



ADIRONDACK MOUNTAIN CLUB NIAGARA FRONTIER CHAPTER

WWW.ADK-NFC.ORG

October 2015 Newsletter

General Meeting Tuesday, October 13th

Education Workshop 6:30 - 7

Happy Half Hour 7 - 7:30

General Meeting 7:30 - 9:00 "Wolves, Wilderness and Lifelong Learning in Nature"

77 Washington Highway, Snyder Amherst Community Church

NOTE: Please park in rear and enter through back door.

Program: JOE ALLEN: WOLVES, WILDERNESS AND LIFELONG LEARNING IN NATURE

According to semi-retired UB Instructor Joe Allen, no one returns untouched from the sheer power of the wilderness experience. The strength of the wilderness experience lies in the blending of recreation, social interaction and inspired learning. Joe is an avid outdoorsman, and has taught for over 22 years at numerous colleges in Western New York and in the Arizona and Wyoming as well.



He leads educational outdoor field trips to many of the National Parks in the western United States, as a means for students to garner an environmental ethic and love of wilderness and natural areas. There is a profound need to respect and protect the natural world now more than ever, with upcoming global decisions being made about climate change and environmental policies.

In particular Joe leads educational wolf viewing trips to Yellowstone National Park, where wolves were nearly nonexistent during the mid-1900s. In 1995, the Gray Wolf was reintroduced into Yellowstone, and in 2009 the Gray Wolf was removed from the Endangered Species List. Scientists have studied the remarkable changes in elk, coyote and beaver populations since the wolf was reintroduced. Joe looks forward to sharing with ADK the countless stories about his wolf-sighting adventures in the wild. He will also discuss teaching strategies he has developed to

instill environmental ethics and prepare his students to become responsible stewards for the natural world.

Upcoming Programs:

November 10: Bill Cooke: Adventures on the Colorado Trail

Author, hiker, photographer, and engaging speaker on his experiences on the Colorado Trail

December 8: Holiday Potluck Dinner

Education Program October 13 - Map and Compass Skills



New Improved Location!!

We have moved our education program to be "closer to the action". We will now meet in the community room directly adjacent to the fellowship hall where we have our main meeting. We will meet from 6:30 to 7:15 sharp so everyone has a little time to mingle before the meeting! We will get things started with some work with good old map and compass skills. (No GPS devices or phones please, but bring a compass and a topo map if you have them. Don't worry if you don't, we will all share). We will work with some very basic skills during the workshop, and then there will be a part 2! A special outing on the morning of Saturday October 31 to learn and practice more in the field. (See the outings section for more information and to sign up!). Please help us kick off our workshop in this great new location!

Conservation Corner - Lynn Rehfeld-Kenney, Chair

The Conservation Committee meeting will be held at Jay Wopperer's home on Tuesday, October 20th at 7:00pm. Call #632-8615 for directions. Bring ideas for projects or areas of concern that we might want to get involved with for this coming year. Anyone interested in finding out about the conservation committee is welcome to join us. Get up to date information on environmental issues that are going on in our community. Check out the committee before you join. New members are always welcome.

ADK is a member of the Niagara River Greenway Commission and is an active member of the Greenway Ecological Committee. The committee provides input into what projects receive funding. The committee has been getting requests for funding for projects that are quite a distance from the Niagara River. They are looking at making one of the criteria for funding is that a project must be within a certain distance from the river.

A big thank you goes out to Sally Hardenburg, Jay Whopperer, Doug Kenney and Lynn Kenney for helping with the Adopt-A-Highway clean up along the roads surrounding the Tillman Wetlands Area. Three big bags of garbage were collected.

Erie County has led the way in banning microbeads in hand cleanser and toothpaste so it does not get into Lake Erie. Microbeads are hazardous to the aquatic life. The committee is looking for ways to advocate at state and federal levels to expand this ban.

