Upcoming Meeting: Tues, Mar. 10th

6:30p - 7:15p | Education Workshop:
What does it take to be a Winter Mountaineer?

Learn from three Niagara Frontier Chapter members who just completed the Adirondack Mountain Club’s Winter Mountaineering School (WMS) program in the High Peaks area. Sue Kolasz, Maureen Rowley, and Pamela Sander.

During this education workshop, the trio will discuss how they trained and prepared for the WMS program and what they learned at workshops on the summit of Mt. Jo and nightly (after hearty and delicious dinners!) at the Loj facility. On display will be the WMS program manual with a list of the required gear, a properly packed backpack, High Peaks winter hiking equipment, photos, and handouts.

Our workshop is in the community room adjacent to the main meeting room, 6:30pm.

7:00p – 7:30p | Meet, Greet, & Refreshments!!

7:30p – 7:45p | Brief Business Meeting

8:00p – 9:00p | Presentation: Buffalo Niagara Waterkeeper

We are looking forward to hearing from the non-profit organization that works to protect and restore water and surrounding ecosystems in the Niagara River watershed. The presentation will give an overview of the organization’s history and role in the community. They’ll discuss the recent work on the Buffalo River, as well as habitat restoration, the importance of native plants, and the community engagement programs.

*** MEETING CANCELLATION POLICY***

If Amherst Schools or Amherst After-School Activities are cancelled due to weather, the General Membership Meeting (2nd Tuesday of the Month) will also be cancelled.
Looking Ahead

April 22nd marks Earth Day’s 50th Anniversary! We honor this day by celebrating the environmental movement and raises awareness about pollution and ways to maintain a clean habitat. The theme for Earth Day 2020 is **Climate Action**. Our April 14th monthly meeting program will be on Climate Change. A representative from the New York Department of Conservation will be discussing the impacts of climate change on our environment, ecosystems and inhabitants. Join us at our next meeting and find out ways we can help preserve our Earth!

In Case you missed it …

Our February meeting included a wonderful presentation from the staff of the Buffalo Zoomobile. They spoke of endangered species, reviewed the official classifications used to identify the level of risk each species faces, and what steps are being taken to preserve and protect the most threatened. They also talked about our local wildlife population. During the presentation, they introduced us to the friends that they brought with them, including a bat, and a turtle. The highlight of the show was their sloth, who remained calm and composed despite being the center of attention. He just dangled from his wooden frame, while occasionally accepting a proffered treat. Apple slices were his favorite. We should learn a lesson from our sloth friend, and, from time to time, simply hang out and relax. Go sloths!

It has been a tough year for winter sports fans. The weather has swung wildly between warm and cold, rain and snow. This has made it difficult to enjoy cross country skiing and snowshoeing without traveling outside our region.

However, on February 8th, conditions were just perfect. I joined a snowshoe outing to Beaver Meadows led by Janet and David Kowalski. We enjoyed sunshine, alternating with periods of overcast. A good base of soft snow had fallen and our leaders took us deep into the forest. Then, trouble ensued. As we made our way back, one of our group noticed her companion was missing. Calmly, we discussed the situation. After determining the most probable location, a small group of us, moving fast, retraced our steps. In a short while, our search was successful, and we returned the missing cell phone to its grateful owner.

I decided to relate this incident, in a tongue-in-cheek manner, because I realized that there is a useful lesson in it for all of our members. On any outing, there always exists the possibility that someone could end up missing from the group. It is important to know how to respond effectively.

Training in proper search techniques is beyond the scope of this message. Following a few simple steps might make all the difference. First of all, **stop and think before you act**. Discuss the situation with the entire group. Most importantly, determine the **Point Last Seen** - the last location a reliable witness actually saw the missing individual. Then, routes they could have taken from that point and how far they traveled in that time. Send a small team (or teams) properly equipped, to quickly retrace the most likely route (or routes) and then report back. **Maintain control of the group.** The last thing you want is for everyone to disappear into the woods, wandering in all directions, trampling footprints and other clues, getting lost themselves. Chances are good, if it has only been a short time since they went missing. If the initial search is not successful, notify authorities without further delay. It takes time to assemble a search team, and they will be racing the approach of night.

In our case, as we calmly discussed the situation, our companion realized that she last used her phone to take a photo after we had crossed a small log bridge. We located the bridge on our map and headed straight there. We found the phone in the snow along the trail just before we reached the bridge.

— **Paul M. Gannon**
**02/23 - SUN - XC ski/SS - Elma Meadows**
(B) Leslie Salathe at 716-560-1311 or lesliesalathe@live.com
Meet at Park and Ride on Union Road at 8:45 to carpool, or 9:30 AM at Elma Meadows. Joint Buffalo Nordic and ADK outing. We will ski/snowshoe for 2 to 3 hours. Contact Leslie Salathe by Saturday morning for outing status (lack of snow will cancel outing).

