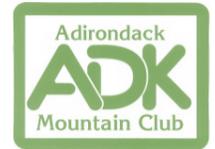




**Newsletter of the Adirondack Mountain Club – Niagara Frontier Chapter
JULY 2017**

www.adk-nfc.org



Next General Meeting – Tuesday, September 12, 2017

**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: ANNUAL MEMBERS SLIDE SHOW!!

PLEASE PLAN TO SHARE THE ADVENTURE FUN you've had over the past year with fellow ADK members at the Annual ADK Members Slide Show! Start thinking about TEN pictures you'd like to present! They can be from one OUTING, or a few. It's always fun to see what others have experienced. They are great suggestions for future trips for all of us!



Send 10 pictures to Slide Organizer Doug Gaffney (dgaffney@roadrunner.com) by MONDAY SEPTEMBER 11. The traditional ICE CREAM SOCIAL will begin at 7 PM, and the General Meeting and Slide Show will start at 7:30. YUM! See you there!

Looking Back at the ADK Niagara Frontier Chapter Annual Picnic and "Predators of the Night" Presentation - June 11, 2017



A good time was had by all who attended the Annual ADK Members Picnic at the Ellicott Creek Park Casino. The scenic creekside setting was ideal for our group, with water access for paddling, handy kitchen facilities, and expansive green space for games and fellowship. On a sunny, breezy Sunday afternoon, an impressive selection of Outings began at noon, which included biking, paddling and a nature hike. Short workshops on lightweight backpacking, and waterproofing canoe camping gear followed the outings. Before dinner, we were treated to a captivating OWL Presentation, with gorgeous close up views of several types of these spectacular creatures. The delicious variety of grilled offerings were supplemented by an eclectic array of salads, sides and desserts, and made for an outstanding summer picnic feast.



After getting some great time outside, Paul from Wild Spirit led a wonderful and informative program on the beautiful and amazing owls in our area. The little screech owl, barred, and great horned owl were on display. Who would have guessed that these creatures were so lightweight given their large size. The beautiful feathers are not only lightweight but a cloaking device to make their flight as silent as the night during which they hunt. Amazing is the fact that these great hunters do not turn their eyes, they are fixed in place but have such amazing vision at night. We hope everyone learned something and enjoyed the time spent together with this informative group from our area.

ADK officers were elected and re-elected, including Paul Gannon Chair, Mary Schraven Outings Chair, Rob Laing Director, and both Cheryl Peluso and Kate Hacker for Alternate Directors. We are blessed with an extremely competent and dedicated Executive Committee! Members also voted for minor Bylaws changes, including approval of term renewals, and addition of a Chapter Historian position.

We couldn't have our successful picnic without the assistance of many members who helped out: THANK YOU ALL!

- Food: Shopper Carol Schuster, Mary Schraven
- Set Up: Mary and Richard Schraven, Mary Durlak, Paul Gannon, Mary Kathryn Noack, Elizabeth and Kevin Bolt, Janet and David Kowalski, and many others!
- Grillers: David Schuster and David Kowalski (Firestarters), Deena Mueller, Mary Kathryn Noack, Carol Schuster, Mary Schraven (Windbreaker)
- Education Workshops: Paul Gannon (lightweight backpacking), Richard Schraven (waterproofing gear for canoe camping)
- Outing Leaders: Kate Hacker (bike), Richard Schraven (paddle), Lynn and Doug Kenney (nature hike)

The Board plans for the picnic dates to alternate Saturdays and Sundays, and Northtown/Southtown venues to accommodate our large membership. Next year the picnic will be on Saturday, June 9, 2018 at the beautiful Commissioner's Cabin in Chestnut Ridge.

Message From the Chair, Janet Kowalski



The annual July 4 ADK paddle down the beautiful Niagara River is undoubtedly one of the Outing Highlights of the year! Our Colorful Flotilla of Kayaks and Canoes leisurely paddling the gorgeous Niagara is a Vision to Behold. Plus, the delicious lunch which follows at The Silo in Lewiston is a classic way to kick off the summer. ADK offers many paddle outings at this time of year, ranging from exciting fast water to tranquil quiet paddles, and also overnight canoe camping at beautiful destinations. Bravo to the ADK crew of paddle leaders who facilitate these fantastic adventures, and special thanks to Paddling Coordinator Richard Schraven (RichardSchraven1@gmail.com).

