



ADIRONDACK MOUNTAIN CLUB NIAGARA FRONTIER CHAPTER

OCTOBER 2014 Newsletter

October General Meeting

General Meeting

Tuesday, October 14th

Education Workshop 6:30-7:00

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.

Program



wild plants as food about their ecology, and hear some of like phytochemicals and antioxidants health.

A few days after our meeting we are in for another treat. Earth Spirit leaders will take us on a hike at the Buffalo Ski Club to learn more about plants right in the field. This outing will be October 18th. See more information in the Outings section. Don't miss this wonderful opportunity!

Powerful plants

Have you thanked a green plant today? Plants are an essential part of our food chain, sustaining us directly, or feeding our sources of nutrition. Every year scientists are learning more and more about the powerful. Learn more from our friends at Earth Spirit Environmental Services. During our October Program they will teach us all about of and medicine. We will learn how to identify important plants, learn the folklore that surrounds them. ingredients in plants: compounds that do more than just nourish us. They can also help improve our

Education Workshop (6:30 before main meeting)

Hunting Safety for Hikers

Autumn can be one of the best times for hiking. The weather is perfect and the colors are vibrant. This time of the year also presents challenges for hikers, bikers and paddlers. We share the woods with another group of outdoors men and women, hunters and fishers. A majority of incidents that happen between hikers and hunters can be traced back to the hikers not exercising proper etiquette while hiking during the hunting season. All those who engage in fall outdoor activities should know where and when hunting and fishing is allowed in NY. There are simple things you can do to make sure that you can enjoy the outdoors while also keeping yourself safe. We will look at how to dress safely, where avoid around WNY and when, and what the different seasons mean for recreation activities for our club members.

Andy Urban

ADK NFC Outings/ Backpacking Chair

Conservation Corner

Conservation Committee Meetings

The Conservation Committee meets on the third Tuesday of each month at various members' houses. You are invited to attend! Call Lyn Rhefeld-Kenney 825 7329 for details on time and location.

CONSERVATION CORNER Lynn Rehfield Kenney

Anyone interested in gaining a more in depth understanding of local and state wide conservation issues is invited to attend the club's Conservation Committee meetings. Please bring along any local concerns you may have so we can discuss them too. The meeting will be Tuesday October 21st at Jerry Sauberan's home at 7:00pm. Call him at #648-1961 for directions.

State wide the Invasive Species act passed the NYS legislation to require all types of watercraft to be cleaned prior to launching to minimize the spread of invasive water plants and animals. The ATV bill that would have allowed utility vehicles over 1500 pounds to be used as recreational vehicles was defeated. These heavier vehicle would have caused even more damage to the environment than the smaller ATVs. Concern is growing over the transportation of heavy crude oil in railroad cars that are not designed to carry flammable liquids. This is a concern as they travel both through urban areas across NYS including Buffalo and along waterways in the Adirondacks. ADK and other groups recommended that the proposed unit management plan for the Essex Chain of Lakes in the Adirondacks be temporarily rescinded because it did not address several areas of concern such as snowmobile trails, parking areas, and opening some roads to seasonal motorized vehicle use etc. Currently the public can access the area with a permit until the DEC submits a new UMP. For more in depth information on the state wide topics please refer to the most recent Adirondac Magazine page 8-10.

Urgent request for E-mail to lobby for a natural park in Buffalo's Outer Harbor

The Conservation and Executive Committees of the Niagara Frontier Chapter of ADK have reviewed the Erie Canal Harbor Development Corporations (ECHDC) plan for developing Buffalo's Outer Harbor. The plan has sacrificed the natural values of this shoreline for the development of commercial real-estate. The 2000 residences in 3-4 story buildings will deny meaningful access to the vast majority of Western New Yorkers.

We therefor ask you to email ECDHC at: OuterHarborInfo@esd.ny.gov as soon as possible to express your feelings about this hasty plan.

For a quick look at the plan copy [Click Here](#)

For a more detailed look at the plan and the planning process [Click Here](#)

Possible points to make in your email might include:

1. Close proximity of housing to Times Beach and Wilkerson Point will disturb wild life, particularly bird flight paths and end their usefulness as Nature Preserves.
2. Residents, their homes, their parking spaces and their priorities will greatly limit the use of the outer harbor to the rest of the community.
3. A Presque Isle like natural Park on our outer Harbor would greatly enhance the attractiveness of downtown Buffalo to business and for living.
4. Such a park need not in itself pay for its maintenance. The surrounding city benefitted by it should pay for it.
5. Existing buildings on the outer harbor should be refitted for Park purposes, concerts, restaurants, restrooms, even an indoor outdoor swimming pool has been suggested.

