

NOVEMBER 2016 NEWSLETTER

www.adk-nfc.org



General Membership Meeting – November 8, 2016 (starts at 6:30pm)

Meeting location: Fellowship Hall - Amherst Community Church

77 Washington Highway

Snyder NY 14226

NOTE: Please park in rear and enter through back door. Walk up to the 2nd floor

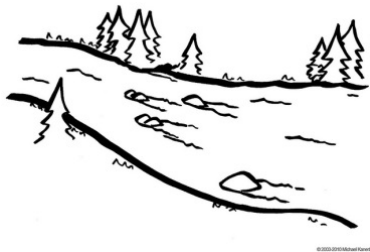
PROGRAM:

Education Workshop: “The Ten Essentials” - Presented by Bob Van Hise (6:30-7:15pm – meet adjacent to the main meeting room)

What do you need to take with you every time you leave the pavement? We will revisit this topic with longtime chapter member and officer Bob Van Hise. Bob can give us a unique perspective. He has hiked two rounds of the Adirondack 46, and is also a Winter 46er. He is a veteran of countless paddling trips and challenges, many of them solo. We will have a great discussion with Bob about items you should never leave home without, and how he has used them.



Presentation: “Water Matters” - Presented by Erin Redding, Environmental Scientist at Gomez and Sullivan Engineers, PC



Summer may be a recent memory, but those who enjoyed western New York’s many waterways these past few months can appreciate Erin Redding’s work in Buffalo. We are honored to welcome our own Niagara Frontier ADK member and environmental scientist from the Gomez and Sullivan engineering firm to discuss her work in water management. Erin is a Buffalo native who left her home town to attend SUNY Binghamton and University of Maine to study Environmental Science. Erin continues her conservation efforts after hours serving on the Conservation Committee of the WNY Land Conservancy. Once outside, Erin has logged miles

hiking the Appalachian trail, all 46 high peaks, and the Northville Lake Placid trail. At home, Erin can’t help but be a teacher to others while outdoors. Please look for her outings as a naturalist with the Audubon Society.



Don’t miss out on our drawing for outdoor gear...remember to grab your ticket at the door!

ADK members: Please note that the next General Membership meeting falls on ELECTION DAY (November 8) so **remember to VOTE before coming to the meeting!**

Looking Back: October 11 proved to be an exciting evening listening to the forward-thinking trio of Neil Woodworth, John Gilewicz, and Catherine Forbes coming all the way from ADK headquarters to Buffalo. The missions of conservation, education and trail advocacy were demonstrated. Exciting updates on acquiring the Boreas Ponds region to expand and conserve the wilderness really shows the strength of the conservation mission of ADK. The LOJ at Heart Lake draws thousands and gives so many people the chance to experience a jumping off point to so many great trails. Credit was given to the numerous Summit Stewards teaching people to take care of themselves in the outdoors and well as taking care of the wilderness! What a privilege to be asked how to shape the future of our club as a whole by voting on future projects.

Conservation Corner, Lynn Rehfeld-Kenney, Chair

The Conservation Committee meeting will be held at Jerry Sauberan's home on Tuesday, November 15th at 7:00pm. Call #648-1961 for directions. Join us and find out the latest information on what's happening in your community and state.

- Thank you to Lynn and Doug Kenney, Mary Schraven and Jay Wopperer for the great job cleaning up the roads around the Tillman Road Wildlife Management Area for the Adopt-A-Highway program. We collected 6 large bags of garbage which included a large amount of items where someone illegally dumped out children's pool toys and gardening supplies.
- Our October guest speaker, Diane Strablow, has continued to make the news about the potential problems with National Fuel Gas Company's proposed 96 mile long Northern Access Pipeline that would be used to transport natural gas from fracking operations in Pennsylvania into Canada. It would cross over 180 streams, 270 wetlands and travel through the Niagara River Greenway and could leak the gas into these essential waterways. Local citizens in Pendleton and Wheatfield have concerns about a gas compressor station and a gas dehydration station that would be used in conjunction with this project. The dehydration process is needed to remove moisture from the gas in order to meet Canadian standards so the gas can be shipped into Canada. Your postcards and phone calls helped bring our concerns to Governor Cuomo who is considering signing a permit that would allow this project to go forward.
- ADK members participated in a public meeting September 28th regarding plans to develop the Outer Harbor. Conservation members are advocating for less development and more open space as compared to the Erie Canal Harbor Development Corporation that wants more extensive brick and motor development. Tim Tielman, who campaigned for the preservation of the Erie Canal Terminus years ago, is advocating for seasonal use of the Outer Harbor. He proposes making it a three season destination instead of putting up buildings that will take the brunt of the winter weather and create problems with keeping streets plowed to allow access for crowds of people all year round.
- Great news for the environment...earlier this year the NYS Assembly passed Bill #A10342, The Climate and Community Protection Act. It requires NYS to transition to 50% renewable energy by 2030 and to 100% by 2050. It includes decreasing greenhouse gas emissions by 80% by 2050.