Kayak popularity has exploded worldwide in recent years as one of the fastest growing sports for men and women of all ages. Kayaking is easy to learn, and empowers the paddler to navigate their own boat to secluded places and over long distances. Paddling is fantastic exercise, and a fun way to enjoy outdoor adventures.

Kayaks and canoes can be purchased or rented at many locations in WNY. Informative guidebooks that describe Put-In locations and trip details are invaluable. Two of my favorites include "Take A Paddle; WNY Quiet Water for Canoes and Kayaks" by Rich and Sue Freeman, and "Adirondack Paddling" by Phil Brown which can be purchased online (adk.org). ADK member Bob Van Hise's online paddling guide (<http://bit.ly/Buffalo-Paddles-Put-In-Map>) is a valuable source of information for paddlers.

Happy Trails!
Janet Kowalski

ADK-NFC Meeting Cancellation Policy

As a reminder, the Executive Committee approved a policy to coordinate the decision to cancel ADK Niagara Frontier Chapter Monthly General Meetings with closings of Amherst Central Schools. Since the Amherst Community Church property abuts Amherst High School, the winter weather conditions that warrant school closings will also dictate our General Meetings. When Amherst Schools or After School Activities are cancelled on the day of our scheduled ADK meeting on the 2nd Tuesday of the month, our monthly General Meeting will also be cancelled. Cancellation news will be reinforced with emails and Facebook postings.

Conservation Corner, Lynn Rehfeld-Kenney, Chair

- The Conservationist of the Year Award was presented to Diana Strablow at the ADK Annual Picnic. Diana was recognized for her leadership role in organizing diverse groups of people and landowners to take action against the National Fuel Company for their proposal to build the Northern Access Pipeline from Pennsylvania to Western New York due to concerns it would leak and damage the numerous waterways it would cut across. She also expressed concern that large amounts of methane gas leaks into the atmosphere during natural gas production. Methane damages the earth's atmosphere which accelerates the effects of global warming. She thanked ADK members for writing post cards and contacting legislators and the governor to voice our concerns. She stressed that any individual can champion a cause and take on a leadership role. She encouraged everyone at the picnic to make a difference. An easy way to do this is to join the Conservation Committee so we can work together to make positive changes to our local and state environment.
- Help is needed to design a flyer and program handout for the Conservation Conversation seminar on September 16th. Please contact Lynn Kenney (825-7329) by July 15th if you are interested. Volunteers are also needed for the day of the event, call Lynn to volunteer. The free public Conservation Conversation seminar is on Innovative Ways to Combat Climate

Change. Three dynamic speakers will present on ways to mitigate the effects of global warming.

- During the club wide Albany ADK Conservation Committee meeting in May, we were informed that the NY state budget will include 1.1 million dollars towards the battle against the Hemlock Woolly Adelgid infestation. The funding will go towards the setup and staffing of a "bug factory" at Cornell University to raise the native beetle (Lari Conbius Niarinus) that naturally attacks the Hemlock Woolly Adelgid infestation. The beetle consumes enough of the Woolly Adelgid to protect the adult Hemlock tree so it can still produce seeds to grow seedlings to maintain the forest. However since beetle production takes time, it is important to know where to release the beetles to have the most impact. ADK will be working with Mark Whitmore at Cornell University and the NYS Hemlock Initiatives Partners on using the iMap invasive survey tool to mark where the Hemlock Woolly Adelgid has been found. This allows real time information to be uploaded immediately to a data base to help determine where to strategically release the beetles.
- It is now expected that the land designation ruling for the Boreas Ponds lands will be made public by the Adirondack Park Agency(APA) in August or September.

There are no Conservation meetings in the summer. Join us for the next meeting September 19th. New members are always welcome.

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

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 every way 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>.

Calling All Young Members!

