

THE NIAGARA EXPLORER

Newsletter of Adirondack Mountain Club
Niagara Frontier Chapter

April Monthly Program

“Protecting Chautauqua County’s Natural Resources & Scenic Beauty”

ADK-NFC is pleased to welcome Mr. Twan Leenders, Director of Conservation for the Chautauqua Watershed Conservancy (CWC) to our April 11, 2023, main program which starts at 7:30, p.m. Twan will discuss CWC’s plans to identify and protect the county’s most important natural resources, rarest species, and beautiful habitats as part of the organization’s Comprehensive Regional Conservation Implementation Strategy. Learn how CWC staff combines GIS-based ecological landscape modeling, aerial monitoring with drones, and good old “boots-on-the-ground”

naturalist skills to map Chautauqua County’s natural highlights & be inspired by what we are finding!

Originally from the Netherlands, Leenders has a degree in biology with an emphasis on animal ecology. He worked in Europe, Africa, and Central America before coming to the United States in 2000. After arriving in the U.S.,



Museum of Natural History and later as an assistant professor in the biology department of Sacred Heart University in Fairfield, Conn. In the years leading up to his move to Western New York, he was Connecticut Audubon Society’s conservation biologist, where he developed innovative conservation and habitat restoration projects throughout the state of Connecticut and oversaw the organization’s more than



Leenders worked as a researcher at Yale University’s Peabody

- Website: adk-nfc.org
- [Chapter Outings & Events Calendar](#)
- Facebook Group: [ADK-Niagara Frontier Chapter](#)
- Follow us on [Instagram \(adk_nfc\)](#)
- Keep up to date by checking your weekly emails

Inside this issue:

Programs & Education	1-5
Message from the Chair	5
Chapter News	6-9
Trip Reports	10
Upcoming Outings	11-12
Our Executive Committee	13

2,500 acres of nature sanctuaries that spanned old growth forest, managed grasslands, and tidal marshes along the shores of the Long Island Sound.

Closer to home, in Chautauqua County, Leenders has been a conservation partner with CWC through the Roger

Tory Peterson Institute, where he served as president for eight years.

In his spare time, Leenders is an avid nature photographer who enjoys documenting natural treasures he encounters on his forays into the woods – at home or abroad. His photographs have appeared widely in

many books and magazines, including National Geographic, New Scientist and National Wildlife. Even though he loves all aspects of nature, he is admittedly partial to amphibians and reptiles.

- Susan Kolasz & Pamela Sander

April Education Workshop

Our April 11, 2023, Education workshop features member Aaron Slosman,



who will present “Bike Touring for Ice Cream and Beer Lovers.” This workshop will talk about traveling by bicycle and everything you need from your bike to your gear. Aaron will talk about several local trails and how to get started traveling by bike.

Aaron is planning on leading a cycling tour of the GAP/C&O trails, distance and dates TBD based on member’s interests. Aaron tries to spend

two weeks a year traveling by bike and is excited to share what he has learned with others.

A little (which represents a lot) about Aaron....

- Avid Backpacker, Hiker, Skier, paddler, and Cyclist
- Current volunteer instructor ADK Winter Mountaineer School- 8 years.
- Volunteer at John's Brook Lodge and Camp Host at Heart Lake Wilderness Camp Ground
- Leader of trips backpacking, hiking, paddling, and cycle touring for ADK, Buffalo Nordic, and Scouting
- Volunteer with Parks

and Trails New York/ yearly Erie Canal Bike Tour

- Completed end-to-end rides 9 times
- Cycled the Camino Santiago del Norte route in northern Spain from Bilbao to Compostela
- Cycled the Great Allegheny Passage and C&O 4 times including Pittsburgh to DC and back in one trip
- Boy & Girl Scout leader-15 years
- Current certifications in Wilderness First Aid and Stop the Bleed

- Susan Kolasz & Pamela Sander

March Education Recap

March 14, 2023, Preparation & Leadership for Outings/ADK Niagara Chapter

Presented by Ed Kasperek



Members and guests were treated to a very comprehensive workshop on the dos and don'ts of leading successful and fun outings by longtime member and highly skilled trip leader Ed Kasperek. In the forty-five-

minute workshop, Ed covered the basics from trip planning to how to write descriptions of the proposed outing for the ADK-NFC newsletter, the before, during, and after outing guidelines, to the trip summary. Ed's ten-page pamphlet was distributed to members and guests and includes required forms, important check lists, and maps. Ed is a co-founder of Niagara Search and Rescue, has led many searches, trainings, ADK outings, and has completed many accredited outdoor skills programs.

