



ADIRONDACK MOUNTAIN CLUB NIAGARA FRONTIER CHAPTER

WWW.ADK-NFC.ORG

January 2016 Newsletter

General Meeting Tuesday, January 12th

Education Workshop 6:30 - 7

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:

**How Sewage Impacts Water Quality in the Scajaquada
Creek and What Is Being Done About It**

Speaker: Dan Telvock, Investigative Post Reporter



The first new topic of 2016 is pollution in Scajaquada Creek. This beautiful creek runs 13 miles thru Lancaster, Cheektowaga and ends in the Forest Lawn/Delaware Park area, some of the most beautiful parks here!! Pollution of this creek has been a long time issue, and only recently has public attention been gaining momentum. Reporting on the progress of the cleanup is Dan Telvock from the Investigative Post here in Buffalo, NY. Dan was born in the Finger Lakes region and was a reporter for 13 years in Virginia before returning home to work with the investigative post in 2012. He wasted no time in starting a 2 year investigation into pollution issues, DEC involvement and proposed cleanup efforts of Cheektowaga. We look forward to hearing what has been happening behind the scenes!

Upcoming Programs: Next month's program will be presented by Buffalo GoBike. Watch the www.adk-nfc.org website for details!

Education Workshop

January 12 6:30-7:15 PM

Getting started Cross Country skiing

Let it snow and smile, because you are learning a new winter sport. Cross country skiing is a fantastic low impact aerobic exercise that gets you out in winter's beauty while keeping you cozily warm as you kick and glide. Once you make the initial investment is also very affordable!

Veteran cross country skier and past chapter chair Richard Schraven and Teresa Corrigan, eager beginner skier, will cover some of the basic ins and outs of where to buy and rent skis, where to take lessons, what to wear, and where to ski. Then we invite you to join us later in the month at Reinstein Woods with some members of Buffalo Nordic-see outing description for January 30th. Don't miss this education workshop which will change your perspective on winter!



Conservation Corner - Lynn Rehfeld-Kenney, Chair

The Conservation Committee meeting will be held at Judy Catalano's home on Tuesday, January 19th at 7:00pm. Call #626-1473 for directions.

Dave Kowalski updated us on how a local Rise Up for Climate Justice Petition was transported by two UB law students to the UN Climate Summit in Paris. Signatures from environmentalists, religious groups, labor representatives and indigenous people showed their unity to say they wanted to stop global warming. This led to a lively discussion by members of their own concerns about global warming.

In upcoming meetings, we will be reviewing candidates for the Conservationist of the Year award. We are also currently looking for topics for the free Conservation Conversation seminar that we hold every two years to educate the public on environmental issues.

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

Message From the Chair, Janet Kowalski

At the December Potluck book sale there was fun enthusiasm for our chapter's handy outings guide called "Wilderness Weekends in Western New York". This useful \$5 book contains descriptions of ~100 outing venues in Western New York and Canada, including a valuable table listing the number of miles from Buffalo for each destination. Hiking, paddling, XC skiing and camping availability are also summarized in this informative table. Wilderness Weekends was first published in 1976. Currently available is the Fifth Edition, published in 1998. Avid hikers Wilma and Frank Cipolla were the Co-Editors of the 3, 4 and rd th 5 editions. In addition to detailed hike descriptions, the 136-page book contains poems and th useful addresses. It is the resource for our "Wilderness Weekends in WNY Challenge", which earns a patch for anyone who completes 50 outings since January 2013. Further details are on the website. This guidebook is a joy to read and is easy to carry in a pack. There is an online version of the Wilderness Weekend hikes on our website, including minor corrections that creep up over the years. Nowadays, websites for many venues provide current information, but it's still enjoyable to have this little gem at your fingertips.