The Young Members subgroup of the Niagara Frontier chapter is looking forward to another great year of events specially designed for members in their 20s and 30s. The goal of the Young Members subgroup is to promote greater participation and membership of young members through special events for them and communications from me, the Young Members Coordinator. My name is Deena Mueller and I recently joined the Niagara Frontier chapter. In the next few months, I will be reaching out to young members by email and facebook to inform you of events and seek your input on what events you want the Young Members subgroup to organize. Until then, you can email at deena.mueller1@gmail.com about your suggestions and to let me know that you'd like to be a part of the Young Members group. Cheers! – Deena

Outings

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

Kayaking! Canoeing! Great fun! Let's all be safe! - Kayak and Canoe Skills Classes



7/8 – SAT – Tandem Canoe Rescue Clinic – Jeff and Laura Liebel, www.Wekanu.com, RSVP with Maryschraven1@gmail.com, 946-7489. Limit to 3-couples. 5-6 hours of training. Advanced Touring Canoe is being offered at a deep discount to ADK members. \$100 per couple. Limited to 3-6 couples. Class location Beaver Island State Park. Apply for ADK-NFC education scholarship for 25% discount/35% discount for trip leaders. Have you heard it said that tandem canoeing = divorce boat? But you want to use that lightweight canoe for these great canoe camping trips that everyone is talking about? The Liebel's have been paddling together for 25 years and are certified American Canoe Association Instructor Trainers in Advanced Touring Canoe (Level 3 Freestyle). Plus, they actually have the experience of paddling together in cooperation, with good communication skills! Learn to maneuver safely and effectively around obstacles in moving water, track straight and know how to do tandem assisted and self-rescues.

7/12 –WED – Intro to Kayaking - Jeff and Laura Liebel, www.Wekanu.com, RSVP with Maryschraven1@gmail.com, 946-7489. Learn basic strokes, safety, getting in and getting out, wet exits and assisted rescues. Approximately 4 hours of instruction. Class location Beaver Island State Park. Cost is \$40 per person. Apply for ADK-NFC education scholarship for 25% discount/35% discount for trip leaders by June 8 to Mary Schraven.

JULY OUTINGS:

7/1 - SAT - HIKE – Niagara Gorge Trail- (B) Mike Promowicz 297-3126 Meet at the Niagara Gorge Discovery Center, Hike the upper trail to Whirlpool Bridge, descend the new stairway and return on the lower trail through the old Schoellkopf power plant. Take the elevator back to the parking lot. About 1.5 to 2 hours. Good for families. Rocky and uneven trail. Call for meet up time.

7/4 – TUES - PADDLE – Lower Niagara River from Lewiston to Youngstown (B) Richard Schraven – richardschraven1@gmail.com or 716-564-2106. We will launch early so you can be home in time for your picnic! Be at the Lewiston launch ramps (end of Center St. by The Silo Restaurant) by 9:00 to drop off your boat. There is a fee to launch a kayak or canoe (\$4 the last time I checked). We will then drive to Youngstown to drop off most of the cars and come back to launch. After a leisurely downstream paddle, anyone who's interested can drive back to Lewiston for lunch at The Silo Restaurant. Wearing your PFD is mandatory. Approx. 2 hour paddle. Please call or email to let leader know you are coming.

7/8 Sat - BIKE – Ridgeway Ontario Summer Festival, Fort Erie to Ridgeway via the Friendship Trail bike path. Kate Hacker, 716-491-7046 or hackerks@gmail.com, email preferred We will start at the parking lot under the Peace Bridge on the Canadian side of the bridge. We will ride up the bike path and park our bikes in town while we tour the booths and get some lunch. You can buy food there or bring your own. The regular farmer's market will be run along with extra food vendors. We will go back the same way. This will be a leisurely ride. If the group wants to we can ride down to my summer cottage directly south of Ridgeway and wade in the lake. Bring your helmet, a lock, water and tire repair kit. Email or call for meeting time. Rain date is Sunday, July 9th. <http://www.historicridgeway.com/>

7/8 – SAT - Tandem Canoe Rescue Clinic – Jeff and Laura Liebel, www.Wekanu.com, RSVP with Maryschraven1@gmail.com, 946-7489. Limit to 3-couples. 5-6 hours of training. Advanced Touring Canoe is being offered at a deep discount to ADK members. \$100 per couple. Limited to 3-6 couples. Class location Beaver Island State Park. Apply for ADK-NFC education scholarship for 25% discount/35% discount for trip leaders. Complete Education Scholarship application (bottom of home page ADK-NFC.org) Participants bring their own boats, PFD's, paddles, safety gear, sunscreen, water, snacks, etc.

