

## FEBRUARY 2017 NEWSLETTER

[www.adk-nfc.org](http://www.adk-nfc.org)



### General Meeting – February 14, 2017 (Program starts at 6:30pm)

**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 2nd floor)

#### Program Schedule:

##### **6:30 - 7:15pm: Education Workshop – BACKPACKING FOOD**

(please meet in the Community Room adjacent to the Main Meeting Room)

Most of us won't be loading up our packs and hitting the trail until spring, but right now is the perfect time to pre-cook, dehydrate, purchase or just plan our backpacking meals. We will review some tips for dehydrating, review some of the pre-packaged meal selections out there, explore how to find backpacking food right in the grocery store, and have a good old fashioned recipe exchange. Experienced backpackers, please bring or email me ahead of time your favorite backpacking recipe. We can start building up a collection of recipes on our website. Don't hike hungry! Come prepared to share and learn! Teresa Corrigan [TeresaCorrigan85@gmail.com](mailto:TeresaCorrigan85@gmail.com)



##### **7:00 - 7:30pm Happy Half Hour**

##### **7:30pm: General Meeting and Presentation –**



##### **ASIAN CARP CONTROL IN THE GREAT LAKES, Mike Weimer, U.S. Fish and Wildlife Service**

The ADK Buffalo Niagara Chapter is pleased to welcome Mike Weimer, Senior Fishery Biologist with the U.S. Fish and Wildlife Service/Department of the Interior to speak on collaborative efforts to address the threat of Asian Carp to the Great Lakes and large rivers of the Midwest. Mike is a native western New Yorker and active ADK Chapter member. His career with USFWS has taken him to Marquette, Michigan; Washington, DC; Minneapolis, MN and (finally) back home to Buffalo. His field work has included sea lamprey control; fishery assessment and management on the Great Lakes, Chesapeake Bay, and North Atlantic; aquatic habitat restoration; and numerous other projects. He has served as the Assistant Regional Director/Fisheries for the USFWS Midwest

Region (Great Lakes/Mississippi River) and as Chief of the USFWS National Division of Fisheries and Aquatic Conservation. In his current position, Mike is the Co-chair of the binational Asian Carp Regional Coordinating Committee, focused on preventing the introduction of Asian Carp in the Great Lakes. When not chasing Asian Carp, Mike enjoys Adirondack paddling and mountain climbing, and also serves on our Chapter's Executive Committee, sharing his computer and graphics skills to produce our Chapter Newsletter.

## **Looking Back – Gerry Rising, A Class Act**

It was a dark and stormy night when the Niagara Frontier chapter gathered in a warm and cozy meeting hall on January 10, 2017. Gerry Rising read excerpts from his book about his experiences on the road of life gaining experience in becoming an avian enthusiast. On this special evening, Gerry sat at a small lighted table down in front of the stage, surrounded by an horseshoe of seated listeners who savored his personal essays, like old friends telling stories around a campfire. Gerry's words drew a picture of a young boy standing near the Irondequoit Bay of Rochester, NY hearing the calls of so many evening birds which would later become so familiar. Even with so much experience, Gerry Rising shows his humble side reading an excerpt of a more embarrassing experience trying to capture the interest of high school students that ended in a full hall of laughter. It is hard to think that such a renowned writer could have setbacks but is a lesson for us all to keep moving forward and never let one experience keep you down. Inspired by the special occasion, 46er Gerry shared a newly composed essay with the group describing unforgettable personal tales of his High Peaks adventures (available on our website). Afterwards, friends and followers enjoyed catching up with an old friend and taking home a signed book to remember this special evening.



## **Conservation Corner, Lynn Rehfeld-Kenney, Chair**

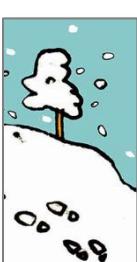
The Conservation Committee meeting will be held at Larry Beahan's home on Tuesday, February 21st at 7:00pm. Call #839-3112 for directions. Join us and find out the latest information on what is happening in your community and state.

