



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

www.adk-nfc.org



**Next General Meeting – Tuesday, November 14, 2017 (Program starts at 6:30pm)
“Amphibian Conservation Efforts by the Buffalo Zoo”**

**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 - Basic Map and Compass Skills



Former Chapter Chair and Niagara Frontier Search and Rescue instructor Jerry Sultz has many hours of experience hiking for pleasure, training in search and rescue, and looking for those who are lost. At our education workshop he will help us stay on course and prevent us from getting lost. Dr. Sultz will help us with some basic map and compass skills. This workshop will be extremely helpful whether you are an experienced hiker looking for a few new pointers, or a total newbie. Depending on interest and weather conditions we will follow this workshop on Saturday November 18th, with a “pop up hike”, location TBD, to practice some of these skills. Bring an open mind, a compass if you have one, and friends and family members too!

7:00 – 7:30pm: Happy Half Hour

**7:30pm: General Meeting and Presentation: “Amphibian Conservation Initiatives”
Presented by the Buffalo Zoo**



This program will focus on the threats to amphibians worldwide, and the measures that institutions like the Buffalo Zoo take to preserve populations globally and locally. We will discuss our motivations for preserving amphibians, including their role as indicator species. We will review the Buffalo Zoo’s participation in three specific conservation projects.

The first, Amphibian Ark, is an international project to ensure the global survival of amphibians. It focuses on species that currently cannot be safeguarded in nature, largely due to threats such as chytrid fungus.

The second, the Puerto Rican Crested Toad Recovery Plan, is a collaborative effort that reintroduces captive-bred tadpoles to their native habitat through careful breeding and environmental monitoring.

The third, the Hellbender Head Start Project, is another reintroduction program designed to rear these young salamanders through their most vulnerable phases of development, and then releasing to boost local populations. The program will conclude with an overview with our yearly participation in the Citizen Science project, Frogwatch. The program will also feature 2-3 live amphibians from the Buffalo Zoo.

Message From the Chair, Paul Gannon

I was going through items I received as the new chair. I came across some nametags labeled "Ambassador". Apparently, we used to have a program where certain members volunteered to be ambassadors at our meetings and greet new members and guests. It got me thinking about how all of us should strive to be ambassadors for ADK.

It starts at the monthly meetings. I am asking all of you to look around for new faces, and people sitting or standing alone. Reach out to them. Make them feel welcome. However, it shouldn't end there.

Set a good example during our outings. Conduct yourself in a safe and responsible manner. Observe Leave No Trace principles. Respect nature and fellow nature lovers. Others who encounter us should be able to say, "They know what they are doing. They're from ADK". How would they know we are from ADK, you might ask? Advertise! Have an ADK sticker on your car, and a patch on your backpack. Consider wearing some ADK apparel and carrying gear with ADK logos.

If someone approaches you and asks about our club, be prepared. Visit our state club website. Read our mission statement and learn about our programs. One member told me she carries ADK brochures in her pack so she can distribute them to the curious. What a great idea!

I attended the recent Conservation Conversation. I was speaking to a member of another outdoor organization who complained that ADK didn't support conservation efforts. I replied by explaining that our chapter had an active conservation committee, which was sponsoring that very event. I then described how our club had a public affairs office in Albany, funded by member dues, which employed lawyers and lobbyists to help protect the environment, especially the forest preserve in the Adirondacks. This individual was unaware of any of this.

We are all, every one of us, ADK. I ask you to please take this message to heart. Let's all strive to be great ambassadors for our club. Thank you.

Conservation Corner, Lynn Rehfeld-Kenney, Chair

The Conservation Committee meeting will be held at Richard and Mary Schraven's home on Tuesday, November 21st at 7:00pm. Call #564-2106 for directions. The Schravens' graciously offered to host the meeting to provide the latest information on how they personally worked to mitigate climate change by decreasing their carbon footprint and greenhouse emissions. They will show us their recently installed roof top solar panels on their home and their plug-in hybrid car. This will show how you can personally take action to mitigate climate change. Please note this topic was changed from the October meeting to the November meeting.