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

Message From the Chair, Janet Kowalski



It is time to start thinking about holiday shopping, and ADK items make fantastic gifts for your friends and family! Inexpensive items such as high-quality ADK pint glasses with a Mount Marcy etching, or a bandana displaying a map of the High Peaks would make perfect stocking stuffers. The beautiful 2017 ADK calendar provides an inspiring Nature Photo every month throughout the year. Other items such as hats and T-shirts also make excellent gifts. There is a huge variety of cotton and breathable fabrics to choose from, and you can do all your shopping online! Another gift idea is to purchase an ADK membership for a special someone in your life. They would receive a beautiful, informative magazine every other month, learn about the

Adirondacks, and be able to take advantage of all the benefits that ADK offers. An ADK item is a gift from the heart, not only as special present, but also as an excellent opportunity to support the noble missions of ADK. Please log in at adk.org before you shop, in order to receive your 10% ADK member discount!

Happy Trails!

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](http://www.adk-nfc.org/wwwny/wwwnyhome.php)

<http://www.adk-nfc.org/wwwny/wwwnyhome.php>



A Message From the Outings Chair, Mary Schraven

Trip Descriptions

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

11/5 - SAT - HIKE - Niagara Gorge USA side (C) Trip Leader: Mike Promowicz, call (716) 297-3126. Meet at the Discovery Parking lot (old aquarium) in Niagara Falls, NY at 10:00am. This will be a loop hike on the upper rim to whirlpool bridge and we will use the stairs to hike to the Schoellkopf Ruins. Elevator is available up to Sunday, Nov. 6th. Please call for more information.

11/11 - FRI - HIKE - Lake Erie Shoreline in Canada on Veteran's Day (C) Trip Leader: Kate Hacker, hackerks@gmail.com, (716) 688-8618 or (716) 491-7046 (cell) Lake Erie can get pretty wild in November or it can be pleasant and quiet. Either way it's a good place for a walk along the shore. Quite often there are even waterspouts to see! We will meet in the morning and hike approximately 5 miles round trip from under the Peace Bridge up to a section of the bike path along the lake. We can go farther if the group wants to. Dress for the weather and bring water and a snack. Heavy rain cancels, but since storms are fun to experience by the lake, most any other weather will be fine. This will be a brisk walk! We can warm up at Tim Horton's after we walk. Call or email for the specific meeting time and place.

11/19 - SAT - HIKE - Erie County Forest - (B) Contact Aaron Slosman if you would like to participate via email aslosman@gmail.com. Meet at the park and ride in Williamsville on the corner of Main St. & Union Rd at 8 am to car pool. We will leave the Park and Ride at 8:10 am. The hike will be about 5 miles total with about 500 feet of gradual elevation. Hikers must dress for the weather and bring lunch, snacks, water (2 quarts), rain gear, and extra clothing as appropriate for the weather. Parking area is on Genesee Road between NY 16 and NY 240. We should return in the early afternoon.

11/20 - SUN - HIKE - Niagara Gorge, Canadian Side 3 hours, 6 km, (A-strenuous) Meet in Niagara Glen Parking Lot, Niagara Pkwy, Niagara Falls, Ontario. Loop hike through gorge. Bring water, snack and proper documents to travel to Canada. Marion Hanover mhanover@sympatico.ca (905) 351-1287 or Mary Schraven maryschraven1@gmail.com (716) 946-7489 for meeting time

11/26 - SAT - HIKE - Chestnut Ridge Park (C) Kathy Clerkin. Please call to RSVP 677-2857 Meet at 10:00am at the Casino, restrooms available. We will hike the Newton Road side, 4 to 5 miles about 1.5 hours to 2 hours total. We will walk the roads, up and down gentle hills to work off some our Thanksgiving dinner. Bring a snack and water, dress for the weather.

Plan Ahead: Looking Forward to Winter Sports!

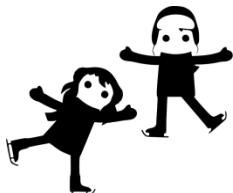
1/20-1/22 - FRI - SUN - ALLEGANY X-C SKI WEEKEND, Joanne Magavern 883-7127 Plan to enjoy a weekend of good company and some of the best X-C skiing in WNY! Reserved are 3 cabins at the Summit area of Allegany State Park. They are heated and have kitchens for our Saturday Pot-Luck dinner and Friday night wine and cheese party. Ski or snow shoe from your front door – great for new members, families, and/or beginners to advanced skiers. 4 beds to a cabin; First come, first serve. Leftover lunch on Sunday, followed by the “annual sled”. Call Joanne to reserve a spot and send payment of \$53.00 each by JANUARY 4th.

