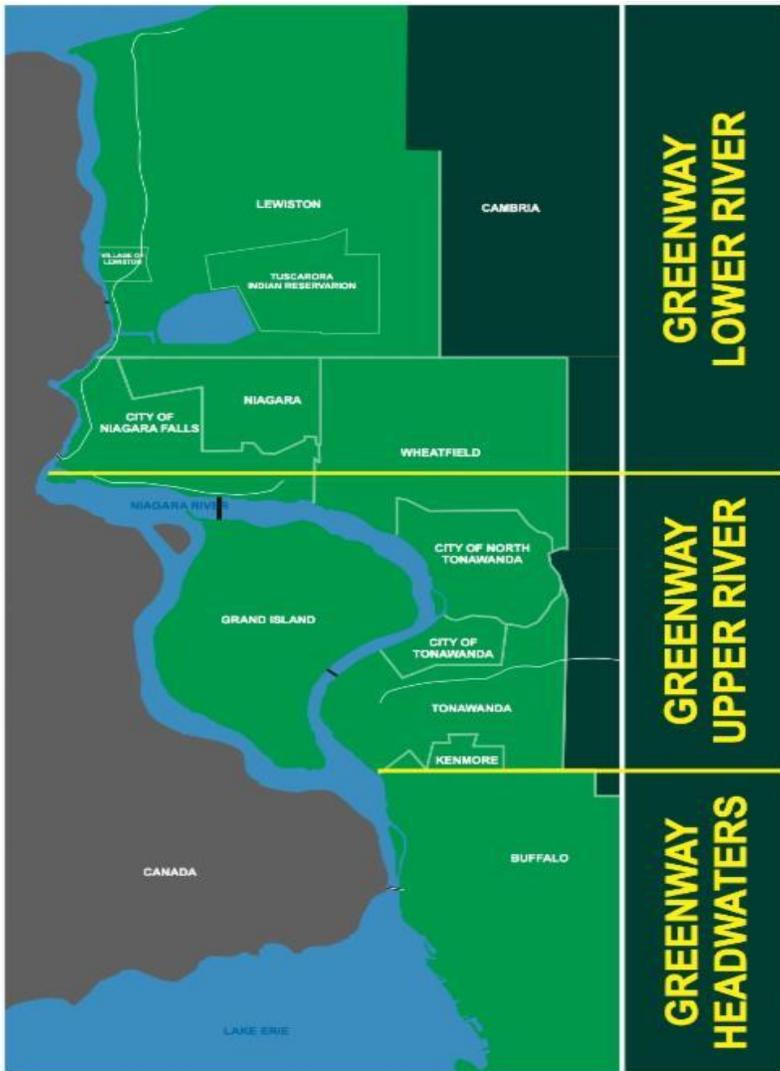


**ADIRONDACK MOUNTAIN CLUB  
 NIAGARA FRONTIER CHAPTER**  
[WWW.ADK-NFC.ORG](http://WWW.ADK-NFC.ORG)

**May 2015 Newsletter**



**May General Meeting**

**Tuesday, May 12**  
**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.

**Program: THE NIAGARA GREENWAY: CAN WE FULFILL ITS POTENTIAL?**  
**Speaker: SAM MAGAVERN**

Sam Magavern received our chapter's Conservationist of the Year Award last year, and he continues to inspire other citizens and utilize his gifts and talents to improve the quality of life for Western New Yorkers. A graduate of Harvard University and UCLA Law School, Sam practiced law with the Legal Aid Society of Minneapolis before returning home to Buffalo in 2004. Sam currently teaches at the SUNY Buffalo Law School and the Cornell University ILR School. He is also a volunteer attorney for the City of Buffalo Living Wage Commission.



Sam is the Founder and Co-Director of the Partnership for the Public Good, a local think tank that advocates for the revitalization of the Buffalo-Niagara region. Areas they support include social justice, water and air quality, recycling and various Green initiatives.