ADK is concerned about possible plans that the holding company who owns 13 miles of railroad tracks near the Tahawas trail head in the Adirondacks might have. There is speculation that they plan to sell storage space for oil tank cars that do not meet the new standards of being less likely to explode. These cars would still have several gallons of oil and flammable thinners left in the tank cars. As the tank cars would rust these volatile fluids would leak and contaminate the ground and water. The railroad line would turn into a defacto junk yard. When the holding company leaves there would be no company responsible for the cleanup. ADK is working with local townships to ban this from happening.

Attacks on the environment never stop. Join the Conservation Committee to see how you can help.

Message From The Chair - Happy Fall! Janet Kowalski

Fall is a Feast for the Senses, and I encourage everyone to savor all that the season offers... the glorious changing colors, and the smells and sounds of rustling leaves. For many it is their favorite hiking season, since temperatures are cool and annoying insects are low. Trees without leaves reveal new views that were previously obscured. We welcome Mary Schraven as First Vice Chair in charge of OUTINGS. Mary brings an abundance of enthusiasm and experience to her new position. Teresa Corrigan as the new EDUCATION Chair has changed the venue where our pre-meeting Education workshops will be held, to the nearby COMMUNITY ROOM, which will accommodate larger groups and audio-visual presentations. Check it out! CALLING ALL 46ers! The chapter is updating our list of WNY'ers who have climbed the 46 highest peaks in Adirondack Park. Send your info to Cheryl (cheryl17@verizon.net) or check the website (adk-nfc.org). Also, ADK member Jim O'Connor who publishes Buffalo Trek, a newspaper/blog and guide for fitness and outings in WNY, is doing a feature article on hiking, and ADK will be part of the article. Look for it!

Director's Report – Bob Van Hise

Public Access to Waterways – Shingle Shanty Brook. ADK has joined in Phil Brown's case via a "Friend of the Court Brief", as Brown's court win is appealed by the landowners. This case can have a strong effect on public access to waterways that flow through private land, and the "Friend" status will allow ADK to have input if Mr. Brown (editor of "Adirondack Explorer") needs our support.

The long-awaited **ADK Recreation Working Group**, of which I am Chair, will begin working in September. We plan to have a conference call, and I'll meet in Lake George with ADK President John Gilewicz and Young Member Outreach Coordinator Stephanie Gaudons. Any ADK member wishing to offer advice, propose a question, or seek resolution to a recreational based problem is invited to contact me at adkpaddles.bvh@gmail.com

Our new **Director of Development** is Catherine Forbes, who assumed her duties at HQ in May.

The ADK Foundation, a supporting organization, has been approved by the IRS for tax exempt status 501c3 as a public charity. The Foundation will raise money for ADK to further our stated mission. This summer saw ADK, local communities, and DEC working together to establish **boat inspection stations** to help prevent the spread of invasive aquatic species.

The annual **JBL fly-in** took place April 28-29, as fresh supplies (propane, building supplies, etc.) for that property are flown in by helicopter, and depleted propane tanks and waste barrels are flown out.

ADK's new map "**Trails of the Adirondack High Peaks**" was released for sale this summer. The new map is waterproof, and features such info as mileage, and summit height in both meters and feet.

Our periodical magazine "**Adirondac**" is available digitally through ADK.org on the member only area. You can also subscribe by contacting ADK's Membership department at the club headquarters.

The **FALL OUTING** will be October 2-4, based at the Hudson Valley Resort in Kerhonkson, hosted by the Mid-Hudson Chapter. New this year is the President's Dinner will be part of the Fall Outing.

The next **ADK Board of Directors meeting** will be held September 26th at our Lake George headquarters.

Help Needed

ADK is a wonderful organization with so many facets that are aligned to my core values of protecting the environment, exercising and having fun in the beautiful natural areas of WNY (and beyond) and meeting educated and knowledgeable people with similar interests! Perhaps you, too are getting to know your local chapter and would like to get more involved. An important leadership position currently needs to be filled: hiking co-chairperson. Below is a brief description of the position. If you would like more information about volunteering for this or other positions, please contact Mary Schraven at maryschraven1@gmail.com 716-946-7489 or Janet Kowalski at janet300@gmail.com.