Highlights from Ed's workshop include:

- The trip newsletter write-up includes the outing difficulty rating of A, B, C (A being the most difficult). Easy for one person is not for another. Submit outing details to the newsletter editors by the 15th of the month prior to the outing. Include outing location directions, contact information, and cancellation policy.

- The leader should arrive 15 minutes prior to the designated start time.

- 10 essentials are a must; everyone needs to carry their own first aid kits.

- Leader is "the Boss" and needs to ask the tough questions "Are there any medical conditions I need to know about?" Leader to assess whether participant can safely be on the outing (include silent evaluation observation).

- Leader appoints sweep, conducts sound outs to ensure group stays intact.

- Everyone in the group should be within speaking range. A lost person should **STAY PUT AND WAIT TO BE FOUND.**

- Unless prohibited on a trail, dogs can be welcomed but

must always be leashed.

- Know area water sources. Water filtration and sterilization methods may need to be considered; a chemical method is not for anyone on thyroid meds.

- **LEARN TO READ A MAP AND USE A COMPASS** (don't rely solely on GPS technology).

- Do your homework, conduct a pre-trip shakedown hike, know the current conditions and hazards of the area (icy, muddy trail, tree branches, etc.).

- LNT (Leave No Trace) is to be practiced along with carry-in, carry-out policies.

- Leaders are expected to carry more gear to anticipate appropriate responses to first aid situations (such as garbage bags that can serve as vapor barriers).

- Know the length of the trip beforehand, set times for rest stops and meals.

- Complete an incident accident report asap, submit to Outings Chair or Co-Chair.

- Tick checks need to be conducted immediately after trip.

- After outing get-togethers including meals and beverages are FUN!

- Note what worked, what didn't work, and what was forgotten for future reference.

As we encourage new hike and outing leaders and offering more outings, the

Executive chairs will continue to promote and schedule trainings (including first aid) and provide the tools necessary for growth in our outing's programs. Please give your comments and suggestions to any chair (see contact information on the last page of the

monthly newsletter), or directly to Frank Meyer, Outings Chair. There are members with extensive leadership skills that would be happy to mentor and train anyone interested in leading outings.

- Pam Sander &
Sue Kolasz

March Program Recap

At our March meeting, we welcomed geologist and paleontologist Dan Krisher, who presented a fasci-



nating program for our members and guests entitled, "New York State - 380 Million Years BCE." Dan retired as the head of geology at Ward's Natural Science in 2014 and is currently vice president of the Rochester Academy of Science. He is also one of the experts in the annual "Dig with the Experts" event held each spring at the Penn Dixie Fossil Park and Nature Reserve. Dan's main area of research interest is corals,

particularly the Paleozoic corals of New York State. Dan began his presentation with a slide show depicting what the western New York environment was like 380 million years ago during the Devonian period. He showed us a map of how the world looked during the Devonian, which revealed that New York State was located just below the

equator at the bottom of a shallow sea. This sea teemed with many species of marine life, including fish, mollusks, corals, and brachiopods. While much less than 1% of organisms become fossils, New York State is known worldwide for its abundance of fossils, which were preserved because of

our unique geological history.

Dan's main professional interest was the Devonian period and the life forms that populated our state at that time. Currently, fossils of about 1,500 different invertebrate species from this period have been identified in New York State, which is only a fraction of the species that existed at that time. Typically, only species with hard parts are fossilized, and only one-third of invertebrates have hard parts; therefore, we have no fossil record for up to two-thirds of what lived in our area during the De-



vonian. Because of their hard shells, New York has an abundance of fossilized clams,



snails, crinoids, corals, brachiopods, trilobites, and eurypterids. Eurypterids, which are also known as sea scorpions, are our state fossil.

It was a fascinating talk and afterwards we were invited up to Dan's exhibition table to see some of his fossil collection.

Many of the fossils were

found in western New York, and Dan also brought some amazing fossils found in various places around the world. If you were unable to attend this meeting, perhaps you would like to join us on a future geology hike with Dan. Be sure to check your newsletters to get in on the fun!

