Next General Meeting - Tuesday, October 10, 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 - Common Sense First Aid

Join us to explore some common sense preventative measures as well as what to do when the unexpected happens. In our short time together, we will pack in basic necessities, tips to keep your first aid kit compact and light, yet complete for most injuries. We will also address the importance of being able to care for yourself on outings as well as what a trip leader should pack for the group. You will walk out with a portable first aid kit for your day pack!

7:00 - 7:30pm: Happy Half Hour

7:30pm: General Meeting and Presentation - Saving the Map Turtles of the Niagara Region
Presented by Dr. Ed Standora, Department of Biology, State University College at Buffalo

The Niagara Chapter of ADK is proud to have Dr. Ed Standora share his time with us discussing his conservation efforts in the Buffalo area and across the nation. Dr. Standora has been in the Biology Department at SUNY Buffalo State for 38 years. A SUNY Chancellor’s Award winner and an Environmental Educator’s award recipient, he is one of the pioneers in the development of biotelemetry systems for tracking free-ranging animals. During his almost half a century of tracking, Dr. Standora has monitored the behavior of sharks off the coast of California, alligators, fish, and turtles in the Southeastern US, sea turtles off the coast of Central America, and estuarine turtles in New Jersey. His research has been funded by the National Science Foundation, the National Geographic Society, the Earthwatch Research Institute, the New York State DEC and most recently the NY Power Authority. He and his graduate students are currently studying the behavior of a dwindling population of map turtles in the upper Niagara River. His talk will show the development and evolution of instrumentation to track and monitor animals during his long career and his recent efforts to help preserve local freshwater turtle populations.
Message From the Chair, Paul Gannon

For my first message as the new chapter chair, I would like to, once again, thank everyone for this show of faith. I will do my best to carry on the fine work of our previous chair, Janet Kowalski.

We had a great turnout for our September meeting. The annual ice cream social and vacation photo show is one of the highlights of the year. I always look forward to seeing what adventures our members have had. It amazes me how some people find time to do so much!

I want to encourage our members to take full advantage of everything that ADK has to offer. Our Loj facilities outside of Lake Placid are truly a jewel. I have made use of all the possibilities there, staying in the Loj in all seasons, renting a lean-to, tenting in the wilderness camp ground, paddling around Heart Lake, climbing Mt. Jo, and hiking to Johns Brook Lodge to spend a weekend. The newly renovated High Peaks Information Center and parking facilities provide a great base for your peak bagging trips.

Did you know that ADK publishes more than just our excellent trail guides? In fact, our club sells a complete library of outdoors and Adirondack themed titles. I have a number of them in my bookcase.

Finally, I encourage you to consider one of the many ADK Adventure trips. You will find them listed in the back of Adirondac and on the club website. I have been on three of them so far - a windjammer schooner cruise in Maine, a stay at Maho Bay on St. John in the US Virgin Islands, and hiking in the Canadian Rockies. Next June, I will take a float trip on the San Juan River in southern Utah.

I hope everyone enjoys what promises to be a beautiful WNY autumn. See you out there!

Paul M. Gannon

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

Conservation Corner, Lynn Rehfeld-Kenney, Chair

The Conservation Committee meeting will be held at Richard and Mary Schraven's home on Tuesday, October 17th 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 electric car. This will be a great follow up to the Conservation Conversation seminar we just presented on “Mitigating Climate Change”.

- The big event has come and gone. Another successful Conservation Conversation public seminar provided great information on how to mitigate the effects of climate change. The effects of climate change were very evident when one of our speakers, who was going to present about ways to accelerate coral growth, could not get out of the Florida Keys to travel to Buffalo due to the devastation caused by Hurricane Irma. We were able to quickly recruit Jack Kanack, a meteorologist, who gave an excellent presentation about the effects of global warming on the weather. We learned that warmer ocean waters due to global warming will make it more likely to increase the size and frequency of hurricanes. He informed us that Buffalo is in a “sweet spot” in the USA and that we will not feel the full effects of global warming until the late 2030’s when there will not be enough snow for skiing. He spoke about NY states Solutions Project as a way that NY can help to mitigate global warming by decreasing our reliance on fossil fuels and expanding our production of wind, water and solar energy to 100% by the year 2050.

- Dr. Zoe Hamstead’s researched focused on how the effects of natural disasters often have the greatest impact on people with lower socio economic status, such as lacking transportation to leave during a disaster or moving out of a flood prone area. She discussed plotting the effects of urban heat islands in NY City and her plans to do the same in Erie County. She gave examples of how to collaborate with residents, public institutions and government agencies to create “cool” neighborhoods. There was even someone in the audience from the Buffalo city planning board to gather information.

