

| | | | |
|------------|--------------|--|----------------------|
| 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 |
| 8/13 | Sat. | Niagara-on-the-Lake Peach Festival? http://www.niagarafallstourism.com/events/peach-festival/ | leader needed |
| 8/14 | Sun. | Lewiston Art Festival & Ft. Niagara http://www.artcouncil.org/events/artfestival.php | Richard Schraven |
| 8/20 or 21 | Sat. or Sun. | Buffalo Niagara Scottish Festival (at Buffalo Niagara Heritage Village?) http://bnhv.org/scottish/ | leader needed |
| 8/27 | Sat. | Grand Island Circumnavigation | Bob Burkman |
| 8/28 | Sun. | Tonawanda to Elmwood Avenue Festival of the Arts https://www.facebook.com/ElmwoodAveArtFest | Paul Kochmanski |
| 9/3 | Sat. | Front Park to Crystal Beach | Paul Kochmanski |
| 9/10 or 11 | Sat. or Sun. | Niagara County Peach Festival (Lewiston)? http://www.lewistonpeachfestival.org/ | leader needed |
| 9/17 or 18 | Sun. or Sun. | Dufferin Islands & Niagara Falls Blues Festival? http://www.niagarafallsbluesfest.org/ | Richard Schraven? |
| 10/1 | Sat. | Iroquois National Wildlife Refuge | 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

6/1, 6/8, 6/15, 6/22, 6/29 – WEDs – BIKE – Morning/Afternoon from Amherst to Clarence. Ann Lazroe 689-1861 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.

6/1, 8, 15, 22, 29 – WED PM – HIKE - Find your way in Chestnut Ridge Park (– B) Cheryl Peluso 997-2349 chey1p17@verizon.net. Leaving at 6:30PM sharp! Have you wanted to be able to find your way around the myriad network of trails at Chestnut Ridge Park? If so, June is the month for you. We will have special maps and pictures available. We will have FUN finding the trail as a group. You MUST call or email Cheryl ahead of time. Limited group size. Hike will start at 6:30 sharp!

6/2, 9, 16, 23, 30 - THURS PM – BIKE - Tonawanda Rails-to-Trails (C) Contact JoAnn Ratajczak at jkish45@yahoo.com or 716 400-1030 before Thurs. noon to RSVP. Meet in Sorrentino parking lot at 6:00. It is at 2330 Sheridan Drive (next to Ted's Hot Dogs). We will ride north on the new Tonawanda Rail-to-Trails path out to the City of Tonawanda and pick up the Ellicott Creek path and ride to City of Tonawanda. There we will stop for a break and enjoy the Gateway Harbor. Then we will continue our ride on the river trail, travel back through Kenmore and Tonawanda on the sides streets back to Sorrentino's. About 15 miles. If it is raining on Thurs. this will be cancelled.

6/5 – SUN – BIKE - Delaware Park to Erie Basin Marina (B) 20 miles Paul Kochmanski 895-7712 kochmanski@ecc.edu

The ride will begin in Delaware Park and we will ride through the park, around Hoyt Lake, and along the Scajaquada bike path to Niagara Street. We'll cross Niagara St. and continue along on the bike path, then over the bridge to

Squaw Island. We'll loop through the park at the north end of the island before continuing along the river to Ferry St. After a short distance on Niagara Street (or on the sidewalk), we will rejoin the bike path and ride through LaSalle Park to the Erie Basin Marina. After a lunch break and time to enjoy the view of the lake, we will return along the same route. Optional group choice stops on the way back could be Canalside and the Frank Lloyd Wright Boat House. Bring a bike in good working condition, helmet (required), water, lunch will be at The Hatch restaurant (or bring your own), and a lock. Call for meeting time, specific meeting location and any questions. Limit 15.

6/7, 14, 21, 28 – TUES AM – PADDLE - various locations - Morning paddle (C+) 9:00 am (ready to launch) Call or text Denise Smith @ 238-3262 no later than 9:00 pm the Monday before for meet up location, based on weather and participants' interests. You will be required to WEAR your PFD. Dress for the weather and possible immersion. This will be a regularly weekly scheduled paddle during the months of May & June.

6/11 – SAT - ANNUAL PICNIC – Chestnut Ridge Park- See Front page for a list of outings and schedule. Contact Mary Schraven at maryschraven1@gmail.com to come at noon to set up or stay late to help clean up.

6/15 – WED – PADDLE - Ellicott Creek, Town of Tonawanda (C) Marjorie (716) 982-2961 jory1202008@gmail.com We will meet at the put-in on the north side of South Ellicott Creek Rd. just west of Niagara Fall Blvd. (across from the Sunoco Gas Station near Grapevine Restaurant). Arrive early enough to shove off at 6:30 p.m. We will paddle up or down stream for an hour, turn around and return to the cars at the put-in. This is a leisurely paddle with ample opportunity to visit and look around as we pass through this natural setting. Kayaks and canoes are welcome and all participants are required to be wearing a properly fitting pfd. Dress according to the weather. Early in the season the water temperature is still cold enough to recommend wearing a wetsuit.

