Meeting cancellation policy: If Amherst Schools or Amherst After-School Activities are cancelled then the General Meeting (2nd Tuesday of the month) will also be cancelled. This will be reinforced with a general email to membership and a Facebook posting.

HOLIDAY PARTY

TUESDAY, DECEMBER 11TH

6:00: Deck the Halls–Any help with setup (and cleanup) is welcome

6:30: Dinner– Eat, drink & be merry! Come one, come all, don’t let someone else eat it all! The potluck dinner is sure to please–Bring a Crock Pot before dinners freeze! Help us make a warm & memorable get together on Tuesday night by bringing your favorite hot dish or share your crock pot delights. We will have extra tables set up to keep all your dishes readily available. Beverages will be provided. A small supply of paper products will be available, but on behalf of the planet, members are asked to bring their own (reusable) plates, utensils, and cups.

Fellowship Hall, Amherst Community Church 77 Washington Hwy., Snyder
Message from the Chair

Well, the holiday season is upon us, with all its hustle and bustle.

On December 11, we will gather once again for our annual ADK holiday party. I look forward to seeing everyone, and enjoying our potluck dinner together.

On behalf of the executive committee, I want to wish all of our members a season filled with peace, joy, good health, and good fortune.

During this hectic time, I hope all of you take the opportunity to take a step back, and enjoy some well-deserved quiet.

The approach of winter, with its shortened days, and long, cold nights, is nature’s chance to slow down, rest, and recover, after a busy year. We should follow that example.

One of my favorite things to do at this time of year is to walk slowly through soft, newly fallen snow after dusk. The sky is filled with starlight, the air is crisp and cold, and sounds are muffled. After a while, the chill penetrates, and I return to the warmth of my home, perhaps to enjoy a steaming mug of hot chocolate. I always feel refreshed by the experience.

So, in spite of the pressures of your schedules, I encourage you to spend some time enjoying the natural beauty of our area.

Happy holidays!

–Paul M. Gannon

MEMBER SPOTLIGHT

Kathy Clerkin

Membership Chair & Wellness Dynamo

Kathy Clerkin is the cheery face that welcomes ADK members to our monthly meetings. She also reaches out to new members every month with a friendly phone call and a Welcome Letter.

In addition, Kathy serves one week every summer as the Heart Lake Campground Host near the epicenter of the Adirondack High Peaks. There she assists campers and as usual, provides that warm cheerful welcome to ADK guests.

As the coolest grandmother ever, over the years she has invited her grandson to spend the week with her, and his resulting love for the Adirondacks has shaped his desire to attend Paul Smith’s College near Saranac Lake.

A retired 70-something nurse, Kathy realizes the benefits of staying active for a long and healthy life. She works out 6 days a week at her local YMCA and quick-walks several miles on most days in Chestnut Ridge Park.

It is a challenge to keep up with her, as evidenced on a recent roadwalk she led for ADK!

Kathy was recently featured in a Buffalo News article on the secrets to aging gracefully, based on a study by the UB Center for Successful Aging.

Her top 3 tips for healthy aging:

• eat healthy
• keep active
• have a good outlook on life!

Kathy is an avid hiker and traveler, and is also blessed with close family and friends.

We are honored to have this spunky, inspiring example in our ADK family!
Outings

Ratings: (A): strenuous, for the duration and level of fitness and skills needed (B): moderate difficulty (C): easy, good for beginners, shorter length. For an updated list of outings, see the event calendar: adk-nfc.org/calendar

Recurring Weekly Outings: Nov. thru Feb.

