

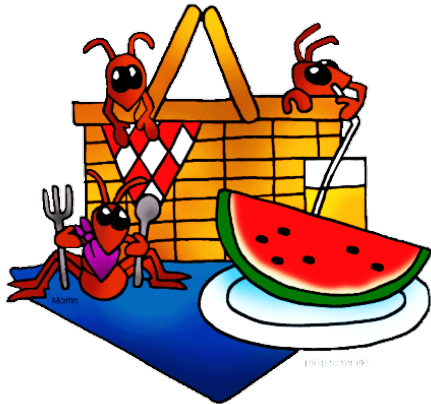


**Newsletter of the Adirondack Mountain Club – Niagara Frontier Chapter
JUNE 2017**

www.adk-nfc.org



**ANNUAL ADK NIAGARA FRONTIER CHAPTER MEETING AND PICNIC
SUNDAY, JUNE 11th at the Ellicott Creek Park Casino**



Join your ADK FRIENDS for this NOT TO MISS annual event. Great for the whole family, new members and friends interested in ADK!

**OUTINGS! WILDLIFE PRESENTATION! GREAT FOODS!
POTLUCK DISHES! ELECTIONS OF NEW OFFICERS!
CONSERVATION OF THE YEAR AWARD! FRISBIE GOLF! BEAN
BAG TOSS!**

Set-up starts at 11:30am...meet at the Casino

Helpers needed to set out snacks, cover tables, make coffee, sign-in guests, direct participants to various outings, organize pot-luck dishes, unload beverages and grill items...stay to socialize and play games, or go on an outing!

Please contact Dana 716-704-5597, to let her know you are coming to help. HIKENBIKE30@YAHOO.COM. For a map of the park, please visit: <http://www2.erie.gov/parks/index.php?q=ellicott-creek-park-map>.

12:00pm - BIKE - Ellicott Creek Park to Niagara Riverwalk bike trail (C) Kate Hacker (meet at the Casino), hackerks@gmail.com or phone 716-491-7046 Ride will be 3 hours depending on the group preference. Mostly flat bike trails. Bring water and a snack/lunch. It's mandatory to wear a helmet. Please have a bike in good condition, spare tube.

12:00pm - PADDLE on Ellicott Creek (C) Richard Schraven Put-in location will depend on conditions, RichardSchraven1@gmail.com, 564-2106. PFD mandatory, about 2 hour paddle.

2:00pm - Young Members Frisbee Golf (20-30 yr. olds) Bring your own disks to play the course at the park. Meet at the Casino. Reach out if you have questions. Deena (dmueller@phillipslytle.com).

1:30pm – Nature Hike - (C) Lynn and Doug Kenney (meet at the Casino) This will be a leisurely walk inside the park with frequent stops to look at wildflowers and trees. We will try to identify as many as possible and will explain the different format between the Peterson and Newcomb's Wildflower Field Guides. We invite you to bring your field guides to assist us. Birders are also welcome to help identify birds. The hike will last about 1.5 hours.



3:30pm - Wildlife presentation by "Wild Spirit" - Learn about the ecology of our area, owl anatomy, adaptations to flight and predator-prey relationships.

4:45pm - Water Balloon Toss - Grab a partner and see how long you last!

5:00pm - Potluck dinner and grilled foods - Bring your favorite salad, dessert or appetizer to share. Your Club provides grilled hamburgers, hotdogs, sausage and veggie burgers along with rolls and condiments, soft drinks, water, coffee and tea. A limited amount of paper products will also be available, but to help reduce waste, please bring your own place setting. You may also want to bring a folding chair and your favorite yard game.

6:30 - Meeting and Elections

Five unopposed elections:

- Paul Gannon - Chapter Chair
- Mary Schraven - another term as Outings Co-chair
- Rob Laing - another term as Director
- Cheryl Peluso and Kate Hacker - another term each as Alternate Directors

Presentation of "Conservationist of the Year" Award to Diana Stablow

Looking Back to Guardian Angels of the Outdoors

What a way to kick off the summer season with our chapter learning all about the Search and Rescue team who keep our community safe. The wide range of abilities and the hard work of putting in the extensive hours of training to become a qualified team member was impressive. This crew helps rescue in every situation! The multiple examples of hikers being lost in the dark, water rescues, and extracting folks out of difficult terrain in all types of weather qualifies them for guardian angel status. Look for their educational workshops to keep everyone educated about the outdoors!

Message From the Chair, Janet Kowalski

Fishing is a year-round passion in the Adirondacks, whether using a lure, fly or good old worms. With over 3000 fresh water lakes, rivers, streams and ponds, Adirondack Park is teeming with aquatic life. The Park has fantastic fresh-water fishing for largemouth bass, smallmouth bass, perch, walleye, northern pike, trout and more. However, anglers should be aware that mercury contamination is a problem and tends to be high in older, larger fish where mercury has become concentrated. With few exceptions, the NY Dept of Health recommends that children under 15 and women under 50 consume no fish caught in the Adirondack Park. For other age groups, most fish can be safely consumed 1-4 times per month. For more information see health.ny.gov.