Hiking Co-Chairperson is an appointed position who works in conjunction with the Outings Chairperson to organize trip leaders for day hiking. Responsibilities generally include calling an organizational meeting, inviting hikers from the club to sign up for various outings, supporting the trip leaders in writing trip descriptions to be included in the monthly newsletter and weekly email reminders. The club is looking for someone who hikes frequently, enjoys helping others develop their leadership skills, and has good organizational skills. "

Mary Schraven and Janet Kowalski

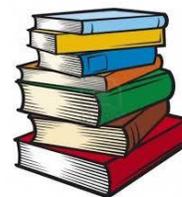
Wilderness Weekends in WNY Challenge

Look for the WWWNY patch symbol on all outings that are part of the challenge. Want to know more? Check out the page on our website WWWNY



ADK Book Club 2015

The ADK Readers have explored Adirondack history with forester/wilderness activist Bob Marshall in the early 1900s, and author/ecologist Anne LaBastille's conservation efforts in the late 1900s. For our October book selection, we will learn about one of the Adirondack's most famous characters from the 1800s, the hermit, lumberjack and trapper known as "Adirondack French Louie". Earlier this year in Speculator, folks celebrated Louis' unforgettable life on the 100th anniversary of his 1915 death.



The October ADK Book Club meeting is Wednesday, October 28 at 6:30 PM in the Meeting Room at the Eggertsville-Snyder Library Branch at 4622 Main St in Snyder, near the corner of Burroughs and Main. The library parking lot is accessible from Burroughs, just behind the church. We will discuss "Adirondack French Louie" by Harvey Dunham. Books are available from the ADK or public libraries, or can be purchased through Abebooks.com (inexpensive and used) or Amazon. For more information contact Janet at janetk300@gmail.com

On November 18 the group will discuss "The Story of My Boyhood and Youth", autobiography about young John Muir. Please note this meeting will be on the 3rd Wednesday of the month, instead of the usual last Wednesday time, due to the Thanksgiving holiday.

Trip Descriptions

For an updated listing of outings and activities, see the event calendar posted on the website: adk-nfc.org/calendar

October

10/ 2-4, 2015 ADK Fall Outing

This fall, explore the magnificent Hudson River Valley Region with people who call it home. Members of the Mid-Hudson Chapter of the Adirondack Mountain Club invite all ADKers, their families and friends, to join a weekend of guided hikes, paddles, bike rides, and visits to historic and cultural sites in the colorful Hudson Valley region, October 2-4, 2015. Activities are planned for varied skill levels and interests.

The Hudson River Valley is beautiful all year and especially magical in the fall. Come and explore the colorful, unique areas, some seldom seen by the public. The Mid-Hudson Chapter will be your guides. Treat yourself to a spa and feast with fellow Club members! On Friday evening, join us at Robibero Winery for a picnic supper of local fare catered by Adam Fair Acre Farms. Enjoy sandwiches, salads, cheese, fruit and local apple cider. Soda, water, coffee and tea included. On Saturday evening we will have the Banquet this year featuring the President's Dinner.

Please read the FAQs! Sign up through the following link: www.adk.org/special-events where you will find and click on the ADK 2015 Fall Outing banner. You must register online by Sept. 15th. [This was taken from the website. Call regarding registering later than 9/15]

10/04 SUN - PADDLE – Oak Orchard River Paddle (B)

Richard Schraven 564-2106 richardschraven1@gmail.com & **Bob Collings 579-0528**

Come paddle your canoe or kayak on the meandering, moving water between Gravel Road (rte. 63, Medina and Townline Road in Orleans County. The Oak Orchard River drains the Alabama Swamp and is supplemented with water from the Barge Canal, so water levels are seldom a problem. When you are on the river, there is a feeling of remoteness. You don't see any signs of civilization, only the water, the tree-lined banks and blue skies. Intermediate skills are recommended to avoid overhanging tree branches and submerged rocks. All in all, it is a very pleasant place to paddle. Bring water, lunch, pfd's and dress for the weather. Insect repellent and sun-screen may be helpful. Cars will be spotted. Please call for start time and directions to the put-in.



