



ADIRONDACK MOUNTAIN CLUB NIAGARA FRONTIER CHAPTER

WWW.ADK-NFC.ORG

November 2015 Newsletter

General Meeting Tuesday, November 10th

Education Workshop 6:30 - 7

Happy Half Hour 7 - 7:30

General Meeting 7:30 - 9:00

77 Washington Highway, Snyder Amherst Community Church

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

Bill Cooke: Adventures on the Colorado Trail

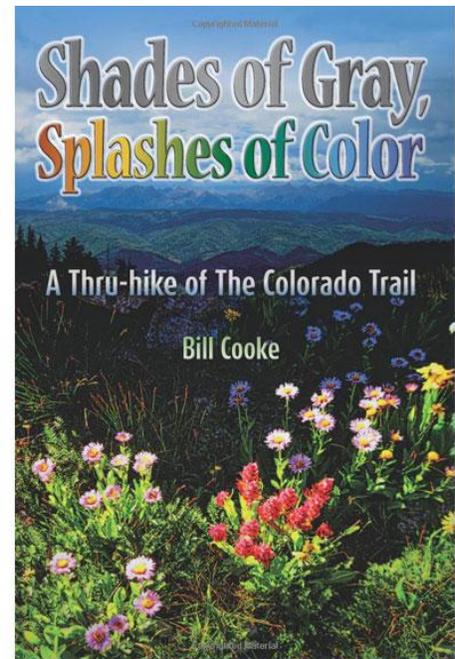
We here in Buffalo are so lucky to have published writer and experienced speaker Bill Cooke coming all the way from Louisville, KY to talk about his experiences on the magnificent Colorado Trail. The daily journey of the 486 mile hike was chronicled and the basis for his book "Shades of Gray, Splashes of Color: A Thru-Hike of the Colorado Trail". Bill will present information about the trail followed by a slide show showing photos from his 2011 "thru-hike" with time to answer any questions afterwards. Before and after Bill's presentation, his beautifully illustrated book will be available for purchase.

Bill Cooke worked for the Environmental Protection Agency in Washington, DC for 25 years. An avid hiker, he has traversed many trails in USA and Ireland. Although Bill began backpacking in 1977, thru hiking the Colorado Trail is his longest continuous trek. Bill discusses the challenges of long distance hiking which include: acclimating to high elevations, hiking long and sometimes steep ascents, and coping with a wide range of climate conditions. These challenges can seem painful to anyone who has forgone the comforts of home. The "pain" of long distance hiking is balanced out by the beauty of the outdoors: meadows of wildflowers, sparkling mountain streams and the best views of sunrises and sunsets.

After hearing this talk, I'm sure hikers of all levels will appreciate Bill Cooke's passion to document his time in the outdoors and share it with us.

Upcoming Programs: December 8 - Holiday Potluck Dinner

Looking Back to October...October Wolf Speaker Joe Allen We needed extra chairs to accommodate the enthusiastic audience who came to hear Wolf Watcher Joe Allen talk about his amazing wolf viewing trips. Joe has



been teaching at UB for over 20 years, and is an avid outdoorsman who loves to lead educational expeditions in the National Parks of the western US. After a brief history of wolves, Joe dissected many comical wolf misconceptions, and justified the rationale for reintroducing wolves to Yellowstone in 1995. Studies have revealed the remarkable impact of the new wolf presence, including decrease in elk and other ungulate animals, followed by the resurgence of young trees and shrubs that used to be nibbled by the elk. Joe's excellent pictures, alluring videos and passion for the topic gave rise to an enjoyable evening for everyone, including Joe who felt so at home that he joined ADK the following day... Welcome to our pack, Joe!

Education Program November 10th - Leave no Trace

While we enjoy the outdoors, we want to make sure that we also care for it, and make sure our activities leave the wilderness either untouched or even better than we found it. Longtime member and outdoor educator Ed Kasperek returns to our education workshop this month to review the seven principles of "Leave No Trace". Please join us to ensure you are practicing the principles and being a steward of and advocate for the natural world we love.



Reminder: Our workshop is now in the community room adjacent to the main meeting room, and starts at 6:30 sharp and ends at 7:15 sharp to give everyone time to socialize before the main meeting.

