



Adirondack Mountain Club
Niagara Frontier Chapter

**ADIRONDACK MOUNTAIN CLUB
NIAGARA FRONTIER CHAPTER
WWW.ADK-NFC.ORG**

NOVEMBER 2014 Newsletter

November General Meeting

General Meeting

Tuesday, November 11th

Education Workshop 6:30-7:00

Happy Half Hour 7 - 7:30 with Ice Themed Refreshments

General Meeting 7:30 - 9:00

77 Washington Highway, Snyder Amherst Community Church

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

Program: SHRINKING ARCTIC ICECAPS, WINTER GEAR AND MORE

Presented by JASON BRINER, PHD, Associate Geology Professor at UB



Jason Briner from the Geology Dept at SUNY at Buffalo will be our featured speaker at the November meeting. Jason is a young, adventurous investigator who has traveled with his students to some of the most exciting corners of the world to study glacier and ice sheet changes and how they relate to global climate change. His research has taken him icy locations including Greenland, Iceland, Norway, Alaska and Baffin Island in Northern Canada. Jason is from Seattle and received his PhD at University of Colorado at Boulder. He has been at UB since 2005. His research is published in prestigious journals including Science and Nature, and shows that ice sheets and glaciers change rapidly in response to global warming.

With all of Jason's frigid destinations, he is certainly an expert on winter gear, and is knowledgeable about how outdoor enthusiasts can protect themselves from the winter elements. He will recommend his favorite winter gear and lodging strategies that he and his team utilize. Closer to home, Jason will also talk about ice sheet erosion in New York State, and how ancient geologic formations gave rise to the glorious features we now enjoy, including waterfalls, lakes, escarpments and valleys.

We are honored to have Jason join us on November 11. Ice-themed refreshments will precede the presentation. You won't want to miss this special evening.



Review of Powerful Plants Presentation at October Meeting

At our October meeting, ADK folks were treated to an educational and invigorating presentation about edible plants, and their many uses as both medicines and tasty foods. Who knew raw garlic was so good for you? Or that you could cook dandelion leaves like spinach? Did you know dandelions are named after "Lions Tooth" (based on leaf shape), and that the flower and buds are edible?

This is just a sample of the intriguing details presented by Sandy Geffner, Co-Founder and Director of Earth Spirit. Our thanks to the folks at Earth Spirit, who for decades have worked with numerous groups in Western NY and opened our eyes to Nature's Gifts.

Education Workshop (6:30 before main meeting)

Winter Activities Preparation

We will talk about and examine different type of snowshoes, hiking traction devices and cross-country skis, boots and poles. A preseason ski preparation clinic will include waxing and anti-icing applications for (wax-less) skis. For those new to winter outings we will survey the places to go for snowshoeing and x-c skiing. If time allows, we will also list the Winter Ten Essentials.

Richard Schraven and Peter Corrigan

Outings Chairman – Andy Urban

Autumn is here! The weather and the colors make this time of year a great chance to get outdoors. But we all need to make sure we are safe this time of the year. Most people are unaware that hunting season started for geese and some small game on September 1st. Bow season for most other animals starts October 1st and big game rifle is starting in a matter of weeks. This makes it doubly important for hikers, bikers and boaters to observe proper outdoor etiquette and make sure they keep themselves safe. Responsible hunters take precautions to make sure they are seen and avoid crossing the shooting lanes of other hunters. Please make sure if you are hiking that you check to see if hunting is allowed in the area you are going. Information can be found on the New York State DEC site or by picking up a booklet at any store which sells sporting licenses.

If you do go out please wear bright colors. Safety orange is the best as it can be seen in the woods at great distances. No need to spend a lot of money on safety vest from the bigger stores when many time you can find them at places like Dollar General for 3-4 dollars. Boaters should also consider wearing high visibility clothing or having something marking their boats so duck hunters can see them. Stay on trails and when boating avoid large flocks of birds.

Please start sending your winter outings to our Winter Sports Co-Chair, JoAnn Ratajczak. Starting in November all outings having to do with XC Skiing, snowshoeing and other winter activities should be sent to her. We are still looking for a Day Hiking Co-Chair starting next April. As always we are looking for outings. If you have fallen behind on the Wilderness Weekend Challenge this is a great time to get back into it. Remember you don't need to plan months ahead for outings. If you find yourself heading out on the weekend and can let us know with at least a few days' notice we would be happy to include it in the weekly reminders, on the website, Facebook and Meetup. As always be safe in the outdoors, always know where your towel is, and don't forget your liability forms.

