

OCTOBER 2016 NEWSLETTER

www.adk-nfc.org



General Meeting – October 11, 2016 (Starts at 6:30pm)

PROGRAM:

OUTDOOR EDUCATION WORKSHOP: BASIC COMPASS NAVIGATION

Presented by **DR. JERRY SULTZ**, Niagara Frontier Search & Rescue Team

Do you have a compass but are not quite sure what to do with it? Dr. Jerry Sultz, a senior member of the Niagara Frontier Search and Rescue Team, will give us some basic information on finding compass bearings, using a compass to make sure you are on the right course to your destination, and using a compass to help plan a hiking route. Jerry is also a former chapter chair with plenty of experience hiking locally and in the Adirondacks. He will give us a wonderful perspective! Please join us from 6:30 until 7:10 PM in the room adjacent to our main meeting room.



THE NEXT 100 YEARS OF ADK, THE TRAIL FORWARD

Presented by **NEIL WOODWORTH**, Executive Director/Counsel of the Adirondack Mountain Club and **JOHN GILEWICZ**, President of the Adirondack Mountain Club

Neil Woodworth has been involved in a multitude of Adirondack and New York State issues for over 12 years as Executive Director. Most recently, Neil applauded New York's purchase of the Boreas Ponds Tract near North Hudson, and is part of the BeWildNY coalition to protect Adirondack Wilderness areas. The group endorses reasonable public access to newly acquired pristine areas, while protecting lands from motor vehicles and invasive species. They also advocate linking the High Peaks and Dix Wilderness areas, creating 280,000 acres of contiguous Wilderness, on a par with the National Parks in the West. Neil attended Albany Law School and was an attorney with a Law Firm for 10 years before assuming his current Executive Director/Counsel position with ADK in July 2004. Neil will discuss timely topics for ADK, and its future directions. Known for his energy and enthusiasm, this will be an exciting and inspiring presentation for WNY ADK members.

John Gilewicz has been an ADK member for over 20 years, and has served as the club's President since January 2014. John first served on the ADK Executive Committee in 2007 as the Niagara Frontier Director, and later served as ADK Vice President for 3 years before becoming President. John is the Cofounder of Parker Bay Engineering, and recently relocated from Grand Island to western Massachusetts.

Meeting location: Fellowship Hall - Amherst Community Church

77 Washington Highway

Snyder NY 14226 NOTE: Please park in rear and enter through back door

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



Conservation Corner, Lynn Rehfeld-Kenney, Chair

- The Conservation Committee meeting will be held at JoAnn Zurek's home on Tuesday, October 18th at 7:00pm. Please call (716) 675-1689 for directions. Join us and find out the latest information on what is happening in your community and state. We enjoyed a formative movie on climate change called "This Changes Everything" at the University of Buffalo before our Conservation meeting in September.
- Thank you to everyone who completed a post card at the September general membership meeting to send to Governor Cuomo to vote against granting a permit to National Fuel. The permit would allow the 96 mile long Northern Access Pipeline to cross over 180 streams, 270 wetlands and through the Niagara River Greenway to transport natural gas from Pennsylvania into Canada. The Greenway is a river corridor that ADK and other local groups have worked diligently to provide environmental protection to for years. The National Fuel Company is using bullying tactics and threatening farmers and landowners with eminent domain to grab access to their lands for the pipeline. The pipeline will transport oil and gas that was fracked in Pennsylvania and transport it to Canada where they have yet to identify what country it will be exported to. Thank you to Jay Wopperer for providing details in the weekly update about the effects of the gas line running through NY state waterways and farmlands in Cattaraugus, Allegany, Erie and Niagara counties. Also thank you to Diane Strablow for providing an excellent overview of the concerns surrounding the pipeline at our September general membership meeting.
- Join us for the fall Adopt-A-Highway clean-up around the roads that surround the Tillman Wetlands area in Clarence on October 1st. See the Trip Description section for details.

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

Message From the Chair, Janet Kowalski

In a group as large as ours with over 900 members, COMMUNICATION about events, outings, and news items is one of our highest priorities. Most Niagara Frontier members receive the monthly newsletter and the weekly updates electronically by email. This green method saves dollars, and is a convenient way to quickly find outings details. Upon request, newsletters can be mailed to members' homes. We are fortunate to have enthusiastic volunteers for all the steps to make this happen... from writing, assembling the newsletter, electronic transmission and mailing. Spreading out the duties eliminates anyone feeling overburdened, and all involved are cheerfully devoted to ADK.