- Thank you to the members who wrote comments and to the following members who attended the Boreas Ponds hearing in Rochester. They were Jay Wopperer, Linda Schmieder, Janet and Dave Kowalski, Dennis Seekins and myself. We believe there will be a ruling in March about the land designation. Let us hope our voices were heard and the area will be designated as wilderness.
- Unfortunately our voices did not sway the politicians or developers on minimizing human impact on the Outer Harbor. The Buffalo City Council did not amend the Buffalo Green Code, a document which designates how areas are classified for development in the city, for the area of land owned by the NY Power Authority on the Outer Harbor that runs between the Buffalo River and the Union Canal. The coding will allow for development, such as apartment buildings, to be built on the site where boats are currently stored and the ferry lands that travels between the Inner Harbor and Outer Harbor docks. Construction will be allowed to proceed on the site of the old Freezer Queen building on the Outer Harbor. The only concession was to decrease the height of the 23 story building by 15 feet and to position it with a 25 foot set back from the waterfront to allow the public to walk along the water.
- We are looking for new committee members. The larger the group the more impact we can have to make changes locally and across our state. We will also need help with planning and running The Conservation Conversation lecture for this coming year. The Conservation Committee holds a public education program every two to three years. This year we are looking at solar power in preparation to the opening of Solar City.

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

## **Message From the Chair, Janet Kowalski**

One great way to enjoy winter in our neck of the woods is to embrace the season, and venture outside as much as your lifestyle allows. The key to being active outside is to be prepared for the elements, with suitable warm layers, hat, gloves, face shield (scarf or "Buff") and safe footwear. On an icy hiking trail microspikes can make a big difference, making the hiker safer and more confident compared to hiking boots alone. For deep snow, snowshoes are a joy. They're mandated in the Adirondack High Peaks when snow is more than 8 inches deep to prevent 'postholing' (creating deep holes that the next hiker can sink into). Overall, winter outings are a delightful way to savor the season. With leafless hardwood trees, visibility in the woods greatly expands, yielding a totally different vibe compared to summer hikes. Other pluses are that it is not too hot, and there are no pesky mosquitoes. Even on a cloudy day, you'll be able to make healthy Vitamin D with partial sunlight. If you exert yourself, you witness water loss when you exhale your cloudy water vapor, so it is important to rehydrate on winter outings. Take advantage of these short winter days, be active, and have fun!



Happy Trails!  
Janet Kowalski

---

## **Reintroducing the Wilderness Weekends in Western New York Challenge**

To freshen interest in this challenge, we have lowered the required number of outings from 50 to 25, and have increased the source of outings to include not only the WWWNY book, but also other outings that have been ADK led in the past. You no longer need to go on 3 different types of outings either. For example, if you only hike, that's ok, your 25 different outings can all be from hiking alone and not include biking, winter sports, or paddling. When it comes time for you to lead your first outing, give Mary Schraven a call and she will assist you in everyway to make it enjoyable and memorable. Perhaps you would like to co-lead one of your favorites? That could be arranged. Please see the website for the revised details of this challenge and the revised log of outings: <http://www.adk-nfc.org/wwwny/wwwnyhome.php>.

---

## **Outings**

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

### **FEBRUARY OUTINGS**

**2/3 - 2/5 (FRI - SUN) XC SKI/SS - SUSQUEHANNOCK LODGE WINTER WEEKEND (C)** Ed & Jan Kramer: 716-674-7042, email: [edair701@icloud.com](mailto:edair701@icloud.com); Join us at the Susquehannock Lodge for the weekend of February 3-5, 2017, 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 \$130 pp private (based on double occupancy), and \$120 pp for semi-private. Single private is available at \$85.00 per night. Friday dinners are available for an additional \$17.00, or in place of dinner on Sunday. Trail lunches are available for purchase (\$8.00), or dine out or bring your own lunch for Saturday. A deposit of \$55 pp is required, the sooner the better since space is limited.

**2/4- SAT - SS - Grand Island (C)** Trip Leader: Tom Burkman (716)228-9493 Two hours of mostly gentle, level terrain: paths, fields, stream bed, woods. Meet first for breakfast at 8:30 at Tom's house, 800 Kirkwood Dr., Grand Island 14072, and go out from there. Weather permitting. Call to reserve.