Conservation Corner Lynn Rehfeld-Kenney, Chair

The Conservation Committee meeting will be held at Jerry Sauberan's house on Tuesday, November 17th at 7:00pm. Call #648-1961 for directions. Come and check it out. Get up to date information on environmental issues in our community.

Chautauqua County has joined Erie County in banning products with micro beads like hand cleanser and toothpaste that are hazardous to aquatic life. The committee plans to support state and federal efforts to ban these products. Thank you for supporting the Rise Up for Climate Justice effort by sending a message to President Obama. We want President Obama to lead the world to a universal, legally binding agreement to cut greenhouse gas emissions at the 2015 Paris Climate talk (COP21) and to use the power of his office to mobilize public support for climate justice. Attacks on the environment never stop. Help us by joining the Conservation Committee.

Message From the Chair, Janet Kowalski

Change is in the air, as we transition from mild weather outings to brisk recreation options that require us to wear a few more layers. Bravo to the Biking (Paul) and Waterways (Richard) Committees that provided a robust selection of recreation offerings throughout our glorious early Fall. Still, there is no shortage of outdoor options, thanks to our enthusiastic Outings Chair (Mary) and the able Hiking Leaders in our club. Many thanks to all. Hats Off to our Education Chair (Teresa) for relocating the Education Workshop to a larger and more convenient location. Folks seem to be enjoying this learning time in the Community Room before convening to the nearby Fellowship Hall for the Social Time and General Meeting. Other new developments include our new Programs Chair Dana Jandzinski from East Aurora, and our new Young Members (YM) Chair Travis Darrin, recent UB graduate. Welcome!

Help Needed

"ADK is a wonderful organization with so many facets that are aligned to my core values of protecting the environment, exercising and having fun in the beautiful natural areas of WNY (and beyond) and meeting educated and knowledgeable people with similar interests! Perhaps you, too are getting to know your local chapter and would like to get more involved. There are 2 important leadership positions currently needing to be filled: program chairperson and a hiking co-chairperson. Below is a brief description of each position. If you would like more information about volunteering for these or other positions, please contact Mary Schraven at maryschraven1@gmail.com 716-946-7489 or Janet Kowalski at janet300@gmail.com.

Hiking Co-Chairperson is an appointed position who works in conjunction with the Outings Chairperson to organize trip leaders for day hiking. Responsibilities generally include calling an organizational meeting, inviting hikers from the club to sign up for various outings, supporting the trip leaders in writing trip descriptions to be included in the monthly newsletter and weekly email reminders. The club is looking for someone who hikes frequently, enjoys helping others

develop their leadership skills, and has good organizational skills. "
Mary Schraven and Janet Kowalski

Outings Report, Mary Schraven, Chair

Let's get ready for a great Ski/snowshoe season!

11/ 4 Winter Outing Planning Meeting 6:30 at the Schraven's house, 91 N. Parrish Drive, Amherst, NY 14228 Maryschraven1@gmail.com or call 946-7489 to RSVP.

The winter season is fast approaching! Let's have a fun time enjoying our world- renowned snow and cold season by getting out there and enjoying it. Meet with us to plan out the calendar and lead your favorite snowshoe or cross country skiing outing. In anticipation of another great snow season, we already have week end skiing in Allegheny State Park, the Tug Hill Winter outing, Algonquin and the Adirondack Loj! New on the calendar is a Family winter outing at Sprague Brook County Park including a pot luck dinner. On Jan. 10th. Now we need to plan local outings. Refreshments of the "Schraven cookie-type" are promised.

Here is a link to information on winter hiking precautions: <http://adk-nfc.org/wp-content/uploads/2015/06/Winter-Hiking-Precautions.pdf>

Submitted by Mary Schraven

Winter Mountaineering School January 28th – February 3rd

The Adirondack Mountain Club has sponsored Winter School for over 60 years. The purpose is to promote enjoyable, safe, and successful winter mountaineering and camping. Come experience an Alpine winter adventure! Whether you've just started on the trail to become a winter mountaineer or have some experience, [Winter Mountaineering School](#) may be just what you need to learn new techniques, refine existing skills, and experience new winter activities.