Conservation Corner – Lynn Rehfeld-Kenney

The Conservation Committee meets on the third Tuesday of each month at various members' houses. You are invited to attend! Attend a committee meeting to gain an in depth understanding of local and state wide conservation issues. Please join us at JoAnn Zurek's house on Tuesday November 18th at 700pm. Call her at #675-1689 for directions.

Tillman Wetlands Cleanup

Thank you to the two committee members, Ellen Gibson and Jay Wopperer, who joined me in picking up 3 large bags of garbage during the Adopt-A-Highway clean up around the Tillman Wetlands Area.

Postcard Campaign

Thank you to all of the members at the October meeting who filled out 45 post cards to limit excessive development at the Outer Harbor. It is disappointing that the Erie County Development Group told developers that the land needed to pay for itself so include large amounts of urban development in their plans. Please join us in sending a message that development should be limited. **Send comments to:**

Erie Canal Harbor Development Corporation
95 Perry Street, Suite 500
Buffalo, NY 14203-3030

Below are some possible comments to use.

*The City's Waterfront belongs to the people and should therefore be owned by the public, guaranteeing accessibility.

The land to the south of the mouth of the Buffalo River, north of the City of Buffalo border and west of Fuhrmann Boulevard should remain publicly accessible and publicly owned in perpetuity with appropriate protections for buffer zones, habitat areas and ecological corridors.

The Outer Harbor lands must be planned in the context of the entire City and region. The WNYEA supports a more comprehensive planning structure that looks at the larger waterfront including, but not limited to: Erie Basin Marina, the Inner Harbor, the Buffalo River, the DL&W Terminal and all of the lands adjacent to the newly improved Ohio Street.

*Outer Harbor land use decisions and development should support a "Regenerative Landscape" and a Great Lakes System.

*Any permanent development must occur within existing building footprints (Terminal A&B and the Connecting Terminal Grain Elevator).

*There should be no new construction on the Outer Harbor.

Finish key infrastructure and development downtown and do not replicate this kind of development on the Outer Harbor. Consider the Outer Harbor as a three season venue and focus four season opportunities on the Inner Harbor.

*Consider seasonal structures for water dependent recreational uses with a 'lighter, quicker, cheaper' strategy, located such where they would not impair critical habitat or promote use during non-migratory seasons.

*We have enormously rich resources - we are on Lake Erie which is a part of the largest body of fresh water in the world - a body of water endangered. We are an Important Bird Area of worldwide significance; we are a prolific spawning area for fish.

*Base all program and design decisions on the unique land that is the Outer Harbor, its location at the east end of Lake Erie and its distance from the core of the City.

*Preserve, protect and advance the existing and emerging habitat on Outer Harbor, its air, land and water. In particular this means protecting the Times Beach and Niagara River "Globally Significant Important Bird Areas," Tiff Nature Preserve, Times Beach Nature Preserve and the Bell Slip restoration.

*Limit any building to renovation of existing structures.

The Conservation Committee brings three important items to your attention:

1. Open Space Plan: We urge you to access and study the plan at:

<http://www.dec.ny.gov/lands/98720.html>

Especially Region 9.

Art Klein represents the Sierra, Niagara Group and the ADK-NFC on the Open Space Committee and if you have questions contact him. We have until December 17 to submit any comments.

In this years Open Space Conservation Plan Governor Cuomo emphasizes climate change; clean water and air; outdoor recreation and farmland protection.

We welcome the inclusion of climate Change on the basis of its obviously growing importance and realization of its possible long-term impacts.

This being New York one must also accept the reality of the population and political realities by which many of our fondest hopes in WNY remain funded at a lesser level than we would like to see.

We compete with 9 other DEC Regions and every county in Western New York is represented.

2. Buffalo Outer Harbor

From the beginning of the final stages of the proposal many of us feared that the Dedicated People's Park nature of the outer harbor could not stand on its own and would require "seed investment," of exclusive condos or other forms of commercial development.

Some poor ideas seem to get woven into any plan at an early stage and getting it out is like removing skunk stink.

Nobody really justifies the need for any housing in the plan but in various rebirths of plans bad ideas re-emerges like the proverbial bad penny. The ADK-NFC and any of the enlightened and active organizations in the plan are highly involved in preventing any Condos in the Outer Harbor and the Committee urges all members to call and write your elected representatives to ensure the subject is wide spread and our opposition is absolute.

