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, February 12th

6:30: Education Workshop–Let’s get (backcountry) cooking
Please join us for a review of backcountry stoves. We will discuss and examine some of the most common models as well as their advantages and disadvantages. We will also share some favorite backpacking recipes (if you are a backpacker please bring one so we can put it on the website) and favorite food finds. It is not good for you to hike hungry and we have got you covered with this workshop. Please join us in the community room adjacent to the main meeting room from 6:30-7:15.

7:30: Presentation–Our upcoming February monthly speaker will be educator/photographer Mary Lou Frost. She will open ours eyes to the extraordinary underwater ocean beauty through her years of oceanic photography. Looking forward to her sharing her aquatic adventures and experiences and educating us on the delicate nature and importance of preserving our coral reefs.

January’s ADK-NFC’s speaker was Kimberly Adriansen from Tifft Nature Preserve. Her presentation guided us through the historical changes and human impact on the area. The 246 acre land has been transformed into an urban sanctuary for a vast array of birds and various plant wildlife. Thanks to the extensive restoration and dedication of the staff and community volunteers Tifft Preserve is an Urban Jewel attracting thousands of visitors each year! For info on how to volunteer at Tifft, see p.6.
I just finished reading a wonderful book my son gave me for Christmas, entitled Grandma Gatewood’s Walk, by Ben Montgomery. It is the inspiring story of Emma Gatewood, the fifth individual, and first woman, to thru-hike the Appalachian Trail.

In 1955, Gatewood was a 67-year-old divorced mother of eleven then grown children, with 23 grandchildren. She was an Ohio farmer, who had worked hard all her life raising her family through the difficult years of the Great Depression and World War II. She learned about the trail in a magazine article several years earlier.

She set out from Georgia wearing dungarees and sneakers, carrying her meager supplies over one shoulder in a drawstring cloth bag. She had no tent or sleeping bag, only a blanket and shower curtain for shelter. As she continued her journey north, word of her trip spread and she became a media sensation. By the time she reached Mt. Katahdin in Maine, people all over the country were following her progress and celebrated her triumph.

After the holidays, I have been going through my library and rearranging my shelves. Along with my how-to texts and trail guides, I have a number of stories of other individuals and their experiences in the natural world, everything from the works of Thoreau to Wild, by Cheryl Strayed. Why do I enjoy them so much?

I think it is because each of them serves to remind me of what nature has to offer - its beauty, the peace and quiet, its healing power, and the opportunity for exercise and adventure.

At our last meeting, I heard that there is talk of reviving the chapter outdoor book club. I wholeheartedly recommend that we do so, and further recommend Grandma Gatewood’s Walk as a worthy choice for the next book to read.

–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 Loans

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 to arrange to pick them up: 716-946-7489 or maryschraven1@gmail.com

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 (all ages welcome). 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 of scheduled outings can be found in the outings section of the newsletter. If you are interested in bringing your family to outings or are interested in leading a family outing, contact Mary Schraven: maryschraven1@gmail.com

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. Browse workshops offered at the Loj: 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) This trip is full, send in check to be on the waiting list. Buy 1 night at the Adirondack Loj and get 1 night FREE! 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. 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.

8/24 - 8/26 - SAT - MON – HIGH PEAKS HIKE - HEART LAKE CAMPGROUND

Aaron Slosman- aslosman@gmail.com and Mike Lex - mblex@roadrunner.com - Two camping sites have been reserved for this outing, a canvas cabin with 6 bunk beds) and a tent site ( up to 3 tents/6 people). Your ADK-NFC will pay 50% of the camping fees for these 2 sites. Participants will split the remainder 50%. Participants’ cost will depend on how many sign up. Trip leaders will organize a beginner high peaks hike. Contact leaders for more information.
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

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 Grieffs -716-652-2547; carolpgrieffs@gmail.com

January Outings

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

Carol Griffis - 716-652-2547 email carolpgrieffs@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 - All Ages Welcome. Plan to spend 2 days exploring Beaver Meadow (http://www.buffaloaudubon.org/beavermeadow.php) and participate in the Naturalist led OWL presentation in the afternoon and an evening meteor program with Buffalo Astronomical Society ($56 shared expense) and an evening campfire. Cabin camp in a heated, 2 bedroom cabin with electricity and bunk beds for 4, plus a full size futon in the living room. In the morning, spend as much time as you’d like hiking or snow shoeing on the trails. 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) You bring your own bedding, dishes, paper products, food, plan to cook outside or use crockpot, microwave, electric skillet. Want to come up just for Saturday’s Owl program? or hike with ADK on the grounds? Go to Beaver Meadow website to register for the owl program, and let Maureen know you are coming. Bring your own telescope or use BAS scopes. Dress for the cold weather, bring snowshoes, microspikes. Contact Trip leader to RSVP by Sat. 1/27 and for more details.