**03/08 - SUN – SS/HIKE - Sprague Brook**
(B) Aaron Slosman at 716-517-0271 or aslosman@gmail.com. Enjoy a 6 mile snowshoe or hike along the trails at Sprague Brook. Please wear sturdy shoes (bring snowshoes or microspikes if needed), dress for the weather, and bring water and a snack. Trekking poles are recommended. Meet at the warming hut. Call Aaron to register and confirm.

**03/14 – SAT – HIKE/SS - Erie County Forest**
(B) David and Janet Kowalski, janetk300@gmail.com or 716-839-3114
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, and bring water and a snack. Trekking poles are recommended.

**03/22 - SUN – SS/HIKE - North Rim, Zoar Valley**
(B) Richard & Mary Schraven, 716-564-2106 or 716-964-8974 Richardschraven1@gmail.com, maryschraven1@gmail.com
We will meet at the Park & Ride on Rt. 20a at Rt. 219 in the morning and drive to the Zoar Valley. With the leaves off the trees, the views of the gorge are spectacular. One year, while taking a break, a porcupine could be seen high up in a tree near-by. Bring snack, water, snowshoes/microspikes, day-pack with ten essentials and layer your clothing to adapt to changes needed when changing from exerting during the hike and resting for a break. After the hike we may stop in Springville for lunch. Call by Saturday for exact time of trip start.

**RECURRING EVENTS**
**EVERY WED AT 9:00 AM - SS/HIKE - Beaver Meadow Audubon Center**
Carol Griffis -716-652-2547; carolpgriffis@gmail.com.
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 1610 Welch Rd, Java Center, NY 14082. 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.

**EVERY WED AT 6:30 PM - HIKE - Reinstein Woods**
(C) Gus Phillips. gusphillips1941@yahoo.com or call 716-646-5034.
Hike in the woods in the evening to hear and see night-time wildlife. Enjoy a starry sky or the moonlight. Possibly hear an owl. Family Friendly. This is a weekly event. Please email/call to let me know you are coming and to confirm in the event of inclement weather. There may be weeks when I need to cancel.

**EVERY SAT AM - SS/XC-SKI - Knox Farm State Park**
(C) Carol Griffis
For time & directions, call/text 716-652-2547 or carolpgriffis@gmail.com.
I will lead this all snowy Saturday mornings. Good for beginners.
Plan Ahead

FULL! 03/06 - 03/08 - FRI - SUN – X-C SKI/ SS/HIKE - Weekend Heart Lake ADK Loj
(A-C) MarySchraven1@gmail.com or call 716-946-7489 - Buy 1 night/get 1 night FREE! Your charge for the 1st night stay is only $56.04, including breakfast. THE TRIP IS FULL. Send your refundable check of $56.04 (91 N.Parrish Dr. Amherst, My 14228) to get on the wait list or book your own accommodations at the lodge via website adk.org/stay for a sure thing.

03/17 - MID-WEEK ADIRONDACK LOJ AT HEART LAKE
Contact Kate Hacker, hackerks@gmail.com, 716-491-7046 for full details. Reservations can be made at the last minute – there are always midweek openings. Summary: The Loj is a great place mid week because it’s quieter and less crowded and there are always other people there to meet and hike with. There are many activities to do right out the front door or just a short drive away, from cross country skiing to snow shoeing and hiking. I like to ski at Whiteface one day when I go and go to the Van Hoevenberg Olympic cross country ski area, but hiking and snowshoeing are also good. The club rents equipment for winter hiking and snowshoeing and there are ski trails around the Loj property.

03/08 & 03/15 – SUN – Wilderness First Aid Course
Two-day course, offered through Gear for Adventure with instructor Tim Reed of Adventures in Fitness. Take to the trail with confidence and be able to help your trail tribe in times of need! Ideal for outdoor enthusiasts & professionals - learn how to assess & treat common injuries in a remote environment where care by a physician and/or rapid transport is not readily available. Held at Hamburg shop: 305 Buffalo St. Hamburg, NY. Must be present for both days: March 08 and 15, 2020 from 9am to 3pm each day. Cost: $180 per person. Space is limited, please call 716-646-GEAR (4327) to reserve your spot.

03/22 & 03/29 – SUN – Wilderness First Aid Course
Offered through Gear for Adventure with instructor Tim Reed of Adventures in Fitness. Two-day course Take to the trail with confidence and be able to help your trail tribe in times of need! Ideal for outdoor enthusiasts & professionals - learn how to assess & treat common injuries in a remote environment where care by a physician and/or rapid transport is not readily available. Held at Amherst shop: 305 Buffalo St. Hamburg, NY. Must be present for both days: March 22 and 29, 2020 from 9am to 3pm each day. Cost: $180 per person. Space is limited, please call 716-646-GEAR (4327) to reserve your spot.