- Sue Kolasz & Pam Sander

Looking ahead...

Save the date! For our May program, we'll be welcoming Dr. Karen Slote, veterinarian and state and federally licensed wildlife rehabilitator, who will present a program entitled, "The Beauty of Bats." We hope to see you there!

For our May Education Workshop, member Ed Kasperek will conduct another great workshop and this time it will be on How to Use A Map and Compass. This will be a preliminary program. Ed has

also agreed to do a field workshop training on this subject, near Chestnut Ridge sometime after the May 9th workshop, specific date and location TBA.

Message from the Chair

April showers bring May flowers! This is an ideal time to look for spring ephemerals, flowers that bloom for a short time in spring that take advantage of the sunlight hitting the forest floor because of the lack of tree canopy. Be on the lookout for Skunk Cabbage,

Spring Beauties, Dutchman's Breeches, Trout Lilies, Pink Lady Slippers, Mayapples, and my favorite Trillium.

April is also the month the Adirondack Mountain Club signed its Certificate of Incorporation (April 17, 1922 <https://adk.org/this-month-in-adk-history-the-adirondack-mountain-clubs-founding/>). So, Happy Birthday!

Spring is also a time to dust off those paddles, tune up our bikes, and put away our skis and snowshoes. It is also a great time to clean-up our trails and waterways from some of the trash that has accumulated over the winter. Be sure to take a garbage

bag with you on the trails or participate in one of the many spring clean-ups and shoreline sweeps. Every little bit helps.

Our Chapter meetings are winding down for the season, but our outings will be ramping up. I will be working with Frank and others to develop a plan to roll out MeetUp for our outings over the next month or so. My goal is to have it fully functional by June.

See you outside,
Mike



OutsideChronicles.com

Membership Chair Wanted

The chapter is looking for a Membership Chair. Responsibilities include recruiting new members to the Chapter, welcoming new members, and

coordinating membership records. Please reach out to any member of the Executive Committee if you are interested in filling this important role.



Save the Date—ADK-NFC Annual Picnic 2023

When : Saturday, June 10, 2023

Activities: TBA

meeting and election of officers.

Where: Akron Falls Park, Cummings Lodge, 1 Skyline Drive, Akron, NY 14001

Please join your fellow ADKer's and guests to our annual picnic filled with grilled foods, your potluck sides to share (or not), and fun

Start time and full schedule of planned activities to be announced in the May newsletter.

Time/
Schedule of

activities! Planned so far: a "Mike Hike", Nature Hike with the Kenney's, Bike Outing with Aaron Slosman, and our chapter

PLEASE READ YOUR MONTHLY AND WEEKLY NEWSLETTERS FOR UPDATES!!



Nicole Pane

Special Report from the ADK-NFC Nominating Committee!

We are delighted to announce the nominees to fill the three upcoming

Kate Hacker

service to ADK and its noble missions.

vacancies on the ADK-NFC board.

Our committee is elated that these exceptional ADK members have agreed to continue serving in their leadership roles. Our Chapter is fortunate to have such enthusiastic and capable leaders for the adventures ahead.

They will be officially re-elected at the Chapter picnic in June, and their renewed terms will begin in September 2023.

Executive Chair: Mike Radomski

Many thanks from a grateful Nominating Committee.

Vice Chair/Outings: Frank Meyer

On behalf of the Niagara Frontier Chapter, we thank Mike, Frank, and Kate for their exceptional

- David and Janet Kowalski, Leslie Salathe, Mary Schraven

Advisory Council Trustee:



ADK-NFC Annual T-Shirt Sale begins April 14th!

Hooray, our annual T-shirt sale begins April 14, 2023 and ends May 21, 2023! We have revived the wonderful chapter logo designed by long time member, Tim Kerr. For a limited time, we may order new T-shirts bearing this image honoring our chapter and Western New York! Made from 100% polyester interlock, the Sport-Tek Posicharge Competitor Tees and Team 365 tees are light, roomy, breathable, and moisture wicking. They are

available in men's and women's styles, in both short and long sleeve versions. Four colors will be available – old favorites, stealthy Forest Green and high visibility Bright Orange. Also available are two blue varieties and a high visibility pink-short sleeve only.

