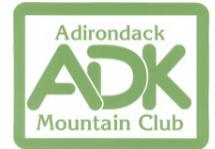




Newsletter of the Adirondack Mountain Club – Niagara Frontier Chapter
SEPTEMBER 2017
www.adk-nfc.org



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 & Ice Cream Social

PLEASE PLAN TO SHARE THE ADVENTURE AND 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) 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.



The program for the evening includes:

- Ice Cream Social - Reconnect with ADK chapter friends after the summer break over ice cream and beverages. A great Welcome Back before the ADK Chapter updates and Slide Show
- ADK Ministore - Visit the Ministore and preorder popular ADK items for holiday gifts, with no shipping costs! (see details below)
- Recent 46ers Honored - Celebrate recent ADK members who have climbed the 46 Highest Peaks! (details below)
- Annual Members Slide Show: Share 10 PICTURES showing your favorite outdoor adventures over the past year



Visit the ADK NFC Ministore at the September Meeting and Save Money on Great Gear!

Purchase some HOT ADK ITEMS at the September 12 General Meeting and SAVE SHIPPING FEES! A small number of popular ADK items will be for sale, including ADK water bottles, travel mugs, glass-etched pint glasses, shot glasses, High Peaks-mapped bandanas, gorgeous 2018 ADK calendars, plus a variety of ADK Trail Guides and maps from various regions throughout Adirondack Park.

PRE-ORDER AND PRE-PAY at the September meeting, and they will be delivered at the October meeting! Fantastic gifts! This is a fun way to support ADK and celebrate their valuable missions to protect our Wilderness.

Message From the Incoming Chair, Paul Gannon

It was an honor to be chosen as your new chapter chair. I am looking forward to serving you during my upcoming term. I want to thank Janet for her hard work and dedication to our club during her time in office. I hope to follow her example.

Enjoy the rest of this beautiful summer. I look forward to seeing photos and hearing stories of your adventures at our ice cream social in September.

See you all then,
Paul M. Gannon

Looking Back: Message from the Outgoing Chair, Janet Kowalski

It has been a Great Honor to serve as the Niagara Chapter Chair and to support ADK's noble missions to protect and enjoy the Waterways and Wilderness of New York State.

Please welcome Incoming Chair Paul Gannon, a dedicated and enthusiastic participant for ADK projects and missions.

Some parting sentiments...

"In every walk with nature one receives far more than he seeks" John Muir

"Look deep into nature and you will understand everything better" Albert Einstein

"Study nature, love nature, stay close to nature. It will never fail you." Frank Lloyd Wright

"Climb the mountains and get their good tidings" John Muir

Happy Trails,
Janet Kowalski

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 Jay Wopperer's home on Tuesday, September 19th at 7:00pm. Call #866-8499 for directions. Join us and find out the latest information on what is happening in your community and state.
- Hope you can join us for the Conservation Conversation on September 16th. See our flyer for the lineup of dynamic and knowledgeable speakers on "Mitigating Climate Change".
- The Hemlock Woolly Adelgid has been found near Lake George in the Adirondacks. This is the first case of HWA in the Adirondacks. Efforts are underway to eliminate this hopefully localized infestation.
- A hearing was held on August 4th against several Erie County landowners who are refusing to allow the National Fuel Company to build the Northern Access Pipeline on their property. National Fuel's lawsuit claims the company can use eminent domain to force the landowners to allow them to build the pipeline on private property. There is concern that gas leaks could negatively impact the land and numerous waterways as the gas travels from the gas pumps in Pennsylvania, through the southern tier and into Niagara County. There is a concern that eminent domain proceedings, which are used for the public good, would be used for private profit in this case. The outcome is unknown at this time.
- 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.

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>

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

SEPTEMBER OUTINGS:

9/2 – SAT - BIKE – Front Park to Crystal Beach, 24 miles (B) Paul Kochmanski 895-7712 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.

9/9 – SAT - HIKE - Hunter's Creek (C) John Yates, Jyucca@yahoo.com, 716-572-8852. Please call for meet up time and exact location. The walk, about 3 miles round trip, will take us to the gorge of Hunter's Creek. At the rim we can view through hemlocks the precipitous shale cliffs of the gorge. Assuming that water levels remain low, we will explore the creek bed and inspect giant fossilized tree roots (my current guess) imbedded in sedimentary rock, such as I have seen nowhere else. We could use a paleontologist, if any would care to join us, as well as a geologist. Diverse rock types and formations capture our curiosity. Shale is fractured in impressively long and straight, parallel lines, occasionally imbedded with boulders from an earlier era, with more boulders strewn on top by more recent glaciers. Bring boots for wetness on the trail and the creek bed. The hike is easy except for a steep walk to leave the gorge.

