



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

JANUARY 2015 Newsletter

January General Meeting

General Meeting

Tuesday, January 13

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: Mary MacQueen, Founder Allegany State Park Nordic Ski Patrol

Last December, Mary MacQueen was completely snowed in and was unable to safely travel to Buffalo from Salamanca. This year, while we are all anxiously awaiting snow to fall, we hope the roads will be navigable for her to make it to our January meeting.

Mary MacQueen will talk about our beloved Allegany State Park and the Art Rosco Ski Area. We are very fortunate to have this busy and highly accomplished speaker at our meeting. She has had a stunning career as a law enforcement officer of Salamanca Police Department and Cattaraugus County Sheriff's office, K-9 Division. Mary has been a paramedic on a helicopter. She is an avid outdoor enthusiast, a mountain travel and rescue instructor for the National Ski Patrol and a breeder and highly awarded show dog handler for golden retrievers. She recently lost her dog "Robin" in December 2014, who was highly awarded in narcotics detection, Man-Trailing and Article Search. Mary hopes her new dog, Robin's granddaughter, Kindle, will be ready to come on the road with her for our January meeting. Mary will be sharing from her many experiences on the ski patrol at Allegany State Park, Search and Rescue and the K-9 division.



Education Workshop (6:30 before main meeting) by Richard Schraven and Peter Corriigan

Layering for Winter Outings

Selecting clothing for participating in winter activities is problematic in that insulation, moisture management and wind chills have to be considered in changing activity levels. We will demonstrate and discuss using the clothing layering system to handle this problem to keep you comfortable.

Did you miss the December meeting? Here is what you missed! by Janet Kowalski

It was a pleasure to have Len Pratt present at our monthly meeting about the ADK Winter Mountaineering School. His speaking partner Aaron Slosman was unable to join him due to illness. Len is an avid outdoors man and has been a volunteer instructor for the Mountaineering Program for a few years.

The next day trip and multi-day course options are between January 29 and February 4, 2015 at the Adirondack Loj near Lake Placid. Details about scholarships and the course options can be found on the website adk-nfc.org.

Following our annual potluck dinner Len gave a comprehensive description of the course options, including gear preparation, dates, costs, and a realistic overview of the challenges to expect. This impressive program attracts students from across the

country, and has been attended by several students from our local chapter over the years. Len recommends that participants be physically fit, very attentive to the gear requirement list, and ready to experience a range of weather conditions. Much of the expensive gear that is required can be rented, according to Len. The ADK Winter Mountaineer School is a nonprofit program that has been with ADK for 61 years. It is an amazing opportunity for anyone who wants to build their winter outdoor skills, and an exhilarating experience for our membership to learn about.

Outings Chairman By Andrew Urban

We are making a few changes to our methods of listing outings to allow for last minute postings and changes. Please send any last minute changes to the outings chair for the activity you are listing. The list of contact people is at the bottom of the newsletter. If you can get changes in by the Saturday before the outing will be listed in the weekly update they will be sent out. Last minute cancellations can be sent out in a separate email during the week if necessary. Signing up early with a trip leader assures you will get the latest news in most cases. Additions to the outings schedule will be added after the newsletter goes out, so be sure to check the weekly updates each week. We have a full schedule of winter outings coming up, and more may be added!

We have decided to not continue to use our Meet-Up site due to lack of use. If you want to add an outing into the ADK schedule after the newsletter goes out you can send it in to the outings chairs and it will go out with the Weekly Update. Have fun in the snow!

Conservation Corner By Lynn Rehfeld-Kenney

The Conservation Committee meets on the third Tuesday of each month at various members' houses. Do you want to know the most up to date environmental information? Then join the Conservation Committee meeting on January 20th at 7:00 PM at Judy Catalano's home. Call 626-1473 for directions. A major topic at the meeting will be the National Fuel Gas lease in Allegany State Park.