The shirts are being sold by Strictly Ts of Hamburg (on-line only) at adkclubgear.com! All orders received during this period will be

processed at the end of the sale with delivery before our June 10, 2023 picnic. Remember, the site will not be "live" until April 14, 2023 and will end on May 21, 2023.

Complete list of women's and men's shirt styles and colors will be available on the website starting soon. Short sleeve T-shirt prices range from \$16 - \$20, long sleeve prices range from \$18 - \$22.



AHA Basic Life Support (BLS) Training

AHA Basic Life Support (BLS) Training

Wednesday, April 19, 2023

6:00pm-9:00pm

The Park School of Buffalo

The American Heart Association's BLS course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations, and provide early use of an AED. This training will result in a certification that

lasts two years. This course is designed for healthcare professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-facility and prehospital settings.

ADK-NFC Trip leaders will receive full fee reimbursement upon certification.

ADK-NFC members 50% off registration fee after completion of training.

Register directly at <https://earthspiritedu.org>

Contact Pam at sanderpamela88@gmail.com if interested in full or partial reimbursement.



American Heart Association®

Buffalo Niagara Waterkeeper Spring Sweep

We will again be participating in the Buffalo Niagara Waterkeeper Spring Sweep on April 22nd from 10am-12pm.



BUFFALO NIAGARA WATERKEEPER®

There are 33 sites around

the Buffalo area including in the Southtowns and Northtowns. Although

ADK-NFC isn't officially partnering with Waterkeeper on this, interested ADK members may sign up to volunteer. Christina Cerruti has again volunteered to be site captain, and will be volunteering at Cazenovia Park for the Sweep. She would be more than happy to talk to interested ADK members about the clean-up;

if you would like more information., please reach out to: ccerruti@gmail.com

Read more about the Sweep at: <https://bnwaterkeeper.salsalabs.org/2023SpringSweep/index.html>

Reinstein Woods Earth Day Fair

Celebrate Earth Day on April 22nd and find out how you can help fight climate change at this open-house event.



Learn about:

- Electric vehicles
- Erie County Climate Action

Plan

- Heat pumps
- How to buy electricity made from renewable energy
- Recycling
- Sustainable food

choices

- And more!

Visit with electric car owners. Learn about resources and incentives available to help you and your community adapt to climate change. View rain barrels by Erie County students, and sample bird-friendly coffee. Enter to win door prizes!

At 10:30 a.m., Erie County will present the Erie County Environmental Management Council Environmental Excellence Awards and honor the winners of the Erie County Rain Barrel Painting Contest.

Bring household batteries (size AAA to D) for recycling.

Participating organizations include:

Clean Communities of WNY

DEC Office of Climate Change

Electric Vehicle Association – WNY Chapter

Erie County Department of Environment and Planning

Friends of Reinstein Woods

National Grid Clean Fleets Program

PUSH for Clean Heat

Tesla Owners Club NYS

For more information, visit, [Reinsteinwoods.org/events/earthday/?blm_aid=64642048](https://reinsteinwoods.org/events/earthday/?blm_aid=64642048)

Welcome New Members!

Please join us in welcoming the following new members to our chapter:

*John and Jennifer
Eckman*

*Rebecca and
Timothy Chen*

Judith Gawlikowski

Priscilla Snider

Lauren Molenda

Elizabeth Wagner

*Michelle and John
Lockett*

*Martin and Donna
Ruszaj*

Joy and John Kubiak



In Remembrance...

Ruth Kuhfahl was 99 years young when she passed away on March 22nd. Ruth was a former chapter president and very active outings leader locally, and managed a great trail work program

on the local Finger Lakes trails. Here is a great article about Ruth from a few years ago: <https://www.adirondackexplorer.org/stories/ruth-kuhfahl-a-friend-to-many-known-for-her-trail-work-ethic>



2023 WNY Summer Hiking Challenge

The WNY Hiking Challenge is back! Registration opens April 30th and the Challenge starts on May 1st. This year's Challenge features 32 trails plus 2 bonus trails. You need to

complete 20 trails to earn a finisher number, patch, sticker, and bragging rights. For more information, visit <https://outsidechronicles.com/summer/>



Trip Report: Catskills SSW3500 Challenge

I finished my quest for SSW (single season winter) Catskills 3500 on Kaaterskill Sunday March 12, 2023. What an adventure it was! Greg Calabrese knew I wanted to do the SSW3500 so he contacted me in early February to see what my plans were. From my vantage point in Buffalo, NY winter was null and void so I had not made any formal plans. My employee was taking vacation the week of February 20th and Greg had that week available so we made a plan to hike all 33 peaks in 10 days.