3. Aquatic Invasive Species

ADK has a strong history of defending water bodies in the Adirondacks and across New York, whether that threat comes from power plants causing acid rain or from hydraulic fracturing. Today, another culprit threatens New York's invaluable water resources: Aquatic Invasive Species.

Art Klein also represents the ADK-NFC on the Niagara Greenway - Niagara Renewal Ecological Committee and we applaud the local very effective efforts by the Buffalo Museum of Science, the DEC and OPRHP in reducing the local infestations of Phragmites among the other plants we seek to eliminate.

The plant has been or is nearly eliminated in Tiff Nature Preserve and Buckhorn Island.

Developing permanent solutions with appropriate vegetation is a key element to the efforts.

The ADK is also committed to ensuring that there are adequate resources to fight invasive species with money from the Environmental Protection Fund (EPF). So whenever you see that money mentioned be sure to inform you legislators that its continuance is vital to our future.

Art "Happy" Klein - (716) 693-1082

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 our website www.adk-nfc.org

Announcing First Person to Finish: Richard Schraven!!!!!!

Congratulations Richard!

Trip Descriptions

November

11/1 Sat. and/or 11/2 Sun. Ellicottville Hike

JoAnn Ratajczak 400-1030 or jkish45@yahoo.com

Meet at Coffee Culture at 11:00 am

Please email or call if you are coming. Hikes are designed for attendees.

Usually 5-10 miles and there may be some uphill/downhill.

11/8 SAT - Hike Niagara Gorge USA (B)

Mike Promowicz 297-3126

Meet at 10am in lower parking lot at Art Park. Hike will be to Devil's Hole, looping back by way of Castellani Art Gallery or Power Project, then following tracks to gorge. About 3.5 miles total. Wear hiking boots, bring lunch, water and dress for the weather.

January

1/23-1/25, 2015 Fri-Sun Allegany XC Ski Weekend

Joanne Magavern 883-7127

Some of the best skiing in WNY! 3 Cabins are reserved at Summit Art Roscoe X-C

Ski area of Alleghany State Park. They are heated and have electricity for our

Friday night "wine and cheese party" and Saturday night "pot luck". Ski from

your front door - great for beginners to advanced, families welcomed. 4 beds to a cabin and floor space if needed is

available. Join us also for a left over potluck lunch on Sunday, followed by the annual sled hill outing. Call Joanne by

December 31st, \$50 per person check written to ADK and mailed to Joanne by JANUARY 3RD, 2015 or cabin(s) will be

cancelled. Book early!



March

3/5,6 or 7 - 3/8 or 9/2015 Thur., Fri. or Sat. to Sun. or Mon. - X-C Ski Trip - Algonquin Provincial Park (C to A)

richardschraven1@gmail.com (716) 564-2106

I have reservations for two yurts for the March 5th to 9th time period. I plan to change the reservations to match a Friday to Sunday, Saturday to Monday a Friday to Monday trip or even a Thursday to Sunday or Monday trip. These reservations will provide a bunk for between eight and twelve skiers. Please let me know as soon as possible if you are interested and what days would work for you. We have done this trip twice before during the work week. This year, by making the reservation well in advance, I was able to obtain reservations over the weekend to allow participation by people who could not go before. We drive to the park from mid-morning to mid-afternoon. Near the West Gate of the park, we ski at the Fen Lake Ski Trail. There is a choice of trail loops here over easy to moderate terrain. All trails are groomed and set tracked. We then drive to the Mew Lake Campground and our Yurt abode for our stay. Yurts are heated heavy tent-like structures on a concrete pad with bunks that accommodate four to six people. The two bunks are arranged with a double on the bottom and a single on the top. The yurts have electricity and a covered, outdoor cooking area with a gas grill. The winterized comfort station has flush toilets, hot and cold running water, showers and washers and dryers. The second day is spent at Leaf Lake Ski Trail. Here there is an extensive network of trail loops ranging from easy to most difficult in terrain. On the final day, we have choices of back-country skiing at the Minnesing Wilderness Ski Trail, snowshoeing on one of several interpretive trails along the Hwy 60 corridor, a dogsledding experience at Sunday Lake or another stop at Fen Lake on our way home. Based on participant's feedback, the length and choice of days will be made. Please check out the websites: www.OntarioParks.com (reservation service) and www.algonquinpark.on.ca (online bookstore)

This trip description went out to people whom had gone on similar trips before or whom through conversations, I knew might be interested. I took a wild guess and reserved twice as many yurts as previous years. The trip is now filled up! But please let me know if this is the type of outing that you would be interested in. I will put your name on a waiting list for this year and it will give me an idea of how many yurts to reserve for next year.

