



## **ADIRONDACK MOUNTAIN CLUB NIAGARA FRONTIER CHAPTER**

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

### **May 2016 Newsletter**

**General Meeting Tuesday, May 10th**

**Education Workshop 6:30 – 7:15**

**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: Presentation on Paddling by:**

**Bob Van Hise:** NYS Licensed Outdoor Guide and ACA Certified Level 2 Instructor in Canoe and Kayak Touring.

**Andrea Vaillancourt-Alder:** ACA Level 3 Coastal Kayak Instructor, Leave No Trace Master Educator, NYS Licensed Outdoor Guide

Spring is in the air and Bob Van Hise and Andrea Vaillancourt-Alder are kicking off the paddling season with a presentation of recommended gear for an enjoyable and safe day trip or weekend outing. A kayak or canoe will make its way into our lecture hall for a hands-on demonstration. Bob and Andrea will highlight the rescue and paddling technique classes that will be offered by ADK-NFC this summer. Bob's love of the water began in the late 1980's during his many backcountry canoe trips which he continues today. Kayaking entered into his life 10 years ago. This interest has now led to his becoming ACA-certified for the last 5 years and running. Bob is also a Safety Paddler with Buffalo-Niagara Riverkeeper. Andrea is an ACA Level 3 Coastal Kayak Instructor, as well as a Leave No Trace Master Educator and NYS Licensed Outdoor Guide. This certification enables Bob and Andrea to keep fellow ADK members safe during club paddling outings. Don't miss out on this opportunity to sharpen your skills and be inspired by two paddling experts!



**Bob Van Hise**

### **Summary of last month's program: Looking Back at the Bees**

I believe Mike Masterson felt the enthusiasm of ADK wanting to learn more about bees. Who knew that bees only live 6 weeks and in that short time each bee only produces 6-7 drops of honey! The numerous benefits of natural honey ranging from a source of food to innumerable medicinal benefits was astounding. Most importantly, the main concern was the plight of honey bees vanishing from the hives. Although many factors can contribute such as declining food source or environmental stress, the main culprit is pesticides. These toxins interfere with bee's natural GPS to get back home after a day of foraging. Remember to look for the term "systemic" on many pesticides and avoid using

them at home. If this has sparked your interest in honey, don't forget to look for the bee and honey information session held at Masterson Nursery in the fall.

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## **Education Workshop**

6:30 pm to 7:15 pm

If you want to paddle on a greater variety of area waterways then this education session is for you! Learn how to use the US Geological Survey website to determine if water levels on your desired creek or stream is at a safe and passable level. Gary Wall, Associate Director of Science from the USGS will remotely present how to use the website to monitor creeks and rivers for good paddling conditions and other various tools available from USGS. Don't miss this highly relevant and important educational session.



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## **Conservation Corner Lynn Rehfeld-Kenney, Chair**

The Conservation Committee meeting will be held at Jay Wopperer's house on Tuesday, May 17th at 7:00pm. Call #632-8615 for directions. All are welcome. Get the latest information on environmental issues in our community. ADK was successful in defeating a potentially disastrous piece of ATV Trail legislation from being included in the State Budget. ADK will continue to monitor for this bill when it comes up again during normal legislative session. The bill would change the definition of an ATV to include significantly larger and heavier vehicles that would cause even more damage to the land. It would also have mandated the DEC to come up with ways to manage ATV use on DEC managed lands even after their recent report said ATV use should not be allowed on DEC land. We will update you if an Action Alert comes out on this topic as a rapid membership response will be needed to defeat this bill.

What a great presentation on bees during the April club meeting. It re-enforced how interconnected the environment is between bees, animals (including humans) and plants. It was a great reminder that pesticides are bad for bees, insects and humans. Please decrease your use of pesticides whenever possible.