ADK-NFC Offers Scholarships for a Variety of Education Programs

In addition to the Winter Mountaineering School scholarships, awards for several other ADK classes are also available from the Niagara Frontier Chapter. ADK's Education classes provide the skills and ethics needed to explore the wilderness safely with maximum enjoyment and satisfaction. Most classes are offered at the Heart Lake Program Center with trained professional instructors. Options include the popular Wilderness First Aid and Wilderness First Responder courses offered throughout the year. These courses will help you prepare for an emergency when you are miles from help. Other skill workshops including Map and Compass Fundamentals, Leave No Trace Master Education courses, and Guides License Training. Learn more about ADK classes on the state website ADK.org, and find out about scholarship support from the chapter's website adk-nfc.org. Build up your skills and share what you have learned with local ADK members. It's a win-win for everyone!

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. Two important leadership positions currently need to be filled: newsletter editor and hiking co-chairperson. Below are brief descriptions of the 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. For the newsletter editor position contact Kate Hacker at hackerks@gmail.com or at 688-8618.

Newsletter Editor is an appointed position that can include assembling the monthly newsletter and a range of other online work on our chapter communications. At present the position just includes collecting all of the monthly

submissions and putting together the newsletter in Microsoft Word. Other word processing software can be used, including Constant Contact which is used to email members. The newsletter gets posted on our website and a few copies are printed. Several volunteers work on the website and getting the printed copies out. The Editor attends monthly Executive Committee meetings, but the rest of the work can be done at home. The Editor must have strong computer skills and the ability to edit submissions when needed. If you would like more information contact Kate Hacker at 688-8618 or at hackerks@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

ADK Director's Report December 2015 – Bob Van Hise

After 6 years on the Adirondack Mountain Club's Board of Directors in Lake George, I've reached my term limit, so the December 5 Board meeting was my last as representative of our Niagara Frontier Chapter. This is my final Director's Report:

Publications:

- ADK has had our magazine, Adirondack, available in digital version for the past year, and now we're adding digital books to the selection.
- Day Hikes For All Seasons: An Adirondack Sampler is available for digital download on Amazon Kindle." as is Adirondack Reader.
- A cycling guide to the NW Adirondacks (27 routes) should be available in the spring. Look for these and more on <http://www.adk.org/shop-online.php>
- WRITE A BOOK! If you have an idea for a new digital publication, contact Alan Via info@adk.org
- NEW BOOK. Adirondack Archangels; Guardians of the High Peaks is available for ordering now. Read about the many organizations and individuals that have contributed to the protection of The Adirondack Park.

Calendar: ADK will continue to increase information on our website; look for an all-chapter club events calendar in 2016.

Popularity x 46: With the increase of hikers on trails in the Catskills and Adirondacks, NYS DEC needs larger trail crews to maintain those routes. Look for ADK to increase the size of our professional crews, and the facilities that house them on ADK property.

Bigger and Better: The expansion of the Wilderness Campground at Heart Lake will begin soon, accompanied by additional support facilities and improvements to the adjacent High Peaks Information Center (HPIC).

Oily to Bed: Iowa Pacific Holdings reportedly "is unlikely" to seek storage of old oil tanker rail cars on the tracks at Upper Works/Tahawus. Instead, they may store some open-topped hopper cars used to carry stone.

Donate: If you wish to support ADK's mission with an honorary or memorial gift, select "donate" on the main web page. To discuss planned giving, call us and ask about the ADK Legacy Society.

Forest Preserve: Executive Director Neil Woodworth and ADK is monitoring ATV usage legislation, and will continue to negotiate with stakeholder groups to create a comprehensive ATV bill that bans ATVs from Forest Preserve lands in the Adirondacks and Catskills.

I Like to Ride My Bicycle: The annual IDIDARIDE cycling event will be held on July 31. 2016.

Get Out!: The club's Outings Committee already has 15 Adventure Travel trips planned for 2016, including Hawaii, Alaska, Tasmania, Greece, England, Italy, and Spain.

Winter Outing: The ADK Winter Outing will be hosted by the Onondaga chapter January 29-31, and the summer Paddle Outing, hosted by Marilyn Gillespie, will be based in Paul Smiths July 18-28.

Winter Fest: Let the Festivities begin! Our second annual Winter Fest will be held at the Heart Lake Program Center in Lake Placid on January 9th. Come on down!