At the ADK Conservation meeting in Albany, discussion revolved around the dangers of transporting oil from the Alberta tar sands and western oil fields in thin walled tank cars that are not designed to transport crude oil that could rupture and explode. These tankers are going through many urban areas including Buffalo and Albany. It also endangers the water supply since many railroad lines travel next to waterways as they traverse the state. An oil spill would pollute drinking water. ADK has asked the federal government to slow the RR down to decrease the risk of accidents and to upgrade the RR cars to decrease the risk of a tank car from rupturing.

The Adirondack Park State Land Master Plan is going to be revised. Currently mountain bikes are prohibited on hiking trails in areas designated as primitive & wilderness. ADK wants to keep this provision but proposes to allow mountain bikes on the gravel roads in the new Essex Chain of Lakes. ADK is proposing modifications to allow the use of some non-natural materials to be used to construct bridges in primitive areas. There should be a pragmatic compromise to minimize the manmade look of a bridge, with function and a realistic price. ADK proposes to work with powder ski groups to create a model in a conservation area to determine if powder skiing belongs in primitive/wilderness areas.

Update on the Outer Harbor By Larry Beahan

On December third our petition on the Outer Harbor was delivered to Sean Ryan. Yesterday the new board of the WNYEA voted to post the petition and the comments on the GROW website.

Sean was asked to take the petition to his colleagues in the local delegation to Albany and to the Governor.

A couple of things to know about:

1. The league of women voters is thinking seriously of holding an open public forum on the outer harbor, (from our point of view). When this is announced and held we can bring the petition
2. The Buffalo Common Council is probably going to hold a public hearing on the outer harbor based on the resolution that they passed. We can bring the petition to that.
3. The ECHDC meetings are indefinitely postponed. The governor is concerned about the uprising here.
4. We have promised to bring the Mayor the signed petition.

5. The WNYEA is soon to release a report on alternatives visions for the outer harbor based on our principles and based on an economic analysis that both agrees with the July Perkins and Will "Outer Harbor conditions report" which says that housing is a bad option and would require significant government intervention (financing) to pull it off. Our report will analyze what the costs are and whom will be paying for it, and whom will benefit. Our report will cite the values and benefits including and especially the cost benefits of public access, conservation, and the promotion and creation of a recreational economy that is linked to, for instance the conservation of the Great lakes and a Marine Sanctuary.
6. Riverkeeper is producing a visual guide demonstrating what our vision will look like on the outer harbor, coinciding with our WNYEA report.
- 7 The WNYEA and Riverkeeper, and Friends of Times Beach will co host a press conference at some point to release these materials, -sometime prior to the next ECHDC board meeting. This may occur the last week of December or the first week of January.

Directors Report By Bob Van Hise

DIRECTOR'S REPORT from Dec. 2014 Board meeting at ADK's Lake George HQ - Bob Van Hise

SOMETIMES, procrastination pays off. Because I pushed this newsletter to deadline, I'm able to include the great news that was released today (Dec. 17) that "Cuomo concludes fracking is too risky". The governor's announcement was... "articulated by his acting Department of Health commissioner Howard Zucker and Department of Environmental Conservation commissioner Joe Martens, (and) delays any potential gas drilling in New York State for at least several more years...". But then, we already knew the environmental damage that high-volume horizontal hydraulic fracturing causes. Now the Governor seems to know, too. Celebrate by enjoying a cool glass of clean, refreshing, non-flammable tap water.

WITH all the celebration regarding the Governor's banning (or delaying indefinitely) hydrofracturing in New York State, let's put our energy now into getting National Fuel Gas OUT of Allegany State Park. NFG has a vast underground storage facility in the center of the park, as well as infrastructure among the valuable old growth forest. Their 50-year lease in Allegany expired earlier this year and any further action has been delayed until spring 2015, pending public hearings. Of course, National Fuel would like another long-term lease with the ability to expand storage in Allegany. A better result would be to have that entire infrastructure removed permanently. When given the opportunity to express your opinion, tell NYS that we don't want National Fuel in our park. We want our old growth forest to be left alone for us and future generations to enjoy. You will be hearing more about this; please get involved.