ADK's position is to vote NO on the Constitutional Convention amendment during the November election. It could potentially allow changes to be made to Article 14 that provides critical protection to the Adirondack Park via the Forever Wild clause. See the ADK home page for specific details. <http://www.adk.org/new-york-state-constitutional-convention/>

Thank you to Mary Schraven for taking the lead on manning a table at the Great Lakes Restoration Project that provided information about ADK to conference attendees. Richard Schraven, Larry Beahan and others also helped spread the word about ADK.

We are also looking for a new local project for the Conservation Committee to work on. If you have a local project please contact me to discuss your concern. Our committee has spearheaded several projects in the past that have enhanced our local environment such as preserving the Great Behre Swamp in Amherst, etc.

Check out the Conservation Committee meeting! We are looking for members who want to make a difference by protecting our environment. **Attacks on the environment never stop. Join the Conservation Committee to see how you can help. If interested in joining, email Lynn at woodthrush3@hotmail.com**

1/25 – 1/31 - Winter Mountaineering School Registration Now Open



Pick from a variety of courses all running between Thursday, Jan. 25 to Wednesday, Jan. 31st. Go to <https://www.winterschool.org/> for information and registration. Deadline is approaching!

Your ADK-NFC offers **2 scholarships for the entire tuition** awarded after course completion. We ask that you share your expertise by leading at least one Chapter outing. Find the scholarship form and guidelines on the bottom of the home page at ADK-NFC.org.

As an added incentive, students of each course will get to peak bag one of the 46ers!

Outings

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

NOVEMBER OUTINGS:

11/4 - SAT - HIKE - Bruce Trail 3rd section - (A) Ken Martin - email kmartin977@gmail.com - We'll start where we left off at Balls Falls Conservation Area.



We will continue on the trail for 20km or about 12.5 miles until we reach 30mile Creek. This will be a one-way hike, a thru-hike with spotting of cars. 8:30 a.m. starting time.

Don't miss the trip report (below) from the second section hike which was held on September 30!

11/5 – SUN – HIKE - Chestnut Ridge Road Hike (B) Kathy Clerkin- Meet in main parking lot near the Casino at 1:00. Road hike about 2 hours. Some hills. 677-2857 Please call to RSVP.

11/11 – SAT – HIKE - Niagara Gorge, Art Park - (B) Mike Promowicz - 716 - 297-3126 - Meet at Art Park upper parking lot for a 10:00am start. We will hike about 3 hours round trip from the park to the Power Plant or Castellani Art Gallery at Niagara University. Cancels if it is rainy and windy. RSVP so trip leader knows how many to expect.

11/12 - SUN - HIKE - Deer Lick Conservation Area, Gowanda NY - (B) Janet and David Kowalski, janetk300@gmail.com, 839-3114

We will hike in this beautiful National Natural Landmark, complete with old-growth forests and gorge views of Cattaraugus Creek . This area is maintained by The Nature Conservancy and prohibits hunting, so is a perfect hiking venue for this time of year. Wear sturdy shoes, dress for the weather, and bring a snack. Meet at 10am. 4 mile hike.

Directions to the Trailhead on Point Peter Road: Take Route 62 to Gowanda. Turn Left on South Water St (1st street south of the bridge over Cattaraugus Creek), which becomes Commercial St, and then Palmer St. Turn Right on Broadway Rd. Continue for about a mile. Turn Left on Point Peter Rd and drive about 2 miles, to find the parking lot on the left, past Forty Rd.

For more info about this secret gem of Western New York, download the preserve guide here:

<https://www.nature.org/ourinitiatives/regions/northamerica/unitedstates/newyork/deer-lick-conservation-area-brochure.pdf>

11/18 – SAT – HIKE - Letchworth State Park Gorge Trail - (B)
Schravens- 716-946-749 or maryschraven1@gmail.com - Meet at the Park N Ride in Williamsville and drive 1.5 hours to the parking lot closest to Glen Iris Inn. Spot cars and hike the Gorge trail, 3.8 miles - about 2 hours. See all 3 waterfalls with fantastic lookouts of the Grand Canyon of the East. Bring a bagged lunch as the Inn closes Oct. 30th. Dress for the weather. Trip cancels if it is raining heavily. Call trip leader for meet up time.