The chapter website (adk-nfc.org) contains a huge amount of information, including monthly newsletters (past and present), an up-to-date Events Calendar, and descriptions for outings across WNY. Occasionally members do not receive newsletters, and viewing chapter news on the website is the most effective way to stay informed. Members with Gmail addresses may be receiving ADK messages in their PROMOTIONS folder, so be aware of that possibility. If you are not receiving emails, please contact our Electronics Communications Chair. There is usually a simple resolution, such as a member unintentionally "unsubscribing" to ADK messages.

ADK members can also visit the ONLINE CALENDAR on the ADK website (adk.org) to learn about outing in Adirondack Park that other chapters are hosting. Simply contact the group leader to participate in these exciting options.

Our current Electronic Communications Chair Cheryl Peluso is retiring from her position, one she created herself and has performed with impressive skill and wisdom for several years. We are looking for a member with computer skills interested in filling this role. Please read the Job Description below and contact Cheryl or any member of the Executive Committee if interested. Join our wonderful Executive Committee and help us STAY CONNECTED!

ADK Director's Report for August 2016, Rob Laing

I attended the quarterly Board of Director's meeting at the ADK Headquarters in Lake George on September 17th. It's difficult to condense a 5 hour meeting into a report that would fit in the confines of the newsletter, so I'll summarize

what I consider to be some of the more important items. If anyone would like further information or would like to comment please contact me at rlaing537@gmail.com

The Boreas Ponds is a 20,000+ acre tract of land south of the Eastern High Peaks and roughly bordered on the west by the Tahawus Rd and on the east by the Elk Lake Rd. The Nature Conservancy acquired the property in 2007 from the Finch Pruyn Timber Company and subsequently sold it to the state this year. The state has issued an interim Stewardship Plan which allows mixed use of the mostly wilderness area. There will likely be public hearings scheduled, possibly as early as November, to provide input to the state on how this land should be classified. ADK and other environment groups are recommending that approximately 13,000 acres be classified as wilderness and added to the High Peaks wilderness. Local towns are pushing a classification that will allow motorized access to much of the area. You can read more about the plan that ADK and its partners are recommending at <http://bewildnewyork.org/>. When public hearings are scheduled we will let you know so you can add your voice. The Heart Lake property includes the Adirondak Loj, the wilderness campground, and the High Peaks Information Center (HPIC) which ADK staffs and provides parking and guidance to people starting their hikes from the Van Hoevenburg trailhead. ADK has been awarded a grant to improve the facilities at Heart Lake. Changes will include a remodeled HPIC, a new washhouse and a new campground loop. Additionally, some existing campsites will be eliminated and new trees planted which, when fully grown, will reduce the visibility of the Loj, HPIC and parking lots from nearby mountains. Work will start after Columbus Day and will be completed by the end of 2017. While plans are fluid, basic designs are available. As someone who has used the Heart Lake Wilderness campground for over 25 years, I'm excited to see the renovations and improvements that are coming.

Parking near the Loj property and overcrowding in the Eastern High Peaks has become a major issue. The town of North Elba has long maintained the Adirondak Loj Rd and recently has been attempting to pass maintenance on to the state. To encourage the state DOT to take over the road, the town of North Elba has removed the no parking signs and ceased to enforce parking along the road, which means that cars are now legally allowed to park on both sides of the Loj road. This situation came to a head over the Labor Day weekend when the Heart Lake public parking lots were full and cars were parked along both sides of the Loj road for almost 2 miles. HPIC staff and DEC staff estimated that over 6,000 people used the Van Hoevenburg trailhead near the HPIC over the Labor Day weekend. This is considerably more people than the HPIC staff is capable of handling, and also that environmentally sensitive backcountry areas are capable of sustaining. This was an overwhelming experience both for staff at Heart Lake and in the backcountry and nearby summits. Summit Stewards on Marcy and Algonquin Mountains estimated there were over 600 people on each of those two mountains over the weekend. A further indication of increased use of the High Peaks area is the Summit Steward on Cascade Mountain estimated there were over 1300 people on the Cascade summit over the weekend. As a short term solution through Columbus Day, the DEC will turn people away from accessing the Heart Lake property once the parking lots are full. If people can demonstrate they have reservations at the Loj or the campground, they will be allowed through. This is a situation that will undoubtedly be discussed further in preparation for next year's hiking season.

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

10/1 – SAT – ADOPT-A-HIGHWAY CLEAN-UP/HIKE – TILLMAN ROAD STATE WILDLIFE MANAGEMENT AREA, CLARENCE (A) RAINDATE – 10/2 – SUN; LYNN & DOUG KENNEY (716) 825-7329 Make a difference! Join us for the Fall 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 (716) 361-6172.