Director's Meeting

- ADK Loj will acquire a new, larger event tent. Those wishing to have a wedding, reunion, or other large event will have more space protected from the elements, and we'll even have a heater!
- Coming soon! With the renovation of ADK's Tyler cabin, there will be another facility on the Heart Lake waterfront property for members and the public to rent in 2015. The newly remodeled cabin can accommodate 6, including 2 bedrooms. Of course, you can make all facility reservation on line through www.adk.org
- Our Adventure Travel Committee has 19 trips planned for 2015, including U.S. Virgin Islands, Costa Rica, Hawaii, Italy, Switzerland, Spain, Greece, and numerous locations in Canada and the U.S.A.
- ADK WinterFest January 10 at Heart Lake/ADK Loj
- Winter Outing Jan. 23-25 at Tug Hill
- Summer Paddling Outing July 20-30 at Paul Smiths
- Fall Outing October 2-4 in the Shawangunk Mountains!

See www.adk.org or www.adktravel.org for more information.

ADK Book Club

Do you like to read and discuss good books with friends? There is no shortage of Adirondack and nature-related literature. At our first ADK Book Club meeting interested participants will be asked to brief describe a suitable book to the group. It can be fiction, nonfiction, current or classic. Suggestions include anything from the ADK library (check it out at the January 13 meeting!), nature novels (such as *Wild* by Cheryl Strayed, *Flight Behavior* by Barbara Kingsolver, *An American Tragedy* by Theodore Dreiser), classics (*Walden* by Henry David Thoreau, *Silent Spring* by Rachel Carson), nonfiction (*200 Waterfalls in Central and Western New York* by Rich and Sue Freeman), or whatever you like. At the January meeting we will select books to read as a group. If you don't have a book to describe and want to participate come anyway! The next ADK Book Club meeting will be Tuesday, January 27, 2014. Please contact Janet at janetk300@gmail.com for the time and place.

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

Announcing Second Person to Finish: Mary Schraven!!!!!! Congratulations, Mary!

Trip Descriptions

January

1/3/15 - SAT - XC Ski Bond Lake (C)

Mike Promowicz mikeprom1@gmail.com 297-3126

Here there is a nice network of trails on the south side of Upper Mountain Road with a variety of terrain from flats to winding routes over rolling hills. It will be a joint outing with Buffalo Nordic Ski Club. They gather at the Park & Ride at Main St. & Union Road in Williamsville at 9 am. The outing will begin at 10 am at Niagara County's Bond Lake Park parking lot. The indoor pavilion on the north side of the road has restrooms and a place for lunch after the skiing. Please rsvp by Friday evening if you plan to attend.



1/4/15 -SUN XC Ski - Knox Farm State Park contact

Carolyn Kerr - 716-553-4335 or stenolou@gmail.com

Mostly flat terrain in this lovely, former estate of the Knox Family, and now a state park on Route 16 in East Aurora. We'll ski for a couple of hours, then for those so inclined we can go into East Aurora for a bite to eat. Lack of snow cancels. This is a joint ski outing with the Buffalo Nordic Ski Club. Please call or email for meeting time and place.

1/10, 1/17 Sat X-County Skiing in Ellicottville

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

Bring water and snack/lunch. Meet at Coffee Culture on Rt 219 in the Village of Ellicottville at 11:00 a.m. Call JoAnn Ratajczak at 716 400 1030 or email jkish45@yahoo.com

1/23-1/25, 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 Allegany 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!



1/23 - 25 ADK 2015 Winter Outing (Tug Hill)

www.adktravel.org/winterouting.htm

Reservation form: http://adktravel.org/winter_reg.pdf

Reservation deadline January 10th.

ADK-NFC group option available.

Come out and play in the East's heaviest snows for a weekend of xc skiing, snowshoeing, and camaraderie at the annual ADK Tug Hill Winter Outing! Enjoy the rustic setting of the Mad River Club and explore the numerous groomed and backcountry trails that are within minutes from the clubhouse. Membership in the Adirondack Mountain Club is NOT required for participation in Winter Outing.

