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.

Next Meeting: TUESDAY, JANUARY 8TH

6:30: Education Workshop–Snowshoe and Cross Country Ski Round Table Winter is a great time for outdoor fun. Don’t miss out! Please join us for a workshop which will cover some of the basics of cross country skiing and snowshoeing, including resources for learning how to ski, exercises to help the body get ready, places to cross country ski and snowshoe, and information on some nearby outings led by your friends in your local chapter. Come ready to give and get knowledge! Our workshop is in the community room adjacent to the main meeting room. We meet from 6:30-7:15. We hope to see you there!

7:30: Presentation–Our January ADK program presenter will be an educator from Tifft Nature Preserve. The city of Buffalo’s 264 acre urban sanctuary containing trails, boardwalks, ponds and a variety of wild life. They will share Tifft History and Human Impact plus hands-on artifacts and biofacts. Look forward to seeing everyone at the ADK January meeting!

Our November speaker was Joe Allen aka Wolf man Joe! He shared his personal passion and knowledge of wolves in Yellowstone. Through his many excursions over the years Joe shared some incredible stories and raw footage of wolves in their predatorial conquests. It was fascinating to here about the positive impact the reintroduction of wolves has had in Yellowstone National park! Kudos to Joe on his presentation!

Fellowship Hall, Amherst Community Church 77 Washington Hwy., Snyder
We had a great time at our annual holiday potluck dinner. It is one of my favorite meetings.

Well, a new year is beginning, and we are in the middle of our winter recreation season. I hope everyone takes advantage of the occasions to enjoy snowshoeing and cross country skiing. In addition to day trips, here are a number of overnight outings scheduled.

A new year brings about new opportunities. Last fall, the state club created the position of Chapter Coordinator and appointed Jeremy Roethel. Please extend a warm welcome to him. He is assigned to work between our chapter and the Genesee Valley chapter. Our two groups will be seeking ways to collaborate with each other.

Another initiative that we are exploring is reaching out to underserved populations. Deena Mueller-Funke has made a connection with Buffalo Prep, a group that provides support to middle and high school students in Buffalo. We are planning a presentation in the spring to introduce ourselves and promote outdoor activities. At the appropriate time, we will be looking for volunteers from our chapter to assist.

On behalf of the executive committee, I want to wish everyone a very happy, healthy, peaceful, and prosperous 2019. See you out there on the trails!

Happy holidays!

—Paul M. Gannon

Exploratory Committee

To improve nature opportunities for kids and communities in our region, the Niagara & Genesee Chapters are forming a committee to explore creating a youth leader training & gear library program in WNY.

This will most likely be with the assistance of other organizations and partners, and the committee is looking for volunteers to help represent ADK.

They are particularly in need of people with experience in youth programming, community outreach, or anyone with contacts or connections within the WNY non-profit and outdoor focused space. If you are interested, please email Jeremy, wnycoord@adk-gvc.org

Free Snowshoe Rentals

Free snow shoes and poles are available for your use for the season as another benefit of membership in your local Niagara Frontier Chapter. Contact Mary Schraven, 716-946-7489; maryschraven1@gmail.com to arrange to pick them up.

Family Outings

Something New! Family-Oriented Outings—Look for FAMILY SS/Hike Outings led by a “naturalist” who will adjust the outing according to the ages and abilities of participants. Count on a more relaxed paced, informational and hands-on experience that will delight and enrich all participants. Our family trip leaders are passionate, knowledgeable, warm and inviting (details in outings section). Contact Mary Schraven at maryschraven1@gmail.com if you are interested in bringing your family to outings like this, or you are interested in leading a Family Outing.

Scholarship Opportunities

Do you want to increase your outdoor skills with a local workshop, or a workshop at the ADK Loj near Lake Placid? If you are willing to share the skills you have learned, ADK will pay part of your tuition!