Sam serves on the Niagara River Greenway Commission and the Open Buffalo Advisory Board. He has worked diligently to oversee progress on the Niagara River Greenway by ensuring that Greenway funds are used only for their intended purpose: to create a world class system of parks, trails and conservation areas along the Niagara River. This

local gem provides an invaluable recreation setting for bikers, walkers and other outdoor enthusiasts.

Sam hosts a weekly radio show, the Public Good, on WUFO AM 1080. He is an author, and a devoted family man. Other family members have been active with ADK in the past. We are honored to host a concerned citizen like Sam, working hard for a cleaner environment, first class recreation opportunities, and a more robust and just economy for the Buffalo-Niagara Region. Submitted by Janet Kowalski

## Education Committee Program, 6:30 pm

How to pack a backpack So you have decided to take hiking to the next level, and pack up everything you need for a night or two and go backpacking. What do you need? What is nice to have? How do you get everything in that pack, and what's the best method to make sure your back and legs can handle the load without injuries? What indispensable tool do you need lots of? We will attempt to answer these questions and more Tuesday May 12th at 6:30.



Your pack has to be right for your body size!



Ummmm, no!



A properly packed load makes a big difference in your comfort level

## APRIL PROGRAM REVIEW:

### April Speaker **JULIA GOREN: Protecting Gardens in the Sky**

The ADK audience at the April meeting gained tremendous respect and admiration for the High Peaks Summit Steward Program. This impressive program is led by Julia Goren, a gifted speaker who provided beautiful photography to teach us about preservation of the hardy plants that live in Alpine Zones above the tree line on near-barren rock. These native plants persevere in the harsh conditions of Adirondack summits including extremely high winds and frigid temperatures. For every 1000 feet in elevation change Julia explained, temperatures decrease to mimic traveling 500 miles northward. In addition, the soil in the Alpine Zone is very acidic, ~ pH 3, similar to lemon juice. Julia's research reveals that over 200 native plant species live in High Peaks Alpine Zones.

A few decades ago, alpine plants were threatened by hikers trampling on their delicate habitats. Julia explained that in this fragile ecosystem, walking across an area only 5 times can destroy the delicate plants that fight for survival there. The Summit Steward Program has established walkways above the tree lines on several High Peaks to dictate hiking paths that step lightly around the delicate alpine plants. They use rocks and cairns to mark walkways. The cairns are meticulously constructed to withstand winter winds and support a person's weight. They station educators on the summits of many high peaks for several hours each day during the summer hiking months to talk to hikers about preserving alpine plants and answer general questions folks may have. These stewards are to be commended for their stamina and dedication, some hiking over 1000 mountain miles per season.

Julia showed dramatic "before and after" photographs depicting the success of the summit preservation efforts. The program will expand this summer to include additional high peaks. She shared stories of the visitors she encounters, most who want their picture taken, and others who require first aid or who are having a summit wedding.

Julia was recently appointed to be the new ADK Education Director, in addition to her Summit Steward position. During her visit she convened with the education leaders of our local chapter to offer advice and education guidelines. Julia was informative and inspiring, and a joy to have with us. One member of our audience told her it was "the best presentation he had ever heard at ADK!" Submitted by Janet Kowalski

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## UPCOMING ADK PROGRAMS FOR 2015!

June 14: ADK Picnic at Bison City Rod and Gun Club, Ohio St, Buffalo, including:

- Biking along the Outer Harbor
- Paddling on the Buffalo River
- Hiking at nearby Tift Farm Nature Preserve
- Beautiful outdoor and indoor facilities

### Save the Date: **Sunday, June 14, 2015**

What: Annual Meeting and Family Picnic

Where: Bison City Rod and Gun Club on Ohio Street, Buffalo

This urban location for our annual picnic is being designed to bring everyone down to the waterfront to enjoy the newly created public access of the outer and inner harbors! Bison City has a large, open shelter overlooking the river with lots of picnic tables as well as a cozy indoor hall for our use. Ohio Street construction will be completed and it is the link between the 2 harbors we cyclists have been waiting for.