10/07, 10/14, 10/21, 10/28 WED - ROAD HIKE – Chestnut Ridge Wed. Evening Hike

Cheryl Peluso cherylp17@verizon.net 997-2349

Since it is dark earlier we will hike the 4 mile loop road starting from Newton Rd parking lot instead of hiking the trails. Meet at the parking lot BY 6:15 - we will start at 6:15 - yes it is an odd time but it works for Cheryl! Call or email if you plan on being there or need directions.

10/10-12 SAT-MON BACKPACK Alleghany State Park (A)

Leslie Salathe, 560-1311 lesliesalathe@live.com or **Mare** MareSteiniger@aol.com

Backpacking trip in Alleghany State Park over the Columbus Day Weekend

Come join us for a three day backpacking trip on the Finger Lakes Trail/Conservation Trail That runs 24 miles through Allegheny State Park. Meet at Great Harvest Bakery in Hamburg at 7:00 AM on Saturday 10/10/15 to car pool. (Great Harvest Bakery, 18 Buffalo St, Hamburg, NY 14075)

After placing a car on Route 346 in Pennsylvania, we will drive to our starting point on Bay State Road to hike the 9 miles to Stony Brook Lean to for our first overnight. On Sunday, we will hike 8 miles to the Willis Creek Lean to for our second overnight. On Monday we will hike 7 miles to our car on Route 346, just over the Pennsylvania border. This will be a challenging backpack up and over 6 Allegheny Mountains. Each hiker must carry their own full set of equipment and food, including a tent. (There is no guarantee that the lean-to's will be empty.) Please be prepared for nighttime temperatures of 35 to 40 degrees. If it rains a bit, we will still go. However, the trip will be canceled if the weather is severe. RSVP Leslie **Salathe**, 560-1311 lesliesalathe@live.com or Mare MareSteiniger@aol.com

10/16–18 FRI–SUN HIKE & WORKSHOPS - Fall College Weekend at the ADIRONDAC LOJ

ADK-NFC Chapter Young Member Organizer Travis Darrin, travisda@buffalo.edu

FALL COLLEGE WEEKEND IN THE HEART OF THE ADIRONDACKS October 16 - 18, 2015 CALLING ALL WNY COLLEGE STUDENTS: Join other college students from across New York State for a weekend of fun and adventure in the Adirondack High Peaks area. The weekend includes meals, campsites, challenging hikes and workshops led by young, knowledgeable ADK staff members. For more information check out adk.org or contact our chapter's Young Member organizer Travis Darrin at travisda@buffalo.edu

Here is a Facebook page on the event: <https://www.facebook.com/events/1104310502931032/>

10/16-18 FRI-SUN – HIKE - Susquehannock Lodge Fall Weekend (C)