9/9-SAT- HIKE - Bruce Trail, Ontario Canada- (A/B) for length and terrain. Ken Martin 997-7929. Hike and explore the Niagara Escarpment on the Bruce Trail, the oldest and longest trail (900 km) in Canada. Designated a United Nations World Biosphere Reserve. We will start at the trailhead km 0.0 near the Niagara River and hike for 19.3 km (12 miles) to the Welland Canal. Cars will be spotted at both ends. Bring appropriate documentation for travel into Canada, water, and nutrition. Meeting time is 8:30. Call for details. The next section of trail will be hiked on 9/30. Look ahead for information on that hike.

9/9 – SAT – YOUNG MEMBERS EVENT - Hike at the Erie County Forest, Young Members Only day hike at the ECF, 11372 Genesee Rd, East Concord, NY 14055. We'll meet on the North Side of Genesee Rd. at the Visitor Center/Sugar Shack building at 2:00 PM and go for a hike. If you plan to attend, please let me know (deena.mueller1@gmail.com or (815) 355-6768)

9/16 – SAT - Conservation Conversation – Schenck Hall, Daemen College 8:30 -12 noon. Free event Please visit the ADK – NFC web page for more information: <http://bit.ly/2017-Conservation-Conversation>

9/17 - SUN - BIKE - Dufferin Islands Nature Area- (C) Optional Niagara Falls Blues Festival

RichardSchraven1@gmail.com (716) 564-2106, MarySchraven1@gmail.com (716) 946-7489. We will meet at the LaSalle Waterfront Park off Buffalo Avenue at the north end of the North Grand Island Bridge. We ride on the Niagara Falls Bike Path

along the river to the Rainbow Bridge. After crossing the bridge, we ride next to and beyond the Falls to the Dufferin Island Nature Reserve (7.2 miles one way). Here we can stroll along the footpaths and watch the waterfowl on the pond. After a break with a snack, we return to the Rainbow Bridge and Niagara Falls, NY. It is a short detour to Falls Blvd. and the Blues Festival. It is a weekend long free event with continuous live music and food trucks. As people wish, they can make their way back to the bike path and their cars. Required items are a bike in good working order, bike helmet, water, bell, tools, appropriate clothing for the conditions and your ID (passport or enhanced driver's license). Official ADK outing ends before the Festival. Please call ahead for start time and more specific instructions.

9/22 – 9/24 – GREAT CAMP SAGAMORE – Raquette Lake, NY, JoAnn Zurek 716-957-0127. **This trip is full.**

9/23 – SAT - BIKE - Welland Canal Trail - (A for Difficult terrain) Hank Patronski (hpatronski@roadrunner.com - preferred) (716) 866-2112 or Diane Ham (dianeham3@gmail.com) (716) 694-3446. Test your cycling skills on a 17.5 mile section of the Welland Canal Trail, between the Lock 7 Viewing Center (50 Chapel St. South, Thorold) (43.121613, -79.195383) and Lock 8 Observation Park near Port Colborne, Ontario. The Ride is 35 miles round trip, approx. 4 1/2 - 5 hrs. depending upon the number & duration of rest stops. Varied terrain, with short, steep hills, and long open flat sections. This is a wide paved path, suitable for all tire sizes. A multi speed bike (gearing is essential), in good condition is required, as well as: helmet, spare tube with tools, water and clothing appropriate to the weather. There is a bake shop/cafe a short distance from Lock 8, and a decision to eat there will be made upon arrival by the group. It is highly recommend that you pack some food, in the event we choose not to use this option. Most of the trip will parallel the currently active canal, together with sections of an earlier canal, with opportunities for ship sightings. This is an A ride and physically demanding in some sections. We will meet at the starting point - at Lock 7 Observation Center, in order to have a prevailing SW tailwind on the return leg. For start time and further details, please contact Hank or Diane. **YOU WILL HAVE FUN ON THIS ONE IF YOU REALLY LIKE TO BIKE RIDE!**

9/23 – SAT – ADOPT-A-HIGHWAY CLEAN-UP/HIKE – TILLMAN ROAD STATE WILDLIFE MANAGEMENT AREA, CLARENCE (A) RAINDATE – SUN--9/24 LYNN & DOUG KENNEY (716) 825-7329. Make a difference! Join us for the Fall 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 us for 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 361-6172.

9/30 - SAT - HIKE and CLEAN-UP - Allegany State Park - JoAnn Zurek 716-675-1689, Join me in celebrating National Public Lands Day, in Allegany State Park. This is a volunteer workday in the Quaker area. Registration 9-10AM. Wear old clothes, boots, & gloves. Location and final details TBA. Please check the official park website for location and more details at [facebook.com/alleganystatepark](https://www.facebook.com/alleganystatepark). Call me for car pooling and final details.

