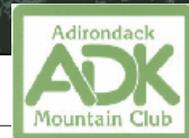




Newsletter of the Adirondack Mountain Club–Niagara Frontier Chapter | [www.adk-nfc.com](http://www.adk-nfc.com)



## Next General Meeting

**Tuesday, May 8 | 6:30 PM Amherst Community Church Fellowship Hall | 77 Washington Highway Amherst, NY 14226 NOTE: Please park in rear and enter through back door (walk up to 2nd floor)**

**EDUCATION WORKSHOP | *PLANTING IT FORWARD: ADDING NATIVE PLANTS TO OUR GARDENS* PRESENTED BY KIM DOWNING & JOSEPH SCHRETZMAN 6:30–7:15PM**



Native Plants

Join us as we look at the impact that our backyard and community gardens can have on our local environment. As ADK, we're committed to conservation and ecological programs throughout Adirondack State Forest Preserve and Western New York.

What's probably news is that we can support those efforts literally in our own backyards and community gardens.

**What's a garden?** As we develop more suburban and rural lots, we lose natural habitat. Incorporating native plants restores Nature-friendly habitat in our own backyards and neighborhoods.

**What can I plant?** In terms of meeting the needs of insects and birds, not all plants are created equal. Long-standing relationships are key. Native plants, including trees and shrubs, are the backbone of the Nature we take for granted. These plants provide food, shelter, and breeding areas for insects (including butterflies) and birds that many of us enjoy observing and studying.

**What's the impact?** Plant an oak tree today. Tend it carefully for about 10 years, until it's too large for the

deer to kill it. The tree will mature in about 70 years, long after most of us will be gone. All the while, your oak tree feeds and shelters a variety of animals. That oak can live for several hundred years.

As ADK, we espouse Forever Wild. We understand that we are a part of Nature. Incorporating native plants in our gardens supports that ethic on a practical, personal, and local level. **Take a free small potted native plant home with you for your garden!**

*Meets in the community room adjacent to the main meeting. Questions or suggestions on education workshops? Contact education chair Teresa Corrigan [TeresaCorrigan85@gmail.com](mailto:TeresaCorrigan85@gmail.com)*

**SPEAKER: THE IMPORTANCE OF NATIVE PLANT BIODIVERSITY IN THE HOME LANDSCAPE PRESENTED BY HEIDI GEE, CNLP AND HORTICULTURIST 7:30 PM**

Heidi Gee, CNLP is a horticulturalist with 25 years experience with the landscaping industry and works at Russell's Tree and Shrub Farm LLC. She specializes in landscape design that has a purpose



Luna Moth

above and beyond beauty. Her use of native plant material brings diversity of life to your property. Heidi believes that biodiversity is the key to conservation and that "Conservation Starts at Home". Her talk will both inspire you and give you practical ideas about what plants you can add to your yard to bring nature home and create a better environment for all.

## Message from the Chair

I was going to begin my message with an ode to Spring. However, this seems premature, considering our recent weather. I blame the family members who informed me over the weekend that they had put away their shovels and ice melter, thus angering the weather gods with their hubris.

Spring will eventually arrive, with all its usual glory. It is a time of renewal and rebirth. I hope everyone is looking forward to the opportunities it will provide for outdoor recreation.

Our chapter is likewise undergoing renewal. Dana and Lynn are coming to the end of their terms as Program and Conservation chairs. I want to thank them again for their service. New officers will be elected in their place at our picnic in June. Several members have stepped up and offered to become new trip leaders. We are still looking for co-chairs for hiking and winter outings. Please consider volunteering for one of those roles.

I look forward to seeing you out on the trails soon. - **Paul M. Gannon**

## Chapter T-Shirt Sale

### SAVE 40% THRU May 13: [www.adkclubgear.com](http://www.adkclubgear.com)

We have revived the wonderful chapter logo designed by long time member Tim Kerr. For a limited time, you may order new T-shirts bearing this image honoring our chapter and Western New York, at a great price. Order before May 13th and save 40%.

These shirts are Sport-Tek Posicharge Competitor Tees. Made from 100% polyester interlock, they are light, roomy, breathable, and moisture wicking. They are available in men's and woman's styles, in both short sleeve and long sleeve versions. Two colors are available – stealthy Forest Green and hi-visibility Neon Orange.

