



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

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



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**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](mailto: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!

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**Message From the Chair, Janet Kowalski**



Every ADK member has a unique relationship with Adirondack Park. Some quietly support ADK's missions to protect and take care of this Wilderness Gem in our home state. Some pursue climbing the 46 High Peaks, or complete the ADK Fire Tower Challenge, and others visit occasionally for a quiet paddle trip. My relationship to Adirondack Park was very personal this past month. My son was married outdoors at a Mountain retreat in Keene NY, with the magnificent Great Range as a backdrop for his wedding ceremony. Guests of all ages from NY as well as other states and countries visited the Adirondacks, many for the first time, and savored all the area offers in the few days around the wedding. Some climbed a High Peak or two, and others discovered a few of the exciting swimming holes around Keene Valley. The Adirondack spirit was evident throughout the wedding weekend, with beverages kept cold in an icy canoe cavity, and the wedding bands were presented on a woven plate made from Adirondack twigs and plants. On the morning of the wedding, many guests climbed Baxter Mountain and were rewarded at the summit with refreshments, frivolity, and mountain views. The wedding supported local businesses for all the food and lodging. It was a joy to share this beautiful area with friends and family.

Adirondack Park is truly a gem for the Northeastern U.S., on par with National Parks that are much further away from WNY. It offers a huge variety of recreation options for all, including a serene paddle in a quiet lake, refreshing swimming holes, challenging mountain summit climbs, and Nature venues for family gatherings. We are blessed to have this Park within driving distance from our homes.

Happy Trails!  
Janet Kowalski

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**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.

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## Conservation Corner, Lynn Rehfeld-Kenney, Chair

In case you missed it, here is what has been happening in the news:

- Larry Beahan had an excellent op-ed in the Buffalo News about what led to the disastrous flooding caused by high water levels in Lake Ontario. An unusual weather pattern with record breaking precipitation was the culprit contrary to statements made by U.S. Reps John Kakto of Camillus and Chris Collins of Clarence. They propose the solution to prevent future flooding is to withdraw and defund the International Joint Commission that protects the Great Lakes. The Plan 2014 was developed by the International Joint Commission after careful deliberation between the US and Canada, it included several ways to help control water levels but could not have predicted unusual weather events. One very important part of the initiative is to re-build the decimated wetlands that help to protect the shoreline and to control flooding. It is unfortunate that some politicians do not look at the facts before making the wrong recommendations.
- Thank you to Linda Schmieder for contacting the Buffalo News to arrange for an article on The Conservationist of the Year Award that was presented to Diana Stablow at the ADK Annual picnic. What a great way to let the public know that ADK is committed to protecting the environment.
- Governor Cuomo announced New York State was committed to upholding the standards set forth in the Paris Accord even if the US Federal Government was not. The governor announced 1.8 million in funding to grow a clean energy economy and to develop a Clean Climate Careers Strategy to prepare a workforce to transition from fossil fuels to clean energy.
- Thank you to Jay Wopperer and Linda Schmieder for their efforts with recruiting speakers for the September 16th Conservation Conversation seminar on the ways to mitigate the effects of global warming. Specific information on the seminar will be coming soon.
- There is no scheduled Conservation Committee meeting in August. Join us for the next Conservation Committee meeting September 19th. New members are always welcome.

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

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## Join the ADK Niagara Frontier Chapter "Conservation Conversation" on September 16, 2017

The Adirondack Mountain Club – Niagara Frontier Chapter Conservation Committee is presenting a "Conservation Conversation" on September 16, 2017. This year's topic is: "Mitigating Climate Change". This program will discuss methods that are currently being utilized or are being researched to decrease the effect of climate change on people, communities and aquatic ecosystems. This program is offered at no charge as part of an educational outreach to educate individuals, policy makers and community activists about climate change and how each one of us can participate in decreasing the effect it has on the planet. Our expert speakers will share a wealth of knowledge on a topic they are passionate about. Please visit the ADK – NFC web page for more information: <http://bit.ly/2017-Conservation-Conversation>.

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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>.

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## 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](mailto: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

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## Outings

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

### AUGUST OUTINGS:

**August Thursday Evening Paddles** - Do you enjoy being on the water, feeling it move beneath you from the push of your own hands, the rocking to gentle swells, a little breeze in your hair, with nature all around... but for one problem: you don't own a boat? Or perhaps you haven't learned to paddle a canoe or kayak? Actually, these aren't problems. We can bring extra boats and equipment to accommodate 1-3 people each evening, if you just ask in advance: Contact John Yates, [716-572-8852](tel:716-572-8852), [jyucca@yahoo.com](mailto:jyucca@yahoo.com).