7/12 – WED - Intro to Kayaking - Jeff and Laura Liebel, www.Wekanu.com, RSVP with Maryschraven1@gmail.com, 946-7489. Learn basic strokes, safety, getting in and getting out, wet exits and assisted rescues. Approximately 4 hours of instruction. Class location Beaver Island State Park. Cost is \$40 per person. Be ready to paddle at 5:00pm -8:45. Participants bring their own boats, paddles, PFD's, water, sunscreen, snack, paddle float, bilage pump. Apply for ADK-NFC education scholarship for 25% discount/35% discount for trip leaders. Complete Education Scholarship Application found on bottom of Home page ADK-NFC.org)

7/15 - SAT - HIKE (C-B) and Bike (A) at Zoar Valley RichardSchraven1@gmail.com 564-2106 & MarySchraven1@gmail.com 946-7489 Participants can meet at the Rte. 20a. Park & Ride near Rt. 219 in the morning. (5940 Big Tree Road) We will drive to the bike ride start at the Gowanda-Collins Employee Training Center, School St. ¼ mile south of the intersection of Rts 39 & 75 in Collins Center. We will ride 7 miles on rolling hills to the north rim of Cattaraugus Creek. Some of the hills are quite steep. Then we will hike in the DEC Multiple Use Area. This rim trail is mostly flat with a few ravines, to an overlook with a view of the creek below. The hike part will take 1 ½ to 2 hours with a lunch stop. We will then ride 4 ½ miles back to the cars. A multiple speed bike, bike helmet, lunch, water and lock are required. Hiking poles are recommended. This will be a good chance to practice clothes layering. You will be significantly warmer pedaling uphill, compared to sitting to eat lunch in a cool creek-side glade. Call for meet up time.

7/23 - 7/27 – SUN – THURS - Killarney canoe/kayak camping on Ruth Roy or Johnnie Lakes Richard Schraven 716-564-2106. Email richardschraven1@gmail.com. Good for kayaks and canoes. 2 groups of 9 each. Send in deposit of \$20 to reserve your spot ASAP. Canoe camp trip to Killarney Provincial Park (B) richardschraven1@gmail.com (716) 564-2106 & maryschraven1@gmail.com 946-7489. We will drive to Killarney Provincial Park Sunday morning so that we get to Toronto after rush hour, but early enough to get to Johnnie Lake Access Point by mid-afternoon. This trip features minimal portaging so kayaks as well as canoes can be used. After obtaining our backcountry permits, one group will paddle five kilometers (km) to the 90 meter (m) portage for Ruth-Roy Lake. This is a secluded lake, which actually is made up of two small lakes joined by a narrow channel. This group will choose one of two campsites, while the other group paddles one to eight km to one of the seven campsites available on Johnnie Lake. While paddling through Carlyle, Terry, Johnnie and Ruth Roy Lakes you will get a sense of Killarney's incredible landscape. To the north you can see the quartzite peaks, for which Killarney Park is famous, - the La Cloche Mountains. To the south, the route is lined with northern forests. We may encounter moose, beaver, otter, loons and other inhabitants of Canada's southern-most Wilderness Park. For each group their campsites will be their basecamp for the duration of the trip. The next three days will be open for us to take day-trips on adjoining lakes and hike on the nearby La Cloche Silhouette Trail. Thursday is the last day, so after breakfast, we break camp and leave the park. We traditionally visit Herbert's

Famous Fish Market and Fish Fry Stand in the Village of Killarney before driving home. We have two permits allowing nine people each. So as many as eighteen can participate. To reserve your spot send \$20.00 deposit to: Richard Schraven, 91 N. Parrish Drive, Amherst, NY 14228. Participants will receive printed information about gear, food schedules and maps of the paddle route as well as driving directions.