Outings Committee Words from the Outings Committee

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. 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. Out October education session will deal directly with this.

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.

Thank you to our new Winter Sports Co-Chair, JoAnn Ratajczak, for volunteering to help the club out. 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.

Education Committee

October, 2014 Education Committee Report

During the past few years we have had education workshops to discuss various topics on "outdoor readiness" such as Ten Essential lists for hiking, biking, paddling, x-c skiing etc., clothing layering, and cook systems. Some of these topics can easily be redone with a changing audience and with other information. We want, however, to satisfy the interests and curiosity of our members. We can invite presenters from among our members or elsewhere to share their expertise with us. We are inviting members to let us know what topics you would like to see covered in the 30 to 40 minute Education Workshops that precede our monthly membership meetings.

ADK-NFC Education Co-Chairs:

Peter Corrigan hikepmc@roadrunner.com 440-5755

Richardschraven1@gmail.com 564-2106

Waterways Committee

Waterways Committee

Please contact me in advance with your ideas of lakes and streams you would like to see the club feature in its outings. (716) 564-2106, richardschraven1@gmail.com

Wilderness Weekends in WNY Challenge



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

Want to know more? Check our website www.adk-nfc.org

Trip Descriptions

OCTOBER

10/4 - Sat- 10a.m.- Adopt-a-highway clean-up at Tillman Wetlands Area

Rain date- 10/5 Sunday 10 a.m. Lynn Kenney 825-7329

Volunteers are needed to help clean up the roads that run alongside the Tillman Wetlands Area. The clean-up takes two hours. Garbage bags will be supplied. Please bring along your own work gloves. We will meet in the Schisler Road parking area about 4 miles east of Transit Road at 10:00am. If you want to hike around the Tillman trails please call me in advance to let me know. If you plan to hike, please bring a bag lunch to eat between the clean-up and the hike.

10/5 Sun. 10:30 A.M. Chestnut Ridge Park Road Walk (C)

Kathy Clerkin 716-677-2857

Meet at the Newton Rd. parking area as you first turn in. The hike is about 4 miles with ups and downs and will take about 1 1/2 hrs. Call for more information etc. Kathy Clerkin 716-677-2857. Welcome to all and new members.

10/4 SAT or 10/19 SUN (rain date) Bike Oak Orchard River Road to Farmers Market with Ice Cream stop (B) 20 mile round trip. Richardschraven1@gmail.com 564-2106 & maryschraven1@gmail.com 946-7489

Come and enjoy a scenic bike ride in rural Orleans County. We will ride nine miles on seldom used County roads to the Circle R Farm Market on Rt. 18, Waterport, NY. We will then choose either to ride nine miles back to the cars or ride three miles to Brown's Berry Patch for kiddy rides, outdoor grilled food, live music and then ride ten miles next to Lake Allis and the Oak Orchard River back to our cars.

Bring your bike in good working order, tool kit, water and bike helmet. Call for start time and directions.

Susquehannock Lodge Fall Weekend (C)**October 16-19, 2014 (Thurs.-Sun.) - Susquehannock Lodge Weekend****Ed & Jan Kramer: 716-674-7042, email: edair701@icloud.com**

Once again ADK members can enjoy a weekend at the Susquehannock Lodge during the fall foliage season. This is a great weekend for both new and old members. The lodge provides accommodations and great meals. All we have to do is enjoy. This year, we have added the option of a Thursday night arrival to allow for a full day of hiking/exploring on Friday for those who wish to do so. On Friday, Saturday and Sunday, most of us hike in the adjacent Susquehannock State Forest, where there are numerous trails of various lengths. Participants also have the option to tour the nearby PA Lumber Museum, or drive into either Coudersport (west) or Wellsboro (east). Twenty-five miles east is PA's Grand Canyon of the East, which offers trails on both sides and also a "rails to trails" hiking/biking trail along Pine Creek. The lodge is located just east of Coudersport, Pa., about two hours south of Buffalo. Cost for the 2-day weekend is \$114pp semi private/ \$124pp private (based on double occupancy), and includes 2 breakfasts and 2 dinners. Those opting for the added Thursday night stay pay an additional \$57.00 per person for semi-private and \$62.00 pp for double occupancy private. Single private is available at an additional charge. Trail lunches are available for purchase, or you can bring your own lunch for Saturday. A deposit of \$55 is required on signing up.