How? Find a workshop, then e-mail education chair TeresaCorrigan85@gmail.com to get a scholarship application. If our committee grants you a scholarship we will ask you to lead a local outing and/or present a program or workshop at one of our monthly meetings. You are welcome to look for workshops on your own, but here are a few suggestions for workshops offered by ADK at the Loj:

- Map & Compass Fundamentals 1/5 or 4/6
- Backcountry SS for Beginners 2/19
- Leave No Trace Trainer 3/9-3/10
- Outdoor Leadership 101 3/23
- Backcountry Cooking 101 4/27
- 46er Skills workshop 3/3-3/5 (p. 4)

For more info: https://www.adk.org/discover/skills-workshops/
Plan Ahead

2/21 - 2/24 - THUR - SUN - SS/XC SKI - ALGONQUIN PROVINCIAL PARK

(A - C) 5 to 6 hour drive, arrive early enough to ski a few hours before checking into Mad Musher Hostel. Information about the hostel is available at: www.madmusher.ca. Maps of all the ski areas are available at www.ontarioparks.ca. A spot in The Mad Musher can be secured by sending your deposit check for $20.00 /person to: Richard Schraven, 91 N. Parrish Drive, Amherst, NY 14228. When the capacity of the hostel is reached, others can still join us, but they will need to find and make their own accommodation arrangements. We will be in contact with reserved participants closer to the date. For complete info about all costs, activities, and alternate weekends please see website or contact trip leaders. RichardSchraven1@gmail.com (716) 564-2106, MarySchraven1@gmail.com (716) 946-7489

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. 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 to 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
ADIRONDACK LOJ CAMPGROUND, LAKE PLACID
MAY 3–5 2019 (REGISTER SOON!)

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. 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 info and to register go to: www.adk46er.org/outdoor-skills

MAY 10-13 - ADIRONDACK ADVENTURE

Rob Laing - rlaing537@gmail.com, and other 46’ers - We are planning an outing in the High Peaks area of the Adirondacks, driving up Friday, May 10 and returning Monday May 13. We should be too early for bug season, and unless it’s a heavy snow year we’ll have enough options to climb a High Peak (or two) and not need traction. We’d like to gauge interest and ability level and we can tailor the outings to meet the participant’s expectations. Accommodations will be either the ADK Heart Lake campground and Adirondack Loj area, or there are low cost hostels in the area such as TMax and Topo’s which is run by a former ADK-NFC member. Outing options will range from High Peaks such as Cascade, Porter, Big Slide and/or Colvin to lower peaks such as Hurricane, Catamount or Roostercomb. The trip can be extended by a day as well if there is interest. Contact Rob Laing at rlaing537@gmail.com if you are interested in this or other similar outings Please provide an idea of your experience level and type of day hikes you would like.
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 MORNINGSS/ 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; carolpgriffis@gmail.com

1/3 - THURS AM - SS/XC SKI/ ICE SKATE - BOND LAKE, NIAGARA COUNTY PARK

Marion Hanover. Please contact me to RSVP or no outing. Marionhanover@gmail.com or call 905-351-1287. Activity will depend on the weather and snow conditions. Bring lunch, snack and beverage. Warming Hut open for restrooms. Snack bar may also be open.

January Outings

1/1 - 46'er Outdoor Skills Weekend Registration Opens Heart Lake, Adirondacks - See Plan Ahead section for details

1/5 - SUN - XC SKI - SPRAGUE BROOK PARK

(B) Gus Phillips - 716-860-0421 - gusp1941@yahoo.com - Please call the night before to verify snow conditions are good for ski and to RSVP. Meet at the park, near the warming hut at 10:00. Ski until lunchtime, BYO lunch and drinks. If the Sledding hill is open, the Casino with indoor bathrooms is open.