10/1 – SAT - BIKE – Iroquois National Wildlife Refuge (B) 23 miles, Paul Kochmanski, 895-7712 kochmanski@ecc.edu This area, teeming with wildlife, has been described as one of the best kept secrets of WNY. This ride qualifies you for the “Wilderness Weekends in Western New York Challenge”. The ride will begin at the Visitor’s Center and we will ride around and through the refuge. First stop will be Cayuga Pool overlook, where we can view the eagle’s nest (and hopefully some eagles!). Second stop will be at the Ringneck Marsh Overlook, where we can expect to view migratory waterfowl and Great Egrets. Third stop will be the Swallow Hollow Trail, a 1.3-mile loop with boardwalk and interpretive panels describing the unique and diverse wetland species along the way. We will return to the Visitor’s Center where we can view the new displays. Since we’ll be finishing around lunchtime, those that care to will join up for lunch at the Indian Falls Log Cabin on the way home for some good eatin’ and view of the falls on Tonawanda Creek. Bring a bike in good working condition, helmet (required), water, a spare inner tube, and a lock. If you’re a “birder”, you’ll definitely want to bring your binoculars and/or camera. Rain date Sun 10/2. Call for meeting time, specific meeting location and any questions.

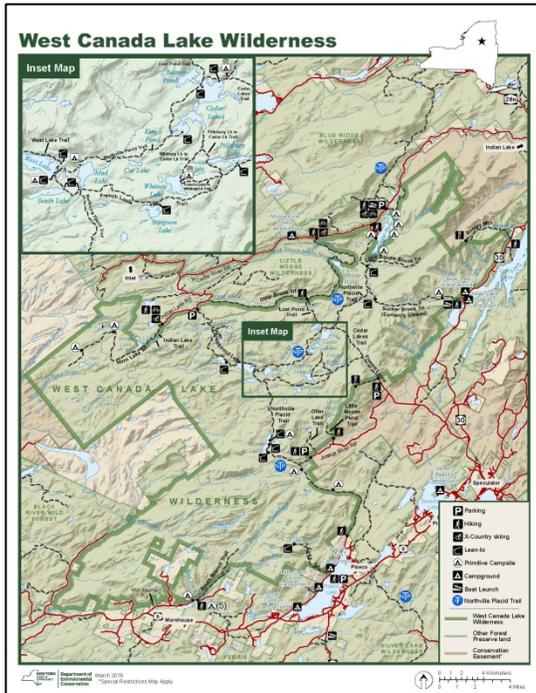
10/7 - 10/10 - FRI- MON - Cabin Camping Robert Treman State Park Cabin Camping with Schravens (C) Email Maryschraven1@gmail.com or call (716) 946-7489. 2 primitive cabins for 8 people are reserved. Approximately \$25 a night/per person. Bring bikes, hiking shoes, food and bedding. Join us and enjoy the beautiful hiking/biking and fall leaves. Lots to do in the town of Ithaca as well. As of 9/11/16, all spots are reserved. But there may be other cabins, tent sites in the park available. Call for more information.

10/8 - SAT - HIKE - Whirlpool Niagara Gorge (B) Mike Promowicz (716) 297-3126, mikeprom1@gmail.com; Meet at Whirlpool parking lot, USA. We will hike to the overlook where the train stop used to be. Bring water and lunch, about 2.5 miles.

10/8-10/10 - SAT - MON - BACKPACK - Allegany State Park (A-Challenging) Contact Mare Steiniger by email at maresteiniger@aol.com; Max. 8 people. Come join us for a 3 day backpacking trip on the Finger Lakes Trail (FLT) in Allegany State Park (ASP) On Saturday 10/8/16 at 7:00 AM we will carpool to the end of the trail which is the North Country Trail parking lot on route 346 in PA. We'll leave the end car there, and drive to the start of the trail at the Bay State Road ASP entrance. We'll hike about 9 miles a day, up and over 4 Allegany mountains, with overnights at the Stony Brook and Willis Creek Lean-tos. A full backpack weighs about 30 lbs. The pace will be about 2 mph. You will be required to provide all your own equipment and meals. It would be helpful if you buddy up with someone to share equipment, especially the tent. There is an option to stop in Ellicottville for a late lunch on the way home. Required equipment: Backpack, sleeping bag, sleeping pad, tent or emergency shelter, stove, fuel, pots, utensils, cup, spoon, food (2 breakfasts, 3 lunches, 2 dinners), waterproof bag to cache your food, waterproof matches, rope, flashlight, rain gear, warm clothes (no cotton!), hat, gloves, towel, biodegradable soap, trowel, toilet paper, insect repellent, sunscreen, hiking boots, camp shoes (flipflops, crocks, sneakers, etc), water bottles full of water (2 quarts is recommended), whistle, first aid kit, a gym bag of clean clothes to keep in the car for the drive home. The average temperatures for ASP in mid-October are: Daytime 61degrees; nighttime 35 degrees. Trail maps can be ordered at <http://www.filtconference.org/>