We were on track until day 6 with 23 peaks after we finished the 6. The next day we only got 1 of the 3 peaks on our agenda, so we were falling behind. Day 8 I had a cold and wicked migraine so there was no way I could get up early and hike...UGH!! At that point I was going to need to come back another time to complete whatever peaks we couldn't get in the next couple days.

Fortunately my husband came to town the day I didn't hike so it was fun to unwind and have a great dinner with him. That totally rejuvenated me. Day 9 my husband and I hiked Westkill and then visited the brewery. I had never been there before because

I'm usually still hiking past when it closes. We also stopped at the Camp Store to get him Hillsounds for the next days hike of the Eastern Devil's Path, which was going to be my last hike in the 10 days allotted for a SSW3500 attempt. I wasn't too disappointed with only getting 29 peaks.

Last weekend I returned to get the final 4 peaks. Don't ask me how I do it...LOL...but I left my house at 1:20 AM and arrived at Halcott parking lot at 6:30 AM. The last couple hours of driving were tough. I chugged some coffee and by 8:15 AM we were on the summit. We ate some chili in the parking lot and off to Panther I drove with a red bull in hand. By 12:52 PM I was on the summit. I could taste the finish now.

The next day I was in a group lead by Marv Freedman and we did N. Dome and Sherill. I only needed ND but what the heck. We never saw anyone until Sherill. I had a beer in the parking lot and then drove back to my room. OMG reality set in!!!. I was going to complete the SSW3500 the next day. Another challenge was coming to an end and I met so many wonderful people on the trails. The tears

once again streamed down my face.

Kaaterskill was amazing!! My friend Jill came and we had so much fun climbing the last steep section, doing a Jim Beam shot on top chased by a Hayburner. Henri and Lauren served chili. We got in some good butt sliding on the way down, all on a blue bird day.

I absolutely appreciate all the support to get this done in such a short period of time. Greg Calabrese inspired the attempt, many people followed me daily with encouraging words, but most of all my husband supports my crazy free spirited ideas. Amongst the endless miles of hiking there were special interactions with people that will always be a fond memory I hold dear in my heart.

If you can dream it you can do it!!!

- Gayle M. Schutte



Chapter Outings

April 5th (Wednesday): Spring Peeper Walk at Rein- stein Woods

Please join Pam and Sue for an easy Reinstein early evening walk. We'll (hopefully) be entertained by happy and noisy Spring Peepers (*Pseudacris crucifer* sp.) frogs whose peeps can sometimes be deafening! We'll have several stops for listening, i.e. no-talking periods, so that we may best hear our happy amphibian friends as they welcome Spring and the start of their mating season. The spring peeper first mates when it is three years old and the mating season begins in March and can last through June. The female lays up to 1,000 eggs on twigs and leaf litter in shallow water.

Spring Peepers are small frogs that have an X-shaped pattern on their backs and a light belly. They are among the earliest amphibians to breed in woodland ponds, and make a shrill, piercing peep or whistle sound by filling and releasing their vocal sacs. They are well camouflaged in leaf litter and control insect populations.

Upon registration with contact cell number, participants will get meeting time and other pertinent information.

R.S.V.P. to Pam at sanderpamela88@gmail.com

April 14, 2023 (Friday) 10:00 AM to Noon: Forest Bathing/ Contemplative Walk at Tiff Nature Pre- serve with Jennifer Fendya, PH.D.

Forest Bathing is an adaptation of Shinrin Yoku, a research-based practice of nature immersion originating in Japan, which supports physiological health and psychological relaxation and well-being. When on a guided walk to "take in the forest atmosphere," participants are invited to slow their pace, open their senses to the elements around them, pay attention to what is happening within, engage in reciprocity with the more-than-human world, and pause occasionally to share what they are noticing with fellow participants. Forest Bathing is NOT a heat-generating activity, so participants are encouraged to dress accordingly for this ap-

proximately two-hour meander through Tiff Nature Preserve. Bring your water, snacks, comfortable shoes or boots, optional sit upon, extra layer of clothing (hiking poles only for added comfort – remember, this is not a hike). Jennifer will supply lightweight camping stools. Jennifer Fendya, PhD, has guided Forest Bathing walks for individuals and groups in and around Western NY since 2017 and is certified by the Association of Nature and Forest Therapy Guides and Programs (ANFT). She is a Psychologist and Sandplay Therapist in private practice in downtown Buffalo, a member of the international Climate Psychology Alliance, and co-chair of Climate Reality Project-WNY Chapter. Limited walk of 10. Participants will be provided with a meeting location upon registration.