**2/4 - SAT - SS/HIKE - STIGLEMEIER COUNTY PARK (C)** Trip Leader: Beth Hartz, 716-713-8896 [bethh.alpha@gmail.com](mailto:bethh.alpha@gmail.com). We will meet at the park at 10am and snow shoe on the really nice trails throughout the park. There are restrooms in the warming hut. Bring a snack and drink, dress appropriately for the weather. Please call to let me know you plan on attending and for more information.

**2/5 - SUN - XC SKI - REINSTEIN WOODS (C)** Trip Leader: Carolyn Kerr, [stenolou@gmail.com](mailto:stenolou@gmail.com). Easy skiing. Ski rental available first come, first serve for \$8. Snowshoe rental at \$5. Trails are not groomed and are shared with hikers and snowshoers. Lunch afterwards at Alton's for those interested. Call for meeting time and place. 716-553-4335. Lack of snow cancels.

**2/11 –SAT - XC SKI/SS - Knox Farm State Park, Route 16 in East Aurora (C)** Trip Leader: Carol Griffis 652-2547. [carolpg Griffis@gmail.com](mailto:carolpg Griffis@gmail.com); 10:30am. start time perhaps followed by lunch in the Village. Call or email for details a day or two before.

**2/12 – SUN - XC SKI - Chestnut Ridge Park (C)** Trip Leader: Mike Promowicz 716-297-3126, Meet at the Park and Ride on Union Road and Main in Williamsville to carpool at 8:45 am. Bring a snack/lunch to eat in the warming hut. Call to RSVP.

**2/18 – Saturday – XC Ski – Hunters Creek Park (A)** Trip Leader: Rob Laing: [rlaing537@gmail.com](mailto:rlaing537@gmail.com), 716-725-4751 (leave message). We'll start on what will probably be established trails at Hunters Creek Park and then make our own trails through the woods, down towards the creek and then back up to the ridge. We'll try to be adventuresome, so this trip will be appropriate for intermediate/advanced skiers or enthusiastic beginners who don't

mind a few spills along the way. Plan on starting at 11 AM, and we'll ski for 2-3 hours or until energy levels start to wane. Email or call for meeting location. This outing will need good snow coverage, so will cancel if poor snow.

**2/18 – SAT – HIKE/SS – Beaver Meadow Audubon Nature Center (C)** Teresa Corrigan, Call 716-835-1905 or email teresacorrigan85@gmail.com. This winter hike or snowshoe is an annual tradition. Come join us on the gently rolling trails at Beaver Meadow Audubon Nature Center. We make this an afternoon hike in hopes of spotting some crepuscular animals toward the end. We also stop at a cozy spot for dinner afterward. Call or email to sign up and get meeting place. We will meet at 1:00. Please contact by Friday at 5:00 P.M.

**2/19 – SUN – XC SKI - Letchworth State Park (C)** Trip Leader: Carolyn Kerr, Call 716-553-4335 for more information. Bathrooms available, nature trails.

**2/19 – SUN - HIKE/SS/XC SKI - Darien Lakes State Park (B)** Trip Leader: Aaron Slosman Meet at the park and ride in Williamsville on the corner of Main St. & Union Rd to car pool. We will leave the Park and Ride at 8:10 am. The hike will be about 4 miles on relatively flat terrain. Hikers must dress for the weather and bring lunch, snacks, water (2 quarts), rain gear, and extra clothing as appropriate for the weather. Depending on snow conditions and participant we may XC ski or Snowshoe. Parking area is on route 20 near County Line Road. We should return in the early afternoon. Contact Aaron Slosman if you would like to participate via email [aslosman@gmail.com](mailto:aslosman@gmail.com).