**7/30 – SUN - BIKE – Delaware Park to Erie Basin Marina (B) 20 miles Paul Kochmanski 895-7712 [kochmanski@ecc.edu](mailto:kochmanski@ecc.edu).** The ride will begin in Delaware Park and we will ride through the park, around Hoyt Lake, and along the Scajaquada bike path to Niagara Street. We'll continue along on the bike path over the rotating bridge to Unity (formally Squaw) Island. We'll loop through the park to visit the first lock on the Erie Canal before continuing along the river to Ferry St. We will continue along the Riverwalk and ride through LaSalle Park to the Erie Basin Marina. After a lunch break and time to enjoy the view of the lake, we will return along the same route. Optional group choice stops on the way back could be Canalside and the Frank Lloyd Wright Boat House. Bring a bike in good working condition, helmet (required), water, lunch will be at "The Hatch" restaurant (or bring your own), and a lock. Call for meeting time, specific meeting location and any questions.

**8/5 – SAT - BIKE - Front Park to Port Colborne (Canal Days) (A- 40 mi, B 20 mi.) Paul Kochmanski 895-7712 [kochmanski@ecc.edu](mailto:kochmanski@ecc.edu)** Meet at Olmstead's historic Front Park (Porter Ave. entrance, near Peace Bridge). For those wishing to shorten the ride 20 miles and not ride over the bridge, starting near Crystal Beach is an option. We will ride over the Peace Bridge and down the Friendship Trail (a lovely, smoothly paved, flat, green rail-to-trail route) 20 miles to Port Colborne where we will attend the Canal Days Marine Heritage Festival for a couple hours. See [http://www.canaldays.ca/page/canal\\_days](http://www.canaldays.ca/page/canal_days) for more details. Bring a passport or enhanced NY Drivers License for the bridge crossing, a helmet (required), food (optional), and water. Plenty of photo-ops and eating ops! Raindate Sun. 8/6. Call for starting time, specific meeting location(s) and any questions.

**8/10 - THURS - Evening Paddle, 6:30 - 8:00, Buckhorn State Park, John Yates, 716-572-8852, [jyucca@yahoo.com](mailto:jyucca@yahoo.com).** A lazy river, a marsh, and perhaps the shore of the Niagara River, with abundant plant and bird life, sometimes a bald eagle or otter. Meet at 6:20 for a 6:30 launch. PFD and whistle are required and must be worn at all times while on the water. Call for directions and to borrow a boat.

**8/10 – THURS - BIKE – North Buffalo and Tonawanda Rail-to-Trail (C) 10-16 miles, Paul Kochmanski 895-7712 [kochmanski@ecc.edu](mailto: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. Call or email for start time.

**8/12 – SAT - PEDAL & PADDLE from Queenston to Niagara-on-The-Lake (N-O-T-L) (B) [RichardSchraven1@gmail.com](mailto:RichardSchraven1@gmail.com) (716) 564-2106 & [MarySchraven1@gmail.com](mailto:MarySchraven1@gmail.com) (716) 946-7489.** Meet up at Saint Mary's Hospital in Lewiston and we can drive together over the Lewiston-Queenston bridge. We will lock the boats to the fence at the boat dock. Then we will drive the bikes to N-O-T-L. We 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. Bring a bike lock, helmet, and proper ID for the border crossing. A PFD and whistle are required and must be worn at all times while on the water. There is a possibility to take part in only the bike or paddle part of the trip. Call for details.

**8/17 - THURS - Evening Paddle, 6:30 - 8:00, Strawberry Island in the Niagara River, John Yates, 716-572-8852, [jyucca@yahoo.com](mailto:jyucca@yahoo.com).** Cross the wide, open water of this slow-moving section of the Niagara River to visit bird sanctuaries, where rookeries for herons and terns support these wonderful birds in abundance. Meet at 6:20 for a 6:30 launch. PFD and whistle are required and must be worn at all times while on the water. Call for directions and to borrow a boat.

**8/19 – SAT – PADDLE – Upper Niagara River – (C) Mike Promowicz call 297-3126.** Early meet up at 8:00am to avoid motor boat traffic and likelihood of high winds. We will paddle across the river from the launch to Motor Island, a bird sanctuary for Great Blue and Egrets. On to Frog Island and newly named "Black Rock" Island. We'll take a break on Strawberry Island if the beach isn't under water, then decide to paddle on to Beaver Island or head back. About 2 hours. Trip will cancel if high winds or

strong chance of thunder. A PFD and whistle are required and must be worn at all times while on the water. Call for meet up place.

**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. A PFD and whistle are required and must be worn at all times while on the water. Maximum # of participants is 6. Contact Carol Griffis: [carolgriffis@gmail.com](mailto:carolgriffis@gmail.com) or 652-2547 by July 15th.