3/17 - 3/19 - FRI - SUN - ANNUAL ADK-NFC LOJ weekend at Heart Lake, Cheryl Peluso, cherylp17@verizon.net 997-2349



Never been to the ADK Heart Lake Loj near Lake Placid? Are you a frequent High Peaks visitor? Now is your chance to enjoy many winter activities in the High Peaks of the Adirondacks with fellow NFC members. Reserve your place in the 12 bunk loft by sending \$56 for your first night stay. Your chapter will subsidize your second night stay! This is available to all ADK-NFC members. Breakfasts are included. Dinner at \$19.50 and trail lunch for \$9.50 can be ordered. You may change or cancel reservation prior to March 1st. Send your check for \$56 to Cheryl Peluso 3618 Howard Rd Hamburg NY 14075 Pictures can be found at

<https://www.flickr.com/photos/89845027@N06/sets/72157632007827853/>



Interested in ice skating this winter? What about a regular weekly ice skating outing that rotates around the city rinks? Interested? Contact Paul Kochmanski at kochmanski@ecc.edu or call him at 895-7712.

ADK Niagara Chapter Outings Survey: Thanks to all of the membership who completed the Outings Survey via Survey Monkey in June. There were many good comments and constructive feedback that we will incorporate in our future outings. Attendees voted on their favorite outings during the September general membership meeting. The 3 top hikes were Zoar Valley, Eternal Flames and Little Rock City! Top bike trips were Ellicott Creek Bike Trail, Queenstown to Niagara on the Lake (Niagara Recreational Trail) and The Inner and Outer Harbor ride. Oak Orchard Creek was by far the favorite paddle, with the Lower Niagara River and East Marsh from Grand Island coming in as a tie. For winter sports, Chestnut Ridge was the top location, with Allegany State Park and Sprague Brook close behind. We will be posting these outings with brief descriptions on the new website for ADK.org. I think these outing are a good representation of our wonderful WNY places to explore and enjoy!
Mary Schraven, Outings Chair

Looking for Adirondack Trail Stewards: Adopt an Adirondack section of the longest National Scenic Trail, the 4600-mile North Country National Scenic Trail. Existing trails on the Adirondack route are looking for trail stewards to inspect and maintain these trails. Stewards will be part of the ADK Trail Steward Program and DEC Volunteer Steward Agreement. For information please contact the Adirondack NCNST Steward Coordinator, Mary Coffin, 315 687-3589, maryccoffin@gmail.com.

Additional Opportunities for Club Members (non-ADK Sponsored):

11/5-11/6 - Excellent Training Opportunity: The National Ski Patrol will be holding a two-day Mountain Travel and Rescue Level 1 class at Allegany State Park, November 5th and 6th, and this year we will be opening the class up to non-ski patrol personnel. The class starts on November 5th at 8AM, and runs through Sunday afternoon, November 6th, with a camp-out on Saturday night. The fee for the course is \$50 for non-patrollers, and \$30 for patrollers. We also require the purchase of The National Ski Patrol Mountain Travel and Rescue book by The Mountaineers (Mountain

Travel & Rescue: National Ski Patrol's Manual for Mountain Rescue, 2nd Ed). For more information contact Mary MacQueen at nitrogoldens@yahoo.com or call 716-257-9790.

Retired or Looking to Volunteer & Share All Your Outdoor Skills? Tiff Nature Preserve needs you, especially if you like working with children. We need volunteers who would like to lead school groups a few times per week or month. Sessions run approximately 40 to 90 min. each. Each year, several hundred people donate time and talent to the Buffalo Museum of Science and Tiff Nature Preserve. Additional opportunities included planning annual fundraisers, creating databases, working on exhibits, and archiving materials in our research library. Become a steward of Tiff Nature Preserve by volunteering to help with outdoor projects around the Preserve. Projects include tour guides, event assistance, an invasive species control. If you'd like to know more about volunteer opportunities at Tiff, please call (16) 883-7127.