6/16 - THURS - BIKE - Rails-to-Trails Bike Ride, Tonawanda (C) Contact JoAnn Ratajczak at jkish45@yahoo.com or 716 400-1030 before Thurs. noon. Meet in Sorrentino parking lot at 6:00. It is at 2330 Sheridan Drive (next to Ted's Hot Dogs). We will ride south on the new Tonawanda Rail-to-Trails path into Buffalo and around ShoShone Park. Then on back roads to Delaware Park, around the park and make our way back to ShoShone and the bike path ending at Sorrentino's. About 15 miles. If it is raining on Thurs. this will be cancelled.

6/18-6/19 - SAT -SUN - BACKPACK (this trip has been rescheduled from May 14-15) Backpacking Trip on the Letchworth Trail (B) led by Mare Steiniger. Please contact leader to RSVP and for more information: maresteiniger@aol.com. or lesliesalathe@live.com, or (716) 560-1311. One of Letchworth's best kept secrets is the 25 mile hiking trail on the east side of the park that is part of the Finger Lakes Trail system. On Saturday, 6/18/16, at 7:00 AM, we will carpool to The Parade Grounds, where we will leave the end car, then drive to our starting point on River Road just south of Rt 408. We will hike 9 miles to our overnight at the South Lean-to. Upon arriving at the lean-to, half of us will set up camp, while the other half of us will hike out about a half mile to get the gallon jugs of water that we will have cached on the way in. (It will be about a gallon and a half of water per person) The next morning we will hike 6.5 miles to our end car at The Parade Grounds. There will be an optional hike into the gorge to the Lower Falls after putting our packs in the cars, and an optional stop for ice cream.

6/19 – SUN – PADDLE & HIKE - Woods Creek, Buckhorn Island State Park, Grand Island, NY (C) MarySchraven1@gmail.com (716) 946-7489 & RichardSchraven1@gmail.com (716) 564-2106 Paddle in placid water meandering through a picturesque residential area then turn around and explore the wetlands area, paddling toward the Niagara River. If the wind allows, we will venture out on the river and paddle a short distance up-river around Grass Island. After returning to the put-in spot, we can follow up the paddle with a hike on the trail in Buckhorn and stop for lunch. Call or email for exact morning start time and parking lot location.

6/24, 7/1 – FRI AM – 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 stop-watches if you have them (and helmets, of course). Call or email for exact time and meet up place.

6/30 - THURS - BIKE - Niagara River Trail, Tonawanda NY (C) Contact JoAnn Ratajczak at jkish45@yahoo.com or 716 400-1030 before Thurs. noon. Meet at foot of Sheridan Drive, Aqua Lane parking area 6:00pm. (Sheridan Drive at Sheridan Park makes a south turn toward the River and Ends at River Rd. Cross River Rd and you are at the Aqua Lane parking area). This is a trail that is fairly new, goes east around Praxair, and then goes south along Two Mile Creek Rd to Isle View Park. There we will go north to Niawanda Park and if the group want to, we can go all the way to Gateway Harbor. We can take a break somewhere along the River. We will ride the River Trail back to Aqua Lane. If anyone wants to stop in at the River Grill, we can have a bite to eat and something to drink. This is about 15 miles. If it is raining on Thurs. this will be cancelled.

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 at 9am, 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.

PLAN AHEAD:

7/31-8/5 -SUN- FRI- Canoe camping – Forked Lake State Park, Adirondack's. Carol Griffis 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...

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.

The following outings are not ADK sponsored events but are of interest to our membership:

6/3- 6/5 Allegany Nature Pilgrimage at Allegany State Park.
Go to [Allegany Nature Pilgrimage](#) for more information.

6/17- 6/19 Finger Lakes Trail Spring Weekend in Montour Falls, NY.
Please go to [Finger Lakes Trail Spring Weekend](#) for more information.



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

Trip Report – Earth Day Niagara River Shoreline Cleanup – 4/23/16

ADK members celebrated 2016 Earth Day weekend on Saturday, April 23 by participating in a cleanup of Unity Island in Buffalo. Members joined forces with volunteers from Buffalo Niagara Riverkeeper on a beautiful, sunny day to comb the island's Niagara River shoreline for debris, removing a total of 19 bagfuls of paper, plastic, bottles and cans,

fishing line, and even a pair of old dress shoes (size 10). The enthusiastic ADK clean-up team included Teresa and Pete Corrigan, Nancy Hanavan, Mike Weimer, Janet and David Kowalski, and Lee Clukey. Submitted by Mike Weimer



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!

Welcome to our new members who joined in April:

Two families joined, including David and Katherine Jarvis, and Sandi and Peter York. Three individuals joined, including Mark Castner, Paul Draper and Amanda Kozerovskis .



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

June Executive Committee Meeting: The ADK-NFC Executive Committee will hold their next Executive Committee meeting on Tuesday, June 7 at 6pm at the Schraven's, 91 N. Parrish Dr., Amherst, NY. 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

2ND VICE CHAIR/CONSERVATION - Lynn Rhefeld- Kenney, 21 Hillside Ave., Buffalo, NY 14210, 716-825-7329, woodthrush3@hotmail.com

3RD VICE CHAIR/PROGRAMS - Dana Jandzinski hikembike30@yahoo.com

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

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

TREASURER - Doug Gaffney, 830 George Urban Blvd., Cheektowaga, NY 14225, 716-631-3979, dgaffney@roadrunner.com

ELECTRONIC COMMUNICATIONS - Cheryl Peluso, 3618 Howard Rd, Hamburg, NY 14075, 716-648-9027, cherylp17@verizon.net

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

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