The shirts are being sold by Strictly Ts in Hamburg. They are setting up a webpage for our exclusive use. Ordering is simple. Just log on to [www.adkclubgear.com](http://www.adkclubgear.com), choose your products, enter your information, and wait for your shirts to arrive in the mail.

All orders received during the sale period will be processed at the end of the sale. Expect delivery during the first week of June. Just in time for our annual picnic!

Remember, the sale ends on May 13th. After that date, the shirts will still be available, but at the normal individual order price. Save money! Don't delay! Order today!



Images from [adkclubgear.com](http://adkclubgear.com), provided by Strictly Ts

# Outings

## Featured Outing

**5/25 - 5/28 - FRI - MON - TRAIL STEWARDSHIP -CLARK HALL JR. MEMORIAL DAY WORK-PLAY WEEKEND**

**(A-B) - Lee Clukey 716-631-9855 [lee.clukey@gmail.com](mailto:lee.clukey@gmail.com)** The Klondike Trail in the Adirondacks High Peaks Region again needs your help. The Niagara Chapter has been maintaining this trail for over 35 years. Join us on Sat., the 26th from 8 am to 5 pm as we make improvements to the trail; cleaning water bars, removing blow-down, and maintaining the Niagara Chapter Klondike lean-to. Sunday and Monday offer the opportunity for Adirondack hikes of all levels. Also available are all the attractions of Lake Placid. A potluck dinner is planned for one weekend evening in Saranac Lake at the home of some ADK pioneers. I have one campsite reserved in the Loj camp ground and have limited space available. Other accommodations may be made at Heart Lake LOJ, Campground, or Topo and Tmax Hostel. Call or email to sign up for a place on the work crew for this unique opportunity to experience the High Peaks Region. For more info: <https://www.adk.org/klondike-notch-trail/>



Members of Beahan family at Klondike lean-to

**A note about this outing from Larry Beahan:** In the early 1980's Clark Hall led members of the Niagara Frontier Chapter in rebuilding the ancient Klondike lean-to. On a wintry day, under DEC supervision, in an ice covered forest, we burned the logs of the old structure. They went up in a glorious flames. Fresh logs were pre-cut to shape and brought to the site by DEC helicopter. Our ADK crew man-hauled the roofing materials on sleds over ice. Then in the spring we returned to build the present day lean-to.

Clark made a sign, which he positioned on the lean-to's back wall. The sign honored our son, Jesse Beahan, in whose name Lyn and I donated the funds for this project's building materials. Jesse was a great hiker, camper, and adventurer. He died by a campfire, among beautiful western mountains. He died of an alcohol overdose.

We hope recognition of the circumstances of his death may prevent similar tragedies.

## April Outings

**4/28 | SAT | HIKE - BRUCE TRAIL, ONTARIO CANADA (A) FOR LENGTH AND TERRAIN | KEN MARTIN 997-7929, EMAIL [KMARTIN977@GMAIL.COM](mailto:KMARTIN977@GMAIL.COM) FOR MEETING PLACE, TIME, & SPOTTING OF CARS**

This is a thru-hike starting near Grimsby Ontario and hiking west. 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 hike about 20 Km (12.5 miles) through Conservation Areas including Devil's Punch Bowl and Felkers's Falls.

**4/28 | SAT | HIKE - IROQUOIS WILDLIFE REFUGE EAGLE WATCH | SCHRAVENS 716-946-7489 [MARYSCHRAVEN1@GMAIL.COM](mailto:MARYSCHRAVEN1@GMAIL.COM)**

Join us for "Spring into Nature" at the Iroquois Wildlife Refuge Center. At this time, the eaglets will be big enough to see as they move around in the nest. Bring binoculars to see the eagles soar overhead at this special place. Activities are planned all day at the overlook and visitor center. We will carpool and eat our bagged lunches. Plan to hike a bit and see the visitor center. Dress for the weather and probably muddy conditions. Meet at my house in Amherst at 8:15am to leave by 8:30am or meet at 9:00am at the Cayuga Pool Overlook at the Iroquois Wildlife Refuge on Route 77. Please call trip leader to RSVP. This trip is good for families/ children. <http://www.friendsofiroquoisnwr.org/documents/IroquoisGeneralmap.pdf>