The next Board of Directors meeting will be April 4th in Lake George. As of January 1, our chapter's Director will be Rob Laing. I've known Rob for years, and even climbed the famous Mount Colden Trap Dike with Rob back in 2005. Our 2 Alternate Directors will be Cheryl Peluso and Kate Hacker. All 3 are experienced chapter members who will represent us well.

So long, Farewell....

This concludes my service as Director, as well as finishing an 8-year run where I also served as Program Chair & Chapter Chair; I'll also leave our Executive Committee. I will still be serving ADK as a member of the Johns Brook Lodge Committee, and as Chair of the Recreation Working Group. That reminds me, we're looking for a chapter to host the 2016 ADK Fall Outing or the 2017 Spring Outing..... call me! - Bob

Respectfully submitted, Bob Van Hise - NFC Director

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

The Newly Organized ADK-NFC Library: Check it Out!

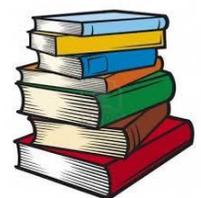
Our enticing and eclectic collection of Adirondack literature is available for members to borrow for 1-2 month periods. There are hiking guides, ADK-related literature, field books, history chronicles, ... something for everyone. Wilderness Weekend WNY Outing guidebooks are \$5, or free to new members. 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.

ADK Book Club

Our next meeting is Wednesday, January 27 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 Adirondack Reader", a fascinating compilation of four centuries of Adirondack Writing, including short essays by Ethan Allen, Ralph Waldo Emerson, Joyce Carol Oates and Theodore Roosevelt. Newcomers are always welcome! For more information contact Janet at janetk300@gmail.com.



Future Reads: February 24: The Healing Woods, by Martha Reben March 30: The Lure of the Labrador Wild, by Dillon Wallace April 27: Bellefleur, by Joyce Carol Oates May 25: Woodswoman II, by Anne LaBastille The library has between 1-5 copies of most selections. Purchase options include abebooks (used and inexpensive), adirondack-books.com, or amazon. The ADK chapter library also has some of these books. Books can also be shared among club members if necessary.

A Message From the Outings Chair, Mary Schraven

This year the calendar is packed with both local outings and overnight trips. Many thanks to JoAnn Ratajczak, our winter outings chair and our trip leaders!

Plan ahead ASAP if you want to be included in the overnight trips. There are weekends in Allegheny State Park, staying in rustic cabins with both ADK and Buffalo Nordic. Ski the Art Roscoe Nordic well-groomed trails. Or maybe you would like to take your Valentine sweetie to Bryncliff Resort and have a romantic ski weekend including night-lit trails, dinner, dancing, Sunday morning brunch and a sleazy motel room. The Winter Outing at Tug Hill always has great skiing and snow-shoeing. And the Kramers will again organize the February weekend at the Susquehannock Lodge. While the hostel is already booked up for the Algonquin trip, there are other well-rated accommodations near the Provincial park.

New this year and to encourage our members to explore the Adirondacks ... How about a long weekend at Heart Lake Loj? This is a wonderful ADK experience with rustic accommodations, and fine meals. This trip will be subsidized by your Niagara Frontier Chapter, but let us know ASAP that you are interested. Also new this year is visiting the Saranac Lake Winter Carnival, with special ADK events scheduled all week. See trip descriptions below, or on the ADK-NFC.org website events calendar.

Trip Descriptions

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

January

Available during the week and looking for a day outing? See these two options below:

Weekdays Lunchtime HIKE/SS/ XC SKI- Amherst Parks and trails, (C-easy)

Tom Kielb 828-8514

Call for meet up time and locations. Get some daily exercise and explore the area parks and trails listed in the Wegmans Passport Outings. These books, which include 12 Amherst Nature trails and parks are available at Wegmans. We may visit different parks throughout the week. Complete the rubbings in the book and become eligible for a free drawing.

Weekday afternoons in January and February. XC SKI/ SS Knox Farm State Park or Emery Park in East Aurora.

Carol Griffis, 652-2547, carolpgriffis@gmail.com

Call, text email the day before to make arrangements. I will be on the trail every day that conditions are decent.



