



THE NIAGARA EXPLORER

Newsletter of the Adirondack Mountain Club – Niagara Frontier Chapter MAY 2017

www.adk-nfc.org



General Meeting – May 9, 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 – “Hey, what kind of bird is that? ”
(please meet in the Community Room adjacent to the Main Meeting Room)



Have you ever seen or heard a bird while on a hike, paddle, or bike outing and wondered which bird it was? At the May education workshop, we will review bird species commonly seen and/or heard during WNY outings. Field marks, habitat, and calls will be highlighted, so that maybe the next time, you'll be able to say “I know that bird!”

7:00 - 7:30pm Happy Half Hour

7:30pm: General Meeting and Presentation – NIAGARA FRONTIER SEARCH AND RESCUE: Invaluable Companion for Outdoor Recreation, Len Pratt, NFSAR President

Len Pratt, President and Chief of NFSAR will present an overview of the NFSAR organization, including its mission, resources, how members train and how the team gets activated to participate in lost and missing person search events. Niagara Frontier Search and Rescue (NFSAR) is a FEMA Type III wilderness land search and rescue team that provides wilderness and backcountry search support to the DEC and law enforcement entities across Western NY and many other areas of NYS. The team is activated through the dispatch center of the Erie County Sheriff's Office. In addition to being a member of NFSAR Len is a member of the ADK Winter Mountaineering School Advisory Committee, a School instructor, and served as the School's Director in 2012 and 2013, and is also a sworn Reserve Deputy with the Erie County Sheriff's Office. With recent retirement from his 9-5 job, he works hard at trying to spend as much time camping, hiking, backpacking and fishing as possible and can usually be found in the backcountry with his wife and hiking companion Mary, where they prefer the solitude of the less traveled roads and trails.

Looking Way Back to Ancient Stories to Help Think About Climate Change

The Niagara Frontier Chapter was given a special opportunity to hear a fresh approach on climate change from Dr. Lynda Schneckloth, last year's recipient of Conservationist of the Year Award. There are so many different approaches on how to contribute to the fight against climate change and pollution. Dr. Schneckloth offered Biblical and Indigenous Creation stories as a starting point to address our relationship with Natural World. This insightful avenue contrasts Eco and Ego centric philosophies, which translates into living in harmony with nature or using it for personal gain. Dr. Schneckloth called for interested ADK members to participate in the Climate March in Washington, DC on April 29.

Director's Report

I attended the Adirondack Mountain Club annual meeting and quarterly Directors meeting in Lake George on April 1. There are typically up to 50 people attending these meetings, including chapter Directors, club officers, club staff and committee chairs. This meeting also included a Directors roundtable, which I'll mention later, but in total we spent over 6 hours discussing past performance, current status and future direction of the club.

The annual meeting reviewed the financial performance of the club for 2016 – in summary 2016 was a solid year: operating surplus, increasing revenues, increased donations and increasing membership. Not spectacular performance, but solid performance.

2016 also saw the start of a major reconstruction project at the Heart Lake property. ADK received a 3:1 matching grant from NYS to improve the High Peaks Information Center and the surrounding facilities and campground. The HPIC was closed late in October 2016 and reopened in February of this year. The interior was completely gutted and rebuilt. A new well was also dug in the fall. Exterior finishing will commence once the weather indicates winter is over. The next steps will be construction of a new washhouse, concession area, new septic and new campground loop. The existing washhouse will be renovated as well, however that will not happen until the end of the project. Over 600 hours of volunteer effort went into the reconstruction of the HPIC with some local chapter members participating.

An ongoing concern has been increased use (overuse?) of the Eastern High Peaks region. With the increased use have come parking and traffic issues, waste disposal issues and backcountry abuse. The effort to address this started last year and will continue this year. This is a complicated issue and if anyone wants to discuss in more detail please contact me, but to summarize: discussions are ongoing with the State DOT regarding traffic and parking, education efforts are ongoing to address waste disposal and LNT efforts in the backcountry, and discussions are ongoing with the DEC about reopening the UMP for the Eastern High Peaks region.

Some conservation issues that ADK will take a public stance on include:

- Opposition to the NYS proposal of dining and lodging facilities on the forest preserve.
- Opposition to the NYS proposal of a hotel on Goat Island
- Opposition to the 2018/2019 NYS Constitutional Convention
- Support for including an amendment to the NYS Constitution for an Environmental Bill of Rights.

Finally, as I mentioned previously, we started the day with a Directors Roundtable. An effort is being made to assist less active club chapters to increase local participation: whether that means increasing local chapter outings or having an increased voice on local conservation issues is up to each individual chapter to decide where to focus. We are lucky in the Niagara Frontier Chapter that we have an active chapter with many dedicated volunteers. Other chapters around the state are not as lucky and we, as Directors, are attempting to share ideas on what makes our chapter successful. This is something that will precede each Directors meeting for the foreseeable future until we run out of ideas to talk about.