9/30-SAT- HIKE - Bruce Trail, Ontario Canada- (A/B) for length and terrain. Ken Martin 997-7929. Hike and explore the Niagara Escarpment on the Bruce Trail, the oldest and longest trail (900km) in Canada. Designated a United Nations World Biosphere Reserve. We will start hike near Welland Canal and continue hiking west to Short Hills Provincial Park. Hike is app. 12.5 miles. Bring appropriate documentation for travel into Canada, water, and nutrition. Meeting time is 8:00. Call for details.

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!](#)

Killarney Ruth Roy Lake, July 23-27 - Who says you can't have fun on a rainy camping trip? When you are with ADK'ers who all come fully prepared for rain with the right gear, clothing and attitudes, everything works out just fine. Out of the 5 days we set aside for this trip, we had 1 sunny day for day paddles and hiking and 1 sunny day for traveling home. The rest of the days were steady and persistent rain. We told lots of stories under our tarps, ate really well, and even had a campfire a few nights. The day hike up to Silver Peak was perfect for the 360 degree panoramic view of the park and Georgian Bay. Loon calls comforted us in the evenings, snapping turtles, Beaver "Art", and even a bear sighting rewarded our efforts. Everyone was a good sport and we learned that these days were perfect for traveling through Toronto with the least amount of traffic congestion.

Bike Ride Sunday, July 30 - Six members enjoyed a leisurely, round-trip bicycle ride from Delaware Park to the Erie Basin Marina via a patchwork of bike trails and city streets. The weather was beautiful: sunny with low humidity, temps in the mid 70's to low 80's, and a light breeze. Some highlights: the new pedestrian/cyclist bridge near the Peace Bridge, a variety of new construction projects including a large student-housing complex and refurbishing of the old Mentholatum Building on Niagara Street, and colorful flower gardens near the Hatch restaurant. Since part of the bike path north of Ferry Street was closed, we probably spent a bit more time riding along Niagara Street than we had expected. However, we were rewarded with spectacular views of Buffalo's unique waterfront from the top of the new pedestrian bridge, and again from Erie Basin's lighthouse tower. Our thanks to Paul Kochmanski for planning and organizing this outing, which is a favorite for many of our members, past and present - Submitted by Donna Kain



Bike ride to Port Colborne, August 5 - On a rainy, windy Saturday morning, a group of six ADKers bicycled to Port Colborne to attend the Canal Days Marine Heritage festival. The most intrepid members started at Front Park in Buffalo, crossed the Peace Bridge and rode 41 miles round trip. Other members joined the group in Ridgeway, Ontario, on the Friendship Trail. Due to the inclement weather, the trail was not crowded and the trip was pleasant even though bicycling into the wind (and riding through puddles without soaking the person behind you!) was challenging. Everyone enjoyed eating at the festival and taking in the sights around the canal. Watching the ocean-going freighters travel up and down the waterway and the bridges go up and down was entertaining. But it was the views of the stormy "ocean" and Buffalo's skyline, as well as the company that made the trip worthwhile - Submitted by Janet Morrow



Kayak Skills Training Class, August 20 - On a warm, picture-perfect morning, a small group of novice and experienced paddlers met at Beaver Island State Park for a kayak/canoe skills session. The course was expertly taught by Laura and Jeff Liebel, ACA-certified instructor trainers, with assistance from Mary Schraven, who organized this event. Skills taught and demonstrated



included a variety of paddling techniques, body mechanics, safely entering and exiting from shore, and assisted rescues after capsizing. Plus, we all had the opportunity to practice our new skills. All this in 4 hours of instruction at a discounted rate. As an unexpected treat, we observed many species of water birds around the recently-restored lagoon: a family of osprey, several blue herons, a great egret, cormorants, kingfishers, and a bald eagle. All of us learned several new skills, which will help us feel more relaxed and confident while paddling our boats. We especially enjoyed just being out on the Niagara River together on a beautiful summer day. This course is

highly recommended for beginners and for annual review of experienced paddlers. I hope this class is offered every year! - Submitted by Mary Schraven

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

New 46ers to be Honored at the September Meeting!

Hikers who have recently completed the 46 High Peaks will be celebrated at the September 12 General Meeting! Please contact Outings Chair Mary Schraven (see end of Newsletter for contact information) if you became a 46er within the past 3 years. All previous 46ers are encouraged to participate! This is a fun way to inspire Aspiring 46ers and others who are contemplating this feat, and also a suitable occasion to appreciate the Glorious Adirondack Park and all it offers.



Beth Hartz from Clarence climbed Gothics this summer to finish her 46 High Peaks!

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

Welcome New Chapter Members!

Families

- Eric & Bonnie Benoit
- Ryan & Alexandra McPerson

Adults

- David Becker
- Tim Heasley
- Warren Wadman
- Sophie Wisoff (Student)
-



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

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

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 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

NEWSLETTER EDITOR – Mike Weimer, 703-517-7624, mtweimer35@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

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