RSVP REQUIRED/
LIMITED TO 10 PARTICIPANTS: Please provide name, contact cell number no later than April 12, 2023, to: Pam Sander at sanderpamela88@gmail.com

(Participants will be notified if inclement weather necessitates cancellation.)



Chapter Outings (continued)

April 15 (Saturday): Moving Water Paddle Outing

Ellicott Creek - Glen Park
to St. Rita's Lane

(Rating B - moving water)
approx. 6 miles

Meet at 9AM at Glen Park
by Nature Center to drop
off boats and begin vehi-
cle shuttle to St. Rita's
Lane near N Forest Rd.

Wearing a proper fitted &
fastened PFD with a whis-
tle is required. Neoprene
or dry suit recommended.
Bring snacks, water, etc.
and change of clothes.

RSVP Bob & Patti Van
Hise [adkpad-
dles.bvh@gmail.com](mailto:adkpad-
dles.bvh@gmail.com)

April 29 (Saturday): Spring Paddle Outing

Ellicott Creek launch, cor-
ner Niagara Falls Blvd.

(Rating C, easy flat water)

Arrive early for a 9AM put
-in. Approx. 2 hours.

Wearing a proper fitted &
fastened PFD with a whis-
tle is required. Bring
snacks, water, etc.

Bob & Patti Van Hise [ad-
kpaddles.bvh@gmail.com](mailto:ad-
kpaddles.bvh@gmail.com)

Bring a friend! Watch our

ADK-NFC Facebook page
for any changes or up-
dates.

April 30 (Sunday): Franklin Gulf County Park Hike

Join Randy and Sue on
April 30, for an approxi-
mate 4.5 mile hike at
Franklin Gulf County
Park, a 631-acre park in
the Towns of Eden and
North Collins. The hike is
rated a B (moderately
challenging), as we will be
hiking up and down hills,
crossing streams and per-
haps encountering some
slippery areas (roots,
rocks). This is one of the
most picturesque areas in
WNY, with many creeks,
ravines, waterfalls and
ledge outcroppings. The
scenery is spectacular in
every season.

We are going to meet at
the park-and-ride, which
is located next to Brun-
ner's Eatery, 7171 Boston
State Road, Hamburg,
NY., at 1:00 pm and car-
pool to the park from
there.

Please wear appropriate
hiking footwear, and bring
snacks, water, and hiking
poles. Sorry, no dogs al-
lowed on this hike.

RSVP your name and con-

tact information to Sue
at [sue728115@yahoo.co
m](mailto:sue728115@yahoo.co
m).