I am calling for trip leaders willing to lead:

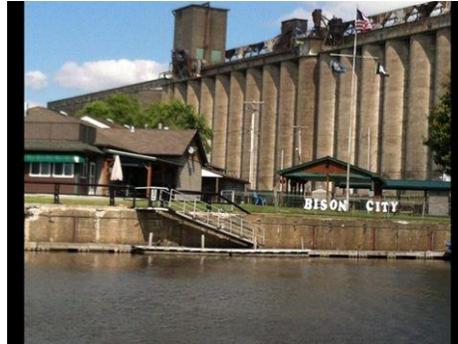
1. Hiking at Tift Nature Preserve, or
2. Kayaking on the Buffalo River, or
3. Cycling on the bike path, and

4. A combination trip involving a short paddle, bike to Wilkenson Point and a hike through Times Beach, Bike back to Bison City. This trip would give participants an introduction to the harbor and a chance to check out all 3 activities.

I am also requesting a small Ad hoc committee of 5 people willing to develop a "gear exchange" event during the picnic. The committee would explore ideas to organize it, make some money for the club and/or give folks an opportunity to sell their gently used gear to club members and perhaps to the general public. We would need to secure permission from the Bison City owners to open the "sale" to the public. I think the urban location would be the perfect place for this sale.

Contact: Mary Schraven if you have ideas for the gear swap and/or trip leading. P.S. Richard Schraven will unfortunately be out of town and won't be available to lead the kayaking outing this year.

Maryschraven1@gmail.com or 716-946-7489



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## CONSERVATION CORNER Lynn Rehfeld-Kenney

The Conservation Committee meeting will be held Jay Wopperer's home on Tuesday, May 19th at 7:00 pm. Call #632-8615 for directions.

**Allegany State Park:** Currently waiting to hear from the DEC about the decision about the Allegany State Park National Fuel lease.



**Hydrofracking:** Thank you for the phone calls to the governor about banning hydrofracking in NYS permanently. We are currently waiting to hear about the DEC decision on hydrofracking permitting.

Spring clean-ups: Members will be busy with cleaning up the road sides around the Tillman Wetlands Area and joining Buffalo RiverKeeper with a clean-up at Squaw Island.

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

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## Volunteers Needed For Allegany Border Project May 9th

**VOLUNTEERS needed to take a walk in the woods and help our Chapter with the ALLEGANY BORDER PROJECT.**

On Saturday, May 9, our Niagara Frontier Chapter will be doing trail clearing and sign maintenance on the NY - PA state border in Allegany State Park. This will be routine trail work to ensure that Parks staff can use the border trail to monitor water quality and oil well spillage. The plan is to do the entire border in one day with teams of volunteers. The volunteers will also replace any missing ASP signs.

Contact Bob Van Hise [adkpaddles.bvh@gmail.com](mailto:adkpaddles.bvh@gmail.com) (716) 628-0355

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## Director's Report, Bob Van Hise

News from March 2015 Board meeting at ADK's Lake George HQ

This summer, ADK will add a **Community Paddling** series in Lake Placid's Mirror Lake, and will continue the community hikes initiated there last year. This is a concept that we could apply here in Buffalo.

ADK Pro Trail Crew will continue work on the **Northville-Placid Trail**, finishing a major re-route in the southern section, and will also install foot bridges and steps on the high peaks' **Mount Colden** above Lake Arnold.

The new **ADK High Peaks Trails Map** is being completed, and will cover all 46 High peaks on one 2-sided map. The new ADK map will be **waterproof**, and will fold small enough to tuck into your pack.