Ed & Jan Kramer: 716-674-7042, edair701@icloud.com

Once again ADK members can enjoy a weekend at the Susquehannock Lodge during the fall foliage season. This is a great weekend for both new and old members. The lodge provides accommodations and great meals. All we have to do is enjoy. On Saturday and Sunday, most of us hike in the adjacent Susquehannock State Forest, where there are numerous trails of various lengths. Participants also have the option to tour the nearby PA Lumber Museum, or drive into either Coudersport (west) or Wellsboro (east). Twenty-five miles east is PA's Grand Canyon of the East, which offers trails on both sides and also a "rails to trails" hiking/biking trail along Pine Creek. The lodge is located just east of Coudersport, Pa., about two hours south of Buffalo. Cost for the 2-day weekend is \$114pp semi private/ \$124pp private (based on double occupancy), and includes 2 breakfasts and 2 dinners. Single private is available for \$85.00 per night. Additional charges include 6% sales tax and \$.75 room tax per person per day. Friday dinner is available for anyone arriving early for \$16.00 per person or in place of Sunday dinner. Trail lunches are available for purchase (\$7.00), or you can bring your own lunch for Saturday or dine out. A deposit of \$55 per person is required on signing up. The lodge would like us to confirm most reservations by September 15, so contact us as soon as possible if you're interested.



10/18 SUN - BIKE - Oak Orchard River Road to the Oak Orchard Yacht Club (B) 22 mile round trip

Richardschraven1@gmail.com 564-2106 & maryschraven1@gmail.com 946-7489

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. After lunch we will ride back by way of the Circle R Fruit Farm & Market for an ice cream cone on our way back to the Oak Orchard River Road and our cars. Bring your bike in good working order, tool kit, water, lunch and bike helmet. Call for time and directions to the ride start.

10/24 SAT - HIKE -Deer Lick (B)

David Bray dwbray@buffalo.edu 716-207-8296

Meet in the parking lot of Deer Lick Conservation Area

(Call David for meet up time by 5pm Friday, Oct 23rd, please leave name, a cell phone number and email address)

We will hike the **White Trail (3.2 miles)**: Follows a ridgeline over the highest point at Deer Lick, through old-growth forest to Bear Point, where there are views of the gorge and tall trees. Trail passes over Melissa's Spring, a seep discharging water from the base of a slope. This is a family friendly hike. Please inform me if you plan to bring your dog (leashed). Please bring a light lunch or snack and water. Porta Potty on site.

DIRECTIONS to parking lot:

From Erie County, take US Route 62 to Gowanda, 14070. Turn east on S. Water St. (the first street south of the bridge), which becomes Commercial St., and then Palmer St. Turn right onto Broadway (County Rt. 4). Continue on Broadway approximately 1 mile. Turn left on Point Peter Rd. to Deer Lick (about 0.5 miles past Fort Rd. on the left).



10/24 SAT - PADDLE – Oak Orchard River (B)

Bob Ensminger bobolink58@gmail.com, 716-434-2969

Come paddle your canoe or kayak on the meandering, moving water between Gravel Road (rte. 63), Medina and Townline Road in Orleans County. The Oak Orchard River drains the Alabama Swamp and is supplemented with water from the Barge Canal, so water levels are seldom a problem. When you are on the river, there is a feeling of remoteness. You don't see any signs of civilization, only the water, the tree-lined banks and blue skies. Intermediate skills are recommended to avoid overhanging tree branches and submerged rocks. All in all, it is a very pleasant place to paddle and will probably have full-color autumn foliage. Bring water, lunch, pfd's and dress for the weather. Insect repellent and sun-screen may be helpful. Cars will be spotted. Please call for start time and directions to the put-in.



10/25 SUN Hike -Little Rock City, Ellicottville, NY (B)

Co-leaders JoAnn Ratajczak at jkish45@yahoo.com or (400-1030) or **Cheryl Peluso** at cherylp17@verizon.net

Meeting at Coffee Culture in Ellicottville at 11:00, or meet to car pool at Park & Ride on Rt. 20A at Rt. 219 by 10:15 (contact Cheryl for this option)

This favorite hike is made up of a combination of several really nice trails to make a 6.5 mile loop hike. It goes through some lovely forest areas each a little different in nature than the one before it, as well as through Little Rock City. In addition, there is a dramatic area of tornado blow down that is just amazing to see. Pack a lunch and water.