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

Whirlpool Gorge Hike - October 8

When I left my house at 9:15, it was raining pretty good. I really thought nobody would show up. As it turned out, 12 hardy souls arrived. By the time we introduced ourselves and signed in, the rain had stopped and the sky was a bright blue. Because of the wet conditions, I changed the hike to head north towards the power plant, hoping the trail would take us to it. It was pretty close, but not quite. I knew getting to the whirlpool that we'd have to cross the large rock slide which is tricky enough when it is dry. So we doubled back a short distance and went up the Devils Hole stairs. When we reached the base of the cliff, we hung a left and checked out the cave. We returned to the parking hiking along the top of the gorge. Before leaving, I inquired if anyone would hike to the bottom again. Most agreed, so they followed by car to the Discover Center. We took the free elevator ride to the bottom of the Schoellkopf Ruins which is now the parking lot for the Maid of the Mist boats. The elevator can be used until November. Here's what one of the hikers had to say: "Mike Promowicz led our group of 13 jolly hikers on a wonderful 4-mile loop hike from Whirlpool State Park on this beautiful Fall morning. The newly refurbished steps leading down from Whirlpool are in great shape. Mike talked about the rail line that used to run adjacent to the river where the trail currently exists, and showed us some exciting caves. The Fall colors and River views were fantastic! Mike was a wonderful, informative trip leader, Thank You Mike!" - Submitted by Mike Promowicz



Deer Lick Nature Sanctuary Hike - October 15

Glorious Fall colors and sunny skies made for a perfect outing in the wooded and serene Deer Lick Nature Sanctuary. We hiked over 4 miles of rolling hills through stellar Old Growth Forests that included ancient tulip, hemlock and beech Giants. We enjoyed both the white and orange trails in this special place that is owned and well-maintained by the WNY Chapter of the Nature Conservancy. – Submitted by Janet Kowalski

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!

Student memberships include:

- Amy Courtney

Adult memberships include:

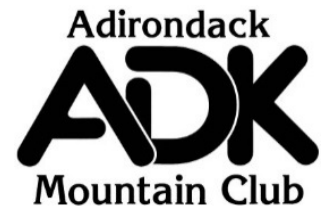
- Scott Fischer
- Robert Florian
- Mary Martinick
- Gerald May
- Timothy Michaels
- Philip Ptak
- Emily Sieracki

Family memberships include:

- Eric and Kristin Bittner
- Lauren and Shane Daley
- Pam and William O'Connor
- Charlie Vesper

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 you will be informed about outings in your local chapter, and also so your dues can support local ADK events.

Kathleen Clerkin, Membership Chair



Recognition and Thanks to ADK Niagara Frontier Chapter Volunteers

Kate Hacker	Lennie Steinmetz
Art Klein	Mike Promowitz
Gerry Rising	Tom Dixon
Frank and Wilma Cippola	Paul Kochmanski
Lynn Rehfeld-Kenney	Teresa and Peter Corrigan
JoAnn Zurek	Alice Drobot
Ellen Gibson	Jerry Sauberan
Jay Wopperer	Jim Clukey
Larry Beahan	Paul Embs
Rob Laing	James Wulf
JoAnne Magavern	Marjorie Allshouse
David Hoover	Michael Ford
Judy Catalano	Garry Breitbach

BRAVO to our Niagara Frontier Chapter volunteers listed here who have been active members for over 20 years.

Thanks to ALL!

Wanted: Electronic Communications Chair!

We are looking for an individual with computer skills who would like to join our wonderful Executive Committee, which meets once per month. The time commitment is flexible, usually just a few hours per month. The Electronic Communications Chair (ECC) maintains a database of chapter email contacts, and composes/disseminates email communications as needed. The ECC also oversees the ADK-NFC website. For more information please contact our current ECC Cheryl Peluso (cherylp17@verizon.net) or Webmaster Rob Laing (RLaing537@gmail.com).

Executive Committee Meeting

The ADK-NFC Executive Committee will hold their next Executive Committee meeting Tuesday November 1, at 6:45 PM at the Julia Boyer Reinstein Library at 1030 Losson Rd, Cheektowaga, 14227. 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 and Newsletter

Check out our website adk-nfc.org for a [calendar](#) of future events and outings, conservation news, current and past newsletters and upcoming programs. As a reminder, the deadline for submitting reports and other information for the newsletter is the **15th of each month**.

Liability Waiver

PLEASE NOTE, 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

2ND VICE CHAIR/CONSERVATION - Lynn Rhefeld- Kenney, 21 Hillside Ave., Buffalo, NY 14210, 716-825-7329, woodthrush3@hotmail.com

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

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

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

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

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

NEWSLETTER EDITOR – Mike Weimer, 703-517-7624 mtweimer35@gmail.com Also email Mary Schraven at

maryschraven1@gmail.com

MEMBERSHIP CHAIR - Kathy Clerkin, kmclerkin@gmail.com

HOSPITALITY - Carol Schuster, carolfschuster@gmail.com

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