As always, if anyone would like more information on any topic please don't hesitate to contact me at rlainq537@gmail.com.

Message From the Chair, Janet Kowalski



Some call this wet time of year Mud Season, but it is also Waterfall Season! Waterfalls that are trickles in the summertime are spectacular sites to behold in the Spring. During the ice age glaciers eroded hard and soft rocks differentially, resulting in 3 major escarpments in WNY that give rise to waterfalls. The best known is the Niagara Escarpment, which forms Niagara Falls. 16 miles south, the Onondaga Escarpment produces others including Akron Falls and Indian Falls, a delightful destination adjacent to Log Cabin Restaurant, and not far from the Iroquois Wildlife Refuge. Geologists take the long view and consider waterfalls to be short-lived features, since they are continuously eroding and changing. There are many types of waterfalls, including lunge, staircase, cascade, tiered, ribbon and curtain. Each is unique and a joy to visit. Enjoy!

Happy Trails!
Janet Kowalski

Nominating Committee Update

Nominating Committee Chair Teresa Corrigan reports the following Slate of Candidates to be elected at the Annual Picnic on June 11.

- CHAIR: Paul Gannon
- 1ST VICE CHAIR: Mary Schraven

Mary is being nominated for a 2nd term as 1st Vice Chair/Outings Coordinator. These candidates are being nominated for 2-year terms starting September 2017.

***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.

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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Advocacy Updates

Consistent with the ADK mission to protect the Waterways of New York State, the ADK-NFC Executive Committee has voted to support the following endeavors:

- Our Outer Harbor (OOH): We joined the OOH Coalition, a group of WNY advocacy groups dedicated to preserving the public trust on Buffalo's waterfront. Any development of the public properties in the Outer Harbor must benefit the wider public, be water dependent, and support the unique natural character of the Outer Harbor.
 - Great Lakes Restoration Initiative: ADK signed a letter circulated by HOW (Healing Our Waters – Great Lakes Coalition) urging the federal government to not cut funding to the Great Lakes Restoration Initiative, a federal program that has helped to remove water pollution and harmful algae from the Lakes.
 - Northern Access Pipeline: ADK supports the DEC decision to stop the natural gas pipeline proposed to transport natural gas from PA to Canada, which would intersect and threaten over a hundred waterways and wetlands that marble the WNY landscape.
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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

MAY OUTINGS:

5/4 – THURS - BIKE – North Buffalo and Tonawanda Rail-to-Trail (C) 10-16 miles Paul Kochmanski 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.

5/6 - SAT - HIKE - Emery Park - (B) - Trip Leaders David and Janet Kowalski, janetk300@gmail.com Emery Park in South Wales is a WNY gem, offering waterfalls, wooded trails and scenic ravines. Meet at 10 AM at the Ski Lodge Lower Parking area, and we'll hike a few miles in this beautiful place. Wear sturdy shoes, dress for the weather, and bring a snack.

5/6 - SAT - BIKE – Iroquois National Wildlife Refuge (B) 23 miles. Paul Kochmanski 895-7712; kochmanski@ecc.edu; This area, teeming with wildlife, has been described as one of the best kept secrets of WNY. This ride qualifies you for the "Wilderness Weekends in Western New York Challenge". The ride will begin at the Visitor's Center and we will ride around and through the refuge. First stop will be Cayuga Pool overlook, where we can view the eagle's nest (and hopefully some eagles!). Second stop will be at the Ringneck Marsh Overlook, where we can expect to view migratory waterfowl and Great Egrets. Third stop will be the Swallow Hollow Trail, a 1.3-mile loop with boardwalk and interpretive panels describing the unique and diverse wetland species along the way. We will return to the Visitor's Center where we can view the new displays. Those that care to will join up for lunch at the Indian Falls Log Cabin on the way home for some good eatin' and view of the falls on Tonawanda Creek. Bring a bike in good working condition, helmet (required), water, a spare inner tube, and a lock. If you're a "birder", you'll definitely want to bring your binoculars and/or camera. Call for afternoon meeting time, specific meeting location and any questions.

5/7 – SUN - HIKE – Niagara Gorge Trail- (B) Mike Promowicz 297-3126 Meet at the Niagara Gorge Discovery Center, Hike the upper trail to Whirl pool 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 morning meet up time.