STARTING 11/28: WEDNESDAY MORNINGS - SS/HIKE - BEAVER MEADOW AUDUBON CENTER

(C) Every Wednesday morning you will find me at the Beaver Meadow Audubon Center. I will be most happy to get outside for a hike or snowshoe with you. The Center is on Welch Rd, N. Java. There are snowshoes available for a modest $5. All ages and abilities are welcome. Bring your lunch if you can stay. Call me to verify time and plan a meet up location at the center. Carol Griffis -716-652-2547; carolpgrippis@gmail.com

STARTING 11/28: WEDNESDAY EVENINGS -- HIKE/SS - REINSTEIN WOODS

(C) Level walking in the woods, Listen for owls and night creatures. Get some exercise. Connect with like-minded people. Family Friendly. Meet at 6:30. About 1.5 hours. This is a weekly Wednesday night event until the end of Feb. Dress for the weather. Gus Phillips - gusp1941@yahoo.com

December Outings

12/8 – SAT – HIKE/SS - REINSTEIN WOODS NATURE PRESERVE

(C) David and Janet Kowalski, janetk300@gmail.com 839-3114 - 10AM MEET UP. At this busy time of year we will refresh our spirits in this beautiful nearby wooded setting. Meet at the Honorine Dr. parking lot, and we’ll hike 3-4 miles through old growth woods, ponds and wildlife habitats. Please wear sturdy shoes and bring snowshoes if needed, dress for the weather, and bring water and a snack.

12/9 - SUN - HIKE/SS - ROYALTON RAVINE

Mary Schraven Maryschraven1@gmail.com, 761-946-7489. Meet at this jewel of Niagara County, at 10am, or at 9:30 at Niagara County Produce on Transit Road to carpool. About a 2 hour hike or snow shoe. From the parking area, cross a grassy area with a lake, then head into the woods and down to the creek side. Cross the suspension bridge and hike up past the waterfall to the old Belva Ann Lockwood foundation (First woman attorney who argued successfully before the Supreme Court in 1879. Lockwood ran for President in 1884 and in 1888 on the National Equal Rights Party ticket. see: https://en.wikipedia.org/wiki/Belva_Ann_Lockwood for more info.) Be prepared for muddy conditions, bring snow shoes if needed. Lots of short ups and downs in the ravine. Bring a snack and drink.

12/15 - SAT - XC SKI - SPRAGUE BROOK PARK

Young Members’ Event- RSVP to (deena.mueller1@gmail.com) for a start time and for carpooling. This is part of the Western New York Land Conservancy and borders Hunter’s Creek. We’ll go for a snowshoe to explore the preserve and if we need more exercise, we’ll go to Hunter’s Creek. Plan for 2 hours of snowshoeing. http://wnylc.org/conservation/highlighted-properties-2/kenneglen-scenic-and-nature-preserve/
Plan Ahead

ALLEGANY XC SKI WEEKEND JAN. 18-20 2019

(A-C) Plan to enjoy a weekend of good company and some of the best X-C skiing in WNY! Reserved are 4 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. Contact Joanne Magavern 883-7127; jmagavern@gmail.com to reserve a spot. Send check made out to ADK of $54.00 each (depending on occupancy) by JANUARY 2nd.

ADK WINTER OUTING: TUG HILL PLATEAU JAN. 18–20 2019

Hosted by the Iroquois Chapter, join fellow winter enthusiasts to experience the thrill of cross country skiing or the invigorating activity of snow shoeing at the annual ADK Tug Hill winter outing. The Tug Hill region is noted for the east’s heaviest snowfall, just waiting for you to explore the numerous groomed and back country trails minutes from the club house (ski’s and snow shoes not provided). You will "rough" it at the Mad River Club in Lacona. Full package includes floor space for pad (or cot) and sleeping bag, snacks Friday evening, breakfast and lunch on Saturday and Sunday, and a catered dinner Saturday. And if you feel lucky, several door prizes to tantalize your curiosity following dinner. Other accommodations are also available in nearby towns. Inquire below.