10/31 SAT – HIKE – Map and Compass Part 2

Teresa Corrigan 835-1905 or email teresacorrigan85@gmail.com

This will be part 2 of our education workshop held on Oct. 13th. We will do a local hike (location TBD) in the morning, and be back home in plenty of time to get ready for "trick or treaters." We will learn and practice skills in the field. Please call for location of start-up and time. Teresa Corrigan 835-1905 or email teresacorrigan85@gmail.com. Please sign up by Thursday October 29th.

November

11/1 SUN – PADDLE - Halloween Paddle & Party – Ellicott Creek (C)

RichardSchraven1@gmail.com (716) 564-2106 & MarySchraven1@gmail.com (716) 946-7489

We will begin with a leisurely paddle of Ellicott Creek followed by a pot-luck party at our house in the afternoon. We will provide pulled-pork sandwiches and non-alcoholic beverages. You provide a dish to pass, your preferred beverage, PFD, whistle, water-proof white light and memories of your paddle experiences this year. Costumes are encouraged, but not required. Call for time and place of paddle put-in and party (rain or shine).



January

1/22-1/24, 2016 FRI-SUN - ALLEGHANY X-C SKI WEEKEND

Joanne Magavern 883-7127

Some of the best skiing in WNY! 3 Cabins are reserved at Summit Art Roscoe X-C Ski area of Alleghany State Park. They are heated and have electricity for our Friday night "wine and cheese party" and Saturday night "pot luck". Ski from your front door - great for beginners to advanced, families welcomed. 4 beds to a cabin and floor space if needed is available. Join us also for a left over potluck lunch on Sunday, followed by the annual sled hill outing. Call Joanne by December 31st, \$50 per person check written to ADK and mailed to Joanne by JANUARY 4th, 2016 or cabin(s) will be cancelled. Book early!



Trip Reports [Check our website for more trip reports!](#)

Trip Report for Bike Ride, Sunday 8/30/15 from Tonawanda to the Elmwood Festival of the Arts

It was a slightly cloudy summer morning with a pleasant temperature. Four riders met at the surprisingly uncrowded parking lot on the river across from Mississippi Mud's. One rider politely urged others to ride ahead if she was too slow, but we all assured her that we were in it together. She did fine and we all enjoyed the moderate pace along the river, while one rider pointed out some historic features and industrial updates. We got on the Scajaquada Bike Path and took it to Delaware Park, taking in the views of the galleries, park lakes, and beautiful mansions as we rode down

Lincoln & Bidwell Parkways, ogling at the old opulence. We locked up our bikes then meandered through the festival, taking in some music, dance, beautiful arts and crafts, and some pretty good food too! Though the day became sunny and warm, there was an ominous-looking black cloud in the northern sky which got some riders a little concerned, so we headed back after about 1.5 hours. The 1.5 hour ride back was pleasant, except for some construction issues at Elmwood & Rt. 198; we watched the boats in the river, observed the resurrection work on Frog Island, and watched a flock of geese heading south while we rested in the shade of a sycamore tree and drank water by the Water Treatment Plant. This was the first time I did this trip and didn't look up the mileage ahead of time, so my odometered companions informed me that we did 22 miles. We arrived back at the parking lot about 2:00 PM, and all agreed that this could be the beginning of an annual tradition!