**2/23 -2/26 - Heart Lake Loj Weekend** - Sponsored by The Genesee Valley ADK Chapter; Bill Schweinfurth at schweinfurth22@gmail.com or phone (585) 705-2668 Hang out with your old ADK friends, and make new ones. Snowshoe or ski High Peaks trails right from the Loj with fellow ADKers, ride a bobsled at the Olympics Sports Center, ice-skate on Heart Lake, or just warm up around the fireplace in the Loj's Great Room. Annie & Jonny Rosen will be back again this year on Friday night for another fabulous performance. Sample a few of their songs on their website, annieandthehedonists.com. Saturday night we celebrate Marcy Gras along with a program by ADK Naturalist, Tom Manitta.. The Loj Trip Package includes: 3 nights lodging, 3 breakfasts, dinners Friday and Saturday evenings, the Friday night concert, non-alcoholic beverages, and tip for the Loj staff. We'll be asking participants to bring an appetizer or hors d'oeuvre to pass for one of the evening get-togethers Thursday, Friday, or Saturday nights. The Loj will offer Beer and wine at a cash bar. Lunches: Bring your own, or you can purchase trail lunches from the Loj. Rates (Per Person): Family Rooms (6-person bunkrooms – 7 openings) \$242.00. View our past Winter Loj Trip photos on-line: [www.adk-gvc.org/home/photo-gallery/adk-loj-trips-gallery](http://www.adk-gvc.org/home/photo-gallery/adk-loj-trips-gallery)

**2/25 – SAT - SS/HIKE – Zoar Valley North Rim (C)** Richard Schraven, contact 716-564-2106 or email richardschraven1@gmail.com. Park at the entrance to North Rim Trail, hike along the rim with great visibility due to lack of summer foliage. About 2 hours. Meet at the Park and Ride on Route 20A near the 219 in AM. Contact me for details and meet up time. Dress for the weather conditions.

**2/25 - HOLIDAY VALLEY "GET OUT AND SKI"** Trip Leader: JoAnn Ratajczak, jkish45@yahoo.com or 716-400-1030 The ADK will be traveling out to Holiday Valley on Saturday, Feb 25 for a "Get out and Ski" Day. We will be meeting on the SECOND FLOOR in the Tannenbaum Lodge (THIS IS THE LAST LODGE ON THE HOLIDAY VALLEY RD) where we will be having a Pot luck dinner later in the day. Check in for the event will be in the 10:30 AM. Be ready to ski at 11:00. Holiday Valley has wonderful opportunities for skiers of all ages and ability levels. You can stride along the golf course, or buy a lift pass for \$10 to get to the top of the ridge and explore the upper ridge trails. Cross country ski equipment is available for rental at Holiday Valley for \$17. All families and non-skiers are welcome to attend. More details to follow. JoAnn Ratajczak will lead x-country skiing on the ridge trails. Reservations are required. Bring a dish to pass if you are staying for dinner. Please RSVP to JoAnn Ratajczak at jkish45@yahoo.com or leave message at 716-400-1030 if you plan on attending and if you plan to stay for dinner.

**2/26 – SUN - SS/HIKE - Eighteen-Mile Creek, 5 miles (B)** Janet Kowalski 839-3114, janetk300@gmail.com; Meet at the Tops in Hamburg, 6150 South Park Ave, in the northwest corner of the lot. We will carpool to the small parking lot on South Creek Road, and hike for about 2 hours. Bring water and a snack. Call with any questions. This is a joint outing with Foothills.

**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. For information please contact the Adirondack NCNST Steward Coordinator, Mary Coffin, 315 687-3589, [marycoffin@gmail.com](mailto:marycoffin@gmail.com).

**Ice-skating at the North Buffalo Ice Rink** Call Paul Kochmanski at 716-895-7712  
Cost is \$2 and another \$2 for rentals if needed.

### **Plan Ahead: Looking Forward!**

**3/2 -3/ 5 -THURS – SUN - SS/ XC SKI – ALGONQUIN PROVINCIAL PARK (Mad Musher Hostel) (A - C)**  
RichardSchraven1@gmail.com (716) 564-2106, Maryschraven1@gmail.com (716) 946-7489 A spot in the Hostel can be secured by sending your check for \$20.00 /person to: Richard Schraven, 91 N. Parrish Drive, Amherst, NY 14228. We will be going again to the Algonquin Provincial Park winter wonderland for a 4 day and 3 night XC ski and snowshoe experience. With staying in the hostel, we will need to obtain day-parking permits for parking at the ski areas which costs \$17.00 CA /car. Mad Musher room rates vary from \$29.00 to \$36.00 CN /person/night, depending room capacity (2-4). Food cost varies by your choice of what you prepare for yourself in the kitchen or your restaurant selections. Car-pooling is encouraged to diminish our carbon foot print.