Full registration is $110. Saturday activities and dinner is $45. All but $20 is refundable to Dec. 31. For general information and registration contact David White at ccswhite@juno.com. For general information, contact Paul Sirtoli at alexsirtoli@outlook.com

HEART LAKE ADK LOJ XC SKI/ SNOW SHOE /HIKE WEEKEND MARCH 8-10 2019

(A-C) Buy 1 night at the Adirondack Loj and get 1 night FREE! Membership in NFC is mandatory to take advantage of this opportunity. 12 Bunks in the loft at the Loj at Heart Lake have been reserved. Your charge for the 2nd night stay is only $56.04, which includes breakfast. You will have an opportunity to order bag lunches and dinner at a reasonable cost, or purchase your meals in town. Outings will depend on the group and will be informally organized. Plan on hiking, snow shoeing and/or cross country skiing. Outings may leave from the Loj or may begin at various trail heads or area resorts. An Intern Naturalist will offer a variety of evening and daytime group programs. There are also lots of fun things to do in the area not snow related, if the weather doesn’t provide us with snow. This is the way to enjoy NY’s long winters! Carpooling most likely will be available.

Your check for $56.04 reserves your spot—please make it out to Mary Schraven and mail it to Mary Schraven at 91 N. Parrish Drive, Amherst, NY 14228. Last year there were folks on the wait list so cancellations received a full refund. Reserve early to take advantage of this wonderful event, subsidized by your NFC chapter. Contact Mary Schraven with questions: 716-946-7489 or maryschraven1@gmail.com

ADK 46’ERS OUTDOOR SKILLS WORKSHOP MAY 3–5 2019

Adirondack Loj Campground, Lake Placid - An intensive weekend of formal and informal seminars as well as hands-on activities designed to expose wilderness users to a wide variety of skills and knowledge. Most of the time is spent outdoors, rain, snow, or shine and includes a hike up Mount Jo (ascent approx. 210 meters/710 feet, 40-60 min one way). Also included is a lot of FUN. This is highly recommended for all ADK-NFC members, trip leaders and those interested in hiking the High Peaks. The registration fee of $30 includes all weekend food, workshops, a T-Shirt, and camping accommodations. $10 is refunded upon completion of the weekend. Registration closes quickly so if you are interested, please register right away beginning 1/1/19. For all the information and to register go to: www.adk46er.org/outdoor-skills
Trip Reports

GRIFFIS SCULPTURE PARK 10/21

Gifted trip leader Kim Newland led our cheery group throughout multiple sections of the unique Griffis Sculpture Park, a special place tucked away in the hills near Ashford Hollow. Conditions were delightful, with snow-kissed trees and trails providing a bright, white teaser of winter ahead. We hiked varied terrains in woods and around ponds, amidst an eclectic variety of outdoor sculptures. The amazing assortment of >200 sculptures including the iconic standing woman, birds in flight, geodes, giant insects, and bathing beauties add a wonderful and enjoyable dimension to the scenic wooded trails. At one point Kim casually led us through a weaving metal maze, incorporating it into the hiking trail like it was the most normal thing in the world. Kim’s knowledge about the artists and park history made for a wonderful outing in a beautiful place, one of WNY’s finest gems. ADK is fortunate to have an experienced leader like Kim to guide us through this enchanting place. – Submitted by Janet Kowalski

ADK FALL OUTING – FINGER LAKES AREA 10/26-10/28

One of the many benefits of ADK membership is the annual ADK Fall Outing, an opportunity to explore a new scenic part of New York State and be hosted by locals who know the surrounding terrain. The sublime Finger Lakes area around Watkins Glen provided glorious settings for this year’s Fall adventures. Numerous lakes, streams and waterfalls carved by ancient glaciers enabled nearly 30 hiking, paddling and biking options to choose from over the 3-day event. Since the ADK Finger Lakes Chapter has a small membership, our Niagara Frontier members provided invaluable expertise to organize the weekend.