10/14 - FRI - HIKE - Niawanda to Grand Island Bridge and back. (C) Diane Ham. Please call 694-3446 or email, angelsforyou@Verizon.net to RSVP. Meet under the big tree opposite Mississippi Muds, walk on paved trail approx. 5-6 miles or 90 min. Hike starts at 6:00pm sharp until about 8pm. The park closes at 10pm and is well lit. Optional stop for refreshments after the hike.

10/14-10/16 - FRI - SUN - BACKPACK - West Canada Lakes, Aaron Slosman, email aslosman@gmail.com. We will carpool from Buffalo to the trailhead near Speculator, NY leaving at 5 am on Friday morning and returning approximately 8 pm on Sunday evening. The trail is approximately 25 miles and it traverses small lakes and ponds. Swimming and fishing (with license) are evening activities. The trail is moderate for the Adirondacks. The group is limited to 9 participants. Each person must have needed equipment and have some experience with backcountry camping/backpacking. Plan: Leave Buffalo at 5 am. Park at trailhead at the end of the access road to French Louie trail off of RT 30. Camp the first night at Pillsbury Lake or Sampson Lake. Camp Saturday night on Cedar Lake. Leave the woods before noon on Sunday and return to Buffalo between 5 pm and 8 pm. Contact trip leader for list of equipment. Suggested Equipment: Sleeping: Backpack, Tent, Sleeping Bag, Pad Eating: Stove, fuel, spoon, lighter, and pot Clothing: Rain gear, long underwear, long pants, shirts, gloves, ski hat, fleece jacket, and baseball cap Other: Knife, 50 ft. paracord, headlamp/flashlight, compass, food bag, personal meds, and first-aid kit Water-2-3 water bottles holding 2-3 quarts, water treatment/filter. Trail Meals-Breakfast 2, lunches 3, dinners 2. Road Meals-Breakfast Friday, Lunch/Dinner Sunday.



Trip info: <https://backpackinglight.com/west-canada-lakes-wilderness-klagsbrun/>

10/15 - SAT - HIKE – Deer Lick Conservation Area, Gowanda NY (B) Janet and David Kowalski, (716) 839-3114 janetk300@gmail.com We will hike 4 – 5 miles in this beautiful National Natural Landmark, complete with old-growth forest terrain, and gorge views of Cattaraugus Creek. The Fall colors should be near their peak foliage for this hike. Wear sturdy shoes, dress for the weather, and bring a lunch. Directions to the Trailhead: Meet at 10 AM. Please RSVP. (day of hike cell #: 435-8547) Take Route 62 to Gowanda. Turn Left on South Water St (1st street south of the bridge over Cattaraugus Creek), which becomes Commercial St, and then Palmer St. Turn Right on Broadway Rd; continue for about a mile. Turn Left on Point Peter Rd and drive about 2 miles, to find the parking lot on the Left past Forty Rd.

10/16 - SUN - HIKE - Franklin Gulf Erie County Park - Eden / North Collins- (B), Kim Newland (716) 799-7616 Newlands5@verizon.net Enjoy fall foliage while hiking through hemlock and oak forest. The trails follow ravines with shale creeks containing several waterfalls. A portion of the hike may be in the creek bed. We will hike approximately 3 miles. Meet at Tim Hortons on Main Street (Rt.62) , Eden at 1:00. Please bring water , a snack, and wear waterproof hiking shoes. Please call trip leader to RSVP in the event of a change in the outing.

10/19 - WED - BIKE and LUNCH - E. Amherst to Clarence Center (C) Ann Lazroe. Please call to RSVP 689-1861 or email altheaann1@gmail.com; This will be the last Wed. morning ride for the season. Enjoy fall foliage on a 10 mile round trip ride to Clarence Center and maybe on to Akron. See points of interest, ride on flat path past wet lands, new homes, soccer park, historic landmarks and the tragic air disaster site. Parking will be at 60 Rolling Meadow, the home of Ann and Matthew Lazroe (NOT THE REGULAR MEET UP PLACE) in E. Amherst at 10am. We will return for lunch around 12:30 and a Spa party. Bring a dish to pass, bathing suit, towel, bike and helmet. If your schedule does not permit you to ride, you may still join us for lunch. In case of rain, we will lunch indoors. There will be a leader available for those wishing to ride on to Akron and lunch at Mary's Restaurant. RSVP required.