## May Outings

### ANNOUNCEMENT

#### 5/3 - THURS- WATERWAYS COMMITTEE MEETING

When: Thursday, May 3rd, 7 pm  
 At: Schravens, 91 N. Parrish Drive, Amherst, NY 14228  
 Who: All people interested in canoeing and/or kayaking this year. (and who like homemade cookies!)  
 What: We will share ideas about where and when we want to have day-paddles and overnight paddle trips. Homemade cookies will be provided. Please also send your ideas for paddle trips ahead of time. We want to offer a variety of paddle trips to meet the interests of our members and put together a schedule of outings. Did I mention, I make terrific homemade cookies?  
 RichardSchraven1@gmail.com, Waterways Committee Chair (716) 564-2106

#### 5/5 - SAT - HIKE - EMERY PARK, SOUTH WALES

(B) Janet and David Kowalski, janetk300@gmail.com, 839-3114 - At this time of year waterfalls and wildflowers are in abundance, in this WNY gem known for its natural beauty and solitude. We will hike about 4 miles along ravines, park roads, and on wooded trails. Wear sturdy shoes, dress for the weather, and bring water and a snack. Hiking poles are suggested.  
 MEET at 10 AM at the Ski Lodge Lower Parking Area  
 Directions: Take NY-400 to the end until it becomes NY-16. Continue on NY-16 for 0.4 miles, and turn Right on Emery Rd. Proceed 1.2 miles past the lot at the top of the T-bar and turn Right at the Park Entrance. Bear Right at the fork, following the sign for the Ski Lodge, and look for the lower parking area behind the ski lodge.

#### 5/6 SUN. BIKE OAK ORCHARD RIVER ROAD TO THE OAK ORCHARD YACHT CLUB

(B) 22 mile round trip. Richardschraven1@gmail.com 716-564-2106 Come and enjoy a scenic bike ride in rural Orleans County. We will ride ten miles on seldom used County roads near the Oak Orchard River and next to Lake Allis to the Oak Orchard Yacht Club. Here we will eat our lunches overlooking sailboats on the river, weather permitting. After lunch we will ride to a local establishment for a snack on our way back to the Oak Orchard River Road and our cars. Ride starts at 11:00. Bring your bike in good working order, tool kit,

water, lunch and bike helmet. Call for directions to the ride start.

#### 5/12 - SAT - PADDLE - ELLICOTT CREEK FROM AMHERST STATE PARK TO ST. RITA'S DRIVE

(B) RichardSchraven1@gmail.com 716-564-2106 - Late morning launch time from a muddy bank, close to parking. With our wet spring the water should be running well. This section meanders through back yards and three golf courses. Surprising amount of wildlife is usually seen. We will take out at St. Rita's Dr. near U. B.'s North Campus. About 2 hours. The water is still chilly so a wetsuit is recommended. PFDs with a whistle are required to be worn at all times while in the water. Bring a dry bag with a change of clothing, lunch/snack and water. Expect to get wet, be prepared. Cars will be spotted. Call to RSVP and for other information.

#### 5/12 - SAT - HIKE - BRUCE TRAIL, ONTARIO

(A) Ken Martin 716-997-7929- kmartin977@gmail.com - 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 trail-head km 0.0 near the Niagara River and hike for 20.4 km (12.6 miles) to just past 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. Please call by Thursday so car spotting can be set up.

#### 5/18 - 5/20 - FRI THRU SUN - BACKPACK - WEST CANADA LAKES LOOP, SPECULATOR, NY

(B) AARON SLOSMAN, ASLOSMAN@GMAIL.COM 25 mile loop over rolling hills, limit of 9 people. We will be working map and compass for on and off trail navigation. Cool bushwack about a mile to French Louie's cave. The trip is from 11 am Friday in Speculator, NY where we drop a shot of whiskey on French Louie's grave to Sunday at 2 pm when we walk out. Plan on being back to Buffalo by 7 pm. Requires backpacking experience and ADK membership is mandatory.