1/2 SAT - XC SKI - Bonds Lake (c-easy)

Mike Promowicz 297-3126

Meet at the warming house for a 4 mile loop around the park. Lots of level skiing with a few gentle hills. Good beginner ski outing. The trail is set with a snowmobile. We will hike if no snow. Bring snacks/light lunch. There is a heated, indoor facility. In conjunction with Buffalo Nordic Ski Club.



1/9 SAT – ADK WINTERFEST 2016

This free family event at the Heart Lake Program Center is aimed at young families, to introduce children to winter sports. Activities include cross country skiing to Avalanche Lake and a paintball biathlon at Mt Van Hoevenberg. See adk.org for more information about becoming a sponsor or attending this event.

**1/10 SUN -Winter Family Outing and Potluck - Sprague Brook County Park Casino, 9674 Foote Rd, Glenwood, NY
Mary Schraven, maryschraven1@gmail.com, 716 946 7489**

Come join us at a Winter Family Outing and Potluck Jan. 10th 10:00 am to 5:00 pm or dusk at the beautiful NEW and heated Park Casino!



Schedule of Activities:

All day - Sledding for the whole family adjacent to the Casino. Ski on your own or with a group.

Morning -

10:00 - Set-up and drop off food and reserve tables in Casino (Helpers Needed)

10:30 - Cross-country skiing led by JoAnn Ratajczak (jkish45@yahoo.com) and Leslie Salathe

10:30 - Beginner cross-country ski lesson by Mike Promowicz

10:30 - Snow shoe/hike led by Lynn and Doug Kenney. See below for full description of this outing. Club owned snowshoes available - contact Cheryl at cherylp17@verizon.net

12:30-1:30 - Potluck Lunch

Afternoon - More outings on your own or with an informal group, or stay for the presentations:

2:00 - Wild life rehab presentation by Margie Hanrahan of Messinger Wildlife Rehabilitation Center

3:00 - Winter mountaineering /camping workshop--- Aaron Slosman

4:30 - Clean up



Winter sports update to check conditions: 858-8513

For more info or to volunteer to help, email Mary at Maryschraven1@gmail.com or call 716 946 7489



**1/10 SUN SNOWSHOE – Western Side of Sprague Brook Park (B)
Lynn & Doug Kenney 825-7329 Day of event only 361-6172**

Meet at the Sprague Brook Casino the day of the potluck. We will leave at 10:30am. Explore another section of Sprague Brook Park. We will NOT be near the x-county ski area. We will instead be on foot trails at the western end of the creek. We will snowshoe about 2.5 to 3 miles in a wooded area with some easy hills and along the top edge of the ravine. Bring water and snowshoes. If you don't have snowshoes the club has some you can borrow but you need to call a few days in advance to reserve them for this outing. If there is not enough snow, we will hike instead.

1/16 SAT -XC SKI - Alleghany Roscoe X Country Ski Area (w Nordic Club) (B)

JoAnn Ratajczak jkish45@yahoo.com or 716 400 1030

The Nordic Ski club will be down at Alleghany Roscoe Ski Area and if anyone wants to drive down for the day, meet at Coffee Culture in Ellicottville at 11:00. Be on time or get left behind. RSVP. If there is no snow, then there will be a hike in Ellicottville area.



**01/17 SUN HIKE/SNOWSHOE - Erie County Forest (B) If weather is bad, then Chestnut Ridge Park (B)
Cheryl Peluso 997-2349 or cherylp17@verizon.net**

This will be a snowshoe if there is enough snow otherwise a hike. Keep in mind that Erie County Forest may have more snow than we do so come prepared. We will cover about 4 miles of trail, stopping for coffee or hot chocolate on the way home. Meet at 10AM at Park N Ride at Orchard Park Route 20A exit of route 219. If the weather makes driving questionable, call/email the leader!!!! We may change location to the closer drive of Chestnut Ridge Park.