The full weekend package includes floor space for your sleeping bag and pad, snack Friday evening, breakfast and lunch on Saturday and Sunday, and a gourmet catered dinner on Saturday. And of course expect some of the best snows in the East. Camping is also an option for those wishing to rough it, as there are good locations on MRC property to pitch a tent.

For registration information Kathy Disque, 785 Fyler Rd #23, Kirkville N.Y. 13082, 315-656-3383/kathydisque@yahoo.com
General information can also be provided by Mary C. Coffin at MARYCCOFFIN@GMAIL.COM; 315 687 3589.

Cost is \$100 for the full weekend with or w/out floor space, or \$45 for skiing and dinner on Saturday. All but \$20 is refundable up to 12/31. Download and complete registration form and return with check by USPS. Confirmations will be sent by email in January unless USPS is requested.

Mary Schraven has located a local lodge that ADK-NFC members can rent as a group. The Harris Lodge is about 10 minutes away and has nice accommodations for a very reasonable rate. The lodge is a 2 story building with 4 bedrooms, full kitchen, living room and a bath on each floor. The rooms are outfitted with twin or bunk beds. It sleeps 10 persons per floor. The price is \$50 per person, including all linens, towels, pillows and blankets, breakfast and all taxes.

Please contact Mary Schraven at 946-7489 or maryschraven1@gmail.com for more information about the Harris Lodge and get details about Friday cocktail hour, breakfast plans and use of refrigerator for your own snacks/lunch. To book a bed at the Harris Lodge: Call Linda Harris at 315-387-5907; or email her at harrislodging@hotmail.com ; The lodge has a website at www.harrislodging.com located on 141 Salisbury St. Sandy Creek, NY 13145.

1/25/15 - SUN - XC Ski Beaver Island State Park, Grand Island (C)

Mike Promowicz mikeprom1@gmail.com 297-3126

There are nice trails through woods on the golf course and near the river and beach. We will be skiing with Buffalo Nordic Ski Club. Meet at the Beaver Island Park parking lot at 9:30 am. Please rsvp by Saturday evening if you plan to attend.

1/31 Sat X-County Skiing in Ellicottville and Potluck Dinner

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

Meet at Holiday Valley main lodge on third floor at 11:00 am. You can drop your skis and leave them on a rack outdoors. Bring food and personal items up to meeting place. Please contact JoAnn and let her know what you will be bringing. JoAnn will provide Chili and crackers.

February

2/1 - Sun - XC Ski Sprague Brook County Park (B or C)

richardschraven1@gmail.com 564-2106

This is a three mile loop over mildly hilly terrain. There is a warming hut for a lunch break. If there is no snow, we will hike the trail. Contact me for information about car-pooling time and location. It is a joint outing between ADK and BNSC.



2/8/15-SUN XC Ski - Reinstein Woods (C)

Carolyn Kerr - 716-553-4335 or stenolou@gmail.com

This will be a mostly flat ski through woods in this DEC managed area. There is a nice parking lot, bathrooms, and availability to rent skis for those that need them. We'll meander through Reinstein Woods for a couple of hours, hopefully see some deer, and then for those interested we can stop for lunch at Alton's. Lack of snow cancels. This is a joint ski outing with the Buffalo Nordic Ski Club. Please call or email for meeting place and time.

2/6-8 Susquehannock Lodge Winter Weekend (C)

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

Join us at the Susquehannock Lodge for the weekend of February 6-8, 2015, for our annual cross country ski/snowshoe weekend. This is a great weekend for both new and experienced cross country skiers/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 an additional charge. Friday dinners are available for an additional \$16.00, or in place of dinner on Sunday. Trail lunches are available for purchase, or you can bring your own lunch for Saturday. A deposit of \$55 pp is required by January 15, 2015.



2/14/15 - SUN - XC Ski Byrncliff Ski Resort (A to C)

Mike Promowicz mikeprom1@gmail.com 297-3126

There is a network of trails over the rolling hills in Wyoming County. The fees for trail passes and rental equipment are discounted to club members. Car-pooling can be done from the Williamsville Park & Ride at Main St. & Union Road. Meeting time there is 9 am. You can bring a brown bag lunch to eat on the trail in a lean-to or in the heated lunch-room. For those wanting to make a weekend of the event, Byrncliff has weekend packages celebrating Valentine's Day including Dinner Saturday evening dancing to live music and Sunday Brunch. Reservations for that are made directly with Byrncliff. Please rsvp by Saturday evening if you plan to attend.