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

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

You could write a book about the health benefits of outdoor recreation. John Muir wisely stated "In every walk with nature, one receives far more than one seeks". We all love the scenic views, sound of rushing water, the majesty of old growth forests, and an opportunity to recharge in nature; yet beyond all these positive sentiments, there are tremendous physical and mental perks to hiking and outdoor recreation. Hiking, biking and paddling are aerobic exercises that have cardiovascular benefits. Medical research shows they can also reduce cholesterol levels and triglycerides, and also decrease blood pressure. Depending on the terrain, these activities can burn over 500 calories per hour, and help to maintain a healthy weight. Hiking is a weight-bearing activity and helps to prevent osteoporosis. Being in the sunshine provides you with Vitamin D, which also helps to strengthen bones. Outdoor recreation also has been shown to decrease stress, improve sleep, and help to prevent depression. Some studies show that spending time outdoors can increase attention spans and creative problem-solving skills. So what is there to think about? The price is right, the payoffs can be huge, so let's go TAKE A HIKE, BIKE OR PADDLE!

## **ADK Niagara Frontier Chapter By-Laws Update**

Every few years it is necessary to update our Chapter Bylaws. These bylaws act as a charter for the governance of our chapter, and provide a list of rules and protocols for us to follow. They, in conjunction with the state-level ADK charter, facilitate the operation of our smooth-running and effective organization and its missions. Any changes in our bylaws need to be approved by majority vote at our Annual Meeting at the June 11 picnic. The Executive Committee has already approved the proposed amendments to our bylaws as described below:

Addition of the following Appointed Positions to the Executive Committee:

Article V, 8j: Webmaster: The Webmaster is responsible for selecting and implementing the technology that allows the Electronic Communications Chair to maintain the website, and also oversees the chapter twitter presence and other various electronic communications.

Article V, 8k: Young Members (YM) Coordinator: The YM Coordinator identifies Young Members in the Chapter (under 40), and organizes YM outings and events of particular interest to YM but open to all members, with the support of the Chapter Outings Chair and the Club ADK YM Coordinator.

There are also some minor wording changes. To read the updated ADK-NFC Bylaws, please refer to the Bylaws link on our chapter website ([adk-nfc.org](http://adk-nfc.org)), or the attachment that was sent electronically to the entire membership. In addition, printed copies (3 pages long) of our Chapter Bylaws will be available at the May General Meeting, and are also available by mail upon request ([janetk300@gmail.com](mailto:janetk300@gmail.com)). Questions about the bylaws can be directed to any member of the Executive Committee.

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## Director's Report, Rob Laing

I attended the Board of Directors meeting of the Adirondack Mountain Club on April 2 at the Member Services Center in Lake George. Preceding the Board of Directors meeting was the Annual Meeting. These meetings are attended by club officers, a director from each chapter, committee chairs and some staff members. Other than staff members, each attendee is volunteering their time, energy and knowledge to help run and improve the Adirondack Mountain Club. A common theme between the annual meeting and the quarterly meeting involved solid financial reports for 2015 and also the first quarter of 2016. In general the club is on very sound financial footing.

To summarize some of the accomplishments of 2015:

- ADK has joined with the Catskill Park Coalition to improve attention to the Catskill region in Albany.
- ADK was successful in getting legislation passed giving DEC the right to inspect boats for invasive aquatics and invasive plants. This summer there will be 10 boat inspection stations along key travel routes.
- ADK is negotiating with the ATV community and clubs to work out a comprehensive ATV bill – the key point is building ATV trails in appropriate places but prohibiting them in the Forest Preserve.
- For operations: the Loj floor was repaired, the Tyler cabin on the Heart Lake property was renovated and is now available as a rental cabin and new privies were constructed at JBL.
- Membership is on the rise in both individuals and households. As of the end of February there are 17,009 members in the Adirondack Mountain Club.
- Regarding current activities this year, the 22,000 acre Boreas Ponds Tract purchase will be completed this spring. After the purchase the land classification process will begin. ADK is working towards classifying this land as Wilderness, which will provide the greatest level of environmental protection, while local government supports classification as Wild Forest which would open the land for use by motor vehicles. Updates will be provided as we hear.

There is much more information that is reported on and discussed at the BoD meetings. Space and time does not permit including all that information in this report. If anyone has any specific questions about the club please don't hesitate to contact me.

Rob Laing, Director, Niagara Frontier Chapter, [rlaing537@gmail.com](mailto:rlaing537@gmail.com)

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## Wilderness Weekends in WNY Challenge

Look for the WWWNY patch symbol on all outings that are part of the challenge.

***Notice this month there are 11 outings that qualify for the challenge!***



Want to know more? Check out the page on our website [WWWNY](http://WWWNY)

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## 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.