- Leah Bernhardi, J.D. gave an excellent history on the United Nations Framework Convention on Climate Change starting with the 1992 Rio Earth Summit, the 1997 Kyoto Protocol, the 2009 Copenhagen Accord and the 2015 Paris Agreement. She spoke of her personal experiences at the Paris Agreement and the amount of hope and high energy that permeated the conference. 194 counties signed the agreement but unfortunately our US congress would not agree to sign it so President Obama accepted using an executive order. This has allowed President Trump to say he will not honor the United
States commitment to the agreement unless changes are made to the USA position. She pointed out that the rest of the world is currently honoring the agreement. The US response has been that 377 US mayors have said they will honor that agreement. Mayor Byron Brown is one of those climate mayors. Governor Cuomo and the Governor of California have also agreed to honor it. Locally we must hold our mayor and governor to their commitment. One of our local state Senators, Tim Kennedy, attended the conference. To mitigate climate change she encouraged us to be informed and read everything, look for commonality with other groups to build bridges to work together, attend local government meetings and join the “Divestment Movement” to stop investing in fossil fuel companies in your stock portfolios.

- 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.**

**Newsletter Editor Needed!**

Our Chapter Newsletter known as THE NIAGARA EXPLORER needs an Editor! This individual would compile documents submitted by various Board Members and create an informative and appealing monthly publication. Basic computer skills are needed. You will have a template to work with, and can create graphics as room allows. This is an automatic board position with a great team! Contact Interim Newsletter Editor Deena Mueller (deena.mueller1@gmail.com) or Chair Paul Gannon (paulmgannon54@gmail.com).

**GRATEFUL THANKS TO Outgoing Newsletter Editor MIKE WEIMER**

Thanks a million to Mike for his outstanding efforts to make THE NIAGARA EXPLORER a first class monthly newsletter. Mike set a high bar for quality, and had a keen and playful eye for fun graphics to match our stories. As you may know from his excellent presentation on Asian Carp in February 2017, Mike’s exciting career involves extensive travel and meetings at the federal level, which will not allow him to continue his newsletter role. We wish Mike all the best, and are grateful for his time with us.

**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.adknfc.org/wwwny/wwwnyhome.php](http://www.adknfc.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

Moose Calf (image courtesy USFWS)
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)

OCTOBER OUTINGS:

10/8  -  SUN  -  Hike  (B)  Griffis Sculpture Park Night Lights Kim Newland, 716-799-7616  kathrynkim1027@gmail.com  -  Meet at 5:30pm Rohr Hill Rd. Site of Griffis Sculpture Park. This is the hike where art and nature meet, with a bonus! We will spot cars at the Mill Valley site, explore the Rohr Hill Rd. Sculptures towering in the meadows and hidden in the woods. We will then hike a lovely wooded trail to the Mill Valley Rd. Site, where the Night Lights are displayed, starting at 7:30. This is a truly unique experience in which the trails and sculptures interact with creative, colorful, theatrical lighting. Please bring a flashlight and $10 admission.

Call or email for attendance. This will be cancelled in the event of rain.

10/21  -  SAT  -  PADDLE  -  Oak Orchard River (B) RichardSchraven1@gmail.com, and MarySchraven1@gmail.com, 716-564-2106 & 946-7489 -  Come paddle your canoe or kayak on the meandering, moving water between Gravel Road (rte. 63, Medina and Townline Road in Orleans County. About 3 hours with the current. Muddy bank put in and take out. Rocky streambed. The Oak Orchard River drains the Alabama Swamp and is supplemented with water from the Barge Canal, so water levels are seldom a problem. When you are on the river, there is a feeling of remoteness. You don’t see any signs of civilization, only the water, the tree-lined banks and blue skies. Intermediate skills are recommended to avoid overhanging tree branches and submerged rocks. All in all, it is a very pleasant place to paddle and will probably have full-color autumn foliage. Bring water, lunch, dry bag with a change of clothes and dress for the weather. Insect repellent and sun-screen may be helpful. PFD’s and a whistle are mandatory and must be worn at all times while on the water. Cars will be spotted. Please call for start time and directions to the put-in.

10/22  -  SUN  -  HIKE  -  Niagara River Gorge, USA (B) Janet and David Kowalski, 716-839-3114 or janetk300@gmail.com  -  This scenic 3.5-mile loop will begin along the Niagara Gorge Rim Trail, then down a winding stone staircase, next backtrack alongside the raging rapids of the powerful Niagara River, then ascend back to our start on a second set of stone stairs. We will check out the newly refurbished Whirlpool Lookout, and pause to explore the historic Devils Hole Cave. Meet at 10 AM at the pavilion near the parking lot of Whirlpool Rapids State Park. Moderately strenuous due to the abrupt 300 foot elevation changes (B). Dress for the weather, wear sturdy shoes, and bring water and a snack.