2/15/15 Sun - XC Ski - Letchworth State Park

Carolyn Kerr - 716-553-4335 or stenolou@gmail.com

Our home base will be The Chalet, a rental property that I have for the weekend. We'll meet there at 11AM and then ski out onto the trails nearby. For those that haven't skied at Letchworth, it is very nice. Bring a dish to pass and plan on spending the day as we will have a pot luck meal at The Chalet after our ski. There are facilities to change clothes and use restrooms at our rental. There's also a tubing hill that's super fun. The tubes are provided by the park for free. Lack of snow cancels. PLEASE CALL BEFORE FEBRUARY 11th to sign up and so that I can give you directions to The Chalet.

2/28/15 - Sat - XC Ski - Elma Meadows

Carolyn Kerr - 716-553-4335 or stenolou@gmail.com

With its easy rolling hills Elma Meadows is a county park that is one of my favorite places to ski. There's also a comfortable casino overlooking a sledding hill where we can set up for lunch. I would encourage everyone to bring something to eat so we can enjoy the fire and each other's company in the casino afterwards. Lack of snow cancels. This is a joint outing with the Buffalo Nordic Ski Club. Please call or email for meeting place and time.

March

3/6 Fri to Mon. 3/9/2015 - X-C Ski Trip - Algonquin Provincial Park (C to A) richardschraven1@gmail.com (716) 564-2106, maryschraven1@gmail.com (716) 946-7489

Eight or nine skiers will drive to Algonquin Park Friday morning. It is about a five hour drive and we should arrive in time for a short ski at the Fen Lake Ski Trail near the West

Gate of the park. There is a choice of trail loops here over easy to moderate terrain. All trails are groomed and trackset. We then drive to the Mew Lake Campground and the two yurts that will be our abode for the 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. We can choose on the third day, to go to the Minnesing Wilderness Ski Trail for some back-country skiing, snowshoeing on one of several interpretive trails along the Hwy 60 corridor or a dogsledding experience at Sunday Lake. On the fourth day we can go for a short snowshoe hike and ski at Fen Lake Trail on our way home. For trail maps check out the websites: www.OntarioParks.com and www.algonquinpark.on.ca (online bookstore)



3/14 - 3/21 Sat. - Sat. Winter sports around Lake Placid NY (don't need to stay the whole week)

JoAnn Ratajczak at 716 400 1030 or email jkish45@yahoo.com Activities available: X-Country Skiing/ice skating/Downhill Skiing

X-Country Skiing at Cascade <http://www.cascadeski.com/>

and Mt Van Hoevenberg <http://www.whiteface.com/activities/cross-country-skiing>

Ice skating at Lake Placid Outdoor Olympic Speed Skating Oval. You don't need to speed skate. Skates available for rent.

Weather permitting Thurs-Mon 7:00-9:00

Downhill available at Whiteface. Downhill skiing is not a covered sport by ADK, so you will be skiing at your own risk as an individual. Anyone who chooses to downhill ski will not be at an ADK sponsored event.

Various accommodations available. Email for details.

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 January 6th 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 www.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 at the bottom of the Home page. 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).

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 MEMBERS

Welcome to the following new members!

John & Mira Berkley. & family	Bob Colling	Patrick Gannon
Steven Grisafi	Gavin Guild	Anna Heintzman
Craig Howard	Erika Huerta	Jacob Hunkele
Sydney Kaplan	Kathryn Katzer	Dave Kimball
Anh Le	Nichole Leach	Oscar Orozco
Sonia Pang	Hammad Raza	Jaclyn Rossini
Devon Rusinek	Gary Smith	Karl Steblein
Timothy Topor. & family	Sean Tyrell	Sean Wittmann

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PUBLICITY

Help Needed!

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

Outings Co-Chairs

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

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