1/6 - SUN - FAMILY HIKE/SS DEERLICK NATURE SANCTUARY, GOWANDA

David Bray, A Traditional Knowledge Keeper 716-207-8296 or email dwbray@buffalo.edu - Meet at 10am for a 2 hour hike/SS and explore this preserve of old growth forest managed by Nature Conservancy. David will share from his wealth of indigenous knowledge and experience. For lunch, you will be treated to home-made corn soup, from David's heirloom corn farm. David will adjust hike to match participants' ages and abilities. Please call David to RSVP. Bring the family to enjoy views of the Onondaga Escarpment as well as up-close nature discoveries. Check out the Bray family's projects at nativeseedpod.org/podcast/2018/episode-5-green-corn

1/12 - SAT – XC SKI/SS ALLEGANY STATE PARK ART ROSCOE SKI AREA

(B) Schraven’s 716-946-7489 or email maryschraven1@gmail.com - We will shoot for Saturday, but if snow condition/weather is better, than it will be on Sunday. Please call or email and leave cell no. Meet at Park N Ride on Union Road/Main St. Williamsville in the morning, to carpool. Meet up with friends from Buffalo Nordic who have a few cabins in Summit. Bring a lunch, or buy at the warming house. Ski rentals also available. Groomed trails from beginner to advanced. We will ski medium difficulty trails. Call by Thursday for meet up time.

1/13 – SUN – SS/HIKE – FRANKLIN GULF – (C)

Kim Newland; kathrynkim1027@gmail.com - 716-799-7616 - Need some forest bathing after the holidays? Beautiful frozen waterfalls, gently rolling ravines, and great ADK
January 2019

friends. Meet at Tim Horton’s, Main St. Eden at 1:00 for a few hours of hiking/SS. Contact trip leader to rsvp.

1/14 – MON AM– SS –CHESTNUT RIDGE PARK

Kathy Boni - 837-8545 - We’ll traipse around in the snow for about 2 hours, and then lunch in the Casino, if you choose. Please call no later than 6 PM Saturday, Jan 12 to RSVP, Call for the meet up place and time.

1/18 – 1/20 – FRI – SUN - ALLEGHANY X-C SKI WEEKEND

(A-C) Joanne Magavern 883-7127 - jmagavern@gmail.com - Plan to enjoy a weekend of good company and some of the best X-C skiing in WNY! 4 cabins in Summit are filled. Please call to be put on wait list, or go to https://www.reserveamerica.com/camping/allegany-state-park/r/campgroundDetails.do?contractCode=NY&parkId=31 to reserve your own cabin in the Quaker or Red House area. Check cabin has heat and its location in relationship to Summit and the ski area. Call Joanne for wait list and/or to let her know you reserved another cabin.

1/26 - FAMILY - SS/HIKE - BEAVER MEADOW AUDUBON

Carol Griffis - 716-652-2547 email carolgriffis@gmail.com; Meet at Beaver Meadow Nature Center at 10:30 for a hike around the pond with Docent Carol Griffis, enjoy the birds, woods, animal tracks and extensive trails. Pace and length will be adjusted depending on the ages and abilities of participants. Bring lunch to enjoy in the Nature Center afterwards. Call to RSVP and with any questions.

1/27 - SC SKI - ELMA MEADOWS

(C) Gus Phillips - 716-860-0421 gusp1941@yahoo.com - Meet at the Park and Ride on Union Rd and Main St. in Williamsville at 8:45 to carpool and get directions. Ski and then enjoy a BYO lunch or buy from concession stand in the Casino. Indoor bathrooms. Please call the night before to verify snow conditions.

February Outings

2/2 – 2/3 – FAMILY CABIN CAMPING – BEAVER MEADOW AUDUBON CENTER

Maureen Rowley 716-628-0369 or mrowley62@yahoo.com - Plan to spend 2 days exploring Beaver Meadow (http://www.buffalaudubon.org/beavermeadow.php) and participate in the Naturalist led OWL presentation in the afternoon and an evening OWL PROWL (Mark Carra) $10 for both events. Cabin camp in a heated, 2 bedroom cabin with electricity and bunk beds for 4, plus a full size futon in the living room. Bathroom facilities are located in the Nature Center, a short walk from cabin. Your ADK-NFC pays for 50% of cabin rental ($75 total) and participants split the rest ($37.50) Contact Trip leader to RSVP by Sat. 1/27 and for more details.

2/9 – SAT – SS/HIKE – GRAND ISLAND

C) Tom Burkman (716)228-9493; burkman@buffalo.edu. Two hours of gentle, level terrain; paths, fields, streambeds, woods in Grand Island. Gather for breakfast at 8:30 at Tom’s house, 800 Kirkwood Drive, Grand Island 14072 and go out from there; or, come at 9:15 for outing only. Hot chocolate afterward. Weather permitting. Contact to register.