#### 5/19 -SAT- HIKE - FRANKLIN GULF ERIE COUNTY PARK

Eden/ North Collins (B) Kim Newland 799-7616  
[kathrynkim1027@gmail.com](mailto:kathrynkim1027@gmail.com)  
 Meet at 1:00 Larkin Road- small parking area

Late May is prime time to find the many endangered Pink Lady's Slipper - Moccasin Flower that bloom in Franklin Gulf. We will hike the trails that parallel the shale creeks through Hemlock glens and glades in this beautiful park. There are several opportunities to view small waterfalls . Please wear footwear appropriate for wet, muddy conditions. Bring water and a snack.

## CONSERVATION OUTING

### 5/19- SAT - ADOPT-A-HIGHWAY CLEAN-UP/HIKE - RAINDATE - 5/20 - SUN

TILLMAN ROAD STATE WILDLIFE MANAGEMENT AREA, CLARENCE (C) Lynn & Doug Kenney 825-7329

(h) Make a difference! Join us for the Spring Adopt-A-Highway clean-up. Volunteers are needed to pick up litter along the roadsides surrounding the Tillman Wetlands area in Clarence. Meet at 10:00AM in the Shisler Road parking lot located at the eastern end of Wehrle Drive. Garbage bags are supplied. Bring work gloves. Clean-up takes about 2 hours. You only need to call the home phone if you plan on joining us for a hike through the wildlife area afterwards. If you will be joining the hike bring along a bag lunch. We will eat in-between the clean-up and the hike.

Day of the hike call our cell phone 361-6172(C).

### 5/20 - SUN - HIKE - NIAGARA GORGE, CANADIAN SIDE

3 hours, 6 km, (A-strenuous) Meet in Niagara Glen Parking Lot, Niagara Pkwy, Niagara Falls, Ontario.11:45-3:00 Loop hike through gorge. Bring water, snack and proper documents to travel to Canada. CALL to RSVP Marion Hanovermhanover@sympatico.ca (905) 351-1287.

### 5/20 - SUN - YOUNG MEMBERS (AGES ~21-39) SPRAGUE BROOK PARK - TRAIL RUN/HIKE

Deena Mueller-Funke (815) 355-6768 or [deena.mueller1@gmail.com](mailto:deena.mueller1@gmail.com) to RSVP and get a start time.

We'll start on the cross country ski trails which makes for a relatively level and wide tracked trail run. Our pace can be moderate, depending on what the group wants. For those who want to continue, we'll add miles hiking or jogging the other, more rugged trails. After working

up a sweat, we may stop for refreshments nearby at the Last Run Tavern.

### 5/24 - THUR - YOUNG MEMBERS (AGES ~21-39) ELLICOTT CREEK PARK - CANOE/KAYAK - 630 PM

Deena Mueller-Funke (815) 355-6768 or [deena.mueller1@gmail.com](mailto:deena.mueller1@gmail.com) to RSVP

Meet at the launch near the corner of Niagara Falls Blvd and South Ellicott Creek Rd. around 6:30. We'll paddle through the diversion channel up stream for about 45 minutes and then head back before the sun sets. If you don't have a boat, there are some extra seats available so be sure to RSVP. PFD and whistle are mandatory and must be worn at all times while on the water.

### 5/26 - SAT - HIKE - LOCATION - TONAWANDA WILDLIFE MANAGEMENT AREA



Tonawanda WMA

C) **John Sander:** ph: 716-832-4285, cell: 445-3879, email: [bifrost3@roadrunner.com](mailto:bifrost3@roadrunner.com)

The hike will be primarily along the west sides of West Ruddy Marsh and West Wood Marsh. This is a simple linear hike of about 3 to 5 miles along flat ground. The hike will begin at 10:30 am. Depending on what we see and the amount of time people spend taking photos, I expect the hike to last about 3 hours. We will stop at the Iroquois National Wildlife Refuge headquarters along the way to use the restrooms. After the hike we could stop at Alabama Hotel or Log Cabin Restaurant for lunch/libations. The views here are beautiful, as the trek is along the west side of two narrow marshes, affording a view across the water and into the riparian vegetation along the east side of the marshes.