05/29-05/31 – FRI-SUN – Wilderness First Aid Course
Offered by the Adirondack Winter Mountaineering School, this is a unique opportunity - saves WNYers the time, expense and trouble of traveling to the Adirondacks to take this training. Our ADK-NFC Chapter MAY be able to offer scholarships to assist our trip leaders in getting this vital training! Register ASAP! When this was offered in 2017 it filled up quickly (class size was only 20 people). Train to respond to common medical issues in the backcountry or where help is delayed. This course is a hands-on introduction to wilderness medicine. Taught over the weekend in a “wilderness” setting. Be ready to respond to first-aid situations where help is delayed. To register please email wmswfa@gmail.com - Course fee is $200 which includes free camping, breakfast and lunch, and coffee and tea.

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, please see the event calendar posted on our website, ADK-NFC.ORG
**Information Brief**

Cycle the Erie Canal - July 12-19th - Buffalo to Albany 400 miles- for information on the bike ride please visit https://www.ptny.org/cycle-the-erie-canal. Registered ADK cyclists may submit their name and contact information to Mike Lex at blex@roadrunner.com. He will compile and share the list with members registered for the ride.

**Update from your Hiking Chair**

I have been contacted by many aspiring 46ers in response to my enquiries in the January and February newsletter. As a result we are pleased to offer an educational session on high peaks planning and safety **April 14th at 6:30p**. The workshop will be led by Mike Radomski, a seasoned hiker and New York State Outdoor Guide.

- *Leslie Salathe, Hiking & Winter sports chair*

**Conservation Corner**

Next Conservation Meeting: Tuesday, Mar. 17th 7 pm

New York’s Bag Waste Reduction Law takes effect March 1. Most stores will have paper bags or reusable bags for purchase, but stores are not required to supply bags at all. Details on the NY DEC website. BYO Bag.


Patti and I wanted to get out for some showshoeing this month before the great thaw, so we consulted the WW in WNY site. So far we've gone to Franklin Park Gulf, Erie County Forest on Genesee Road, Royalton Ravine, and Allegany State Park (North Country Trail).

High use in the High Peaks? The Leave No Trace Center for Outdoor Ethics has made recommendations to safeguard the Adirondacks most popular destinations from being loved to death. The full report is due soon, some of which may be released before the state's budget is set April 1... No fooling. High use in some areas is a problem. Not just here, but all across the country. We also saw negative effects of publicity and high use in the Tobermory ON area on out last trip there. Practice Leave No Trace wherever you recreate.

Whenever you hit the trails or waterways this spring, bring along a trash bag and make the environment a little nicer by cleaning up as you go.

Gearing up for summer fun in the backcountry and want to try something different and better? Check out the great French cooking camp meals offered by Happy Yak, available across Canada and on line [happyyak.ca](http://happyyak.ca)

Our next meeting will be Tuesday, March 17th 7 pm at Amherst Community Church (upstairs in the balcony room), see you there!

- *Bob Van Hise, Conservation Chair*
01/30 - 02/02/2020 - WINTER MOUNTAINEERING SCHOOL UPDATE

Sue Kolasz, Maureen Rowley, and Pamela Sander successfully completed the 2020 ADK Winter Mountaineering School (WMS) program held at the ADK Loj facilities at Heart Lake.

Sue, Maureen, and Pam participated in the Weekend Day Hike program, learning skills necessary to successfully and safely hike the high peaks in winter conditions.

The topics covered included the use of an ice axe and crampons for icy conditions, selection of proper gear and clothing, nutrition and hydration, hiking protocols, compass use and orienteering, history of the WMS, trip preparation and time management, and the prevention of hypothermia and frost bite.

Outdoor instruction and classroom education were held at the Loj, the Olympic training center, and the summit of Mt. Jo. In addition, each of us was offered 5 hike options: Maureen ascended Wright Peak (4,587’), while Sue and Pam ascended Hurricane Mountain (3,694’).

Sue, Maureen, and Pam (the “Buffalo Gals”) will present an overview of the skills workshop along with a Power Point presentation at the monthly meeting.

Many thanks go out to family and friends for their encouragement and support. A special shout-out goes to our Niagara Frontier ADK chapter for enthusiastic sponsorship and encouragement that made this program possible.

Respectfully, Pamela Sander
02/15 – XC SKI – KNOX FARM

Young Member ladies met on a beautiful, clear ... and brisk morning for a 3.5 mile ski in East Aurora’s Knox Farm. For such a gorgeous morning we were lucky to have most of the trails to ourselves! We welcomed a new member to the chapter by introducing her to this lovely state park - weaving in and out of the meadow, we reminisced over past adventures and planning new ones! Some parts of the trails had tracks, others we blazed ourselves – conditions were absolutely perfect!