The 2016 Winter Mountaineering School will again be based at the [Adirondack Loj](#) and take place January 28 - February 3.

We are offering 4 different program options this year:

- Weekend Day Hiking (Jan 28 - Jan 31)
- Weekend Backpacking (Jan 28 - Jan 31)
- Week Long Combination Program (Jan 28 - Feb 3)
- 4 Night Winter Backpacking Program (Jan 29 - Feb 3 - enrollment restrictions apply).

Space is limited so apply early. Registration closes January 15, 2016. Please see our Winter School website at www.winterschool.org for more information.

2016 ADK-NFC Scholarships for Winter Mountaineering School:

Deadline for Scholarship Application: December 16, 2015

Again this year, our chapter's Executive Committee is pleased to announce that two of our members will receive reimbursements for ADK Winter School tuition up to \$405. Interested applicants should read the Winter School requirements at www.winterschool.org Scholarship winners must pay for the course in full, and will be reimbursed after satisfactory completion of the course as documented by the participant's certificate of completion. Those attending Winter Mountaineering School are required to obtain all the necessary clothing and equipment as specified by the course requirements. Questions about the school can be asked through the WMS website www.winterschool.org. Applicants must be current members of the ADK Niagara Frontier Chapter and may apply for the scholarship by contacting: Cheryl Peluso 997-2349 cherylp17@verizon.net; or Mary Schraven (Outings Chair) maryschraven1@gmail.com. Previous WMS scholarship winners are not eligible. Applications for this scholarship must be received no later than December 16, 2015. If there are more than two applicants, winners will be determined by lottery.

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

ADK Book Club 2015

Who made these statements? "In every walk with nature one receives far more than he seeks." "The mountains are calling and I must go." The amazing John Muir, epic naturalist and Sierra Club founder will be the topic of our next book club. The November ADK Book Club meeting is Wednesday, November 18 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. (The library parking lot is accessible from Burroughs, just behind the church.) We will discuss "My Boyhood and Youth", an autobiography by John Muir. Please note this meeting will be on the 3 Wednesday of the month, instead of the usual last Wednesday time, due to the Thanksgiving holiday.

Newcomers are always welcome! We are a club of both genders and a wide range of ages. For more information contact Janet at janetk300@gmail.com



Trip Descriptions

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

November

11/1 SUN - HIKE – Mt. Tuscarora - Fire Tower trail Allegany State Park (B-C easy to moderate) Dan Piedmonte danp50@juno.com 716-359-1780 (cell) or 716- 662-5556 (home)

Please call for the meet up time and leave your name, cell phone and email address. The 5.0 mile trail is in the Quaker area of Allegany State Park. We will hike up to the ridge and follow the ridge to the fire tower. The remainder of trail is downhill for about .5 miles to the road. We will need to spot a car at the beginning and end. There are rest rooms at the beginning of the trail in the cabin areas. Bring water and a lunch or a snack. We will meet at the RT 219 the Orchard Park exit RT 20A commuter parking lot. Possible stopping in Ellicottville on the way back to Buffalo.



11/1 SUN – PADDLE - Halloween Paddle & Party – Ellicott Creek (C)

RichardSchraven1@gmail.com (716) 564-2106 & MarySchraven1@gmail.com (716) 946-7489

We will begin with a leisurely paddle of Ellicott Creek followed by a pot-luck party at our house in the afternoon. We will provide pulled-pork sandwiches and non-alcoholic beverages. You provide a dish to pass, your preferred beverage, PFD, whistle, water-proof white light and memories of your paddle experiences this year. Costumes are encouraged, but not required. Call for time and place of paddle put-in and party (rain or shine).



11/14 SAT – 11/7 SAT – HIKE – Whirlpool State Park to Great Gorge Route station/ Overlook and back. (B Moderately difficult for steepness of hike) Mike Promowicz 716-297-3126

Please call for the start-up time and leave your name, and phone number. For those who would like to extend the hike, we could continue on to Devil's Hole and return to the parking lot via upper trail.



11/14 SAT - YOUNG MEMBERS HIKE – Young Members Hike Led by a young member especially for young members (and those YOUNG AT HEART). C- Easy for length and elevation change. Mt. Pleasant State Forest on Westside Overland Trail, and Southern Tier Brewery tour.