The Board of Directors approved funding from "Grow ADK" for 2 years in order to hire a **Younger Member Outreach Coordinator**. The new hire will head the "ADK Digital Project", recruit members, develop mobile apps, and make joining ADK easier for "Millennials" (born 1981-1995). Being proactive about ADK's future! ADK was instrumental in getting NYS legislation passed to ban the transfer of aquatic invasive species, and this year, there will be at least 11 **inspection & boat washing stations** on major travel routes into the Adirondack Park.

A new **Western Adirondack Guide** book and companion map will be available by summer 2015.

In late March, five Johns Brook Lodge (JBL) bunks were still available for adoption/naming.

ADK's newly remodeled **Tyler Cabin** (sleeps 6) at Heart Lake is now available to rent. All facility reservations can be made on line through [www.adk.org](http://www.adk.org)

Take a look at ADK's **Adventure Travel** site at [www.adktravel.org](http://www.adktravel.org) including trips to Oregon, Yosemite, Virgin Islands, Boundary Waters, and several exciting European outings.

June 6-7 **National Trails Day**. 8 projects will be available for volunteers in Wanakena NY.

July 20-30 **Summer Paddling Outing** at Paul Smiths

August 9 **Ididaride** - registration is now open.

Sept. 25-26 **Ragnar Relay** - sign up to volunteer or participate.

October 2-4 **ADK Fall Outing** in the Hudson Valley, near the Catskill and Shawangunk Mountains!

See [www.adk.org](http://www.adk.org) for more information.

Contact Bob Van Hise [adkpaddles.bvh@gmail.com](mailto:adkpaddles.bvh@gmail.com) (716) 628-0355



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## Waterway's Committee

The Waterways (Paddling) Committee has met and gotten started on this year's schedule of outings. There are several trips planned (see trip descriptions elsewhere in this newsletter). The preliminary paddling schedule is also here for your perusal. I hope to see good participation in these events. I have sent an e-mail message to 45 paddlers known to me. If you are interested in taking part in our activities this summer and did not get the e-mail, please contact me with your contact information.

[Richardschraven1@gmail.com](mailto:Richardschraven1@gmail.com) (716) 564-2106

Date	Outing location	type	contact
April 18	Alabama Swamp	Flat water	Richard Schraven
April 25	Black Creek, Monroe, County	Flat water w. GVC	Richard Schraven
May 9	Presque Isle, PA	lagoon	Richard Schraven
June 19 (fri. eve.)	Moonlight paddle	Buffalo River	Mary Durlak
June 21 (Sun.)	Safety support for ASP triathlon	Flat water	Richard Schraven
July 11 & 12	Allegheny River near Warren, PA	Beginner canoe/camp	Richard Schraven
July 12 - 18	Beaver River Canoe Route, western Adirondacks	Seven day Women's canoe/camp trip	Carol Griffis
July 25	Sturgeon Point, Lake Erie	Day-outing	Peg Wantuck
July 25-30	ADK Paddle outing at Paul Smith's College	Multi-day dorm-stay with daily paddle trip choices	Marilyn Gillespie at ADK
August 1	Ridgeway, Ont. Lake Erie	Day-trip	Kate Hacker
August 15 to 19	Killarney Provincial Park	Five day canoe interior trip	Richard Schraven
August 28 to 30	Oswagatchie River	Interior river paddle and camp trip	Kate Hacker
October 31	Ellicott Creek	Flat water Paddle & Halloween Party	Richard & Mary Schraven

List of possible paddle venues from Wilderness Weekends in Western New York:

1. Algonquin Provincial Park
2. Allegany State Park
3. Allegheny National Forest (River)



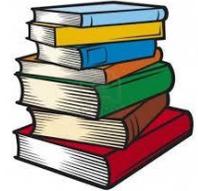
4. NYS Barge Canal
5. Beaver Island State Park
6. Bond Lake (Niagara County)
7. Black Creek (Monroe County)
8. Black Creek (of Niagara River in Ontario)
9. Buckhorn Island State Park
10. Buffalo Creek
11. Buffalo River
12. Cassadaga-Conewango Waterway
13. Cassadaga Lakes
14. Cattaraugus Creek
15. Cazenovia Creek
16. Clarion River
17. Elk Creek
18. Ellicott Creek
19. Finger Lakes
20. Ganargua Creek
21. Genesee River (several sections)
22. Grand River (several sections in Ontario)
23. Ischua Creek
24. Lake Erie Shoreline (American and Canadian sides)
25. Lake Ontario shoreline
26. Letchworth State Park (Genesee River whitewater)
27. New York State Canal Recreationway
28. Niagara River (Southern section)
29. Niagara River (Queenston to N-O-T-L)
30. Niagara River (Lewiston to Youngstown)
31. Oak Orchard Creek (sections in Iroquois Nat. Wildlife Reserve and moving water in Orleans County)
32. Oatka Creek
33. Pine Creek
34. Susquehanna River West Branch

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## Book Club

### NFC-ADK BOOK CLUB May Meeting:

The ADK Book Club will have it's May meeting on Wednesday, May 27 at 6:30 PM at the home of JoAnn Ratajczak (jkish34@yahoo.com) in Lancaster. We will be discussing Cold River by William Judson. All are welcome! Contact Janet (janetk300@gmail.com) with questions. Submitted by Janet Kowalski




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## ADK Biking Committee

### Bike Outings

Bike outings will start in May this year, and Paul Kochmanski and his group have made up a great schedule! If you want to add a trip to this list or volunteer to lead a trip please submit your desired rides and/or dates to Paul.

- Sun. 5/10 Presque Isle (Erie, PA)
- Sun. 5/17 Delaware Park to Buffalo Outer Harbor
- Sat. 6/20 Sommer & VW Bug Festival (Amherst Country Museum)
- Sun. 7/19 Niagara Falls to Devil's Hole State Park
- Sat. 7/25 Grand Island Loop
- Sat. 7/25 or Sun. 7/26 Tonawanda Canal Fest
- Sat. 8/1 Canal Days Marine Heritage Festival (Fort Erie to Port Colburne)
- Sat. 8/8 Lewiston Art Fest OR Niagara-on-the-Lake Peach Fest
- Sat. 8/15 Scottish Festival & Highland Games (Amherst Country Museum)
- Sat. 9/12 and/or Sun. 9/13 Niagara Falls Blues Fest and/or Lewiston Peach Fest
- September Dates TBA: Brown's Berry Patch and Genesee Valley Greenway



Biking Co-Chair, Paul Kochmanski 895-7712 kochmanski@ecc.edu

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## Wilderness Weekends in WNY Challenge

Look for the WWWNY patch symbol on all outings that are part of the challenge.  
Want to know more? Check our website [www.adk-nfc.org](http://www.adk-nfc.org)

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## Trip Descriptions

### May

#### **5/2 - SAT - ADOPT-A-HIGHWAY CLEAN-UP/HIKE - TILLMAN ROAD STATE WILDLIFE MANAGEMENT AREA, CLARENCE (A) RAINDATE - 5/3 - SUN**

**LYNN & DOUG KENNEY (716)825-7329**

Make a difference! Join us for the Spring Adopt-A-Highway clean-up. Volunteers are needed to pick up litter along the roadsides surrounding the Tillman Wetlands area in Clarence. Meet at 10:00AM in the Shisler Road parking lot located at the eastern end of Wehrle Drive. Garbage bags are supplied. Bring work gloves. Clean-up takes about 2 hours. You only need to call if you plan on joining us for a hike through the wildlife area afterwards. If you will be joining the hike bring along a bag lunch. We will eat in-between the clean-up and the hike. Day of the hike call our cell phone 361-6172.