Brook Trout (Photo courtesy U.S. Fish and Wildlife Service)

As prevailing winds carry airborne mercury from Midwestern coal power plants, it falls on the Adirondacks in rain and snow, poisoning the fish. Bacteria convert mercury to methyl-mercury, which is easily absorbed by living things. This toxic form of mercury concentrates as it moves up the food chain to bigger fish, and can cause brain damage in fetuses and children. Nature enthusiasts need to remain diligent, calling for elimination of mercury air pollution, and encouraging corporations to balance public health and economic prosperity.

As science writer Rachel Carson wisely warned, "Man is a part of nature, and his war against nature is inevitably a war against himself."

Happy Trails!
Janet Kowalski

*****New ADK-NFC Meeting Cancellation Policy**

The Executive Committee approved a new policy coordinate the decision to cancel the Monthly General Meetings with the Amherst Central School Closings. 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 ADK meeting on the 2nd Tuesday of the month, then our monthly general meeting will be cancelled. Cancellation news will be reinforced with emails and Facebook postings.

Slate of Candidates from the Nominating Committee

The Nominating Committee presents the following candidates to be elected or re-elected at the Annual Meeting on June 11, as stipulated by the ADK-NFC Bylaws.

- CHAIR: Paul Gannon
- 1ST VICE CHAIR/OUTINGS COORDINATOR: Mary Schraven
- DIRECTOR: Rob Laing
- ALTERNATE DIRECTOR: Cheryl Peluso
- ALTERNATE DIRECTOR: Kate Hacker

Mary is being nominated for a 2nd term beginning in September 2017. Rob, Cheryl and Kate are being nominated for 2nd terms starting in January 2018.

Many thanks to Teresa Corrigan and the Nominating Committee for determining our Slate of Candidates.

ADK-NFC Bylaws Changes

Minor modifications to our chapter bylaws will be voted on for approval by membership at our Annual Picnic/meeting on June 11.

- Chair/Vice-chair terms: "The Chair and Vice Chairs may be reelected for one 2-year term and can later be reelected after at least a 1-year vacancy"
 - Addition of Appointed Position: "Historian: Assembles and safely stores hard copies of ADK-NFC Newsletters, Annual History Reports, and other important documents in order to provide a historical chapter record and reference library to support future ADK operations."
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Conservation Committee Update

On May 13, the Conservation Committee held its annual cleanup of the Tillman Wildlife Area in Clarence. Eight members (Lynn Kenney, Janet Kowalski, Mary and Richard Schraven, Kevin and Elizabeth Bolt, Jay Wopperer and Linda Schmieder) picked up 5 big bags of garbage and 2 tires. The weather held out allowing the group to enjoy being outdoors with nature. ADK Niagara Frontier Chapter has been cleaning this area for years every spring.

The Conservation Committee is finalizing plans to conduct another Conservation Conversation. This year's program, scheduled for September 16 at Daemen College, will focus on mitigating the effect of climate change. Our speakers will discuss unique initiatives that are currently being implemented or being researched to lessen the impact of climate change. Mark your calendars for this exciting event. More information will be included in future newsletters. Members who would like to be involved in this event, please let Lynn Kenney know.

Submitted,
Jay Wopperer

Remembering John Myhre

ADK Emeritus Wilma Cippola reports that John Myhre, one of the chartering signatories of the Niagara Frontier Chapter, died on April 27 at the age of 87. According to Wilma, John was a true outdoorsman and a devoted member of ADK. Being an active member of ADK seems to correlate with longevity. John and his wife Grace were instrumental in providing much of the information that constitutes the Chapter History on the ADK-NFC website. On behalf of a grateful chapter, we thank you John for your enthusiasm and dedication to ADK.

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

JUNE OUTINGS:

5/29 - MEMORIAL DAY BIKE RIDE - Ride to Delaware Park- (C) Meeting at Niawanda Park in the lot nearest to the Grand Island bridge at 10am. We will ride the bike path to Delaware Park, stopping at Wegmans for a picnic lunch then returning to Niawanda Park around 2 pm. This is a family ride of 20-25 miles at a nice group pace. Might be too long for young kids but great for teens and above. Bring a bike, helmet, water, snack, and lock. Contact Aaron Slosman if you would like to participate via email aslosman@gmail.com.

5/29 - MEMORIAL DAY PADDLE- Oak Orchard River (B) Bob Colling (716) 579-0528 This intermediate paddle is about 3 hours long. Location may change depending on the conditions. Meet at 10:30 to prepare boats, and spot cars to take out. Bring boat, paddle, safety gear, PFD, lunch, dry clothes in a waterproof bag, water. Call for specific details.