NFC Outings Chair Mary Schraven did a formidable job organizing 28 outings. Our Webmaster Rob Laing oversaw the website for outreach and registration, and our Treasurer Doug Gaffney handled the finances. Many of the outings were enthusiastically led by Niagara Frontier members including Rob Laing (Sugar Hill Fire Tower, Goundry Hill hikes), Janet and David Kowalski (Finger Lakes National Forest and CT Hill Wildlife Management Area hikes), Mary Schraven (Watkins Glen and Taughannock State Park hikes, Richard Schraven (Chemung paddle), Teresa and Peter Corrigan (Cornell Ornithology Lab visit), and Cheryl Peluso (Tanglewood Nature Center hike). Over 130 ADK members attended, with the diehards from the Niagara Frontier Chapter having the highest participation. The 3-day event included 28 outings, a Winery Reception on Friday, and Presidents’ Banquet on Saturday. An impressive eclectic list of outings were offered, including hikes of various mileages, and casual visits to Ornithology Labs and Nature Centers. Hardy and prepared ADK hikers were
unfazed by rainy Saturday weather, with cheery optimism and enthusiasm to explore new trails overpowering wet conditions.
Of course the best perk of all was meeting and getting reacquainted with the congenial, terrific ADK folks from other chapters across the state. It was a joy to engage with others who share similar interests and values in the beautiful outdoor settings. Look forward to the 2019 ADK Fall Outing that will be held September 6-8 in the Poughkeepsie area. —Submitted by David and Janet Kowalski

BEAVER MEADOW AUDUBON CENTER 11/17/18

Early snowfall provided a delightful wintry setting for our 4-mile hike through the enchanting woods at this protected Nature Preserve. We traveled on a perimeter trail throughout the Northern portion of the property, starting with the Jenny Glen boardwalk, then climbing the Hawk Ridge Trail to the connecting Long Trail, to a fun lollipop trail on the Backwoods Loop, and returning to our start via the Rusty Stove and Kettle Pond Trails. Amidst the forest footpaths we enjoyed the red pines, white pines, balsams and hemlocks. Tamarack trees (also known as larch) were at their gorgeous golden peak color, being the only conifer that loses all their needles in the Fall. On the fresh white snow we were treated to a golden carpet of the fallen tamarack needles.
You never know what beautiful sights Nature will provide! We enjoyed a snack break at the impressive Arboretum that holds many exceptional labelled trees including white and red oaks, redbud, and witch hazel. It was a wonderful way for our group of 9 to launch the winter hiking season!
-- Submitted by David and Janet Kowalski

46er news

Our Chapter's 46ers webpage has been updated, and now includes a colored, topographical map showing the locations of the 46 High Peaks in Adirondack Park. This site lists all Niagara Frontier Chapter members who have completed the 46 High Peaks, in addition to other helpful information. Please submit any new entries to David Kowalski (dfk2008@gmail.com). To visit the 46ers webpage, click here.

Notes from your education chair

Future workshops: In February and March we will get ready for backpacking season with a demo on backpacking stoves in February and water purification methods in March. Please e-mail me at TeresaCorrigan85@gmail.com if you would like to present at either or both sessions. It would be optimum to hear from a few members at each session.

Speaking of backcountry cooking, it would be wonderful for our chapter to have a collection of backpacking recipes on our website as some other chapters do. Please e-mail your favorite backpacking recipe to the address above. Thank you to everyone for your help and participation!
Conservation Corner

Action Alert: Eire County Parks Master Plan
The Erie County Department of Parks, Recreation and Forestry is working on finalizing the Master Plan on how operate the Erie County Parks system. A Master Plan is completed approximately every 15 years so now is the opportunity to make your voice heard. The comment period ends December 17, 2018. There are approximately 10,000 acres of park land spread across 40 sites. Comment on how you would like to improve or care for your favorite place to walk, hike, bike or paddle. This includes maintaining trails, protecting natural areas, not mowing meadows to promote ground dwelling bird habitat, repairing infra-structure such as bathroom facilities, etc. It is quick and easy to do, just go to the following website to submit your comments, http://www2.erie.gov/environment/index.php?q=2018-parks-master-plan-update-1.