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## ADK Book Club

Our next meeting is Wednesday, May 25 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 second book in Anne LaBastille's epic Woodswoman series "Woodswoman II: Beyond Black Bear Lake", which describes Anne's struggle to balance her professional success with her desire for solitude, and the building of a new cabin she calls Thoreau II. Newcomers are always welcome! For more information contact Janet at [janetk300@gmail.com](mailto:janetk300@gmail.com)



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

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## Message From the Outings Chair, Mary Schraven

**SAVE THE DATE! ANNUAL MEETING AND PICNIC**  
**Saturday, June 11<sup>th</sup> at Commissioner's Cabin, Chestnut Ridge Park**

Enjoy outings in the morning, vendors, workshops and fun with other club members. Plus, the best pot-luck dinner you ever had. Look for more details in June Newsletter.

Elections will take place after dinner. The club is grateful to Lynn Kenney, who will run for another term as Conservation Chair and to Dana Jandzinski, who will run for the Program Chair position.

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## Message from Mary Schraven, Chair of Nominating Committee

As the chair of the nominating committee for this year's elections, I would like to announce we have the following "incumbents" who have said they would be willing to serve another term: For Conservation Chair, Lyn Kenney has agreed to run for another term, and for Programs Chair, Dana Jandzinski has agreed to run for office. Dana was appointed program chair last year when Janet Kowalski was elected as Chapter Chair. So Dana completed the 1 year term that was vacated by Janet. Other nominees who would like to run for these 2 positions should contact Mary Schraven by April 15th.  
Mary Schraven

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## Trip Descriptions

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

### May

**5/1 –SUN- HIKE- Spring Wildflower Walk, Emery Park, South Wales (C-easy)**  
**Erin Redding, 716-480-3771**

Meet at the Ski Hill Parking lot on the north side of Emery Road. We will be walking for up to 2 hours, stopping frequently to look at, identify and photograph wildflowers. The pace will be slow, but we may go off trail. Rain or shine. Please call for meet up time.



**5/3, 5/10, 5/17, 5/24, 5/31-TUES- PADDLE- various locations - Morning paddle (C+)**  
**Denise Smith @ 238-3262**

Arrive by 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. This will most likely be on the Canal but the location could change 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.

**5/4 , 5/11, 5/18, 5/25–WEDS- Evening HIKES - Chestnut Ridge Park "Seufert Road Loop" (B)  
Cheryl Peluso, Cherylp17@verizon.net**

This beautiful 3.5 mile loop, up and down several ravines, goes through the heart of the park, affording great views into the ravines as well as going along a lovely creek area. This is a favorite hike of many who know the trails! In the past it was done as a "very fast hike" but this time we will be at a moderately brisk pace. We will NOT be going to the eternal flame. Meet at Eternal Flame parking lot on route 277 a mile past the entrance to Chestnut Ridge park. It has white fencing like a former horse corral. If you reach Seufert Road then you have driven past the meeting spot. We will start the hike promptly at 6:30.



**5/7 SAT-Nature HIKE- Knox Park  
Carol Griffis, 652-254, carolgriffis@gmail.com**

I will be leading the Spring Ephemerals Walk at Knox Park in conjunction with Buffalo Audubon. 9am- 11am. Discover the shy wildflowers of early spring. Dress for trails which may be wet and muddy. Birders & kids are welcome. Bring your favorite field guide and if it's a nice day, bring your lunch. Donations accepted. Meet at the parking lot.



**5/7 –SAT- PADDLE of Oak Orchard Creek in the Iroquois Nature Preserve (B)  
Bob Ensminger 434-2969 Bobolink58@gmail.com**

This outing provides a great opportunity to see, hear and smell the returning flora and fauna to this very rich nearby wetland preserve. We will be meeting at the put-in, dropping off our boats and paddling equipment, driving to the take-out point to spot our cars and then driving back to the put-in and then paddle the swamp back to our cars. Bring lunch, water, extra clothes (in a dry sack), boat, paddle and PFD. Again, this is an early season paddle so cold weather gear is a must. Typically there are a number of carries around downed trees and it can be muddy. Be prepared. Contact the coordinator ahead for the time and place of the put-in and to be informed about any challenges the trip may present.