1/18 MON - FAMILY HIKE/SS/ XC SKI- LeHigh Memory Trail, Williamsville, (C-easy) Tom Kielb, 828-8514

This is a "rails to trail", historical landmark in the village of Williamsville. Beautiful trees and park benches, with a restored caboose, surround the flat paved trail. 2 miles round trip. This is a nice family outing and one of the Wegmans Passport outings. These books, which include 12 Amherst Nature trails and park are available at Wegmans. Visit all 12 parks and become eligible for a free drawing. For more information on this site see: <http://www.trailink.com/trail/lehigh-memory-trail.aspx> Call for meet up time.





**1/20 WED – Night Hike or Snowshoe – Reinstein Woods
Teresa Corrigan 440-5755 TeresaCorrigan85@gmail.com**



We will hike or snowshoe at night to look and listen for owls, look for animal tracks, and see what animals are stirring on a winter's night. Bring your own snowshoes, and dress in layers for the weather. Pace will be moderate-not too fast or too slow. We will be out for about an hour. You are only allowed to use the preserve at night if you are with a volunteer, so don't miss this opportunity. We will meet in the preserve parking lot at 6:20, and hit the trails at 6:30 sharp. Please contact Teresa Corrigan TeresaCorrigan85@gmail.com with questions. If you are not sure if the hike is on due to weather call Teresa at 716-440-5755. Hike will be on unless driving conditions are treacherous between the leader's home in Buffalo and the preserve in Depew.

**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!

**1/23 SAT - XC Ski - Alleghany Roscoe X Country Ski Area (w/ADK group) (B)
JoAnn Ratajczak jkish45@yahoo.com or 716 400-1030**



In addition to the ADK group spending a weekend at Alleghany, there will also be a day trip. We will meet at Coffee Culture in Ellicottville at 11:00. Be on time or get left behind. RSVP. If there is not enough snow to X country ski, then there will be a hike in Ellicottville area.

**1/24 SUN - XC SKI- Mendon Pond, (B+ Moderate) Rochester
Mike Promowicz, 297-3126**

This park is about an hour drive from Buffalo, southeast of Rochester. It's an interesting loop of about 5 miles. There are interesting geological features left by the retreating glacier: eskers, lakes and kettle ponds. The beginning of the trail has a nice straight downhill that traverses some slight elevation with nice views. The 2nd downhill is through the woods and is to be taken with some caution due to a sweeping right turn. The rest is more relaxing with some short easy ups and downs. There is a good chance of seeing deer since the park is loaded with them. The nature center should be open to view and to have a lunch break. We'll meet at the Union/Main Park and Ride. In conjunction with Buffalo Nordic Ski Club.



**1/27 WED – Night Hike or Snowshoe – Reinstein Woods
Teresa Corrigan 440-5755 TeresaCorrigan85@gmail.com**



We will hike or snowshoe at night to look and listen for owls, look for animal tracks, and see what animals are stirring on a winter's night. Bring your own snowshoes, and dress in layers for the weather. Pace will be moderate-not too fast or too slow. We will be out for about an hour. You are only allowed to use the preserve at night if you are with a volunteer, so don't miss this opportunity. We will meet in the preserve parking lot at 6:20, and hit the trails at 6:30 sharp. Please contact Teresa Corrigan TeresaCorrigan85@gmail.com with questions. If you are not sure if the hike is on due to weather call Teresa at 716-440-5755. Hike will be on unless driving conditions are treacherous between the leader's home in Buffalo and the preserve in Depew.

1/29-1/31 ADK Winter Outing at Tug Hill.

Kathy Disque, 315-656-3383, 785 Fyler Rod, Kirkville, NY 13082 or kathy-disque@yahoo.com.
Full package is \$90, Saturday Skiing and dinner is \$45. See Adirondac Magazine for more information.

**1/30 SUN – XC SKI – Reinstein Woods Nature Preserve (Outing revised from Dec newsletter)
Teresa Corrigan 716-835-1905, TeresaCorrigan85@gmail.com**

Beginning skiers and others are invited to join Buffalo Nordic ski club on an outing to Reinstein Woods Nature Preserve. The trails are mainly flat and the scenery is lovely, so the Woods is a great place for skiers of all levels. There is no fee to use the trails. The education center will not be open so you must bring your own skis. There is a

heated restroom building. Bring water and a snack. We will stop for lunch nearby with whoever is interested. Call or email to sign up and get the startup time.