## June Outings

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### 6/8 - 6/10 - FRI - SUN - BACKPACK -PHARAOH MOUNTAIN LOOP, TICONDEROGA, NY

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(B) Aaron Slosman, email [aslosman@gmail.com](mailto:aslosman@gmail.com) - 20 mile loop over rolling hills, limit of 9 people. We will be working map and compass for on trail navigation.

We will carpool from Buffalo leaving at 5:30 am on Friday morning with the goal of being at the trail head by noon on Sunday at 2 pm when we walk out. Plan on being back to Buffalo by 7 pm. Requires some backpacking experience. ADK membership is mandatory.

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### 6/10 - 6/15 - FIRST ANNUAL ADK CYCLING OUTING POTSDAM

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Stay at Clarkson University with multiple trips led each day. Go to <https://www.adk.org/play/cycling-information/adk-cycle-outing/>

## Annual Chapter Picnic & Meeting

### 6/9 – COMMISSIONER’S CABIN, CHESTNUT RIDGE PARK

#### Invite family and friends!

**Morning outings include an area Bike outing, Paddle, Nature Walk, and Eternal Flame Hike.**

Beginner Kayak Skills class that will focus on paddling strokes, wet exits and assisted rescues. IF YOU WANT TO IMPROVE YOUR STROKES, HAVE NEVER GOTTEN WET WHILE KAYAKING, WANT TO FEEL MORE CONFIDENT ON THE WATER, THIS CLASS IS FOR YOU! Taught by ACA Certified Instructors, Jeff and Laura Liebel at Beaver Island State Park. You must have your own kayak, or rent one from Blue Water Marina, Gl. For a ADK-discounted price. This is a great way to try out a kayak. PLEASE CONTACT MARY SCHRAVEN: [maryschraven1@gmail.com](mailto:maryschraven1@gmail.com) – to let her know of your interest in the class.

#### Picnic Schedule

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- 2:00 Set-up – LOOKING FOR VOLUNTEERS TO ASSIST
- 3:00 Family Friendly- Animal Rehabilitation Demonstration “ Your Backyard”
- 4:00 “Your Backyard” Conservation presentations and displays: Many small ways you can make a big difference in your environment! Lynn Chimera, Lessons From Nature – Sustainable Backyards
- 5:30 AMAZING FOOD – Club provided soft-drinks and grilled burgers, hot dogs and sausage, plus vegetarian options AND.... YOUR AMAZING SALADS AND DESSERTS POTLUCK
- 6:30 BRIEF CHAPTER ANNUAL MEETING AND ELECTION

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**Outings Ratings: (A): strenuous, for the duration and level of fitness and skills needed (B): moderate difficulty (C): easy, good for beginners, shorter length**

## Save the Date

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### 8/17-8/19 ADK YOUNG MEMBERS (AGES ~21-39) WEEKEND AT JOHNS BROOK LODGE

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Johns Brook Lodge has been reserved for young members ages 21-39 to come together and explore the High Peaks Region. Enjoy the comforts of the backcountry lodge and delicious food, make new friends, and get some hiking in! We'll go over our personal goals and interests and split into smaller groups for Saturday's high peak hike, with flexibility to make this weekend as adventurous as you'd like! This social and recreational program includes two nights lodging and six meals, prepared by the amazing JBL staff. **Cost:** \$165; includes meals, and lodging for 2 nights. Register here: <https://www.adk.org/teen-and-young-adult-programs/>

The ADK-NFC chapter has scholarships for the first six young members from our club who sign up. After completion of the program, you will be reimbursed \$80.

If you have questions about the weekend, contact Deena Mueller-Funke ([deena.mueller1@gmail.com](mailto:deena.mueller1@gmail.com))

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### 9/21 - 9/23 - GREAT CAMP SAGAMORE - RAQUETTE LAKE

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JoAnn Zurek 716-957-0127 - Step back in time at Great Camp Sagamore near Raquette Lake, NY in the Adirondacks on a joint trip with Bell Ski Club. The price is \$398.pp for adults, for a two-night stay (add \$135 for a 3 night stay). The accommodations are simple, but comfortable, in a shared room, shared bath. Cost includes use of the canoes & kayaks on Sagamore Lake, swimming, easy hiking on camp trails, tickets for the historic camp tour, Friday dinner, Saturday breakfast, a bag lunch, Saturday dinner, a campfire, stargazing, optional other activities and Sunday breakfast. **After 5/16, please call Sagamore at 315-354-5311 x 1021 Registrar-attn. Marie- & leave your name, number, & e-mail.** Please notify me after you register or leave a message at 716-957-0127 if you have any questions.