#### **5/3 Sun, 1PM Spring Wildflower Walk, Emery Park, on Emery Road, South Wales (WWWNY)**

**Erin Redding: 716-480-3771**

Meet at the Ski Hill Parking lot on the north side of Emery Rd. We will be walking for up to 2 hours, stopping frequently to look at, identify, and photograph wildflowers. The pace will be slow, but we may go off trail. Rain or shine.



#### **5/9, Sat Lagoon paddle and May 10, (Sunday) Bike ride at Presque Isle, Erie, PA(C) richardschraven1@gmail.com 564-2106**

We will be at the Presque Isle Bird Festival May 8th to 10th. The Presque Isle State Park is a peninsula that extends out into Lake Erie at Erie, PA. If there is an interest, we could meet up with paddlers to paddle around the Lagoon there. We also can meet up with peddlers to bike the 14 mile bike path that connects several special interest spots in the park. If interested, contact me to arrange for a meeting time and location at the park.

#### **5/22,23,24,25 Fri - Mon - Clark Hall Jr. Memorial Day Work-Play Weekend (A-B)**

**Lee Clukey 716-631-9855 lee.clukey@gmail.com**

The Klondike Trail in the Adirondacks High Peaks Region again needs your help. The Niagara Chapter has been maintaining this trail for over 30 years. Join us on Saturday from

8 am to 5 pm as we make improvements to the trail; cleaning water bars, removing blow-down, and maintaining the Niagara Chapter Klondike lean-to. Sunday and Monday offer the opportunity for Adirondack hikes of all levels. Also available are all the attractions of Lake Placid. A potluck dinner is planned for one weekend evening in Saranac Lake at the home of some ADK pioneers. I have one campsite reserved in the Loj camp ground and have limited space available. See our display at the general meeting. Call or email now to sign up for a place on the work crew for this unique once in a lifetime opportunity. Call or email Lee with any questions.

### June

#### **6/14 ANNUAL PICNIC - See details above**

#### **6/20-6/21 Saturday & Sunday, Camp and Paddle Red House Lake in Allegany State Park in support of swimmers in the Pain in the Alleghenies Triathlon (C) richardschraven1@gmail.com 564-2106**

The Genesee Valley (Rochester) Chapter of ADK is seeking help in supporting the swimmers in this event (see below). Since ASP is closer for us, I envision going down on Saturday to hike, bike or paddle and staying over Saturday night. We would then help out with the Triathlon event Sunday morning and the either go home or do another activity before going home. If interested let me know your ideas.

"Rich,

Another adventure that might be of interest is an event we do down in Allegheny State Park.

We have a number of paddlers that have agreed to assist in five events across western NY.....four of these events are triathlons. We have become a major part of the water safety for the swimming portion of the triathlon (the first of three events ....swimming, biking, running). The event in Allegheny is called (Pain in the Alleghenies) and is June 21st this year. We are camping out down in the park on Saturday and then have to be over to Red House Lake very early Sunday morning. The extent of our duties is to watch over the swimmers while they complete their swim. Sounds easy....as most of the time you just sit there watching the swimmers....but the swimming portion is always the most challenging event for the swimmers. Open water swimming is much different than swimming in a pool and some swimmers get disoriented. We have not had many issues with the event in Allegheny but there is always a few people who need assistance. We have not had an outright rescue required....usually it is just letting a swimmer hold onto the front of your boat for a minute and then they go on.

Anyway.....if any of your paddlers can help it would be great as it is a very long drive for us and it limits the amount of people we get to help us.

Our camping trip down there is going to be Saturday thru Monday and we plan to paddle parts of the reservoir on Saturday and Sunday afternoons( Sunday will be after we return from the Triathlon). Typically Monday we just pack up and head home.

If you know of anyone that might want to join up with us we can certainly use the help and companionship for both the paddling and the triathlon.