Submitted by Mary K. Noack

02/08 - HIKE - BEAVER MEADOW AUDUBON CENTER

Our group of 9 snow-lovers enjoyed picture perfect winter hiking conditions for our 3-mile trek throughout the nature trails at Beaver Meadow. Snowshoes were ideal for the several inches of fresh snow this southern venue received, and we feasted on the fresh powder and ice that rested on all the trees and bushes in our view. We began on the Jenny Glen Boardwalk, then climbed the Hawk Ridge Trail to the Long Trail, before circling back via Rusty Stove and Kettle Pond trails to our starting point. We admired several old trees including balsam, spruce, hemlock and black cherry. We savored a solitary white oak tree near the arboretum that retains its unique rounded leaves throughout the winter. The boardwalk bridges, tree canopies, varied snowy terrain, great weather and nice people made for a perfect Saturday outing.

Submitted by Janet and David Kowalski

12/07 – SAT - HIKE - SPRAGUE BROOK PARK

There wasn’t quite enough snow to snowshoe on our hike at Sprague Brook Park, but there was plenty of sunshine to brighten the day. Eight of us walked a 6 mile trail out & back along the north side of the gully; the creek was a bit high so we opted to turn around instead of trying to cross the water. Afterwards we convened in the warm pavilion at the sledding hill to eat lunch and chat.

Submitted by Kathy Henry
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<tr>
<th>Role</th>
<th>Name</th>
<th>Email</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Chair</td>
<td>Paul Gannon</td>
<td><a href="mailto:paulmgannon54@gmail.com">paulmgannon54@gmail.com</a></td>
<td>(716) 395-5739</td>
</tr>
<tr>
<td>Outings Chair</td>
<td>Greg Germaine</td>
<td><a href="mailto:gwg99t@gmail.com">gwg99t@gmail.com</a></td>
<td>(716) 696-0829</td>
</tr>
<tr>
<td>Conservation Chair</td>
<td>Bob Van Hise</td>
<td><a href="mailto:adkpaddles.bvh@gmail.com">adkpaddles.bvh@gmail.com</a></td>
<td>(716) 628-0355</td>
</tr>
<tr>
<td>Programs Chair</td>
<td>Maureen Rowley</td>
<td><a href="mailto:mrowley62@yahoo.com">mrowley62@yahoo.com</a></td>
<td>(716) 628-0369</td>
</tr>
<tr>
<td>Education Chair</td>
<td>Teresa Corrigan</td>
<td><a href="mailto:teresacorrigan85@gmail.com">teresacorrigan85@gmail.com</a></td>
<td>(716) 835-1905</td>
</tr>
<tr>
<td>Membership Chair</td>
<td>Kathy Clerkin</td>
<td><a href="mailto:kmclerkin@gmail.com">kmclerkin@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Director/Webmaster</td>
<td>Rob Laing</td>
<td><a href="mailto:rlaing537@gmail.com">rlaing537@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Treasurer</td>
<td>Doug Gaffney</td>
<td><a href="mailto:dgaffney@roadrunner.com">dgaffney@roadrunner.com</a></td>
<td>(716) 631-3979</td>
</tr>
<tr>
<td>Electronic Communication Chair</td>
<td>Mary Kathryn Noack</td>
<td><a href="mailto:marynoac@buffalo.edu">marynoac@buffalo.edu</a></td>
<td></td>
</tr>
<tr>
<td>Secretary</td>
<td>Larry Beahan</td>
<td><a href="mailto:larry_beahan@roadrunner.com">larry_beahan@roadrunner.com</a></td>
<td>(716) 839-3112</td>
</tr>
<tr>
<td>Hospitality</td>
<td>Carol Schuster</td>
<td><a href="mailto:carolschuster@gmail.com">carolschuster@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Archivist/Historian</td>
<td>Lynn Rehfeld-Kenney</td>
<td><a href="mailto:woodthrush3@hotmail.com">woodthrush3@hotmail.com</a></td>
<td>(716) 825-7329</td>
</tr>
<tr>
<td>Outings Co-chair: Waterways</td>
<td>Richard Schraven</td>
<td><a href="mailto:richardschraven1@gmail.com">richardschraven1@gmail.com</a></td>
<td>(716) 564-2106</td>
</tr>
<tr>
<td>Outings Co-chair: Biking</td>
<td>Mike Lex</td>
<td><a href="mailto:mblex@roadrunner.com">mblex@roadrunner.com</a></td>
<td>(716) 430-8986</td>
</tr>
<tr>
<td>Outings Co-chair: Hiking &amp; Winter</td>
<td>Leslie Salathe</td>
<td><a href="mailto:lesliesalathe@live.com">lesliesalathe@live.com</a></td>
<td></td>
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