10/28  -  SAT  -  Young Members HIKE - Chimney Bluffs State Park - (C)  Contact Deena.mueller1@gmail.com to RSVP and to coordinate carpooling. Meet at park at 11am (about a 2 hour drive from Buffalo Area). The Chimney Bluffs area has been a landmark for many years. According to the pamphlet given by the park, smugglers used the area as a landing point while transporting liquor from Canada during prohibition. The area was acquired by the state of New York in 1963 after having previously been operated informally as a privately owned recreation area. It lay undeveloped until 1999 when a parking lot, service building with heated restrooms, picnic areas with grills, and hiking trails throughout the park were added. It is considered a year-round park for hiking and picnicking in the summer. Swimming is prohibited. Winter activities include cross-country skiing and snowshoeing; a trailhead for snowmobiling is also located within the park. The park has approximately four miles (6.4 km) of hiking trails, including a one-mile (1.6 km) trail along the Bluffs between the west and east entrances. From some vantage points in the park, visitors can see the Nine Mile Point nuclear power station, 25 miles (40 km) to the northeast, as well as the coal smokestacks located in Oswego.

10/29  -  SUN  -  PADDLE AND PARTY  -  Ellicott Creek (C) RichardSchraven1@gmail.com, 716-564-2106 -  MarySchraven1@gmail.com, 946-7489 -  We will begin in the early afternoon with a leisurely paddle of Ellicott Creek, put in at Ellicott Creek Park or Amherst State Park at 1:00pm, followed by a pot-luck Halloween party at our home afterward. We will provide pulled pork sandwiches and non-alcoholic beverages including hot mulled cider. Please bring a side dish to share and
preferred beverages. PFD and whistle are mandatory and must be worn at all times while on the water. Halloween costumes are not mandatory, but add to the fun! Non-paddlers are also welcomed to join us for the pot-luck party starting at 4pm. While the paddle is weather-dependent, the party is on rain, snow, high wind or shine. Please let us know if you plan to attend.

PLANNING AHEAD:

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.

Trip Reports  Check our website for trip reports!

Bruce Trail Hike, Southern Terminus - Ken Martin led an enthusiastic ADK group from the Southern Terminus of the Bruce Trail to the Welland Canal. We had perfect sunny Fall weather for this 12-mile/20 km hike. We savored awesome escarpment views, copious Fall wildflower blooms, and the historic remains of the old Welland Canal. The BRUCE TRAIL is a wonderfully ambitious 550-mile ThruTrail that passes through stunningly scenic parts of Ontario. It extends from the Niagara River to the spectacular Tobermory Peninsula on Georgian Bay. Join Ken on September 30 for the next 20 km section, which will include waterfalls and more fascinating sites! See the ADK event calendar for details - Submitted by Janet Kowalski

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

ADK Adventure Travel: BROADEN YOUR HORIZONS!

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

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

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

Outings Guidelines: How to LEAD an outing

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

BEFORE THE OUTING:

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

DURING THE OUTING:

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

AFTER THE OUTING:

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

How to be a RESPONSIBLE PARTICIPANT:

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

- RSVP to the outing leader that you are coming.
- Feel free to BRING a FRIEND!
- Dress for the weather, wear appropriate clothing and footwear, and bring water, a snack and any other items the leader suggests.
- Pack your 10 essentials, as needed.
- Make sure you are physically qualified to complete the outing and to take care of your needs. If you are not sure, ask the leader.
- Bicycle helmets (for bike outings) and PFD (life jackets for paddling outings) are mandatory.
- Arrive on time. Sign the ADK waiver form. Stay with the group, and have fun!
- Show your appreciation to the trip leader by offering to write an informative and/or humorous trip description for the next newsletter.

Outings Rating:

A: strenuous, for the duration and level of fitness and skills needed
B: moderate difficulty
C: easy, good for beginners, shorter length
10 Essentials include:

- map/compass
- snack, water
- sun/insect protection
- whistle
- insulation (emergency blanket minimum) and/or extra clothes
- Rain protection
- flashlight
- fire making kit
- first aid kit
- knife

Congratulations to our Chapters Recent 46ers!!

The climbers listed below were celebrated at the September 12 ADK General Meeting as new 46ers. Bravo!

<table>
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<th>46er #</th>
<th>Name</th>
<th>Date Completed</th>
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<tr>
<td>10202</td>
<td>Beth Hartz</td>
<td>6/10/17</td>
<td>Gothics</td>
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<tr>
<td>9986</td>
<td>John Burnham</td>
<td>10/12/16</td>
<td>Saddleback</td>
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<tr>
<td>9183</td>
<td>Manon Paquet</td>
<td>9/06/15</td>
<td>Haystack</td>
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<tr>
<td></td>
<td>Mike Hilburger</td>
<td>8/26/17</td>
<td>Skylight</td>
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Already 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

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

CHAI R – 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
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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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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 HI KES (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