**5/15-SUN- PADDLE on Ellicott Creek from Niagara Falls Blvd. to the Tonawanda/North Tonawanda dock area. (C) (4 mile round-trip on flat water)**

**Richardschraven1@gmail.com 564-2106 & maryschraven1@gmail.com 946-7489**

We will be paddling downstream from the put-in to the canal area where we will stop for our snacks or lunch before returning to the take-out spot. It will still be early in the season with cold temperatures in the water. Accordingly, wear a wet-suit as well as your personal flotation device (pfd). Dress for the weather including sun-glasses and sun-screen. Please contact the leaders for put-in time and with your intent to participate.



**5/14-5/15-SAT-SUN-BACKPACKING Trip on the Letchworth Trail (A)  
Led by Mare Steiniger or Lestie Salathe. Please contact leader to RSVP and for more information:  
[maresteiniger@aol.com](mailto:maresteiniger@aol.com). or [lesliesalathe@live.com](mailto: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, 5/14/16, 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 ice cream stop.



**5/18, 5/25, 6/1 –WEDS- Morning BIKE ride on path from Amherst to Clarence.  
Call Ann Lazroe 689-1861 for exact time and meet up place.**

Meet on Transit Road in East Amherst and ride to Clarence Center. Flat terrain on blacktop trail makes this an easy ride past wet-lands, 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).



**5/21 –SAT-PADDLE at Bond Lake in Niagara County (B)**

**Bob Ensminger bobolink58@gmail.com 434-2969**

This trip begins at Bond Lake and includes portaging to and paddling one or more adjoining small lakes. Bring lunch, water, extra clothes (in a dry sack), boat, paddle and PFD. Again, this is an early season paddle so cold weather gear is a must. Contact Bob for more information about the equipment requirements and the put-in time and place.



**5/22-SUN- HIKE- Franklin Gulf- Erie County Park - Eden/ North Collins**

**Kim Newland 799-7616. Newlands5@verizon.net**

Meet at Tim Hortons , Main St. ( Rt. 62), Eden. Call leader for meet up time.

We will hike 3-4 miles through Oak and Hemlock forest, into ravines with shale creeks. There are several waterfalls, some viewed from the top of ravines, and others close to the trails. We will explore a beautiful newly marked trail that follows the creek, which passes a lovely waterfall. A portion of the hike may be in the creek bed. We will search for the endangered Pink Lady's Slipper flower, which should be in bloom at this time, and hope to find other wildflowers. Bring water and a snack, wear waterproof hiking shoes. This hike is limited to 10 participants.



**5/21-SAT- ADOPT-A-HIGHWAY CLEAN-UP/HIKE – Tillman Road State Wildlife Management Area, Clarence (A) Raindate 5/22 – SUN**

**Lynn & Doug Kenney (716) 825-7329**

Make a difference! Join us for the Spring Adopt-A-Highway clean-up. Volunteers are needed to pick up litter along the roadsides surrounding the Tillman Wetlands area in Clarence. Meet at 10:00AM in the Shisler Road parking lot located at the eastern end of Wehrle Drive. Garbage bags are supplied. Bring work gloves. Clean-up takes about 2 hours. You only need to call if you plan on joining us for a hike through the wildlife area afterwards. If you will be joining the hike bring along a bag lunch. We will eat in-between the clean-up and the hike. Day of the hike call our cell phone 361-6172.



**5/21-5/22 -SAT-SUN-BACKPACKING in Allegany National Forest (B+)**

**Contact Teresa Corrigan [TeresaCorrigan85@gmail.com](mailto:TeresaCorrigan85@gmail.com) or 716-835-1905.**

This will be an early in the backpacking season starting with a low mileage stroll on the Rimrock Morrison trail, and stop to enjoy glades of ferns and giant boulders on the way to our campsite. This trip will be suitable for families. We will get to camp early enough to play and explore. On the way home there is a great spot for take-out food and ice cream. If persistent, significant rain is in the forecast, we will modify our plan and hike in Allegany State Park instead. We will make one of the park lean-to's our base for cooking and socializing, so we will have a relatively dry place to take a break from the rain. This way, the trip will go on this weekend rain or shine. You must provide your own equipment and meals. Please contact the leader well ahead of time to discuss! There are rental options and some of our members are even willing to share. Please join us!