Travis Darrin, travisda@buffalo.edu cell: 716-341-3615

Please call or email to get meet up time and leave your name, email and phone. We will hike along the Fred J. Cusimano Westside Overland Trail then head over to Southern Tier Brewing Company for a tour then go to the brew pub for dinner and drinks. Meet up at Hamilton Loop on UB North Campus in the morning to car pool to trail head. Please bring water, lunch, hiking shoes or sneakers, and \$5 gas



money if carpooling.

11/15 SUN -HIKE - Niagara Gorge, Canadian Side 3 hours, 6 km, (A-strenuous) Marion Hanover mhanover@sympatico.ca (905) 351-1287 or Mary Schraven



maryschraven1@gmail.com (716) 946-7489

Meet in Niagara Glen Parking Lot, Niagara Pkwy, Niagara Falls, Ontario. Loop hike through gorge. Bring water, snack and proper documents to travel to Canada. Marion Hanover mhanover@sympatico.ca (905) 351-1287 or Mary Schraven maryschraven1@gmail.com (716) 946-7489 for meeting time.

11/21 SAT – HIKE – Bunker and Stone furnace tour at Chestnut Ridge Park (C-easy)

Ed Kasperek, edkasperek@hotmail.com 716 352-8346 (Please call or email Ed to let him know you are coming. Leave your name, phone and email)



"Stop the war. It wasn't worth dyin' for The paranoia of the cold warriors", Stephen Stills -
Seen Enough Lyrics

For those of us that remember when B&W TV was the only option. Think back to the year 1956 with Sister Mary Domitilla, 5th grade class at St Barbaras parochial school, "Ok boys & girls, when the air raid siren starts, everyone take cover under your desk. Hands over your head and Kiss Your A\$\$ Goodbye!"

Part 1. - The bunker at the Ridge was built during the Cold War Era to protect/ house county officials in the event of the "big bang". In later years the Sheriffs Office used it as a satellite office and communication center. During those sheriff years, when I would drive by and see the "Keep Out" signs, I always wondered what the inside looked like. With the Sheriffs Office permission, we have a great opportunity to get inside the mystery bunker and have a look...photos OK. After we all meet at the Casino at 10 AM sharp, we can move the cars to Bunker lot, and start the tour.

Part 2. - Old Stone Furnace Tour

I found this old stone furnace in the lower park a few years ago. I really don't know much about it, but it reminded me of the furnace in the old abandoned town of Adirondack, at the south trail head of the High Peaks Region. Easy access. We will drive down to the lower park, and walk an easy trail to the furnace, less than 10 minute walk. Since a major part of the tour will be in doors this will be a "rain, snow, GO! Event!! Dress for the conditions. Family Friendly. Call Ed with any questions and to let him know you are coming.

January

1/22-1/24, 2016 FRI-SUN - ALLEGHANY X-C 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 4th, 2016 or cabin(s) will be cancelled. Book early!



February

Thursday, February 18th to Sunday, February 21st Cross-Country Ski trip to Algonquin Provincial Park (A) richardschraven1@gmail.com (716) 564-2106 maryschraven1@gmail.com (716) 946-7489

Just when we got used to staying in yurts, during our previous three Algonquin "play in the snow" trips, we are staying in the Mad Musher Hostel This year. It is situated in Whitney, Ontario, near the east gate of Algonquin Provincial Park. This gives us flexibility with regard to meals and more civilized accommodations.

The park has outstanding winter outdoor activities. The Fen Lake ski area features a network of easy and moderate trails. The Leaf Lake area also has easy and moderate difficulty trails, but in addition there are longer and steeper trails. The trail maintenance, at all the Ski areas is very good with grooming and set-tracks. The Lake Minnissing Ski Area, on the other hand, is not groomed and is a good area for Back Country skiing. Also, Algonquin Park has numerous hiking trails and portage trails that are excellent for snowshoeing. This year's trip is from Thursday to Sunday at the end of the President's Week school holiday. Additional information including maps of the Cross-Country Ski Areas is available on-line at www.ontarioparks.ca. This trip will be available to the memberships of ADK-NFC and Buffalo Nordic Ski Club. The trip description will be in their newsletters in November. Since the available bed space is very limited, please confirm your participation asap. Information about the hostel is available at: www.madmusher.ca. When the capacity of the hostel is reached, others can still join us, but they will have to find and make their own arrangements. Also, when we stayed in the yurts in the park, use of the ski trails was included. With staying in the hostel, we may need to obtain day-parking permits for parking at the ski areas.