Thanks

Charlie Helman ADK-GVC Waterways"

### July

**7/11 & 12, Sat. to Sun. -Canoe/Kayak Trip (B) on the Allegheny River(C) richardschraven1@gmail.com (716) 564-2106 & maryschraven1@gmail.com 946-7489**

This is an easy one night paddle trip suitable for beginners and families. We will begin at the Betts Park Boat Launch downstream from Warren PA., after a two hour commute and an hour to spot cars at the take-out. We will paddle downstream for two hours to Crulls Island. This is one of the Federally-protected, Wilderness Islands along the Allegheny River. The island is 96 acres covered with river bottom forest made up of willow, sycamore and silver maple. There are paths to campgrounds with fire rings. We will camp here on Saturday night. After breakfast we will finish the trip with a two hour paddle to the takeout at the cottage of a friend. After lunch here, we will depart for home. There are no portages and we will do all our paddling with the current. This trip will be going through the Allegheny National Forest. There are several side trips possible on this outing as hiking trails and community parks line the banks. Participants need their own canoe or kayak, camping equipment and appropriate water safety items. Canoes and camping equipment are available to rent from the Allegheny Outfitters in Warren, PA. There are no costs associated with this trip beyond the expenses of traveling and supplying your canoe/kayak and camping equipment. Interested participants, please contact me A.S.A.P.

**7/12-18, Canoe/Camping, Beaver River Canoe Route, A  
Carol Griffis 652-2547 carolpgriffis@gmail.com**

Dear Ladies, I'm looking for a few companions for a week or so of canoe/camping, July 12-18. We'll make base camp at the Soft Maple Campgrounds and take day trips on the Beaver River Canoe Route. It's all flat water & easy paddling. I will be bringing my 9 year old granddaughter, Salah. She came with me last year and is eager to go again. The Camp is operated by Brookfield Power so you will not find it listed as a State park. It's very small and remote, has a nice sand beach and a clean rest-room with hot water showers. It's on the west edge of the Adirondack Park, south of Watertown and east of the small village of Croghan. You wouldn't have to stay the whole week if your schedule won't allow it. You don't have to know how to paddle, but for your own safety, I'd like you to be able to swim. We'll share the cooking and other chores. I have extra canoes, tents, sleeping bags, etc. This will be a leisurely, stress-free outing. A good time to retreat, rest, read, reflect...

**August**

**Saturday, August 15th to Wednesday, August 19th Canoe Pack & Hiking Trip - George Lake, Killarney Lake and O.S.A. Lake, Killarney Provincial Park, Ontario (A) RichardSchraven1@gmail.com (716) 564-2106 MarySchraven1@gmail.com (716) 946-7489**

We will drive six hours to the George Lake Access Point to obtain our interior permit. The first night is spent at a campground on this lake. While paddling through George Lake you'll get a sense of Killarney's incredible landscape. You'll pass by smooth knobs of pink granite which continue along the lake's South shore. Ahead, you'll see high white rock cliffs, for which the park is famous-the La Cloche Mountains. On the second day, we paddle by the steep granite cliffs on our right to reach the short 80 metre (m.) portage to Freeland Lake. We go on to the 455 m. portage around the Chikanishing River to Killarney Lake. We will camp here two nights. The third day we can check out this large lake and hike on the portage trails and on the La Cloche Silhouette Hiking Trail, which was named after Franklin Carmicheal's painting "La Cloche Silhouette" (c1939). This trail, opened in 1987, is dedicated to the memory of the Group of Seven artist (1893-1945). The next morning we paddle to the 130 m. portage to O.S.A. Lake, one of the most scenic spots in the park. It was named after the Ontario Society of Artists who worked with the government to have lands set aside to form the beginnings of Killarney Park. The ridges on the north and south sides of the lake can be climbed for a good view and for great photo opportunities. The last day, we paddle and portage back to Killarney Lake and then to Freeland Lake, George Lake and our departure. Each of the days will provide ample opportunity for hikes of the surrounding hills. This excursion involves 1200 metres of portaging plus 3800m. (with a side trip to Baie Fine) and 20 to 44 kilometres of paddling. Leaving from the George Lake Access point is convenient to the village of Killarney and Herbert's fish market for a terrific fish dinner and ice cream. We are limited to nine on an interior permit, so send your \$20.00 deposit to reserve your spot to: Richard Schraven, 91 N. Parrish Drive, Amherst, NY 14228