New York State Forest Rangers
There are not enough forest rangers in New York State to properly care for our forest lands! Currently there are 106 rangers in the field to protect 5 million acres. Governor Cuomo’s administration had capped hiring at state agencies to hold down costs but it has left the DEC with being understaffed. In 2017 there were 260 search and rescue operations in addition to the daily task of patrolling the back county which have left rangers over extended. ADK has already spoken to the governor’s office to request that 40 new forest rangers be hired. Membership will be informed if an Action Alert becomes necessary to apply pressure to advocate for more forest rangers.

Acid rain could be on the increase
The Clean Power Plan (CPP) that was proposed by President Obama involved in part the phasing out of coal burning power plants. This proposal was never implemented due to litigation from states and companies that opposed this plan. The emissions from coal plants lead to acid rain which causes the death of fish and plant life in lakes and streams in heavily forested areas such as the Adirondacks and the Catskills. The Trump administration’s new Afforable Clean Energy (ACE) rule would result in 12 times the amount of carbon dioxide being released into the atmosphere and an increase in mercury levels. The ACE Rule and the weakening of the Mercury Rule will eventually be challenged in court where ADK will likely join the litigation. Read your Nov-Dec Adirondac Magazine for an in-depth article on this issue.

The Land and Water Conservation Fund (LWCF)
Great news! The US Congress and Senate have re-authorized the federal LWCF. These funds are a compensation from companies who run offshore oil and gas drilling operations. Over the last 52 years New York State has received $326.6 million from this fund that is used nation wide. Locally the funds have been used at Allegany and Evangola State Parks and at many town parks.

Upcoming Meetings
All chapter members are welcome to attend the monthly Conservation Committee meeting on the 3rd Tuesday of each month- see details for December below. Come and learn more on how to make a positive impact on our environment.

Report submitted by Lynn Rehfeld-Kenney, NFC representative for the state wide ADK Conservation Committee. Meeting was held in Albany on 11-3-18.

Next Conservation Committee Meeting:
Tuesday December 18th from 7-9pm
Gander Outdoors–Lodge Meeting Room, 880 Young St., Tonawanda 14150
Executive Committee

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

1ST VICE CHAIR/OUTINGS - Mary
Schraven marylenschraven1@gmail.com
91 N. Parrish Dr., Amherst, NY 14228
(716) 946-7489

2ND VICE CHAIR/CONSERVATION -
Bob Van Hise (716) 628-0355
adkpaddles.bvh@gmail.com

3RD VICE CHAIR/PROGRAMS -
Maureen Rowley (716) 628-0369
mrowley62@yahoo.com

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

MEMBERSHIP CHAIR - Kathy Clerkin
kmclerkin@gmail.com

DIRECTOR/WEBMASTER - Rob Laing
rlaing537@gmail.com

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

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

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

HOSPITALITY - Carol Schuster
carolfschuster@gmail.com

YOUNG MEMBERS COORDINATOR –
Deena Mueller-Funke
deeenal2@gmail.com
(815) 355-6768

WNY CHAPTER COORDINATOR
Jeremy Roethel (585) 633-8733
wnycoord@adk-gvc.org

OUTINGS Co-Chairs:

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

WATERWAYS - Richard Schraven
richardschraven1@gmail.com
91 N. Parrish Dr. Amherst, NY 14228
(716) 564-2106

BIKING - Paul Kochmanski
kochmanski@ecc.edu (716) 895-7712

BACKPACKING – Teresa and Peter
Corrigan hikepmc@roadrunner.com;
teresacorrigan85@gmail.com 207
Woodward Ave., Buffalo, NY
14214-2313 (716) 835-1905

NEWSLETTER EDITOR - Jaclyn
Rossini jrossini@buffalo.edu

ARCHIVIST/HISTORIAN Lynn Rehfeld-
Kenney (716) 825-7329
woodthrush3@hotmail.com

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