7/29 - SAT - PADDLE - Little River /Niagara River around Cayuga Island - (B) Mike Promowicz call 297-3126. Meet at Griffon Park on Buffalo Ave near Williams Road, which has kayak roller launches. About 1.5 to 2 hour paddle, loop paddle, so no need to spot cars. Call for meet up time.

PLANNING AHEAD:

8/12 –SAT - PEDAL & PADDLE from Queenston to Niagara-on-The-Lake (N-O-T-L) (B)
RichardSchraven1@gmail.com (716) 564-2106 & MarySchraven1@gmail.com (716) 946-7489

We will drive to Queenston with our bikes and canoes or kayaks and lock the boats to the fence at the boat dock. Then we will drive to N-O-T- L and ride our bikes on the Niagara Recreational Trail, back to Queenston and exchange our boats with our bikes. The paddle from Queenston will be an easy one with the current. We can have a picnic lunch at Queens Park overlooking Lake Ontario or stop at one of the nice lunch restaurants in town. Participants can linger at their leisure with window shopping or even take in a play at the Shaw Festival. With the canoes/kayak mounted again on our cars, we will drive home with a stop in Queenston to pick up our bikes. On this outing we must be equipped for safe bike riding and paddling. There is a possibility to take part in only the bike or paddle part of the trip. Call for details.

8/23 - 8/28 - WED - MON - Women's Canoe Camping - (C) Reservations have been made for a waterfront campsite at Buck Pond State Park. It's generally a quiet park - there are no electric hookups- with easy access to several delightful waterways. Maximum # of participants is 6. Contact Carol Griffis: carolpgriffis@gmail.com or (716) 652-2547 by July 15th.

9/22 - 9/24 (FRI – SUN) DARK SKIES OVER SAGAMORE Currently, we are only taking names for a waiting list, or if there is a cancellation for the Great Camp Sagamore 9/22-24/17 trip. After May 1st, contact Marie in the registrar for availability at 315-354-5311.

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

Clark Hall Jr. Memorial Day Work-Play Weekend

I would like to thank our fellow club members and other volunteers who worked to maintain the Klondike trail in the High Peaks this Memorial Day weekend. They included Mary and Richard Schraven, Paul Gannon, Paul Kochmanski, Victoria Wulf, Kevin Bolt and his daughter Elizabeth (new members) and volunteers Justin Clukey, Heather Jones and Janice Cochran. Some of my previous hiking partners have called me Lucky Lee and did we get lucky by hitting two perfect days of sun between several rainy days. Saturday started damp and 40 degrees but warmed to tee shirt weather by mid morning for our trail work day. After numerous days with high winds this winter and spring we were not surprised to find several trees that had fallen across the trail and needed removal. The standard plan is to remove the blow down hiking in and clean water bars, cut back branches and replace faded/missing trail markers hiking out. We also cleaned the Klondike lean-to 2 miles down the trail. To be honest the black flies were out and seemed to be attracted to certain people, so the secret is to keep your distance from those people. Joking aside, many people used head nets and bug repellent this early in the spring. Saturday evening after the trail work, we were rewarded with an excellent cookout by long-time ADKers Marilyn and Peter Gillespie at their home in Saranac Lake. Thank you! Marilyn and Peter for your hospitality and all your contributions to our club. Several day hikes were discussed for Sunday which also promised to be a rainless, clear day. Since I was nursing a foot problem and was forced to drink some wine for medicinal purposes, I'm afraid I lost track of the various hikes planned for Sunday. Hurricane Mountain with its fire tower was discussed. Several folks did hike Phelps, which is an excellent day hike. I took a very leisurely hike towards Avalanche Lake stopping to talk with anyone wanting directions or information with the hope of not aggravating my sore foot. I suspect that I inspired a few people since they appeared to pickup their pace as they left me. I think it was our friend, Larry Beahan who said, "Funny how much you can talk when you're not really trying to get anywhere." Well, maybe he didn't say that, but my guess is that he could have. Half of our group stayed at TMax-n-Topo's Hostel owned and run by former Niagara Chapter member, Dave Gomlak and his wife, Terri. It's located a very short drive from the start of our work site. The other half stayed in the Loj campground either in tents or lean-tos. This year I was able to get seats for dinner at the Loj for Sunday evening. This was only my second time eating there. We enjoyed a fine dinner served family style including lemon pepper Haddock, lentil soup, home made dill bread, roasted mixed vegetables, salad and blueberry cobbler.