11/18 - SAT - BIKE - YOUNG MEMBERS EVENT! (ages 18-39 ish) Wilson-Tuscarora State Park to Old Fort Niagara State Park (and back). (Deena Mueller-Funke (815) 355-6768 or Deena.mueller1@gmail.com) We will bike along Lake Ontario between these State Parks for a roundtrip distance of about 25 miles with the option of extending another 7 miles (each way) east to Olcott Beach/Krull Park at the end. Contact Deena to RSVP and discuss carpooling.

11/19 - SUN - HIKE - Niagara Gorge Whirlpool - (B) Beth Hartz - 716-713-8896. Bethh.alpha@gmail.com - Great for Young Members Too! - Meet up at the whirlpool parking lot and hike down to the whirlpool. If there is interest we can also hike to either Devil's Hole or all the way to the Dam depending on what the group would like to do. Meet up around 11AM with a packed lunch to enjoy down by the water. Please contact trip leader for more information and to RSVP.



PLAN AHEAD SECTION:

1/19 -1/21 – FRI – SUN - ALLEGHANY X-C SKI WEEKEND (all Levels)
Joanne Magavern 883-7127 - Plan to enjoy a weekend of good company and some of the best X-C skiing in WNY! Reserved are 3 cabins at the Summit area of Alleghany State Park. They are heated and have kitchens for our Saturday Pot-Luck dinner and Friday night wine and cheese party. Ski from your front door – great for new members, families, and/or beginners to advanced skiers. 4 beds to a cabin. First come, first serve. Left over lunch on Sunday, followed by the “annual sled” as well. Call Joanne to reserve a spot and send payment (WRITE CHECK TO ADK!) of \$53.00 per person by JANUARY 4th.

2/23/18 - 2/26/18 - FRI - MON - XC SKI/SS - Algonquin Provincial Park, (Mad Musher Hostel) X-C Ski/Snowshoe trip. (A - C) RichardSchraven1@gmail.com (716) 564-2106, MarySchraven1@gmail.com (716) 946-7489 - After a five- six hour drive to the Fen Lake Ski Trail Area (18 Km groomed and set trails) near the West Gate, we will have time for a few hours of skiing in daylight. Then we will drive about 60 km across the park on Hwy. 60 to the town of Whitney and the Mad Musher Hostel. Saturday and Sunday, we can ski at Leaf Lake Ski Area (45 Km of groomed, set trails) or snowshoe on one of the many hiking trails accessible from Hwy. 60. Backcountry skiing is available at the Minnesing Wilderness Ski Trail (31 km. of ungroomed or set trails). Additional information including maps of all the ski areas is available on-line at www.ontarioparks.ca - The hostel has rooms for twelve, two bathrooms with hot showers, a fully equipped kitchen and a common room. There also is a very good full-service restaurant/bar. When the capacity of the hostel (12) is reached, others can still join us, but they will need to find and make their own accommodation arrangements. Mad Musher room rates vary from \$29.00 to \$60.00 CA/person/night. Depending on room capacity (2-4) and the number of people sharing the room. Information about the hostel rooms is available at: www.madmusher.ca. Food cost varies by your choice of what you prepare for yourself in the kitchen or your restaurant selections. Lunches can be brought into the ski area warming huts, heated by wood burning stoves. With staying outside the park, we will need to obtain day permits for parking at the ski areas which costs \$17.00 CA/car. Car-pooling can be arranged closer to the date. A spot in The Mad Musher can be secured by sending your deposit check for \$20.00 /person to: Richard Schraven, 91 N. Parrish Drive, Amherst, NY 14228.

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 Adirondacks 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.