2/25, 26, 27, 28 – THU-SUN – XC SKI/HIKE, Adirondac Loj, Lake Placid

Kate Hacker, hackerks@gmail.com, 688-8618

I have reserved the two 6-person bunk rooms at the ADK Adirondac Loj for our chapter for Thursday through Saturday night the last weekend in February. At that time of year the snow is great and the weather is usually not as cold. There are numerous on-site ski and hiking trails at all levels, and snowshoes and microspikes are available for daily rental at the Information Center. Staff can provide Loj site maps and information on trails and conditions. Just down the road you can go to the Olympic ski trails, Whiteface ski area, ice skating at the Olympic rink, or even take a bobsled ride. Cross country equipment is available from the Olympic ski center. I will send out a list of participants and proposed outings to those who sign up so we can plan group outings. All of your outings can be done right from the Loj without traveling out if you want. I reserved Thursday night with the idea that participants can drive up Thursday, have all day Friday and Saturday for outings, do a half day outing on Sunday and then return home. It usually takes 6 hours to get there, depending on weather.

The bunks will cost each person \$195 for three nights or \$65 a night including breakfast. Trail lunches cost \$9.23 and dinners cost \$18.47 at a member rate including tax. A 50% deposit is required. You will need to submit a deposit of one half of the cost of your bunk to me at 28 Partridge Run, Amherst, 14228, by the end of November. You can cancel up to 14 days before the 25th. You can reserve for less than the full three days, and lunch and dinners are optional. You will pay for meals and alcohol when you check out. You need to notify the Loj by 11 am if you want dinner. You can keep a cooler of food in your room or car so you can bring your own lunch food. There is no access to the kitchen.

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

Trip Report for Zoar Valley HIke Sept 26 [needs paragraph breaks for page roll]

Ten hikers (and a Spaniel named Cooper) ventured to Zoar Valley on a beautiful, sunny fall day. The trees already had a bit of color, and the air had a touch of fall scents and damp earth. The hike started at the Valentine Flats parking area on Valentine Road. Before heading down to the Flats, we hiked out to the Point for a fabulous view of Cattaraugus Creek and the gorge. We then headed back to the main trail and down to the Flats, the site of an old farmstead, and dropped down to the creek. John Sander (co-leader) offered various bits of interesting trivia about the area (e.g., the rocks in the gorge floor are 350 million years old, the granite boulders along the creek are from Canada; they were deposited here by the last glaciers and are known as erratics). After enjoying the Flats and the creek for about 20 minutes, we headed for the North Rim Trail, with a pit stop at Tim Hortons. For this part of the hike we parked at the DEC parking area on Vail Road near Unger Road and hiked to where the overhead cables with big orange balls cross the gorge. At this point, we headed east for about a mile, enjoying the sights and scents of the deep woods. There are few places where you can see the gorge along this part of the trail, but the cool air, earthy scents, and natural beauty of the woods are just as inviting. We encountered several relict vernal pools, toads, some very old trees (as evidenced by their size and buttresses), and numerous mushrooms, and retrieved a vintage 1962 Canada Dry bottle (worth \$7 on the internet). We then reversed course and headed west. When we again reached the overhead cables, we could hear a helicopter cruising through the gorge just below us, well below the cables and obscured by trees (practice, possible rescue?). After passing the cables, the gorge can be seen from many locations along the trail. Our first stop was the Knife Edge, a precarious narrow ridge used by some intrepid hikers to reach the gorge floor 400+ feet below – definitely not for everyone! Several of us climbed about a third of the way down the Edge to get a better view of the gorge and, hopefully, to see the bald eagles that frequent this area (we didn't). We then continued past the Knife Edge for about a mile, stopping periodically to snap photos of Cattaraugus Creek as it snakes through the gorge. This part of the trail offers the best views of the gorge in the entire Multiple Use Area. We then headed back and had a leisurely walk to our cars. The hike was probably about 5 or 6 leisurely miles.