You should have been there! Make a note for next year, same place,same time.
Again, I salute all who assisted - Submitted by Lee Clukey

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 or 716-946-7489 for more information.

ADK Adventure Travel: BROADEN YOUR HORIZONS!

ADK members have a smorgasbord of outings to choose from, including year-round local outings, and an enticing variety of challenging trips to Adirondack Park. Members can also travel around the world with the ADK Adventure Travel Program, and spend fun-filled days with like-minded ADK members at some of the most exciting destinations on the planet. Qualified ADK Adventure Travel Leaders offer knowledge, experience, and helpful advice to insure these are Trips of a Lifetime.

The newest ADK Adventure Trips include Hut-to-Hut Backpacking in Norway, Hiking Alaska's Denali National Park, Cycling throughout Germany's Wine Country, and Hiking in Finland's National Parks. Look for details in the Adirondac July/August issue, or on the adk.org website.

ADK-NFC Member Paul Gannon recalls a recent ADK Adventure Travel trip to the Canadian Rockies:

"Do you love the outdoors? Enjoy our local club trips? Consider taking part in ADK Adventure Travel. Every edition of Adirondac lists club-sponsored trips around the world. I have attended three of them so far, most recently one to the Canadian Rockies last fall. Based out of the Lake Louise Inn, every day we drove to a different trail head in Banff National Park for a wonderful day hike in the spectacular Canadian Rockies. I enjoyed the company of fellow ADK members, who are some of the best people I know. It was literally a life-changing experience for me. Next spring, I will take a float trip through the desert canyons of Utah along the San Juan River. There are still openings. Maybe you will join me. See you out there!"



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 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 footwear, 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, or call Kate Hacker at 688-8618



Who Can Solve the Great 46er Banner Mystery???



Long ago a talented ADK member constructed a bright yellow 46er banner for hikers to be photographed with when they finished their final summit. Over the years this legendary banner has been passed down through several caretakers. Along the way folks lost track of who constructed the banner and its origin. Who knows the true story? It would be fun to know 😊 Any information is helpful. Contact Mike Weimer with any clues (mtweimer35@gmail.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, 716-946-7489, maryschraven1@gmail.com
2ND VICE CHAIR/CONSERVATION - Lynn Rhrefeld- Kenney, 21 Hillside Ave., Buffalo, NY 14210, 716-825-7329,

woodthrush3@hotmail.com

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

EDUCATION CHAIR- 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

NEWSLETTER EDITOR – Mike Weimer, 703-517-7624, mtweimer35@gmail.com Also email Mary Schraven at maryschraven1@gmail.com

ELECTRONIC COMMUNICATIONS – Mary Kathryn Noack, 716-984-2342, marynoac@buffalo.edu

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

MEMBERSHIP CHAIR - Kathy Clerkin, kmclerkin@gmail.com

HOSPITALITY - Carol Schuster, carolschuster@gmail.com

YOUNG MEMBERS COORDINATOR – Deena Mueller, deena.mueller1@gmail.com

ARCHIVIST/HISTORIAN - Lynn Rehfeld-Kenney, 716-825-7329, woodthrush3@hotmail.com

Outings Co-Chairs:

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

WATERWAYS - Richard Schraven, 91 N. Parrish Dr. Amherst, NY 14228, richardschraven1@gmail.com, 564-2106

BIKING - Paul Kochmanski, (716) 895-7712, kochmanski@ecc.edu

BACKPACKING – Teresa and Peter Corrigan , 207 Woodward Ave., Buffalo, NY 14214-2313, 716-835-1905

teresacorrigan85@gmail.com, hikepmc@roadrunner.com