5/11 – THURS – BIKE – Tonawanda Bike Path – (C) Mary Schraven call 716-946-7489 or email maryschraven1@gmail.com. Meet at North Amherst Fire Company on S. Tonawanda Creek Road. We will ride about 45 min. along Tonawanda Creek, mostly bike path into Tonawanda, Stopping at Smoke on the Water for a meal. Then ride back to the cars. 6:00pm to about 8:30. Call to RSVP. Rain cancels.

5/13 – SAT - HIKE - Genesee County Park & Forest 4-5 miles (B) BOB ENSMINGER 434-2969; Meet at 10am at 11095 Bethany Center Road, East Bethany. Enter park from Bethany Center Road, then park in the large parking lot near the Interpretive Nature Center. The park consists of 431 acres of rolling hills with nature trails winding through a nice mix of habitat. Pack a lunch for after the hike, at the Nature Center.

5/13 – SAT - ADOPT-A-HIGHWAY CLEAN-UP/HIKE - TILLMAN ROAD STATE WILDLIFE MANAGEMENT AREA, CLARENCE (C) [RAINDATE - 5/14 - SUN] LYNN & DOUG KENNEY (716) 825-7329 Make a difference! Join us for the Spring Adopt-A-Highway clean-up. Volunteers are needed to pick up litter along the roadsides surrounding the Tillman Wetlands area in Clarence. Meet at 10:00AM in the Shisler Road parking lot located at the eastern end of Wehrle Drive. Garbage bags are supplied. Bring work gloves. Clean-up takes about 2 hours. You only need to call if you plan on joining us for a hike through the wildlife area afterwards. If you will be joining the hike bring along a bag lunch. We will eat in-between the clean-up and the hike. Day of the hike call our cell phone at (716) 361-6172.

5/16 – TUES – BIKE - LOCKPORT BIKE RIDE (C) JoAnn Ratajczak 400-1030 and Carolyn Kerr 553-4335; Beginning at the trail head on Fisk Road near East Canal Road in Lockport (Erie Canalway Trail Access Point) we will take the new Lockport Recreation Trail into the City of Lockport, stopping for a treat at Lake Effect Ice Cream. We will then continue on the trail along the Erie Canal for a few miles, turn around and return to our starting point. Rain cancels. Please contact either of the trip leaders for meeting time. Below is a link to the location of the start of the ride: <https://www.google.com/maps/@43.1128597,-78.7374232,747m/data=!3m2!1e3!4b1!4m2!7m1!2e1>

5/20 (SAT) - YOUNG MEMBERS ONLY!!!! Bike & Hike (and Waterfall!) Hello all, we will have a young members only event [ages 21-39] on Saturday, May 20 from 2PM -6PM. We will be biking the Clarence "Peanut Line" Bike Path which runs 6.1 miles each way between Clarence and Akron. Once in Akron, it is just a short distance to Akron Falls Park, where we can walk down to the falls, hike, and relax for a bit before biking back. We will meet in the parking lot of Pautler's Drive In (6343 Transit

Rd., E. Amherst) and hop on the bike path right there. If you have questions, or to rsvp, or to say you're interested in becoming a part of the Young Members Group, email me at dmueller@phillipslytle.com Cheers!

5/20 – SAT – HIKE – Chestnut Ridge Park road hike (C) Kathy Clerkin, 677-2857 or email kmclerkin@gmail.com; Meet at the Casino Parking Lot at 10am. We will hike about 1.5 to 2 hours on the western loop road, approx. 4 -5 miles. Sneakers are appropriate and the restrooms are open. Please call or email me. Bring a snack, drink and rain jacket.

5/21 - SUN - HIKE - Franklin Gulf Erie County Park, Eden / N. Collins (C) Kim Newland 799-7616 Kathrynkim1027@gmail.com; Meet at 1:00 at Tim Hortons, Main St., Eden. This "off the beaten path" park contains hemlock and oak forest, with trails above ravines. Shale creeks contain several pretty waterfalls. A portion of the hike may be in the creek bed. Franklin Gulf has several patches of the Pink Lady Slipper endangered wildflower. Late May is a good time for finding this flower in bloom, as well as other spring wildflowers. Please wear waterproof shoes, bring water and a snack.

5/21 - SUN - PADDLE - Woods Creek Buckhorn State Park (C) Mike Promowicz 297-3126 Easy beginner paddle except for a muddy bank put-in. Meet at East-West Road just west of Baseline Road. 1.5 to 2 hours. PFD mandatory. Bring a change of clothes, sunscreen, hat, camera, snack, water. Call for morning start time.

5/25 - THURS - BIKE - Lockport to Gasport (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.