Submitted by JoAnn Ratajczak and John Sander

October 5th Paddle, Oak Orchard River

We had a marvelous day on the river. Due to some recent rain, The river was running higher than recently. That was a good thing in view of the difficulty in paddling over gravel in recent weeks. It also made for some interesting

sections where the current was faster going around exposed and unexposed boulders and downed trees. There were fifteen paddlers. This occasionally created backups when we had to pass through narrow areas, but it came in handy having the extra help for paddlers who had mishaps. It also was fortunate, in some instances, when members of the group had extra clothing in dry bags.

Submitted by: Richard Schraven

Letchworth Gorge Trail 10/17 Trip Report

Eight enthusiastic hikers savored the gorgeous views and glorious colors along the 3-mile section of the Gorge Trail between Lower and Upper Falls. Letchworth was crowded with throngs of leaf peepers, on this cool Fall day. Our jovial group took in all the highlights including the pedestrian bridge near Cathedral Rock, Inspiration Point, and even witnessed a long freight train crossing the high tressle near Upper Falls.



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 to the following new members!

New members for August included 3 families, Ryan Standish, Gregory and Heather Stone, and Donald and Diane Tucker, and 1 adult, Jennifer Yund. New members for September included one family membership, Barry Sutton, and seven adult memberships, David M. Chatt, Paul Glick, Mallory Hojnacki, Robert Jellinick, Jamie Lapierre, Phillip Redfield, and Mrs. Donald E. Sanford Jr. Welcome to everyone!

Submitted by Kathy Clerkin, ADK-NFC Membership Chairperson



MEMBERSHIP

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.

EXECUTIVE BOARD MEETING

The Executive Board will meet on November 3rd 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

ADK-NFC WEBSITE

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

LIABILITY WAIVER

The OFFICIAL ADK LIABILITY WAIVER FORM needs to be filled out and SIGNED in ink by EVERY participant at EVERY outing, WITHOUT EXCEPTION, BEFORE the outing begins! This also applies to all outing leaders and to all participants (members and non-members) on any ADK activity. Forms are available through the ADK-NFC.ORG website on the

[OUTINGS](#) page. Completed forms can be submitted to Mary Schraven or any Outing Co-Chair at the next meeting following the outing. If leading a joint ADK outing with another group, ADK waiver forms must be signed by all participants, even non-members, in addition to the other organization's waiver(s).

Executive Committee Members

CHAIRPERSON - Janet Kowalski, 166 Burbank Dr., Snyder, NY 14226, 716-839-3114, janetk300@gmail.com

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

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

PUBLICITY Help Needed!

DIRECTOR - Bob Van Hise, (716) 628-0355 adkpaddles.bvh@gmail.com

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

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

2ND VICE CO-CHAIR CONSERVATION

Lynn Rhefeld- Kenney, 21 Hillside Ave., Buffalo, NY 14210, 716-825 7329, woodthrush3@hotmail.com

SECRETARY - Larry Beahan, 5 Darwin Dr., Amherst, NY 14226-4599, 716-839-3112, larry_beahan@roadrunner.com

NEWSLETTER EDITOR - Kate Hacker, 28 Partridge Run, Amherst, NY 14228-1011, 716-688-8618, hackerks@gmail.com Also email cheryl17@verizon.net

3RD VICE CO-CHAIR PROGRAMS Your name could be here!

MEMBERSHIP CHAIR - Kathy Clerkin, kmclerkin@gmail.com

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

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

YOUNG MEMBERS CHAIR – Travis Darrin, travisda@buffalo.edu

Outings Co-Chairs

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

WATERWAYS - Richard Schraven, 91 N. Parrish Dr. Amherst, NY 14228, richardschraven1@gmail.com, 564-2106

BIKING - Paul Kochmanski, (716) 895-7712, kochmanski@ecc.edu

WINTER SPORTS (Nov - Mar) - JoAnn Kish Ratajczak, 400-1030, jkish45@yahoo.com

BACKPACKING – Teresa and Peter Corrigan , 207 Woodward Ave., Buffalo, NY 14214-2313, 716-835-1905 teresacorrigan85@gmail.com, hikepmc@roadrunner.com