**5/27-5/30 –FRI-MON- TRAIL WORK- Clark Hall Jr. Memorial Day Work-Play Weekend (A-B)**

**Lee Clukey 716-631-9855 [lee.clukey@gmail.com](mailto:lee.clukey@gmail.com)**

The Klondike Trail in the Adirondacks High Peaks Region again needs your help. The Niagara Chapter has been maintaining this trail for over 35 years. Join us on Saturday from 8 am to 5 pm as we make improvements to the trail; cleaning water bars, removing blow-down, and maintaining the Niagara Chapter Klondike lean-to. Sunday and Monday offer the opportunity for Adirondack hikes of all levels. Also available are all the attractions of Lake Placid. A potluck dinner is planned for one weekend evening in Saranac Lake at the home of some ADK pioneers. I have one campsite reserved in the Loj camp ground and have limited space available. See our display at the general meeting. Call or email now to sign up for a place on the work crew for this unique once in a lifetime opportunity. Call or email Lee with any questions.

**5/29 SUN-BIKE-Tonawanda Creek Bike Path to Smoke On The Water (C) (16 miles total)**

**[richardschraven1@gmail.com](mailto:richardschraven1@gmail.com) 564-2106 & [maryschraven1@gmail.com](mailto:maryschraven1@gmail.com) 946-7489**

We will ride in the afternoon on the Tonawanda Creek Bike Trail from Campbell Blvd. to the Smoke On the Water barbeque restaurant in the City of Tonawanda. This will be a good early season bike outing with some exercise, yummy food, fun socializing and wonderful ambiance to be enjoyed on the bank of Ellicott Creek near its joining with Tonawanda Creek. Good way to enjoy Memorial Day Weekend. Bike helmets must be worn and please have a bike in good working order and useful tool kit. Call for the time and location of the ride start.

**5/30-MON-Memorial Day PADDLE- Strawberry Island, Niagara River (B)**  
**Contact Patti Zander at [floyd431n@yahoo.com](mailto:floyd431n@yahoo.com) (email preferred) or 704-9798**

Meet at East River Marsh at 9:30, to hit the water at 10a.m. Life jackets are required, no exception. Suitable for all kayaks.

***The following outings are not Sponsored by ADK but are of interest to our members:***

**5/21 -SKYWAY RIDE**, 9:00 to 3:00 A 10-mile easy ride over skyway, or additional 15 miles around the city. Prior registration and fee required. Go to GoBike Buffalo at <http://gobikebuffalo.org/events/2016-05/>

**5/21- 5/23 SAT-MON- HIKE Bruce Trail**

This event will be dedicated to the memory of Vito Fasano. Marion Hanover, an ADK member can be contacted for more information at [mhanover@symatico.ca](mailto:mhanover@symatico.ca).

Cover this historic 80km section of the Bruce Trail over three days enjoying panoramic views of vineyards, orchards and Lake Ontario. Rocky sections, heavily wooded areas and remnants of historic settlements - the Niagara section has it all. Registration is \$35 for the entire weekend (\$15 for 1 day, \$25 for 2). Registration opens March 1st. The hikes take place rain or shine. Please make your cheque payable to the Niagara Bruce Trail Club and send it along with your email address to: Trudy Senesi, #84-77 Linwell Rd., St Catharines, ON, L2N 6R1, (905) 935-9777, Email: [trudykp@becon.org](mailto:trudykp@becon.org)

For more information go to <http://bruce-trail.org/pages/end-to-ends>

## June

**6/7, 6/14, 6/21, 6/28 TUES PADDLE- various locations - Morning paddle (C+)**

Arrive by 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 June.

***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.

**7/18-7/27, Joseph Allen, from Earth Spirit Educational Services** invites us to join him in Yellowstone National Park for an in-depth study of wildlife. July 18<sup>th</sup> to 27<sup>th</sup>. Joseph presented his research on the re-introduction of wolves into the park at our October general meeting. His presentation was enthusiastically received and members have enjoyed his trips in the past. Please go to this link for complete information about the excursion:

<http://www.acsu.buffalo.edu/~jcallen/Megafauna%20and%20Predation2016.html>



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

**Royalton Ravine Bike and Hike, April 16**

After many cloudy and cold spring days, April 16th was bright and sunny and warm for our bike and hike to Royalton Ravine County Park. Richard led us on the rolling country roads of Niagara County, past all the lovely sights, smells and sounds of rural spring. We were so proud of ourselves for making it up the moderately steep hills in our lowest gears, all of us glad we had tested out our bikes the day before. The dappled sunshine found its way to the undergrowth since the leaves hadn't yet opened. Mary had a chance to try her new camera (thank you, Bob Van Hise for the recommendation!) on many wildflowers of violet, pink, yellow and white! With the suspension bridge, the babbling stream, waterfall, and the foundation of Belva Lockwood's 1800's homestead, this park is a real gem. But

the number one reason this outing was so enjoyable was meeting a new ADK-NFC member, Gina Martin. We quickly established that we shared many of the same values and interests and thoroughly enjoyed each other's company! We had it all...excellent weather, a delightful outdoors experience, exercise that was good for the body and spirit, and great people.

Submitted by Mary 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 [cherylp17@verizon.net](mailto:cherylp17@verizon.net) for more information.



*Royalton Ravine*

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

Loretta Yerke, who is a long term member of our chapter and former ADK Newsletter editor, made up a list of all our chapter 46ers in 2008. Wilma Cipolla and Loretta thought we should update the list to include all of the new 46ers since then. If you don't have a number because you didn't register we can still add you to the list. The list is posted on our ADK-NFC.org website. To add your name send it to Cheryl Peluso, [cherylp17@verizon.net](mailto:cherylp17@verizon.net), or call Kate Hacker at 688-8618.



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## Welcome New Chapter Members!

Welcome to our new members who joined in March:

There were four families including James and Carol Coles, Dana Connell and David Wolf, the Griffiths and Tammy and Greg Havas.

Four individuals joined including Christopher Broda, Barry Fiume, Patty Recchio and Angela Sutter.

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



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## EXECUTIVE BOARD MEETING

**May Executive Committee Meeting:** The ADK-NFC Executive Committee will hold their May 3rd meeting at 6:45 PM 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](mailto:larry_beahan@roadrunner.com)

## ADK-NFC WEBSITE

Check out our website [adk-nfc.org](http://adk-nfc.org) for a [calendar](#) of future events and outings, conservation news, newsletters and upcoming programs.

## LIABILITY WAIVER

The OFFICIAL ADK LIABILITY WAIVER FORM needs to be filled out and SIGNED in ink by EVERY participant at EVERY outing, WITHOUT EXCEPTION, BEFORE the outing begins! This also applies to all outing leaders and to all participants (members and non-members) on any ADK activity. Forms are available through the ADK-NFC.ORG website on the [OUTINGS](#) page. Completed forms can be submitted to Mary Schraven or any Outing Co-Chair at the next meeting following the outing. If leading a joint ADK outing with another group, ADK waiver forms must be signed by all participants, even non-members, in addition to the other organization's waiver(s).

## **Executive Committee Members**

**CHAIRPERSON** - Janet Kowalski, 166 Burbank Dr., Snyder, NY 14226, 716-839-3114, [janetk300@gmail.com](mailto:janetk300@gmail.com)

**1ST VICE CHAIR/OUTINGS** - Mary Schraven, 91 N. Parrish Dr., Amherst, NY 14228, (716) 564-2106, [maryschraven1@gmail.com](mailto:maryschraven1@gmail.com)

**2ND VICE CO-CHAIR CONSERVATION** - Lynn Rhefeld- Kenney, 21 Hillside Ave., Buffalo, NY 14210, 716-825 7329, [woodthrush3@hotmail.com](mailto:woodthrush3@hotmail.com)

**3RD VICE CO-CHAIR PROGRAMS** - Dana Jandzinski [hikenbike30@yahoo.com](mailto:hikenbike30@yahoo.com)

**4TH VICE CO-CHAIR EDUCATION** - Teresa Corrigan, 207 Woodward Ave., Buffalo, NY 14214-2313, 716-835-1905 [teresacorrigan85@gmail.com](mailto:teresacorrigan85@gmail.com)

**DIRECTOR/ WEBMASTER** - Rob Laing, [webmaster@adk-nfc.org](mailto:webmaster@adk-nfc.org)

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## **Outings Co-Chairs**

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

**WATERWAYS** - Richard Schraven, 91 N. Parrish Dr. Amherst, NY 14228, [richardschraven1@gmail.com](mailto:richardschraven1@gmail.com), 564-2106

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