TRIP REPORTS

9/28 - Paddle on Conewango Creek

We had planned a one-way paddle from Frewsburg to the PA state line a week earlier, but it had to be cancelled due to weather. The weather forecast was excellent on this date, so we planned a trip that did not require car-spotting. With a 90 minute drive to the put-in and with the slow current of the Conewango, we were able to paddle upstream for 90 minutes, have lunch in our boats and return to our cars at the put-in. The plan worked nicely for thirteen paddlers in nine boats. The put-in was a little sketchy, but most of us saw more difficulty coming at the take-out. Under a beautiful blue sky, warm temperatures and still green foliage, we were able to make our round-trip with no mishaps. Getting out at the end, turned out to be quite challenging. If we hadn't had help from a picnicking family some of us would have taken a swim. It seemed strange that a family would pick a paddle put-in as a place to set up their lawn chairs, but the difficulty we had suggests that it could have been a very entertaining event for them.

Submitted by: Richard Schraven

10/18 - FORAGING HIKE WITH EARTH SPIRIT AT BUFFALO SKI CLUB

Our educational journey about edible and medicinal plants with Sandy Geffner continued on Saturday October 18 at the Buffalo Ski Club. Sandy opened our eyes to the countless plant gifts that Mother Nature offers. Most pharmaceutical compounds are either derived from or based on natural plant materials. We learned that black cherries are good for treating inflammation, and that black cherry bark contains

compounds to treat colds. We learned the corrosive liquid in the dandelion stem is useful for wart removal. Sandy described some of the methods to extract beneficial medicinals, like steeping a tea, or by making an alcoholic tincture (Sandy's favorite base is rye whiskey). We tasted delicious oxeye daisy greens, wild rose hips, grapes and berries. We learned how to identify several nut trees, sycamores and ash. We learned about male and female trees that need to grow in pairs to pollinate each other, including willow and sumac. This is just a sampling of the interesting information we learned.

Sandy reminded us that savoring nature is not always about hiking from point A to point B, but being aware of what natural wonders are all around us during the journey.

We hardy ADKers were dressed appropriately for the rainy weather and we thoroughly enjoyed the knowledge that Sandy shared with us. Afterwards, we were invited to the Open House at the Ski Club, complete with live music, full course buffet, and ski swap. It was another fantastic outing with ADK friends!



Submitted by Janet Kowalski

Winter Equipment Available to Borrow

Remember: Our chapter has hiking poles and snowshoes 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.

EXECUTIVE BOARD MEETING

The Executive Board will meet on November 4th at 6:45 pm at the Julia Reinstein library. Any member is welcome to attend. Chairpersons who cannot attend should send a report to the Secretary, larry_beahan@roadrunner.com

ADKNFC WEBSITE

Check out our website www.adknfc.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 under "Outings/Leading an outing", and are usually available at our meetings. Completed forms can be submitted to Andy Urban 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). <http://www.adknfc.org/forms/ADKReleaseForm2.pdf>

MEMBERSHIP

If you would like to join the Niagara Frontier Chapter you can sign up at a monthly meeting or online at www.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.

NEW MEMBER

Welcome to the following new members!

Katie Childs
Jim Gorman
Joseph Helowicz
Dan Turkovich

Executive Committee Members

CHAIRPERSON

Cheryl Peluso
3618 Howard Rd
Hamburg, NY 14075
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3RD VICE CO-CHAIR PROGRAMS

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BOOKSTORE/LIBRARY

Bruce Lockwood
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MEMBERSHIP CO-CHAIRS

Kathy Clerkin
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HOSPITALITY

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

PUBLICITY

Help Needed!

ELECTRONIC COMMUNICATIONS

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WEBMASTER/ALT. DIRECTOR

Rob Laing
webmaster@adk-nfc.org

Outings Co-Chairs

AY HIKES

(Apr - Nov)
New co-chair needed!

WINTER SPORTS

(Nov - Mar)
JoAnn Kish Ratajczak
400-1230
jkish45@yahoo.com

WATERWAYS

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