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### 10/26-10/28 – ADK FALL OUTING AND PRESIDENT'S BANQUET – WATKIN'S GLEN - SENECA LODGE

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Your Chapter, ADK-NFC is co-sponsoring this weekend event. We will be looking for outing leaders, volunteers to help with registration.... Stay tuned for Registration information

#### **Attention: Hikers**

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Are you in need of that warm-up hike for your summer vacation adventure? The Bruce Trail hikes are the perfect get up and go that you need to shake off the winter blues and train for the High Peak hikes. I can plan future hikes that are up to 30 Km for the young at heart and limb! Go take a Hike.... on the Bruce Trail with me. Contact me if you are interested in these more strenuous hikes: Ken Martin 716-997-7929 or [kmartin9777@gmail.com](mailto:kmartin9777@gmail.com)

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

## Conservation Corner

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The Conservation Committee meeting will be held at Jerry Sauberan's home on Tuesday, May 15th at 7:00pm. Call Jerry at #648-1961 for directions.

As part of a Conservation Committee project, the committee took the initiative to arrange speakers for the May education and general meetings. We hope you enjoy learning about the positive impact you can have by planting native plant species in your own yard. This will be followed-up by a workshop at the June picnic.

The committee recently attended a scoping session for the West Valley Nuclear Waste Site regarding the proposed Supplemental Environmental Impact Statement (SEIS). The chapter has signed on with a wide range of other organizations to strongly recommend that the DOE and NYSERDA choose the "site wide removal option" to remove all of the nuclear waste before it leaks into a stream that runs past it and pollutes the drinking water in Lake Erie and Lake Ontario. Much of this comes down to obtaining state and federal funding. We plan to combine our efforts with Sierra Club and want to meet with our local legislators to advocate for funding. Please contact me if you are interested, we would like meet with representatives in as many districts as possible. Go

**Attacks on the environment never stop. To learn the latest environmental news, join us at the next Conservation Committee meeting!**

**It will be held at Jerry Sauberan's home on Tuesday, May 15th at 7:00pm. Call Jerry at #648-1961 for directions**

to [www.nirs.org/campaigns/west-valley/](http://www.nirs.org/campaigns/west-valley/) to learn more. The public comment period has been extended to May 25<sup>th</sup>, 2018.

Please take the time to write a letter to save the 52 year old federal Land and Water Conservation Fund. It is imperative that Congress and the Senate reauthorize the fund that goes towards protecting and improving infrastructure in town, county, state and national parks and wildlife refuges throughout the USA. This includes many local town parks, Erie County parks and state parks such as Allegany and Evangola. Go to the ADK Advocacy page <https://www.adk.org/save-the-land-and-water-conservation-fund/>, scroll to the "Take Action" section at

the bottom of the page, and click on the link to send a letter to your US representatives and senators to continue this important source of funding for outdoor recreation and habitat protection.

Great news, the Environmental Protection Fund was fully funded at \$300 million in the NYS budget. This money goes towards purchasing open space, protecting water quality, recycling and more.

**-Lynn Rehfeld-Kenney**

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## Look Back– April Meeting

### **Rebecca Reilly, Tactical Transportation and Volunteer Coordinator from GObike Buffalo**

Rebecca Reilly, Tactical Transportation and Volunteer Coordinator from GObike Buffalo graciously filled in as our April Speaker after Twan Leenders from the Roger Tory Peterson Institute cancelled due to the flu. Rebecca had already conducted a Spring Readiness Bicycle Workshop for the Education Session, then skillfully sidestepped into the Main Room to give an energetic, informative presentation on the impressive initiatives GObike Buffalo has launched to make Buffalo a vibrant, bike-friendly community. Rebecca is a seasoned cyclist, having worked as a bike messenger for many years and has cycled in Norway and in other countries around the world. Her passion for bicycling pervaded her claims that biking stimulates healthy, cleaner and more connected communities. She explained the Buffalo Bicycle Facility Master Plan that GObike has created in collaboration with the City of Buffalo to encourage a more bike-friendly city as a key strategy to reenergize communities. GObike works with urban neighborhoods to paint bicycle crosswalks, install bike racks, and encourage employers to support bike ridership. They also advocate for Complete Streets, a national effort to support safe cycling with established bike lanes and crossings for riders of all levels. Try a Slow Roll with GObike soon, and catch the contagious Buffalo Bike enthusiasm! **-Janet Kowalski**