**8/24 - THURS - Evening Paddle, 6:30 - 8:00, Tonawanda Creek in Amherst. John Yates, 716-572-8852, [jyucca@yahoo.com](mailto:jyucca@yahoo.com).** The large windy River links the Erie Canal to Lake Erie. Here it makes a nice nearby paddle, a strip of scenic wilderness through the city. Meet at 6:20 for a 6:30 launch. PFD and whistle are required and must be worn at all times while on the water. Call for directions and to borrow a boat.

**8/26 – SAT – BIKE- Circumnavigate Grand Island - (C) Meet at Tom Burkman's, (716) 228-9493; [burkman@buffalo.edu](mailto:burkman@buffalo.edu).** At 800 Kirkwood Drive, Grand Island 14072. Come at 8:30 a.m. for breakfast or 9:15 for departure. Easy pedal around the island, 25 miles. Bring helmet, water, sunscreen. We will stop for a snack before noon and finish up by 1:00. Contact Tom to register.

**8/26 – SAT - PADDLE - Young Member Event (21-39yrs. old) 18 Mile Creek to Lake Erie, (C) Hamburg/Lakeview - Deena Mueller, email: [dmueller@phillipslytle.com](mailto:dmueller@phillipslytle.com) - See you at the sandbar!** We will head out on 18 mile creek from the launch off of Old Lake Shore Rd. (parking area is just SE of the bridge). It's just a short way to Lake Erie and at the mouth of the creek there is a sandbar and a sandy beach. We'll leave at noon from the parking area and spend a couple of hours paddling/swimming/sunbathing. Bring a cooler with snacks and refreshments to picnic on the sandbar. Bring a boat, PFD, paddle, and change of clothes. A PFD is required and must be worn at all times while on the water. But if you don't have a boat and are interested in going, let me know and we can try to work something out. As always, please RSVP to me at and check with me for more specific directions and carpooling options.

**8/27 – SUN - BIKE - Tonawanda to Elmwood Avenue Festival of the Arts (B) 22 miles Paul Kochmanski 895-7712 [kochmanski@ecc.edu](mailto:kochmanski@ecc.edu).** We will meet in Tonawanda, ride down the Riverwalk to the Scajaquada Bike Path to Elmwood. We'll lock our bikes, enjoy the sights and sounds and food of the festival for an hour or two, and then return the same route. Bring a bike in good working condition, a spare inner tube, water, lunch (optional), a lock and a helmet (required). Call for precise meeting location and afternoon meeting time.

**8/31 - THURS - Evening Paddle, 6:30 - 8:00, Buffalo River. John Yates, 716-572-8852, [jyucca@yahoo.com](mailto:jyucca@yahoo.com).** From the harbor and the city skyline, pass in view of large boats and barges to the mouth of the Buffalo River for a great view of the giant grain silos and other relics of Buffalo's industrial past, to the turns of the Buffalo River where herons and kingfishers now rule. Meet at 6:20pm for a 6:30 launch. PFD and whistle are required and must be worn at all times while on the water. Call for directions and to borrow a boat.

**9/2 – SAT - BIKE – Front Park to Crystal Beach, 24 miles (B) Paul Kochmanski 895-7712 [kochmanski@ecc.edu](mailto:kochmanski@ecc.edu).** Meet at Olmstead's historic Front Park (Porter Ave. entrance, near Peace Bridge). For those wishing to shorten the ride 3 miles, and not ride over the bridge, starting in Fort Erie is an option. We will ride over the Peace Bridge and down the Friendship Trail (a lovely, smoothly paved, flat, rail-to-trail route). After a stop at the farmer's market in Ridgeway, we will continue on to Crystal Beach where we can relax on the sand of the public beach (bring sunscreen - there's no shade!), have lunch (no glass or alcohol allowed), and take a dip in the lake. Bring a passport or enhanced NY Driver's License for the bridge crossing, lunch, swim suit and towel, a spare inner tube for your bike, a bike lock and a helmet (required). Rain date Sun. 9/3. Call for morning meeting time, location and any questions.

#### **PLANNING AHEAD:**

**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.

**3/9/18 – 3/11/18 – FRI – SUN – ADK-NFC LOJ Winter Weekend at Heart Lake.** Never been to the ADK Heart Lake Loj near Lake Placid? Now is your chance to enjoy many winter activities in the High Peaks of the Adirodacks with fellow NFC members during this 3rd annual event. Reserve your place in the 12 bunk loft by sending \$56 for your first night stay. Your chapter will subsidize your second night stay! This is your local chapter giving back to its members! Breakfasts are included. Dinner at \$19.50 and trail lunch for \$9.50 can be ordered. Cancel reservation up to Feb.23, 2018. Carpooling most likely will be available. Send your check for \$56 to Mary Schraven at 91 N. Parrish Drive, Amherst, NY 14228.