**3/5 – SUN - HIKE – Charlton Hill/Sulphur Springs Area- (B)** Meet at the park and ride in Williamsville on the corner of Main St. & Union Rd to car pool. We will leave the Park and Ride at 8:10 am. The hike will be about 10 miles total on relatively flat terrain. 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 off of Bank Road about a mile from West Middlebury Road. We should return in the early afternoon. Contact Aaron Slosman if you would like to participate via email [aslosman@gmail.com](mailto:aslosman@gmail.com).

### **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



**9/22 - 9/24 (FRI – SUN) DARK SKIES OVER SAGAMORE** Step back in time to the gilded age, and vacation at the former retreat of Alfred Vanderbilt's historic Great Camp Sagamore in Raquette Lake, N.Y. The camp has rustic, but comfortable accommodations, private or shared baths down the hall, delicious meals, hiking trails, free kayak & canoe use on Sagamore Lake. Saturday evening there is an astronomy lecture with an opportunity to view the sky with telescopes afterwards. There is a free 2 hour historic tour of the Camp, free tickets to the Adirondack Museum in Blue Mountain, a narrated boat tour of Raquette Lake IF there isn't a wedding that day, plus a possible optional tour of Uncas or Camp Pine Knot. The cost is \$375 for a Fri.-Sun. stay with 5 meals & a furnished room with linens. Send \$87.50 pp deposit to reserve your space. Deadline to RSVP is Feb. 28th. After that deposit is non-refundable. For more information, please contact JoAnn Zurek, call: 716-957-0127 or [J7592@aol.com](mailto:J7592@aol.com). Mail deposit to 6 Westview, West Seneca, NY 14224. P.S. There are a limited number of spots open if someone wanted to stay over Sunday, for an additional fee.

### **Additional Opportunities for Club Members (non-ADK Sponsored)**

#### **2/17 – 2/19 (FRI-SUN) LAKE CHAUTAUQUA CROSS COUNTRY SKI TRIP 2017 (BELL SKI CLUB)**

February 17th-19<sup>th</sup> at Chautauqua Institute at Bellinger Hall (Check-in: 3:00 PM Friday/Check-out:12:00 PM Sunday) Contact: Judy Trankle Schneegass (716) 694-8310; prices include 2 nights lodging, 2 breakfasts, one lunch, one dinner, N.Y.S. tax, Chautauqua bed tax, tips & gratuities.

**TRIP REPORTS** Check our website for [trip reports!](#)

### **Allegany State Park Winter Outing (January 20-22)**

Many thanks to Dave and Joanne Magavern for reserving and hosting 3 Summit cabins in our beloved Allegany State Park, Art Roscoe Ski Area. Even with the lack of snow and spring like temperatures of 50 to 60 degrees, everyone had a wonderful time hiking, socializing and relaxing. On Friday, some hiked, while those who worked arrived in time for the annual wine and cheese party. On Saturday, starting with light fog coming off the frozen Red Lake, and evolving into blue skies and 60 degrees, most hiked on the wonderful BeeHunter trail, others went off on their own to

explore the Allegany National Forest. While a bit muddy, BeeHunter trail was gorgeous with rushing riverlets of melted snow and gushing water falls. Good exercise of about 3 hours at a leisurely pace. Later, all enjoyed a wonderful pot luck dinner with many healthy, homemade dishes. My favorite was the vegan Mac and cheese. The homemade sweet and sour beets were also a big hit. The evening ended fairly early with a warm bon fire and light-hearted conversation. We will look forward to this event again next year.

### **Winter Walk at Knox State Park (January 11)**

On a cold & dry winter morning four of us walked almost all of the perimeter paths at Knox Farm. We made a brief stop at the 'little library ', went around the outermost trails where we could look across the road to the seminary, the path to the waterfall and the polo fields. Found a 'letterbox ' under a tree stump. (Google it. Letterboxing is a less technical version of geocaching ). Then we peeked in the windows of the mansion & the Polo barns. FYI Knox is a busy place on the weekends. Many happy canines cavorting in the dog park area. By noontime, cars were parked on the grass all along the exit road, right next to the 'do not park on the grass' signs. Carol Griffis.