5/31 - WED - PADDLE - Tonawanda Creek, Amherst (C) Richard Schraven, (716) 564-2106 or Mary Schraven, 946-7489. Put in at Amherst Veterans Canal Park kayak roller launch on Brenon Road and S. Tonawanda Creek Road. Meet at 6:00 Ready to launch at 6:30. Paddle until dusk. Please call to confirm trip will run. Good for families and for beginners.

6/2, 6/3 and 6/4 – FRI to SUN - BACKPACK-West Canada Lakes (B) Meet at the Park and Ride in Williamsville on the corner of Main St. & Union Rd to car pool at 6am. Carpooling to Speculator, NY area to hike the West Canada Lakes trail. The 25 mile trail is rolling hills with small lakes and lean-tos. We hope to do an off-trail bush whack to see French Louie's cave. Some backpacking experience and general fitness is required. Contact Aaron Slosman if you would like to participate & get equipment list via email aslosman@gmail.com.

6/7 - WED - PADDLE of Cazenovia Creek in East Aurora, NY (C) Carol Griffis (716) 652-2547 or carolpgriffis@gmail.com. Meet at the American Legion Post #362 on Center St. and paddle, up-and-back. A picnic table is available. We will paddle upstream (East) following the southern edge of the Village on flat water in a remarkably wild setting. Call for directions and put-in time, (early evening). Dress for the weather and wearing a proper fitting PFD is required.

6/8 - THURS - BIKE – North Buffalo and Tonawanda Rail-to-Trail (C) 10-16 miles. Paul Kochmanski (716) 895-7712 kochmanski@ecc.edu. We'll start at the NFTA Metro Park-n-Ride at the LaSalle Station (next to Shoshone Park), ride out 5-8 miles (pace and length based on group consensus) towards Ellicott Creek along this new flat and smooth bike path, then return. Optional eats/drinks/ice cream afterwards in the Hertel Ave. or University Heights area. 6:00 pm start time. Call or email by 3:00 pm if coming.

6/11 – SUN – Annual Picnic and Meeting – Ellicott Creek Park Casino- Set up at 11:30, 12:00pm - Bike, 12:00pm -Paddle, 1:30 - Nature Hike, 3:30 - Owl Presentation, 5:00 - Potluck Dinner followed by Chapter elections and presentation of Conservationist of the Year Award.

6/15 – THURS – BIKE - Tonawanda Creek Bike Path from Ellicott Island Park to Mississippi Mudd's (C) RichardSchraven1@gmail.com 564-2106 & MarySchraven1@gmail.com 946-7489 We will ride this 8.2 mile stretch of the Tonawanda Creek Bike Path with a stop along the Niagara River at Mississippi Mudd's. Bring a bike in good working order, water, bell, tools and your bike helmet. Meet at 5:45pm to leave at 6pm. Call for directions to the start point and to RSVP. Rain cancels.

6/20 – TUES – BIKE - NORTH AMHERST BIKE RIDE (C) JoAnn Ratajczak (716) 400-1030 and Carolyn Kerr (7a6) 553-4335; We will begin near the Ellicott Island Park on Old Falls Boulevard, near the intersection of Niagara Falls Boulevard and Creekside Drive. We will continue on mostly a recreation trail through North Amherst, terminating at Uncle G's Ice Cream. After a short break we will return back to our vehicles. Rain cancels. Contact either of the leaders for meeting time.

6/24 - SAT - BIKE & HIKE – Royalton Ravines – (C) Richard Schraven (716) 564-2106 richardschraven1@gmail.com. This morning outing starts with a short 7 mile country road ride, including a great down hill on Cottage Road and a climb up the grade on Kayner Road to the Victor Fitchlee – Royalton Ravine Park in Gasport, Niagara County. The 2.5 mile round trip hike, features a

scenic wooded ravine on the edge of the Niagara Escarpment, a unique, swinging foot bridge, 25' Royalton Falls and a pleasant picnic spot. The ride back to the cars is 5 miles and doesn't have any hills. Call or e-mail for meeting time and place. Bring a bike that is in good working order, water, lunch, lock and helmet. Dress or bring clothing according to the weather possibilities. A high probability of rain changes this outing to a hike only. In that case call for further directions. Rain Date is Sunday, June 25th. Please RSVP.