2/12 – TUE AM - SS –CHESTNUT RIDGE PARK

Kathy Boni - 837-8545 - We’ll traipse around in the snow for about 2 hours, and then lunch in the Casino, if you choose. Please call no later than 6 PM Saturday, Feb 9 to RSVP, Call for the meet up place and time.
Trip Reports

ROYALTON RAVINE HIKE REPORT — 12/9

It was a stunning day with bright blue skies and crisp temperatures. The snow covered woods gave us the perfect environment to enjoy the waterfalls, trees, chirping birds, and our ADK friends. We tromped around the trails, then wandered through a Spruce tree grove into an orchard then followed a deer trail back down to the ravine. We lingered at the suspension bridge and the old foundation of the Belva Lockwood Homestead. Make sure you visit this gem of a park in Niagara County! — Submitted by Mary Schraven

REINSTEIN WOODS NATURE PRESERVE, 12/08/18

Bluebird skies and 30 degree temperatures provided ideal conditions for our 4-mile hike on snow-covered trails at this urban oasis, just minutes from hectic city life. Two new faces who recently joined ADK were part of our group.

The largest living Beech Tree in NY State once resided at Reinstein, but it died after suffering extensive damage in the 2006 October snowstorm. It is still standing but is decaying naturally, and will eventually fall and fertilize soil to nurture new tree growth.

Conservation Corner

Next Conservation Committee Meeting: Tuesday January 15th from 7-9pm
Gander Outdoors-Lodge Meeting Room, 880 Young St., Tonawanda 14150

The 8-mile scenic West River Connector Trail on Grand Island opened in November, providing a walking/cycling path between Beaver Island S.P. and Buckhorn Island S.P.

Local bicycle groups, including GObike and Slow Spokes Bicycle Club, are calling for a multi-use trail in Amherst along the former rail corridor known as the “Peanut Line”. Cyclists are already riding on the rough grassy route that links the Ellicott Creek Trailway at North Forest Road to Transit Road. Amherst residents are being asked to give their support to the proposed trail.

Main St./Rt. 5 east of Transit Road has been paved and striped with bike lanes on each side; a similar upgrade is proposed for part of Sheridan Dr. east of Transit.

We continue to monitor court decisions regarding National Fuel’s claims of Eminent Domain for the Northern Access Pipeline (NAPL). A recent ruling grants the Fossil Fuel giant claims to an easement across private property and rights to trench through Cattaraugus Creek and bisect the 325 sq mile Cattaraugus Creek Basin Sole Source Aquifer.

Buffalo-Niagara Waterkeeper continues its good work in restoring native plants to the shores of the lower Niagara River at the Stella Niagara Preserve, and the upper Niagara at Beaver Island & the East River Marsh, as well as on the Buffalo River and Ellicott Creek. Meanwhile, under a new proposal, the EPA seeks to remove federal Clean Water Act protection from “Countless wetlands and thousands of miles of United States waterways”.

Several years ago, our ADK chapter spearheaded the Allegany Boundary Marking Project where dozens of volunteers walked the Allegany-Pennsylvania border to post park boundary signs and do basic brush clearing to enable environmental monitoring of drilling & logging activity in PA near the park’s boundary. We returned for some maintenance in 2015, but it’s time to do maintenance again. We’re in the early stages of setting up this year’s work (perhaps in May) and will make an announcement when we seek volunteers. — Submitted by Bob Van Hise

Coyote, fox, deer and rabbit tracks attested to animal activity. It was a joy to savor this nearby gem during the busy holiday season. — Submitted by David and Janet Kowalski
## WNY XC Ski/ Snowshoe Facilities & Resources