### **ADK Winter Mountaineering School**

The Winter Mountaineering School Scholarship recipient is Mike Swain. Mike completed the Weekend Winter hiking course! We are happy to support his interest in learning skills to be safe while enjoying winter hiking. We look forward to hearing about his adventurous training at Feb. General membership meeting. Hopefully, Mike will be leading winter hikes for the chapter.

Your local ADK-NFC club membership benefits include applying for these two scholarships every year. This year, Mike was the only applicant.

Membership benefits also include stipends for education and training programs members take that improve their skills as outing leaders.

See the website for more details: <https://www.winterschool.org/>.



**Remember:** Our chapter has hiking poles and snow shoes available to members to borrow for free. It is a benefit of membership. Contact Mary Schraven at [maryschraven1@gmail.com](mailto:maryschraven1@gmail.com) or 716-946-7489 for more information.

---

## **Outings Guidelines**

**How to LEAD an outing** - It's easy! Confidence low? Ask to co-lead an outing with an experienced ADK leader before you lead.

### **BEFORE THE OUTING:**

- Choose an area you are familiar with and would like to share. Invite a friend to be a co-leader if you'd like.
- Scope it out before the outing to learn about trail, road or water conditions, driving directions, restrooms, parking, etc.
- Submit the outing details to the Outings Chair (date, time, meet-up place, outing description, rate the difficulty, what to bring, RSVP information) by the 15th of the month before the outing, so it can be advertised in the monthly newsletter. Submissions after the 15th of the month will only appear in the weekly email reminders. (You can count on the Outings Chair to assist with the write-up, No worries!)
- Be prepared with a map, basic first aid kit, and any essentials you might need.
- If you need to cancel your scheduled outing due to illness or inclement weather, communicate with the participants the night before or the morning of the outing.



### **DURING THE OUTING:**

- Be at the meeting place 15 min early.
- Ask participants (including trip leader) to sign the ADK waiver form (printed out in advance). Form can be found on [ADK-NFC.org/outings](http://ADK-NFC.org/outings) or at the bottom of weekly email from ADK.
- Introduce yourself to the group, give helpful background information on the area, and appoint a person to be the sweep, the last person in the group.
- Enjoy the outing and the new people you will meet!

## AFTER THE OUTING:

- Send the completed waiver form to the Outings Chair, and submit a trip report if possible for inclusion in the next newsletter. You can also ask a participant to write a trip report for you.
- If someone is injured on the outing, even if it is minor, please notify the Outings Chair so an accident report can be completed.

## How to be a RESPONSIBLE PARTICIPANT:

Participate in outings! It is so gratifying to a leader to have enthusiastic participants along!

- RSVP to the outing leader that you are coming.
- Feel free to BRING a FRIEND!
- Dress for the weather, wear appropriate clothing and footware, and bring water, a snack and any other items the leader suggests.
- Pack your 10 essentials, as needed.
- Make sure you are physically qualified to complete the outing and to take care of your needs. If you are not sure, ask the leader.
- Bicycle helmets (for bike outings) and PFD (life jackets for paddling outings) are mandatory.
- Arrive on time. Sign the ADK waiver form. Stay with the group, and have fun!
- Show your appreciation to the trip leader by offering to write an informative and/or humorous trip description for the next newsletter.

## Outings Rating:

A: strenuous, for the duration and level of fitness and skills needed

B: moderate difficulty

C: easy, good for beginners, shorter length

## 10 Essentials include:

- map/compass
- snack, water
- sun/insect protection
- whistle
- insulation (emergency blanket minimum) and/or extra clothes
- Rain protection
- flashlight
- fire making kit
- first aid kit
- knife



---

## 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 of 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](mailto:cherylp17@verizon.net), or call Kate Hacker at 688-8618



---

## Welcome New Chapter Members!

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

---

## HELP WANTED!

### ADK-NFC Volunteer Openings:

- **HISTORIAN:** We are looking for an individual to serve as the Chapter's Historian. Duties include collecting and storing Chapter Newsletters and important documents to provide a historical record and also a reference library for future projects.
- **ELECTRONICS COMMUNICATIONS COORDINATOR:** 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 sends timely electronic documents to the chapter membership and updates and oversees the ADK-NFC website. For more information please contact our current ECC Cheryl Peluso ([cherylp17@verizon.net](mailto:cherylp17@verizon.net)) or Webmaster Rob Laing ([RLaing537@gmail.com](mailto:RLaing537@gmail.com)).