## Nominating Committee Announcement

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On behalf of the membership of ADK-NFC, we would like to thank the nominating committee (Mary Schraven, Janet Kowalski, and Jay Wopperer) for their fine work in recruiting candidates for Program Chair and Conservation Chair for 2 year terms beginning September, 2018.

### **We would like to present Maureen Rowley as a candidate for Program Chair.**

Maureen has been a member of ADK-NFC for the last 15 years. She is also active in Foot Hills and Finger Lakes Clubs. She enjoys most outdoor activities in all four of our seasons: hiking, biking, kayaking, canoeing, cross country skiing and camping. Maureen brings a delightful energy and robust enthusiasm to everything she does. If Maureen is on your outing, everyone is sure to have a great time. With her infectious laugh, she is sure to surprise us with an exciting calendar of programs. She is excited to join the chapter's leadership team.

### **We would like to present Bob Van Hise as a candidate for Conservation Chair.**

Bob is well known for his past volunteer service to our chapter as Director, and Chapter Chair. The Adirondack

Mtn. Club has been important to Bob for nearly 20 years. He joined the Niagara Frontier Chapter in 1999. Since then, he's gone on to climb all of the Adirondack High Peaks multiple times - becoming a Winter 46er in March 2009. Over the years, he has led many local paddle outings, and even kayaked overnight to Toronto across Lake Ontario 5 years ago. Paddling remains a passion, as he likes to do solo backcountry canoe trips and kayak on Georgian Bay with friends. Photography has been a life-long hobby, and he promotes outdoor activities through his Facebook pages BUFFALO PADDLES & AN ADVENTUROUS LIFE, while also contributing content to our chapter's FB pages ADK Niagara Frontier Chapter & Wilderness Weekends in WNY Patch Challenge. Bob is a former NYS Licensed Outdoor Guide & ACA Level 2 Canoe & Kayak Instructor, a former Niagara Frontier Chapter Chair and Director at our Lake George HQ. Bob is an active advocate for our wilderness areas, having lead teams of volunteers on ADK's Allegany State Park Boundary Project, to protect it from Pennsylvania Fracking. Conservation Chair is perhaps the only office Bob hasn't held yet in our Chapter!

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## Wilderness First Aid Training Opportunity

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**Friday, September 28 – Sunday, September 30, 2018**

Learn how to respond to emergencies beyond the trailhead, when help is delayed. Attend the wilderness first aid course sponsored by the ADK Winter Mountaineering School. This course will be taught over the weekend, in both the classroom and the outdoors, regardless of the weather. Come prepared!

The location will be in North Tonawanda. The course begins Friday evening at 6 PM, and ends Sunday afternoon by 3 PM. The instructor is an emergency physician, experienced outdoorsman, and the medical director of the Winter Mountaineering School.

Students will receive certification from the Emergency Care and Safety Institute.

The course fee is \$200. This includes course materials, and light breakfast and lunch of soup/chili and sandwiches on Saturday and Sunday. It also includes camping in your own tent or sharing a common bunkroom in a heated cabin with modern bathroom facilities. The overnight stay is optional, for students who do not wish to travel every day. Our chapter is planning to offer partial scholarships for the cost of the course. More details will be announced in the near future.