**Erie County Parks that offer winter sports and facilities—System wide conditions hotline: 716 858-8513**

<table>
<thead>
<tr>
<th>SKI OR SNOWSHOE AREA</th>
<th>COMMENTS</th>
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<tbody>
<tr>
<td><strong>ALLEGANY STATE PARK ART ROSCOE SKI AREA</strong> &lt;br&gt;18 miles of trails, plus 25 miles of backcountry trails; $20 ski rentals, Call 354-9163 <a href="http://alleganynordic.org/category/trail_conditions/">http://alleganynordic.org/category/trail_conditions/</a></td>
<td>Free Groomed and set tracks, all levels, indoor restrooms, warming hut w/rentals</td>
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<tr>
<td><strong>GROVER CLEVELAND GOLF COURSE IN BUFFALO</strong> &lt;br&gt;3781 Main Street/Bailey Ave, Amherst &lt;br&gt;beginner level, 40 minute loop</td>
<td>Free Groomed and set tracks &lt;br&gt;No amenities</td>
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<td><strong>KNOX FARM STATE PARK</strong> &lt;br&gt;Dog park, wooded and open field trails &lt;br&gt;437 Buffalo Road, East Aurora &lt;br&gt;716-652-0786 <a href="https://parks.ny.gov/parks/163/details.aspx">https://parks.ny.gov/parks/163/details.aspx</a></td>
<td>Free Groomed and set tracks, beginner level, Warming hut, indoor bathrooms, Café</td>
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<tr>
<td><strong>REINSTEIN NATURE PRESERVE</strong> &lt;br&gt;3.5 miles of trails. Ski or snowshoe rental office 683-5959 &lt;br&gt;<a href="http://reinsteinwoods.org/explore/snowshoe-cross-country-ski-rentals/">http://reinsteinwoods.org/explore/snowshoe-cross-country-ski-rentals/</a></td>
<td>Free Groomed, Rentals $8, indoor bathrooms</td>
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<td><strong>SPRAGUE BROOK COUNTY PARK</strong> &lt;br&gt;If the sledding hill is open, the warming hut with indoor bathrooms is open. Snow shoe/ XC SKI/ hike/sledding- call 858-8518, 592-2804 <a href="http://www2.erie.gov/parks/index.php?q=sprague-brook">http://www2.erie.gov/parks/index.php?q=sprague-brook</a></td>
<td>Free Groomed and set tracks, beginner to intermediate, indoor restrooms, warming hut</td>
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<td><strong>ELMA MEADOWS</strong> &lt;br&gt;Call for conditions- 858-8513, sledding &lt;br&gt;<a href="http://www2.erie.gov/parks/index.php?q=elma-meadows-park">http://www2.erie.gov/parks/index.php?q=elma-meadows-park</a></td>
<td>Free Groomed and set tracks, beginner to intermediate, indoor restrooms, warming hut</td>
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<td><strong>EMERY PARK</strong> &lt;br&gt;Downhill skiing, sledding hill &lt;br&gt;Call for hours of operation 858-8513 <a href="http://www2.erie.gov/parks/index.php?q=emery-park">http://www2.erie.gov/parks/index.php?q=emery-park</a></td>
<td>Free Down hill skiing with a warming hut and indoor bathrooms</td>
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<td><strong>BOND LAKE NIAGARA COUNTY PARK</strong> &lt;br&gt;Sledding hill conditions call: 716-731-3256, 13 miles of XC Ski trails, 2 ice skating rinks. <a href="http://www.niagaracounty.com/parks/Bond-Lake-Park">http://www.niagaracounty.com/parks/Bond-Lake-Park</a></td>
<td>Free Groomed and set tracks, beginner to intermediate, indoor restrooms, warming hut</td>
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<tr>
<td><strong>BYRNCLIFF GOLF RESORT</strong> &lt;br&gt;Rental $15/ Trail Fee $10, $35 group lesson - Day and Night Skiing, Restaurant and Motel, Packages. <a href="http://byrncliff.com">byrncliff.com</a> - 535-7300</td>
<td>Groomed and set tracks, beginner to advanced, indoor restrooms, warming hut</td>
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Executive Committee

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 - 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
deena.mueller1@gmail.com
(815) 355-6768

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

NEWSLETTER EDITOR - Jaclyn
Rossini jrossini@buffalo.edu

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
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