ADK-NFC Meeting Cancellation Policy - As we approach the winter season, remember 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 monthly General Meeting (the 2nd Tuesday of the month), our monthly General Meeting will also be cancelled. Cancellation news will be reinforced with emails and Facebook postings.



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 WWWWNY 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 me 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

A look back at late September and October!

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

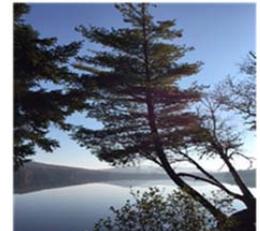


Bruce Trail Hike, Part Two 9/30/17 – Seasoned ADK Hiker, Ken Martin led a second 12-mile hike within the scenic Niagara Section of Ontario's stellar Bruce Trail. Our jolly group began at Decew Falls near Brock University and finished near Ball's Falls in Jordan. This well-travelled section traversed beautiful native forest with occasional glimpses of Lake Ontario to the North. At the end, we enjoyed a visit at a local vineyard. Thanks to Ken for introducing us Yankees to this Canadian Gem! - Submitted by Janet Kowalski

9/25/17

A group of 19 people from ADK-NFC and Bell Ski Club visited Great Camp Sagamore in Raquette Lake, NY, and enjoyed 80 degree temperatures as they paddled, hiked, took a Raquette Lake boat ride, a historic tour of Sagamore, or visited the Adirondack Museum. Some of the group also attended evening astronomy lectures, followed by stargazing, and a campfire. Don't miss this trip next year!

Sagamore Trip Report 9/22/17 –



9/20 – Chestnut Ridge Tornado Hike Report:

We were all amazed at the amount of damage done by the tornado this past summer. Thank you, Mary Powers for this evening hike on a beautiful day while the sun didn't set until 7:30!

Trip Report - ADK Welland Canal Bike Trip – 9/23/17

Six riders enjoyed the 37-mile ride, with little wind and a full day of sunshine. We stopped initially for lunch at Malena's on Port Colborne "Island," a few blocks from the Lock 8, "Gateway" Park. This was followed by a short visit to the viewing area at the park. As we had completed the distance from Lock 7 to Lock 8 with no difficulty and in record time (for the mixed group of riders and bike styles), we rode further south into Port Colborne's downtown waterfront and find Paul's favorite ice cream shop (this was the actual secret destination). The return trip was completed with no injuries or delays, again in record time. The only down-side was the absence of ship sightings. - Submitted by Hank & Diane

LOOKING BACK AT DR. STANDORA'S TRAVELS TRACKING ANIMALS HERE AND ABROAD

The Niagara Frontier ADK club was treated to a lecture from Dr. Standora on October 10. Many members in the audience were former students of the professor, now retired from SUNY at Buffalo State. What a lifetime of travels he has had developing tracking devices then using these same devices to study so many animals ranging from sharks to panda bears in China. We here in Buffalo are glad Dr. Standora and his team of graduate students are working to monitor map turtle populations in the Niagara River. Let's hope the floating homes which were just instituted this summer will encourage more nesting and "lounging" time for these amazing animals.

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** to deena.mueller1@gmail.com

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

CHAIR – Paul Gannon, paulmgannon54@gmail.com, 716-395-5739

1ST VICE CHAIR/OUTINGS - Mary Schraven, 91 N. Parrish Dr., Amherst, NY 14228, 716-946-7489, maryschraven1@gmail.com

2ND VICE CHAIR/CONSERVATION - Lynn Rehfeld-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

INTERIM NEWSLETTER EDITOR – Deena Mueller, deena.mueller1@gmail.com Also email Mary Schraven at maryschraven1@gmail.com

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

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

MEMBERSHIP CHAIR - Kathy Clerkin, kmclerkin@gmail.com

HOSPITALITY - Carol Schuster, carolschuster@gmail.com

YOUNG MEMBERS COORDINATOR – Deena Mueller, deena.mueller1@gmail.com (815) 355-6768

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

Late fall foliage from Big Slide looking at the Great Range