2/3 - SUN - XCSKI/SS/HIKE - ELMA MEADOWS COUNTY PARK

(C) Leslie Salathe (716) 560-1311 or email lesliesalathe@live.com - meeting place will be 8:45am, at the Main and Union Park and Ride to verify destination and possible carpooling.
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.

2/10 - SUN - XCSKI/HIKE - SPRAGUE BROOK PARK

Glenwood – (C) Kim Newland 716-799-7616 kathrynkim1027@gmail.com - Meet at X-C ski hut at 1:00. Ski the 2.8 mile groomed trail and some “back country” skiing on trails across Foote Rd. Bring a snack to enjoy in the cozy wood-stove heated warming hut. We will hike if there’s no snow.

2/16- SAT – HIKE/SS - ERIE COUNTY FOREST, EAST CONCORD

B) David and Janet Kowalski, janetk300@gmail.com 839-3114 • 10 AM meet time. We’ll trek 4-5 miles on beautiful wooded trails with charming bridges including the iconic Bridge on the River Kwai and A Bridge Too Far. Meet at the Sugar Shack Trailhead on Genesee Rd. Please wear sturdy shoes (bring snowshoes or microspikes if needed), dress for the weather, bring water and a snack. Trekking poles are recommended. Directions: Take 219 to the Genesee Rd exit. Turn L (east) onto Genesee Rd, and drive ~7 miles to the parking lot on the left.

2/17 - FAMILY WINTER DAY IN BOND LAKE NIAGARA COUNTY PARK

NEW! Have some family fun! All ages welcome- Maryschraven1@gmail.com 716-946-7489 • Joint event with Buffalo Nordic Ski Club – Friends and non-members also welcome. Come by 9:00 to help set up and to reserve the tables in the Casino for a pot luck lunch. Contact Mary to volunteer, questions and to RSVP with what dish you are bringing. Meet to carpool at 8:45 at the Park N Ride in Williamsville, on Union Road near Main St. Enjoy 13 miles of groomed trails- XC ski outing with Schravens at 10:00am / SS outing/

Sled all day / pot luck shared lunch at noon. Stay and play after lunch.
Snow shoes will be available for free. Bring your own skis and sleds. Bring a crockpot meal or sandwiches, snacks, dessert to share. Chapter will provide hot beverages.

2/23 - SAT - SS/HIKE - GENESEE COUNTY PARK AND FOREST

Bob Ensminger 716-434-2969 • 4-5 mi -11095 Bethany Center Road, East Bethany. Enter park by turning down Memory Ln off of Bethany Center Road, then park in the large parking lot near the Interpretive Nature Center. (Map available at park website) The park consists of 431 acres of rolling hills with nature trails winding through a nice mix of habitat. We should finish up shortly after noon at which time the Nature Center opens. Pack a lunch. Call for meet up time.

2/23 - SAT - XC SKI - SPRAGUE BROOK PARK

Young Members Event- RSVP to Deena deena.mueller1@gmail.com for a start time (will be morning) and for carpooling. We’ll hit the loop on the established and sometimes groomed trails a few times and break in the warming hut, before venturing out for some more backcountry style cross country skiing. Bring snacks or a warm beverage to share.

2/24 - 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 And Ride lot on Union and Main in Williamsville at 8:45 to carpool. Ski until lunchtime, BYO lunch and drinks. If the Sledding hill is open, the Casino with indoor bathrooms is open.
Trip Reports

1/6/19 - HIKE – DEER LICK CONSERVATION AREA

After the holidays, this winter hike was enjoyed by 11 hikers braving the brisk 35 degrees at the beginning of this Deer Lick/Zoar Valley hike. The sun periodically made an appearance to help warm us up throughout the hike.

The group enjoyed this 3.2 mile hike through old growth hardwood trees, scenic overlooks to the Cattaraugus Creek canyon walls and the crossing of the creek near the Deer Lick Falls.

Hikers were treated to many large mature cherry, hemlock, tulip and maple trees as this property is maintained by the Nature Conservancy. While most leaves have fallen off, tree identification was done by the bark or finding the fallen leaves under the trees.

After the hike the group was invited to Dave and Wendy’s home to eat 2 different types of corn soup and a boiled cornbread. Dave and Wendy are Seneca traditional knowledge holders and shared information on the origins of corn and various corn foods made from corn grown on their farm. They also shared information on the “One Bowl One Spoon” treaty/wampum belt. This is an agreement/principle between two or more Nations/People for sharing hunting territory/food/environmental resources to take no more than you need. In principle, all People are all eating out of a single dish, which is the environmental resource (hunting, fishing, water, food). One spoon signifies that all People sharing the territory are expected to limit the game/resource they take and to leave enough for others for continued abundance and viability of the resources into the future. The soups, bread and conversations were enjoyed by all. Go to their podcast for more information on the important work the Brays are doing.