**Keep up to date on
outings by checking
the events calendar
on our website:**

**[https://adk-nfc.org/
events/](https://adk-nfc.org/
events/)**



Nicole Pane

Rainbow Falls, Lower Ausable
Lake, April 2021



Our Executive Committee

Chair

Mike Radomski
mike.radomski@gmail.com

Outings Chair

Frank Meyer
edendds@gmail.com

Conservation Chair

Lynn Rehfeld-Kenney
woodthrush3@hotmail.com

Programs Co-chairs

Sue Kolasz
sue728115@yahoo.com
Pamela Sander
sanderpamela88@gmail.com

Education Co-chairs

Sue Kolasz
sue728115@yahoo.com
Pamela Sander
sanderpamela88@gmail.com

Membership Chair

Christina Cerruti
ccerruti@gmail.com

Advisory Council Trustee

Kate Hacker
hackerks@gmail.com

Webmaster

Vacant

Treasurer

Doug Gaffney
dgaffney@roadrunner.com

*Newsletter Editor & Electronic
Communication Chair*

Nicole Pane
nicole9165@hotmail.com

Secretary

Larry Beahan
larry_beahan@roadrunner.com

Hospitality

Carol Schuster
carolfschuster@gmail.com

Archivist/Historian

Lynn Rehfeld-Kenney
woodthrush3@hotmail.com

Outings Co-chair: Waterways

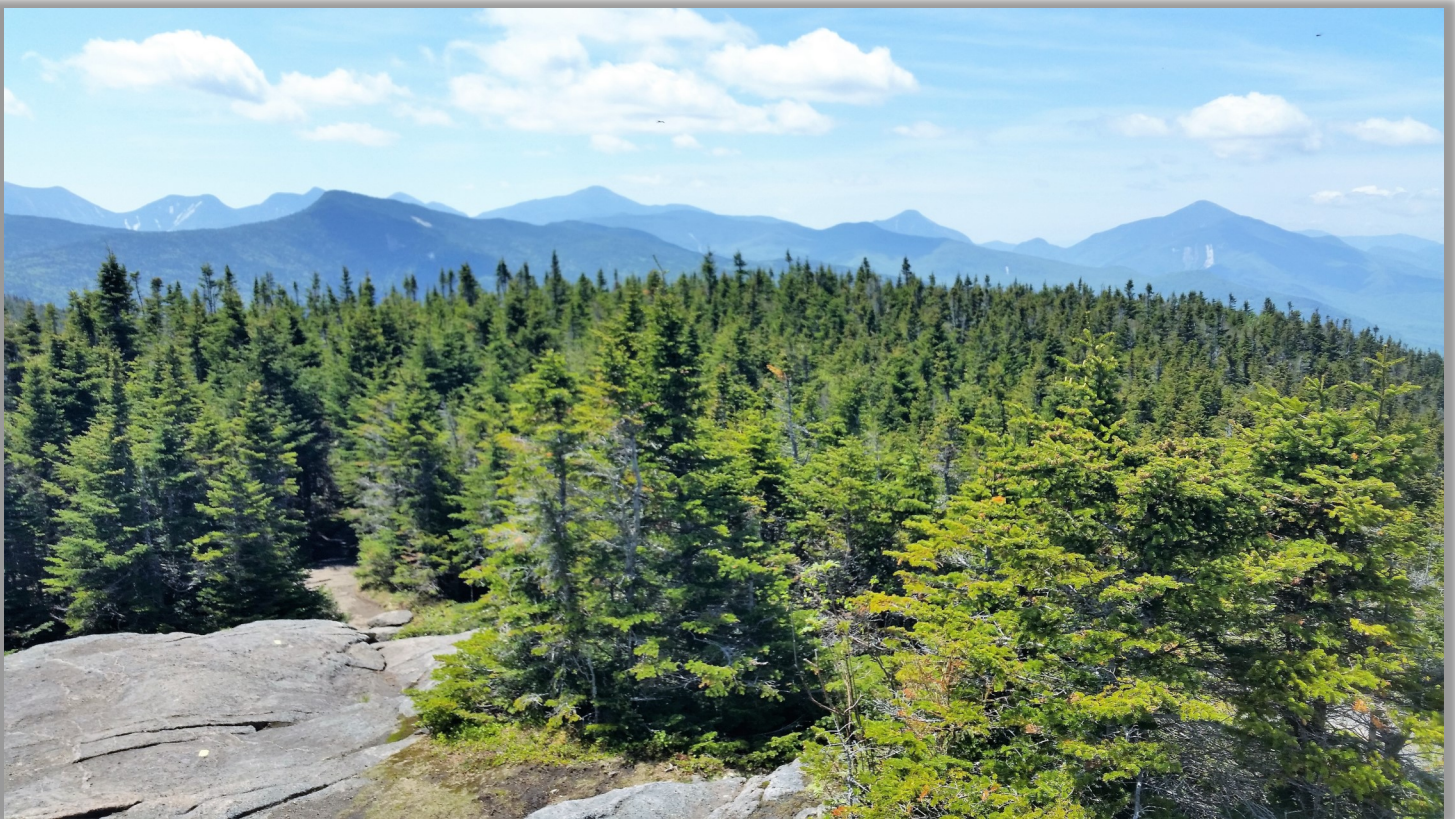
Richard Schraven
richardschraven1@gmail.com

Outings Co-chair: Biking

Vacant

*Outings Co-chair: Hiking &
Winter*

Leslie Salathe
lesliesalathe@live.com



Nicole Pane