Submitted by Paul Kochmanski

8/15-19 Killarney Provincial Park Backcountry Paddle Trip

After leaving the Mount St. Mary's Hospital parking lot in Lewiston, NY, we had clear sailing until going north on Rt. 400 from Toronto. It seems that everyone else was trying to go north for the weekend. It took an hour more than expected to get to Barrie, but the traffic diminished greatly for the rest of the drive on the 400 and then ON 69 to the road to Killarney. At the Park Office, it took a half hour to sign in and pay our backcountry camping fees, but then with our boats fully loaded, we started to paddle through the beautiful landscape that is Killarney Park. The first night, both groups camped on George Lake. We started the second day with an assisted and unassisted canoe and kayak rescue workshop. At that time, Roy, Ineke, Mike and Ruth moved on to Killarney Lake to find the perfect campsite for the next three nights. While they were gone, John Yates led an excursion to a part of the La Cloche Silhouette Hiking Trail. We did some bushwhacking and were treated with some excellent views of various quartzite deposits and a very impressive beaver dam. We also got to check out John's Sawyer water filter for a refreshing drink. Back at the campsite, John's group moved to the larger and more convenient campsite, which offered better tent sites, fewer mosquitoes and better access to the pit latrine. Meals were an adventure with many different selections, but Bob's strip steak, grilled expertly over the wood campfire, was especially nice, particularly for Moxie who, to that point had not been eating very well. Ellen had a mix-up with her liquid bottles between the one of salad dressing and the one with Bonners' liquid Castile Soap. Her dessert of dried fruit and nut cakes was a hit. The next day we crossed the portage to Killarney Lake and found the huge campsite our advance party had found for us. Tom had collected enough firewood for the rest of the summer.



Tom Burkman

On this trip, we had two separate itineraries, which we used creatively for the twelve participants. One group was supposed to camp the last night on O.S.A. Lake, but instead, a few people just checked it out with day-trips and we all stayed together on the large Killarney Lake campsite #20. We were getting used to quick breakfasts and closing camp, so the last day, we had an early departure for the trip out. The portage was easier with the lighter food packs and the cooperation of all of us to get packs across. The paddle out was uneventful except for a couple of spots where the winds came up and the water was rougher.

The much-anticipated stop at "Herbert's Fish Market" brought a surprise. The converted bus that was the place that had served up "Herbert's World Famous Fish Fries" was gone. In its place is a brand new building that houses the market, the kitchen, a large indoor dining room and modern restrooms. It had lost some of the memorable "ambiance", but the fish and chips were hot and delicious. The ride home was much faster with only a little delay caused by a fire truck and a burned out van on the QEW.

On their way from the village of Killarney on ON-637, Bob, Jim and Ellen got to see a black bear that had jumped out in front of Ellen's car. Sort of a special bonus at the end of the trip for them.

Submitted by Richard Schraven

8/22 Lockport Locks Paddle

We had a beautiful day for thirteen paddlers and one dog to paddle down the Erie Canal to and through the Lockport Locks. The Erie Canal is always a calm water paddle, with very little boat traffic in the area of Lockport; there was only one moored boat at the marina from which we launched.

Once we got near the locks we had a brief wait while a tour boat came through, and then we entered the Locks 34-35. We ascended a total of 48' 11" while being photographed by tourists up above us. Once through the locks we paddled under the "Big Bridge". Built in 1914, the span is 399 feet wide and 129 feet long and it is one of the biggest bridges in the country. Following that excitement we enjoyed a gentle paddle west on the canal towards Pendleton, turning around at the Route 93 bridge for our return trip descending the locks and back to our launch site. For those that have not done this paddle, it should be on your bucket list. While not very challenging, it is very different and cool. Look for it on next year's paddling schedule.

Submitted by Carolyn Kerr



Lows Lake Paddle, August 28th

Four of us including me, my husband Dick, Leslie Salathe, and John Yates paddled down the Bog River and into Lows Lake for 3 lovely days of paddling and hiking. The weather was perfect and along with our campfires there was a full moon to illuminate the night. The second day we hiked down a nice trail and up to a ridge on the North side of the lake where there was a great view of the giant floating bog. We had a fast downwind wavy paddle back to our campsite and a dip in the lake. We paddled out the next day and hiked the ridge near the dam on the way out.

Submitted by Kate Hacker



View of the floating bog on Lows Lake



Morning view from our campsite



Hanging out on the ridge

Remember: Our chapter has hiking poles available to members to borrow for free. It is a benefit of membership. Contact Cheryl Peluso 997-2349 or cherylp17@verizon.net for more information.

Are You a 46er? We Want You on Our List!