10/11 - Sat - Bike - Lancaster Bike Path (C+)**Sandy Paine 823-0122 or cell 462-2925**

We will be meeting at the parking lot on Walter Winter Drive in Lancaster and ride 8 miles. The bike trail is flat and a nice easy ride with a lot of trees. The fall foliage should be in full blown. Depending on the group, we may extend the ride through a town park and possibly Como Park. Bring a bike in good working order and water. Helmets are mandatory. Please call for start time.

10/18 - Sat. - Botanical Hike with Earth Spirit Experts - Buffalo Ski Club (C)**Teresa Corrigan,**Teresa Corrigan teresacorrigan85@gmail.com, or call 835-1905

At our October meeting our friends from Earth Spirit Environmental Services will teach us about edible and medicinal plants we can find in the wild. On this outing, we will do some field work and investigate the plants in their habitat. Please join us for a special hike at the Buffalo Ski Club led by Earth Spirit, late Saturday morning, October 18th.

IMPORTANT INFORMATION You must pre register, and because there is a cost to our club for this outing. WE WILL NOT RUN THIS OUTING UNLESS 15 people register by October 4th (earlier would be better!) Please e mail Teresa Corrigan teresacorrigan85@gmail.com, or call 835-1905 to register. This is sure to be a fun and informative outing, so sign up today!

10/25 - Saturday - Day hike Hunters Creek Park (C)**Paul M. Gannon Call 675-3135 or e-mail paulmgannon54@gmail.com**

I will be leading a day hike at Hunters Creek Park on Saturday morning. We will start about 9 AM, and hike for several hours. We will meet at the trailhead off Hunters Creek Road in Wales. Call to sign up and get specific information. I will need to know who is coming and share contact information in case one of us needs to cancel. Dress for the weather and bring the 10 Essentials. Join me for lunch afterwards in East Aurora.

10/25 SAT Eighteen Mile Creek Bike Ride 22 miles**Paul Kochmanski 895-7712 kochmanski @ecc.edu**

This beautiful bike ride along country roads in the southtowns is very scenic and pastoral, going by fields, farms, and woods before meeting up with and following 18 Mile Creek affording many views into the gorge. From there we will ride through the village of Hamburg and return to our starting spot. We will meet/start at the Boston Park and Ride next to Brunner's restaurant. Take the Boston exit off route 219 and turn left going towards Boston. Drive past a Tim Horton's and go about 1 mile and the park and ride will be on the left just before the first red light. There is a Stop and Go gas station next to the park and ride. Call Paul for the starting time. This is a hilly ride.

10/26 - SUN. - 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).

TRIP REPORTS

Trip Report, Lows Lake Paddle and Camp, August 22nd

Seven people including Richard and Mary Schraven, my husband Dick Hacker and I, Manon Paquet, Marion Hanover and Vito Fasano went on a two night paddling trip to Lows Lake, which is just south of Tupper Lake in the ADK's. We drove up Friday morning and paddled in through the Bog River, Hitchens Pond and up into Lows lake site 15 which is at the edge of the main part of the lake. We were lucky to get such a nice site since the area was full of other groups enjoying this beautiful area. On Saturday we paddled to the Grass Pond area at the north part of the lake and hiked up part of the lightly used canoe carry that goes to Cranberry Lake. In the future I would like to do a trip that includes paddling from the Bog River dam, up through Lows, portaging this 3.5 mile trail to Cranberry and out through Wanakena, which is a little village on the edge of Cranberry. We paddled back through the north part of the lake which has a couple of easy short portages and is a great route to avoid the afternoon wind and waves on the lake. It is also a loon nesting area, although the loon nesting season is earlier in the year. As always we saw many loons in the area. Fortunately it wasn't very windy and we had a beautiful evening with a nice campfire built and stoked by Marian and Vito. The air was clear, allowing us to see millions of stars. Mary stayed back at the camp during the day and enjoyed a day relaxing in the woods. In the morning, after the morning fog lifted and a couple of people went for a swim we left and paddled to the Lows lake dam area where there is a one mile trail to an overlook where we could see for miles from the high peaks to way west of the area. It was a great finish to a relaxing trip with lots of good paddling in a beautiful area.

Kate Hacker



EXECUTIVE BOARD MEETING

The Executive Board will meet on October 7th 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

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.

Executive Committee Members

CHAIRPERSON

Cheryl Peluso
3618 Howard Rd
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1ST VICE

CHAIR/OUTINGS

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Richard Schraven
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TREASURER

Doug Gaffney
830 George Urban Blvd

PUBLICITY

Help Needed!

ELECTRONIC COMMUNICATIONS

Cheryl Peluso

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Outings Co-Chairs

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

WINTER SPORTS
(Nov - Mar)
JoAnn Ratajczak
jkish45@yahoo.com

WATERWAYS
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