6/24 - 6/26 – SAT - MON - YOUNG MEMBER HIGH PEAKS Backpack weekend (A) Young members (ages 21-39) this is your chance to play in the high peaks! The Johns Brook Lodge (right in the heart of the high peaks) is being reserved for young members from June 24-June 26. You'll get to meet young members from all over New York State, explore the Adirondacks and enjoy staying in the historic, Johns Brook Lodge (about a 3 mile hike in from the Garden Parking Lot in Keene Valley). The cost for the weekend is \$165 which includes all meals and lodging. But wait there's more! The first six members from the Niagara-Frontier chapter to sign up will get \$80 off their fee. You can sign up at <https://www.adk.org> but let me know (dmueller@phillipslytle.com) if you have questions and if you are signing up so that you can get your discounted rate if you are one of the first six.

6/27 – TUES - BIKE – Lockport to Gasport with locks (C) Kevin Bolt, 818-2873 or email bfamily428@roadrunner.com; This will be about a 2 hour, leisurely paced ride on flat pavement along the Erie Canal. Meet at 5:45 to leave at 6pm. We will stop for ice cream at Lake Effect in Lockport. Family friendly ride.

PLANNING AHEAD:

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 9:00am 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.

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 by June 8 to Mary Schraven. Participants bring their own boats, PFD's, paddles, safety gear, sunscreen, water, snacks, etc. 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 self-rescue.

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. 5:00pm -8:45. Participants bring their own boats, paddles, PFD's, water, sunscreen, snack, paddle float, bilge pump. Apply for ADK-NFC education scholarship for 25% discount/35% discount for trip leaders by June 8 to Mary Schraven.

7/23-7/27 – SUN – THURS – CANOE CAMPING trip to Killarney Provincial Park (B) richardschraven1@gmail.com (716) 564-2106 & maryschraven1@gmail.com 946-7489. Kayaks or Canoes. Two permits of 9 participants each. No portaging for a group on Johnnie Lake, 90 metre (m) portage for 2nd group on Ruth-Roy Lake. 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. Optional visit Herbert's Famous Fish Market and Fish Fry Stand in the Village of Killarney before driving home. 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.

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!](#)

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 Louis 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???

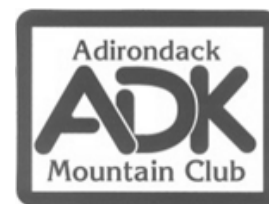


Long ago a talented ADK member constructed a bright yellow 46er banner for hikers to be photographed with when they finished their final summit. Over the years this legendary banner has been passed down through several caretakers. Along the way folks lost track of who constructed the banner and its origin. Who knows the true story? It would be fun to know ☺ Any information is helpful. Contact Mike Weimer with any clues (mtweimer35@gmail.com).

Welcome New Chapter Members!

We are pleased to announce the following new ADK Niagara Chapter members for April:

- Theresa Anderson
- Patrick Beilewech
- Jeff Brayer & Jackie Saniewski and family
- Stephen Burgeson
- Gary Feltz
- Gary Gerace
- Kim Kaiser
- Winanne Kotula
- Diane Ollesch
- Joseph Schmieder and family
- Lisa Vogt and family



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

Executive Committee Meeting

The ADK-NFC Executive Committee will hold their next meeting on **Tuesday, June 6**. For further details, contact any member of the Executive Committee. Any member is welcome to attend. Chairpersons who cannot attend should submit a report to the Secretary in advance of the meeting to 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, 716-946-7489, 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
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
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:

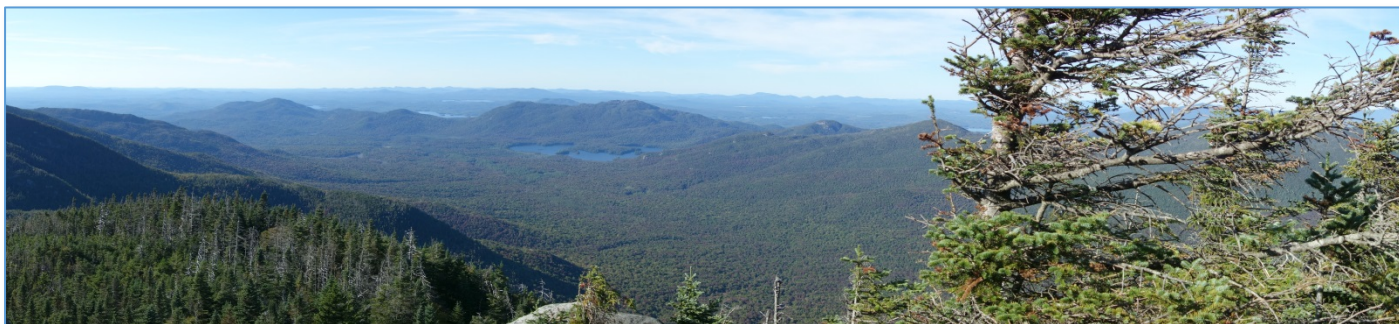
DAY HIKES (Apr - Nov) New co-chair needed! (contact the Chair)

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



Ampersand Lake from the Seward Range