Loretta Yerke, who is a long term member of our chapter and former ADK Newsletter editor, made up a list of all our chapter 46ers in 2008. Wilma Cipolla and Loretta thought we should update the list to include all of the new 46ers since then. If you don't have a number because you didn't register we can still add you to the list. The list is posted on our ADK-NFC.org website. To add your name send it to Cheryl Peluso, cherylp17@verizon.net, or call Kate Hacker at 688-8618.



Welcome to the following new members!

One family and six individuals joined our chapter in July.

The family membership was submitted by Mary Matteliano. Individuals who joined included R and Sharon Atwell, Mary Beth Benzing, Mark Jackson, Michael Kirsch, Mara Mariani, and Regis O'Connor



MEMBERSHIP

If you would like to join the Niagara Frontier Chapter you can sign up at a monthly meeting or online at ADK.org. If you sign up online don't forget to check that you want to join our chapter so the local chapter gets a portion of your dues.

EXECUTIVE BOARD MEETING

The Executive Board will meet on October 6th at 6:45 pm at the Julia Reinstein library. Any member is welcome to attend. Chairpersons who cannot attend should send a report to the Secretary, larry_beahan@roadrunner.com

ADK-NFC WEBSITE

Check out our website adk-nfc.org for a [calendar](#) of future events and outings, conservation news, newsletters and upcoming programs.

LIABILITY WAIVER

The OFFICIAL ADK LIABILITY WAIVER FORM needs to be filled out and SIGNED in ink by EVERY participant at EVERY outing, WITHOUT EXCEPTION, BEFORE the outing begins! This also applies to all outing leaders and to all participants (members and non-members) on any ADK activity. Forms are available through the ADK-NFC.ORG website on the [OUTINGS](#) page. Completed forms can be submitted to Mary Schraven or any Outing Co-Chair at the next meeting following the outing. If leading a joint ADK outing with another group, ADK waiver forms must be signed by all participants, even non-members, in addition to the other organization's waiver(s).

Executive Committee Members

CHAIRPERSON - Janet Kowalski, 166 Burbank Dr., Snyder, NY 14226, 716-839-3114, janetk300@gmail.com

1ST VICE CHAIR/OUTINGS - Mary Schraven, 91 N. Parrish Dr., Amherst, NY 14228, (716) 564-2106, maryschraven1@gmail.com

4TH VICE CHAIR EDUCATION - Teresa Corrigan, 207 Woodward Ave., Buffalo, NY 14214-2313, 716-835-1905 teresacorrigan85@gmail.com

PUBLICITY Help Needed!

DIRECTOR - Bob Van Hise, (716) 628-0355 adkpaddles.bvh@gmail.com

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

ELECTRONIC COMMUNICATIONS - Cheryl Peluso, 3618 Howard Rd, Hamburg, NY 14075, 716-648-9027, cherylp17@verizon.net

2ND VICE CO-CHAIR CONSERVATION

Lynn Rhefeld- Kenney, 21 Hillside Ave., Buffalo, NY 14210, 716-825 7329, woodthrus3@hotmail.com

SECRETARY - Larry Beahan, 5 Darwin Dr., Amherst, NY 14226-4599, 716-839-3112, larry_beahan@roadrunner.com

NEWSLETTER EDITOR - Kate Hacker, 716-688-8618, hackerks@gmail.com Also email cherylp17@verizon.net

3RD VICE CO-CHAIR PROGRAMS - Dana Jandzinski, hikenbike30@yahoo.com

MEMBERSHIP CHAIR - Kathy Clerkin, kmclerkin@gmail.com

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

HOSPITALITY - Sandy Paine, 823-0122 or 462-2925 (cell)

YOUNG MEMBER CHAIR - Travis Darrin, travisda@buffalo.edu

OUTINGS CO-CHAIRS

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

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

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

WINTER SPORTS (Nov - Mar) - JoAnn Kish Ratajczak, 400-1030, jkish45@yahoo.com

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