February

2/5-2/7 - SS/XC SKI – Susquehannock Lodge (C)

Ed & Jan Kramer: 716-674-7042, email: edair701@icloud.com

Join us at the Susquehannock Lodge for the weekend of February 5-7, 2016, for our annual cross country ski/snowshoe weekend. This is a great weekend for both new and experienced cross-country skiers and snowshoers. The lodge provides comfortable accommodations and great meals. Skiing/shoeing starts at the back door, or we drive to nearby trails. On Friday and Saturday nights we get together in the lodge to talk, play games and just enjoy each other's company. On Saturday and Sunday we will ski/snowshoe some of the trails available in the Susquehannock State Forest. If the snow cover is not sufficient, we'll hike instead. This weekend is a great way for new members to meet other club members and for the rest of us to renew old acquaintances. The Susquehannock Lodge is located on US Route 6, just outside of Coudersport, PA, about two hours from Buffalo. Cost, including 2 breakfasts and 2 dinners, is \$124 pp private (based on double occupancy), and \$114 pp for semi-private. Single private is available at \$85.00 per night. Friday dinners are available for an additional \$16.00, or in place of dinner on Sunday. Trail lunches are available for purchase (\$7.00), or dine out or bring your own lunch for Saturday. A deposit of \$55 pp is required, the sooner the better since space is limited.



2/6 -8 SAT-MON - HIKE SARANAC LAKE 6er HIKE & Winter Carnival Saranac Lake, Adirondacks.

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

Hike one or more of the SL 6er mountains (moderate to strenuous) and watch the lighting of the Ice Palace with a Fireworks display. Make early reservations now because this is a popular regional event. Bob Van Hise (716) 628-0355 adkpaddles.bvh@gmail.com



2/6 SAT – XC Ski – Bond Lake (C easy)

Janet Kowalski janet300@gmail.com (preferred) or cell: 435-8547, home: 839-3114

Please leave your name, phone no. and email when you call for the start up time.



2/6 SAT - XC SKI - Potluck at Holiday Valley Ski Resort (B)

JoAnn Ratajczak at 716 400 -1030 or email jkish45@yahoo.com

Meet at Holiday Valley Tannenbaum lodge on second floor by 11:00 am. Leave your skis outside on rack. Bring food and personal items up to second floor. Please contact JoAnn and let her know what you will be bringing. JoAnn will provide Chili and crackers. There is an option to ride the lift up and down to the ridge trails for \$15. Or you can ski up and down.

2/7 SUN - XC SKI - Nature View Park, Amherst (B+)

Mike Ford, 691-4308 or Ford100Paul@hotmail.com

Contact Mike for morning start up time and place. Nature View is an undeveloped 1200-acre park in North Amherst. This is backcountry skiing with some ditches that need to be crossed. 3 miles one-way, spot cars to get back to start up, 1.5 to 2 hours. No facilities at the park but bring a hot beverage and snack to enjoy at the Ford's house at the end of the trail.



2/10 WED – Night Hike or Snowshoe – Reinstein Woods

Teresa Corrigan 440-5755 TeresaCorrigan85@gmail.com

We will hike or snowshoe at night to look and listen for owls, look for animal tracks, and see what animals are stirring on a winter's night. Bring your own snowshoes, and dress in layers for the weather. Pace will be moderate-not too fast or too slow. We will be out for about an hour. You are only allowed to use the preserve at night if you are with a volunteer, so don't miss this opportunity. We will meet



in the preserve parking lot at 6:20, and hit the trails at 6:30 sharp. Please contact Teresa Corrigan Teresacorrigan85@gmail.com with questions. If you are not sure if the hike is on due to weather call Teresa at 716-440-5755. Hike will be on unless driving conditions are treacherous between the leader's home in Buffalo and the preserve in Depew.

2/13 SAT - XC SKI - Ellicottville, NY (B)

Contact JoAnn Ratajczak jkish45@yahoo.com or 716 400 1030

Meet at Coffee Culture in Ellicottville at 11:00.