5/26 - 5/29 - FRI - MON - The Klondike Trail work weekend Lee Clukey 716-631-9855 lee.clukey@gmail.com. This trail in the Adirondacks High Peaks Region again needs your help. The Niagara Frontier Chapter has been maintaining this trail for over 35 years. Join us on Saturday, May 27th from 8 am to 5 pm as we make improvements to the trail; cleaning water bars, removing blow-down, and maintaining the Niagara Frontier Chapter Klondike lean-to. This can be a four mile round trip hike or an eight mile round trip depending on your preference. Sunday and Monday offer the opportunity for Adirondack hikes of all levels. Also available are all the attractions of Lake Placid. A potluck dinner is planned for one weekend evening in Saranac Lake at the home of some ADK pioneers. Other club members are staying TMax and Topos Hostel in Keene. Call or email now to sign up for a place on the work crew for this unique, once in a lifetime opportunity. Call or email Lee with any questions.

5/27 - SAT - PADDLE - Bond Lake Niagara County Park- (B) Mike Promowicz, call 297-3126. This beginner paddle includes 4 short portages (about 50 yards each) to paddle in 3 lakes. The West end is full of turtles, the 2nd and 3rd lakes are full of beavers. This will be about 2 hours. Call for morning meet up time and exact place. Mandatory PFD, bring lunch, beverage, change of clothes.

PLAN AHEAD:

SAVE THE DATE!!! SUNDAY JUNE 11 ANNUAL ADK PICNIC AT ELLICOTT CREEK PARK - There will be fun for all ages with special visitors from the Buffalo Zoo, and also water balloons and our ADK Beanbag game. Don't miss this annual social event, complete with scrumptious grilled dinner options, potluck surprises, great company, outing choices and more!

6/8 – THURS - BIKE – North Buffalo and Tonawanda Rail-to-Trail (C) 10-16 miles Paul Kochmanski 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.

6/15 – 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 400-1030 and Carolyn Kerr 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 – 6/26 (SAT - SUN) YOUNG MEMBER HIGH PEAKS OPPORTUNITY - 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 online at <http://goo.gl/u0RUsn> 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.

6/24 - SAT - BIKE & HIKE – Royalton Ravines - Richard Schraven 564-2106 richardschraven1@gmail.com. This morning outing starts with a short 7 mile country road ride, including a great downhill 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 with no 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.

6/27 – 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.

7/8 (Sat) and 7/12 (Wed) – PADDLE - Get ready for Paddling season: ACA Canoe Tandem paddling classes Saturday, July 8th and Kayak rescue training on Wed, July 12th. ADK deep discount and \$50 scholarship available. Contact Mary Schraven, at maryschraven1@gmail.com for more information.

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.

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 March:

1 Student

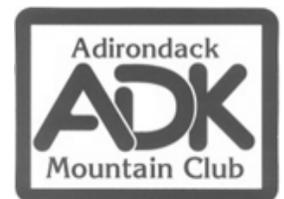
- Joshua Balisteri

2 families

- David and Ashley Puccio
- Alex Sowyrda and Courtney Huckle

4 Adults

- J. M. Fitzgerald
- Ronald and Gail Garvey
- Mike Milbrand
- John Slack



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 Executive Committee meeting **Tuesday, May 2nd at 6:45 PM** at the Julia Boyer Reinstein Library at 1030 Losson Rd, Cheektowaga, 14227. For further details, contact any member of the Executive Committee. Any member is welcome to attend. Chairpersons who cannot attend should send a report to the Secretary, larry_beahan@roadrunner.com.

ADK-NFC Website and Newsletter

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

Liability Waiver

PLEASE NOTE, the OFFICIAL ADK LIABILITY WAIVER FORM needs to be filled out and SIGNED in ink by EVERY participant at EVERY outing, WITHOUT EXCEPTION, BEFORE the outing begins! This also applies to all outing leaders and to all participants (members and non-members) on any ADK activity. Forms are available through the ADK-NFC.ORG website on the [OUTINGS](#) page. Completed forms can be submitted to Mary Schraven or any Outing Co-Chair at the next meeting following the outing. If leading a joint ADK outing with another group, ADK waiver forms must be signed by all participants, even non-members, in addition to the other organization's waiver(s).

Executive Committee Members

CHAIRPERSON - Janet Kowalski, 166 Burbank Dr., Snyder, NY 14226, 716-839-3114, janetk300@gmail.com
1ST VICE CHAIR/OUTINGS - Mary Schraven, 91 N. Parrish Dr., Amherst, NY 14228, 716-946-7489, maryschraven1@gmail.com
2ND VICE CHAIR/CONSERVATION - Lynn Rhexfeld- Kenney, 21 Hillside Ave., Buffalo, NY 14210, 716-825-7329, woodthrush3@hotmail.com
3RD VICE CHAIR/PROGRAMS - Dana Jandzinski hikembike30@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
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