10/22 - SAT - HIKE - Little Rock City Area (B) Lynn and Doug Kenney 825-7329; Enjoy the last of the fall foliage in the Ellicottville region. Call for directions. We will meet at the trailhead at 10AM. We can car pool if people are interested. We will hike a 5 mile loop including the Rim Rock and Bent Rim trails enjoying unusual rock formations and dense woods. Bring water & rain gear. Trekking poles are optional, d/t rocky trail conditions hidden underneath leaves. We will stop for lunch in Ellicottville for those who are interested. Call cell #361-6172 the day of the hike.

10/30 - SUN - PADDLE AND PARTY – Ellicott Creek (C) Richardschraven1@gmail.com (716) 564-2106 or maryschraven1@gmail.com (716) 946-7489 We will begin in the early afternoon with a leisurely paddle of Ellicott Creek, put in at Ellicott Creek Park, followed by a pot-luck Halloween party at our home afterward. We will provide a

pot of beef stew and non-alcoholic beverages including hot mulled cider. You provide a dish to pass, your preferred beverage, PFD, whistle, and memories of your paddle experiences this year. Costumes are encouraged, but not required. Non-paddlers are also welcomed to join us for the pot-luck party. While the paddle is weather-dependent, the party will be on no matter what the weather. Please let us know if you plan to attend.

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

Bike Outing Co-chair Announcement: Thanks to All Bike Outing Leaders!

Paul Kochmanski, Biking Co-chair, would like to thank all of you for a very successful biking season. As a token of his appreciation and of the NFC chapter, he would like to present you with a free bicycle tire pump at the general membership meeting Tuesday, October 11. If you miss the meeting, please contact Paul at 895-7712 for your pump!

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):



Retired or Looking to Volunteer & Share All Your Outdoor Skills? Tifft 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 Tifft Nature Preserve. Additional opportunities included planning annual fundraisers, creating databases, working on exhibits, and archiving materials in our research library. Become a steward of Tifft 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 Tifft, please call (16) 883-7127.

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

Remember: Our chapter has hiking poles available to members to borrow for free. It is a benefit of membership. Contact Cheryl Peluso 997-2349 or cherylp17@verizon.net for more information.

Are You a 46er? We Want You on Our List!

Loretta Yerke, who is a long term member of our chapter and former ADK Newsletter editor, made up a list of all our chapter 46ers in 2008. Wilma Cipolla and Loretta thought we should update the list to include all of the new 46ers since then. If you don't have a number because you didn't register we can still add you to the list. The list is posted on our ADK-NFC.org website. To add your name, send it to Cheryl Peluso, cherylp17@verizon.net, or call Kate Hacker at 688-8618.



Welcome New Chapter Members!

Welcome to our new members who joined in August:

- Student memberships include:
 - Adam Gannon
- Adult memberships include:
 - Paul Comeau, Maura Hasson, and Christopher Zachary
- Family memberships include:
 - Kelly and Peter Schreier
 - David Weeks and Deborah Erwin



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

In Memorium

Sad news for many ADKers: former ADK-NFC Education chair Ken Schneider passed away unexpectedly September 12 in Tennessee. He was 57. Ken's interests were many, and he was always eager to share them (and his expertise) with all. Ken was a key member of our chapter in the mid-1990s, providing backpacking education seminars at chapter meetings. For those who knew zero about backpacking, but wanted to try it, Ken's reassuring manner and personal touch made it easy. He taught people to select the right clothing, pack their packs correctly, purify their drinking water, pick the best tenting site, leave no trace, and much more. Every May and September, Ken faithfully led ADK beginner backpacking trips to Allegheny National Forest in PA. Cooking delicious meals (spaghetti, pancakes, even biscuits!) with his three stoves, nobody went hungry and everybody learned a ton. His easygoing nature and obvious love for the woods made a journey with Ken fun and memorable. We've lost a good friend. May his ways inspire us all.

Submitted by Peter Corrigan

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 (cheryl17@verizon.net) or Webmaster Rob Laing (RLaing537@gmail.com).

Executive Committee Meeting

The ADK-NFC Executive Committee will hold their next Executive Committee meeting October 4th, 6:45pm at the Julia Boyer Reinstein Library, 1030 Losson Rd in Cheektowaga. 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