**Saturday, August 15th to Wednesday, August 19th Canoe Pack & Hiking Trip - George and Killarney Lake, Killarney Provincial Park, Ontario (A) RichardSchraven1@gmail.com (716) 564-2106 MarySchraven1@gmail.com (716) 946-7489 John Yates jyuca@yahoo.com 572-8852**

This second reservation was obtained to increase the number of people who can experience this beautiful park from nine to eighteen. Both groups will drive the six hours to the Park office at George Lake to obtain their interior camping permits. This group will stay in their campsite for three nights and have ample opportunity to explore this and adjoining lakes by canoe and hike portage trails during the days. On the fourth day, they paddle by the steep granite cliffs on the right to reach the short 80 metre (m.) portage to Freeland Lake. Going on, they portage 455 m. around the Chikanishing River to Killarney Lake. They camp here for the night and go back to George Lake the next morning, but on the way, they can take a side trip to O.S.A. Lake and enjoy one of the most scenic spots in the park. This route involves about 20 kilometres of paddling (depending on available campsite location) and 1000m. of portaging. While this trip can be done in kayaks, their weight and limited carrying capacity make canoes a better choice. (Light-weight Kevlar canoes can be rented from Killarney Outfitters with in-park delivery available.) Leaving from the George Lake Access point is convenient to the village of Killarney and Herbert's fish market for a terrific fish dinner and ice cream. We are limited to nine on an interior permit, so send your \$20.00 deposit to reserve your spot to: Richard Schraven, 91 N. Parrish Drive, Amherst, NY 14228. Before the trips, we will have a meeting of the participants and leaders to go over the route, equipment requirements and itineraries.

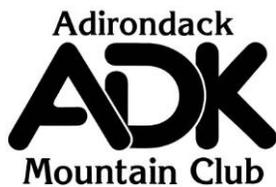
**TRIP REPORTS**

**2/22/15 - Sun. - Snowshoe/Hike - North Rim, Zoar Valley (B)**

Three of us met at the Park & Ride on Rt. 20a at Rt. 219 and drove to the Zoar Valley Multiple Use entrance on Vail Road. Three additional participants joined us there. The snow was too deep to park in the lot. We adopted the "fartlek" trail breaking system where the one in front breaks trail for a while and then moves to the side while the rest of the group passes by with a new "leader". This was not necessary when we got to the rim trail in the woods. The snow depth was less there. This was a great day for the trip. The temperature was very low, but with the leaves off the trees, the views of the gorge were spectacular. We hiked past the "knife edge" and took a break for a snack. We followed some deer tracks for a while and came to its bedding spot. At one point the sun came out revealing the most beautiful winter scenery. It was a great opportunity for photography. The way back to the cars was much easier as we retraced the path we created on the way in. After the hike some of us stopped at Julie's in Springville for lunch.

Submitted by: Richard Schraven

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### New Members

Welcome to the following new members who joined in February and March!

Lauren Gundlach family    Bobbie Hughes  
Shelia Massey                Lee Jones  
Susan Osinski                 Mary Ellen Riga  
John Renaldo                 Bonnie O'Brien family  
Linda Zaborowski

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### EXECUTIVE BOARD MEETING

The Executive Board will meet on May 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](mailto:larry_beahan@roadrunner.com)

### ADK-NFC WEBSITE

Check out our website [www.adk-nfc.org](http://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 [ADK.org](http://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.

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### Executive Committee Members

#### CHAIRPERSON

Cheryl Peluso  
3618 Howard Rd  
Hamburg, NY 14075  
716-648-9027  
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#### PUBLICITY

Help Needed!

#### HOSPITALITY

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