Register by emailing [wmsfa@gmail.com](mailto:wmsfa@gmail.com)

# Annual Report

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ADK Niagara Frontier Chapter  
Annual Report  
For the Year Ending December 31, 2017

INCOME	
Book Royalties	\$ 106.13
Bookstore Retail Sales	9.20
Chapter Annual Meeting	65.00
Dues Received	8,462.59
Interest	38.22
Miscellaneous Income	42.07
Wildness Weekend Book Sales	41.38
TOTAL INCOME	<u>8,764.59</u>
EXPENSES	
Bookstore Expenses	-
Chapter Annual Meeting	722.92
Conservation Committee	453.81
Directors' Travel	784.51
Education Committee	81.91
Equipment Purchase	32.61
Gen'l Meeting Refreshments	517.61
Grants and Contributions	1,000.00
Hall setup	400.00
Miscellaneous Expenses	1,322.23
Newsletter	1,385.36
Programs	545.29
Rent	1,092.00
Training	410.00
Treasurer	24.50
Website	180.50
TOTAL EXPENSES	<u>8,953.25</u>
NET SURPLUS	(188.66)
PRIOR YEAR NET SURPLUS	<u>15,631.77</u>
CUMULATIVE NET SURPLUS	<u><u>\$ 15,443.11</u></u>

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-prepared by Doug Gaffney

# Board of Directors Meeting Report

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I attended the Adirondack Mountain Club Board of Directors meeting held in Lake George on 4/7. This is a quarterly meeting that has representatives from each chapter along with the Executive Committee and many staff members. We review reports from staff members such as the Executive Director and Treasurer, and committee chairs such as the membership chair and Heart Lake Property chair, among many others. The meetings typically last 5-6 hours and a lot of information is discussed that pertains to how the club operates and how the resources of the club should be focused. I'll try to summarize the key points here, and if anyone has any questions or would like further information don't hesitate to contact me at [rlaing537@gmail.com](mailto:rlaing537@gmail.com)

- Membership has been steady for the last several years and currently sits at 17,100 members
- Financial performance for 2017 showed steady revenue comparable to recent years. There were some challenges due to construction at the Heart Lake property but overall the club is on solid financial footing
- The Heart Lake property construction will begin as soon as winter ends and the snow melts at the property. Planned this spring/summer is a new septic system, new washhouse near the HPIC, new decks for the HPIC and a concession stand near the HPIC. The existing washhouse was gutted over the winter and the hot water system was expanded and all new fixtures installed – that is something I'm looking forward to seeing.
- The Fall Outing is scheduled for 10/26-28 and will be hosted by the Finger Lakes Chapter and Co-sponsored by ADK-NFC.
- Neil Woodworth has been busy working on several fronts including the storage of rail cars near Tahawus(which are being removed), new UMP for the Boreas Ponds and updated plans for other areas, working with the local municipalities and the state on solutions to overcrowding in the High Peaks region.

**-Rob Laing**

# Executive Committee Members

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**CHAIR** – Paul Gannon  
paulmgannon54@gmail.com (716)  
395-5739

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

**2ND VICE CHAIR/CONSERVATION** - Lynn Rehfeld-Kenney  
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**3RD VICE CHAIR/PROGRAMS** - Dana Jandzinski  
hikenbike30@yahoo.com

**EDUCATION CHAIR**- Teresa Corrigan  
teresacorrigan85@gmail.com 207 Woodward Ave., Buffalo, NY 14214-2313 (716) 835-1905

**MEMBERSHIP CHAIR** - Kathy Clerkin  
[kmclerkin@gmail.com](mailto:kmclerkin@gmail.com)

**DIRECTOR/WEBMASTER** - Rob Laing  
webmaster@adk-nfc.org

**TREASURER** - Doug Gaffney  
dgaffney@roadrunner.com 830 George Urban Blvd., Cheektowaga, NY 14225 (716) 631-3979

**ELECTRONIC COMMUNICATIONS** – Mary Kathryn Noack  
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**SECRETARY** - Larry Beahan  
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**HOSPITALITY** - Carol Schuster  
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**YOUNG MEMBERS COORDINATOR** – Deena Mueller-Funke  
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**NEWSLETTER EDITOR** - Jaclyn Rossini  
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**ARCHIVIST/HISTORIAN** - Lynn Rehfeld-Kenney  
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**Outings Co-Chairs:**

**DAY HIKES** (Apr - Nov) *New co-chair needed! (contact the Chair)*

**WATERWAYS** - Richard Schraven  
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**BIKING** - Paul Kochmanski  
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**BACKPACKING** – Teresa and Peter Corrigan  
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