—Submitted by Trip Leaders: Dave and Wendy Bray

The group not only enjoyed the outing, the socializing and the delicious food, but the lesson learned from Dave and Wendy will be a lasting memory. Their generous presentation of homemade food, hospitality and the pertinent metaphor of One Bowl One Spoon was a reminder of the necessity to respect each other and to work to lessen our impact on the environment from eco-safe farm practices to our own diets. Many thanks to David and Wendy for being an example of conservation in practice.

—Submitted by Mary Schraven

Valuing Nature’s Wisdom

Retired or Looking to Volunteer & Share Your Outdoor Skills?

TIFFT needs you, especially if you like working with children. We need volunteers who would like to lead school groups a few times a week or month. They run about 40-90 min. each.

Become a steward of Tiffi Nature Preserve by volunteering to help with outdoor projects around the Preserve. Projects will include tour guides, event assistance, invasive species control, habitat restoration, trail work and other outdoor projects. Other opportunities include planning annual fundraisers, creating databases, working on exhibits, and archiving materials in our research library.

To learn more about volunteer opportunities at TIFFT Nature Preserve, please call 716.825.6397. Ask for Kimberly or Megan. Alternately, Joanne Magavern, retired librarian and ADK member, also volunteers at Tiffit—if you’d like to know more about it, please call her at 883-7127.
Have you visited **Tiff Nature Preserve** lately? A new fenced enclosure has been planted with a variety of natural vegetation that should look great in another year or two; the enclosure will protect the plants and shoreline wildlife from overgrazing by the 60+ deer that live in or visit Tiff every day. You’ll also enjoy observing the variety of waterfowl and other animals that live in this bit of nature surrounded by the city.

**Wilderness Weekends in Western New York.** Get your copy of our book at the next meeting and start working on the WW in WNY Patch Challenge! Go to our web page and click in the link to get details on the challenge, and visit the Facebook page to share your stories. [adk-nfc.org](http://adk-nfc.org)

Our Chapter’s work on maintaining the **Allegany Boundary Marking Project** will resume this spring in late April or May. We need volunteers to walk remote parts of the Allegany State Park-Pennsylvania border to do basic brush clearing and perhaps post a couple park boundary signs to better enable environmental monitoring of drilling & logging activity in PA near the park’s boundary. Scheduled work dates will be listed in next month’s newsletter in coordination with New York’s Allegany Region Forester. If you would like more info, or want to volunteer to spend a day or 2 working in the forest, call me or send a message with the subject line "ASP BOUNDARY' to adkpaddles.bvh@gmail.com

**Allegany State Park’s Summit Fire Tower** was built in 1926 and restored nearly 20 years ago by volunteers that included some of our Niagara Frontier Chapter members. It’s seems that the tower needs a little TLC again, and we may be involved in helping. More on that as info becomes available.

**Northern Access Pipeline.** Some of our members went to National Fuel’s Williamsville HQ in January to join in with [Defend Ohiyo](https://www.defendohiyo.org/), and the [Sierra Club](https://sierraclub.org/) to protest the fossil fuel company's eminent domain claim to an easement across private property to trench through and bisect the 325 sq mile Cattaraugus Creek Basin Sole Source Aquifer. Kudos to those who were able to make an appearance.

An energy project called "**Lighthouse Wind**" has been proposed by [Apex Clean Energy](https://www.apexcleanenergy.com/). 47 wind turbines and affiliated infrastructure would be installed inland of the shore of Lake Ontario in Somerset (Niagara Co.) and Yates NY (Orleans County). Citizens are divided over it, with local governments mostly opposed. Think green. I made a shortcut link to a site with detailed info [https://preview.tinyurl.com/](https://preview.tinyurl.com/) Apex-Somerset-Yates

Get your reusable tote bags ready! As part of the 2019 NYS budget plan, Governor Cuomo announced a planned **state-wide ban on single use plastic bags**. Clean single use plastic bags, such as grocery bags, can be left for recycling at Home Depot, Lowes, and certain other stores. It’s a good thing.

Pot Plant? If NYS legalizes **recreational marijuana**, we might have a large grow farm near Buffalo’s waterfront. A west coast company has proposed a "cannabis campus" to grow medicinal and recreational marijuana on 70 acres just east of Route 5 (just south of Tiff) in the Buffalo Lakeside Commerce Park. I’m sure we’ll hear a lot more about this in the next few months.

Dude. Pencil in Saturday morning MAY 11 to join our chapter and [Buffalo Niagara Waterkeeper](https://www.bnwaterkeepers.org/) for a **Spring Sweep shoreline clean-up day.** Details to follow.

-Submitted by Bob Van Hise
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