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

**Bond Lake Paddle (May 27)** - We had a lovely day for a paddle, though it was a bit overcast. This was the reason we only saw 3 turtles instead of the usual 50-60. Eleven of us did the 3 lakes and 4 portages. Bond Lake has to be paddled early spring because it really gets over-grown with vegetation. The last lake to the west has a sign posted "Danger", and the people I've talked to believe it's a warning for winter since it's spring fed and doesn't freeze over very thick. Actually, Bond Lake is the same even though it's not posted as dangerous.

**Young Member Weekend at Johns Brook Lodge (June 24-26)**- The Adirondack Mount Club held its second annual Young Member Weekend at the Johns Brook Lodge in the heart of the Great Range June 24-June 26. Last year, the event gathered just 9 attendees, but this year, 19 people attended - five of whom were from Buffalo. Despite a heavy rain Friday night, warm, sunny weather rolled in Saturday and persisted throughout the weekend allowing for peak bagging hikes on Saturday and Sunday. We had excellent meals prepared by the lodge host, Bobby (also a Buffalo native!) and had time at night to get to know young members from across the state. Everyone who went had an amazing time. The weekend was also the impetus for several new members to join the club.



Photos include a group shot of all attendees; Chapter member Adam swimming in the Johns Brook; and our new friend Karolyn climbing the cables on Gothics (Albany Chapter).

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

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### **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](http://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!"



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## Outings Guidelines: How to LEAD an outing

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

### BEFORE THE OUTING:

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

### DURING THE OUTING:

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



### AFTER THE OUTING:

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

### How to be a RESPONSIBLE PARTICIPANT:

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

- RSVP to the outing leader that you are coming.
- Feel free to BRING a FRIEND!
- Dress for the weather, wear appropriate clothing and 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

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### 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, [cherylpl17@verizon.net](mailto:cherylpl17@verizon.net), or call Kate Hacker at 688-8618



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### 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](mailto:mtweimer35@gmail.com)).

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### ADK-NFC Website and Newsletter

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

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### 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).

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### ADK-NFC Executive Committee Retreat, August 1<sup>st</sup>

Informal gathering of the Executive Board and interested ADK members to discuss priorities and future direction of our ADK Chapter. Please contact any Board Member for time and location.

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### Executive Committee Members

**CHAIRPERSON** - Janet Kowalski, 166 Burbank Dr., Snyder, NY 14226, 716-839-3114, [janetk300@gmail.com](mailto:janetk300@gmail.com)

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

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

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



**EDUCATION CHAIR**- Teresa Corrigan, 207 Woodward Ave., Buffalo, NY 14214-2313, 716-835-1905 [teresacorrigan85@gmail.com](mailto:teresacorrigan85@gmail.com)  
**DIRECTOR/WEBMASTER** - Rob Laing, [webmaster@adk-nfc.org](mailto:webmaster@adk-nfc.org)  
**TREASURER** - Doug Gaffney, 830 George Urban Blvd., Cheektowaga, NY 14225, 716-631-3979, [dgaffney@roadrunner.com](mailto:dgaffney@roadrunner.com)  
**NEWSLETTER EDITOR** – Mike Weimer, 703-517-7624, [mtweimer35@gmail.com](mailto:mtweimer35@gmail.com) Also email Mary Schraven at [maryschraven1@gmail.com](mailto:maryschraven1@gmail.com)  
**ELECTRONIC COMMUNICATIONS** – Mary Kathryn Noack, 716-984-2342, [marynoac@buffalo.edu](mailto:marynoac@buffalo.edu)  
**SECRETARY** - Larry Beahan, 5 Darwin Dr., Amherst, NY 14226-4599, 716-839-3112, [larry\\_beahan@roadrunner.com](mailto:larry_beahan@roadrunner.com)  
**MEMBERSHIP CHAIR** - Kathy Clerkin, [kmclerkin@gmail.com](mailto:kmclerkin@gmail.com)  
**HOSPITALITY** - Carol Schuster, [carolschuster@gmail.com](mailto:carolschuster@gmail.com)  
**YOUNG MEMBERS COORDINATOR** – Deena Mueller, [deena.mueller1@gmail.com](mailto:deena.mueller1@gmail.com)  
**ARCHIVIST/HISTORIAN** - Lynn Rehfeld-Kenney, 716-825-7329, [woodthrush3@hotmail.com](mailto: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](mailto:richardschraven1@gmail.com), 564-2106

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

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