2/13-2/14 SAT-SUN - XC SKI – Bryncliff Resort

Mary and Richard Schraven, maryschraven1@gmail.com or 946-7489

Join us early in the day for skiing on beautiful groomed trails that are also lit by night. We plan to book a motel room on the resort, ski, then enjoy a Valentines Dinner, dance music and Sunday morning brunch, then ski. All for a reasonable rate. See their website for prices and to make reservations. Bryncliff.com Call us for ski outing on Sat/Sunday.

2/14 SUN -XC SKI - Letchworth (C-easy)

Carolyn Kerr 553-4335 or email stenolou@gmail.com

Beautiful park setting, nature trails, beginner and intermediate levels, Indoor facilities available. In conjunction with Buffalo Nordic Ski Club.



2/20 SAT - XC SKI - Ellicottville, NY (B)

JoAnn Ratajczak jkish45@yahoo.com or 716 400 1030

Meet at Coffee Culture in Ellicottville at 11:00.

2/18 – 2/21 THU-SUN -XC SKI – Algonquin Provincial Park (A-C)

Richard Schraven: richardschraven1@gmail.com (716) 564-2106 or 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 in that the hostel has kitchen facilities for preparing our own meals as well as a restaurant serving lunch and dinner. More information about the Mad Musher is available at: info@madmusher.com. Participants will have to pay daily park permits.

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. Additional information is available at www.ontarioparks.ca.

As of 12/5/15 there are no longer openings at the Mad Musher Hostel. Other accommodations are available in the area. See tripadvisor.com for Whitney, Ontario for bed and breakfasts and motels. Any people going on the trip, but staying in places other than the Mad Musher can inform Mary or Richard Schraven to facilitate car-pooling and keeping in touch during the days of the outing.



2/24 WED – Night Hike or Snowshoe – Reinstein Woods

Teresa Corrigan 440-5755 TeresaCorrigan85@gmail.com

We will hike or snowshoe at night to look and listen for owls, look for animal tracks, and see what animals are stirring on a winter’s night. Bring your own snowshoes, and dress in layers for the weather. Pace will be moderate-not too fast or too slow. We will be out for about an hour. You are only allowed to use the preserve at night if you are with a volunteer, so don’t miss this opportunity. We will meet

in the preserve parking lot at 6:20, and hit the trails at 6:30 sharp. Please contact Teresa Corrigan Teresacorrigan85@gmail.com with questions. If you are not sure if the hike is on due to weather call Teresa at 716-440-5755. Hike will be on unless driving conditions are treacherous between the leader’s home in Buffalo and the preserve in Depew.



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. The Executive Committee of our chapter has generously agreed to subsidize one night for any member who stays at least two nights. We hope to encourage people to try out the Loj and the great activities in the area.

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 January. This deadline has been extended since there are plenty of spots available. 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.

2/28- 3/5 SUN – SAT – XC SKI Craftsbury, Vermont

Vicki Wulf and Buffalo Nordic Ski Club.

Call Vicki for details 688-1037 or email vmwulf@roadrunner.com.

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

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!

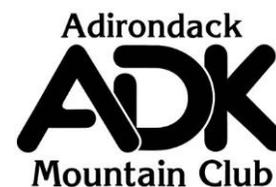
Our chapter had a total of 11 new members join in October. There were three families, including:

Joseph and Suzanne Allen, Amy Bevilacqua and David B. Clarke, and Susan A. Willavize and James Pisarczyk

Three individual memberships, including: Doug Hanscate, Peter Mazurowski, and Adrienne Spurio
And five students, including: Benjamin Harper, Anthony Lock, Nina Mozo, Brittany Muscarella, and Anthony Scibetta

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

January 5 Executive Committee Meeting Location Change: The ADK-NFC Executive Committee will hold their January 5, 6:45 PM meeting at the home of Dana Jandzinski, in East Aurora. 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

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 Mary Schraven at maryschraven1@gmail.com

3RD VICE CO-CHAIR PROGRAMS Dana Jandzinski hikenbike30@yahoo.com

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