- **YOUNG MEMBERS COORDINATOR:** We are looking for an individual to organize young members (YM) in the chapter (20s-30s) through social media and facilitate YM outings on a regular basis. Contact [janetk300@gmail.com](mailto:janetk300@gmail.com) for details.

**ADK Paid Openings:** Summit Stewards and many positions that operate the ADK LOJ campus are being hired for summer 2017. Check [adk.org](http://adk.org) for more information.

---

### **Executive Committee Meeting**

The ADK-NFC Executive Committee will hold their next Executive Committee meeting Tuesday, February 7th 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](mailto:larry_beahan@roadrunner.com).

---

### **ADK-NFC Website and Newsletter**

Check out our website [adk-nfc.org](http://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 15<sup>th</sup> 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](mailto:janetk300@gmail.com)

**1ST VICE CHAIR/OUTINGS** - Mary Schraven, 91 N. Parrish Dr., Amherst, NY 14228, 716-946-7489, [maryschraven1@gmail.com](mailto:maryschraven1@gmail.com)

**2ND VICE CHAIR/CONSERVATION** - Lynn Rhefeld- Kenney, 21 Hillside Ave., Buffalo, NY 14210, 716-825-7329, [woodthrush3@hotmail.com](mailto:woodthrush3@hotmail.com)

**3RD VICE CHAIR/PROGRAMS** - Dana Jandzinski [hikenbike30@yahoo.com](mailto:hikenbike30@yahoo.com)

**4TH VICE CHAIR/EDUCATION** - Teresa Corrigan, 207 Woodward Ave., Buffalo, NY 14214-2313, 716-835-1905 [teresacorrigan85@gmail.com](mailto:teresacorrigan85@gmail.com)

**DIRECTOR/WEBMASTER** - Rob Laing, [webmaster@adk-nfc.org](mailto:webmaster@adk-nfc.org)

**TREASURER** - Doug Gaffney, 830 George Urban Blvd., Cheektowaga, NY 14225, 716-631-3979, [dgaffney@roadrunner.com](mailto:dgaffney@roadrunner.com)

**ELECTRONIC COMMUNICATIONS** - Cheryl Peluso, 3618 Howard Rd, Hamburg, NY 14075, 716-648-9027, [cherylp17@verizon.net](mailto:cherylp17@verizon.net)

**SECRETARY** - Larry Beahan, 5 Darwin Dr., Amherst, NY 14226-4599, 716-839-3112, [larry\\_beahan@roadrunner.com](mailto:larry_beahan@roadrunner.com)

**NEWSLETTER EDITOR** – Mike Weimer, 703-517-7624 [mtweimer35@gmail.com](mailto:mtweimer35@gmail.com) Also email Mary Schraven at [maryschraven1@gmail.com](mailto:maryschraven1@gmail.com)

**MEMBERSHIP CHAIR** - Kathy Clerkin, [kmclerkin@gmail.com](mailto:kmclerkin@gmail.com)

**HOSPITALITY** - Carol Schuster, [carolfschuster@gmail.com](mailto: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](mailto:richardschraven1@gmail.com), 564-2106

**BIKING** - Paul Kochmanski, (716) 895-7712, [kochmanski@ecc.edu](mailto:kochmanski@ecc.edu)

**BACKPACKING** – Teresa and Peter Corrigan , 207 Woodward Ave., Buffalo, NY 14214-2313, 716-835-1905 [teresacorrigan85@gmail.com](mailto:teresacorrigan85@gmail.com), [hikepmc@roadrunner.com](mailto:hikepmc@roadrunner.com)

