

Finger Lakes Trail NEWS

Spring 2004



www.fingerlakestrail.org

FLTC Spring Weekend 2004
— 3 days of hikes in beautiful Central NY —

Announcing the
Tompkins County Hike Series
— 6 hikes, 52 miles —

Editor's Note: the new "News"

Jo Taylor

We hope you like our new look. As I write this, of course I haven't seen it myself, but I am excited by the possibilities. With color photos we can better showcase our beautiful trail, allowing FLTC members to relive their favorite trail moments and helping us entice new hikers to share in our experiences and over time also in our mission of building, protecting, and enhancing this wonderful "forever" pathway across New York.

The new format is also a response to growing pressure for space on these pages. We were bursting at the seams. The *Trail Medicine* column, edited by Dr. Bob Michiel, goes back more than five years but recently members have volunteered to write several new columns. We now have *Special Places*, *Wildflowers*, *Walking through Time*, and, debuting in this issue, *Natural Connections*, a natural history column by recent End to Ender John A-X. Morris. New technology has enabled us to provide color and more pages without increasing the newsletter budget.

Last fall FLTC Executive Director, Gene Bavis, invited you to submit your suggestions for a new name for our growing publication. The Board carefully considered all the names submitted, but in the end they decided that "Finger Lakes Trail News" has served well. Why mess with it? The Board was also swayed by a forceful letter from long-time member and librarian, Claire Tuttle, who told them "don't go changing things". We hadn't considered the headaches a change would cause for librarians who must maintain archives of past issues.

So the name remains the same. Yet you may have noticed a subtle change on our cover. This is now the **FINGER LAKES TRAIL NEWS** instead of the **FINGER LAKES TRAIL NEWS**; the emphasis is on the Trail. This is a newsletter for members and friends, but we hope that it will also serve as a magazine of the Finger Lakes Trail that will catch the eye of the wider community.

I expect and hope that readers will be vying to get their best photos on the cover. We can only use four a year, but I would like to be in the happy position of having several to

choose from. Your submission can be a hard-copy print, a high-quality scan, or the full-size jpeg file from a 3 mp or better digital camera. (A 2 mp camera is fine for photos destined for the inside pages.) Send your submissions to the email or snail mail address below. My address and phone number will appear in the masthead on the table of contents page in every issue.

In the future the President's Message will appear in this space. While I still have your attention, I would like to invite your feedback on the *News*. What do you especially like? What could we do better? Every one of our regular contributors enjoys researching and writing their articles, but they'd enjoy it even more knowing that someone is reading what they write. I promise to pass along your comments, whether compliments or suggestions, to the authors, and also look forward to receiving suggestions that apply to the *News* as a whole.

Jo H. Taylor

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585/473-6729

jhtaylor@frontiernet.net

Mary Coffin



Scenic Central New York

The Labrador Hollow Valley from Jones Hill on the Onondaga Trail (FLT map O-1). This is just one of many stunning vistas on the hikes planned for the FLTC Annual Meeting and Spring Weekend April 30 - May 2. Conference headquarters will be at the Toggenburg Ski Resort in Fabius near Syracuse. The complete schedule and registration information is on pages 4 - 7.



FINGER LAKES TRAIL NEWS

Published for Members and Friends of the Finger Lakes Trail Conference, Inc.

Spring 2004

Volume 43 Number 1

Mission Statement

The mission of the Finger Lakes Trail Conference is to build, protect, and enhance a continuous footpath across New York State. Forever!

FINGER LAKES TRAIL NEWS Volume 43 Number 1 Spring 2004

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Special Places
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Wildflowers
RWW Taylor

Walking through Time
Irene Szabo, Tim Wilbur

Natural Connections
John A-X. Morris

Finger Lakes Trail News is the official publication of the Finger Lakes Trail Conference, Inc., and is published four times each year by the Finger Lakes Trail Conference, 6111 Visitor Center Road, Mt. Morris, NY 14510. Comments and original contributions are welcome and may be submitted to Jo Taylor, 967 Meigs Street, Rochester, NY 14620. Phone 585/473-6729. Email jhtaylor@frontiernet.net.

Send **address changes** to Gene Bavis, Executive Director, at the Mt. Morris address above or gbavis@rochester.rr.com.

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And on the back cover...

Special Places on the Finger Lakes Trail
by Margaret and Ken Reek
Niagara River and Niagara Falls



Cover: Dame's rocket in bloom along the Lick Brook Trail in Tompkins County near Ithaca.. Lick Brook is a tributary of the of the Cayuga Inlet and has several large waterfalls. The Finger Lakes Trail runs along the gorge rim. This year the Finger Lakes Trail Conference is sponsoring a series of hikes across Tompkins County. See page 24. The photo was taken by Tom Reimers during a National Trails Day hike in June 2002.

Above: Spicer Falls on the Onandaga Branch Trail near Syracuse. Just one of many treats on the hikes planned for the Annual Meeting and Spring Weekend April 30 to May 2. See pages 4-7. Photo by Mary Coffin.

President's Message

Thanks to 142 Members with Vision by Irene Szabo



Loid Judd
*Irene scouting the
competition on the Florida
Trail - Feb. 2001*

Several years ago the North Country Trail Association offered an annual grant to its "affiliates," those organizations like the FLTC who already had their own trail systems which now host simultaneous miles of the seven-state North Country National Scenic Trail, to help us support their mission in addition to our own. The formula is that the grant, when their budget allows, will provide a minimum of \$5.00 per certified mile, or if at least 10% of our membership also belongs to

the NCTA, the grant will be doubled to \$10.00 per mile!

In our case, that \$10 per certified mile should result in a welcome \$2480, a nice aid toward keeping dues where

they are. So last December before the NCTA Board meeting, I sat in the Lowell, Michigan office and compared their NY members with our own list. I am ecstatic to report that I found 142 shared memberships! That's 12.9% of our 1100 FLTC members (which means we can "afford" to increase our own

(Continued on page 3)

Welcome!

New FLTC Members 11/4/03 to 1/31/04:

Adventure Recreation Club

Rob Porter, Advisor

John P. & Madeleine A. Balcerek

Jerianne & Larry Barnes

Allan & Jean Berry

Christine Brayman

Kristin Byron

David & Elaine Chandler

Joseph F. Chaya

Joseph P. Clark

Russell Cornwell

Peter Crooker

Robert Denz

Jacqueline & Charles Freiberger

Paul & Phyllis Garsin

Lewis & Kathleen Gersh

Rebecca Green

Nina & Joseph Hart

Joe & Cecily Higgins

James E. Hooper & Joyce E. Miller

Gary L. Hoy

James & Carol Hughes

David G. Johnson

Vaughn Langless & Family

Lydia LePinnet

Gary & Kathie Lyke & Nicole & Hilary

Gwyneth Lymberis

Carol S. Mallison

John & Dorann Martin

John P. McCrea

Oisin McGinty

Douglas Milliken

James J. Misner

Tom & Gail Norris

Bob & Becky Olsen

Kenneth Osika

Michael Pallischeck

Lee Parks

Stephen F. Prentice

Stephen L. Russell

Eric Shatt

Robert Simpson & Deborah Faunce

Robb & Melissa Thompson

James Tomkins

David & Sherry Tyler

Matthew Wallen & Family

Charles Willyard

Marilyn Wilson

Todd Witmer

Ithaca, NY

Corning, NY

Byron, NY

Brockport, NY

East Aurora, NY

Geneva, NY

Bloomfield, NY

Lockport, NY

Corning, NY

Candor, NY

Pittsford, NY

Chenango Bridge, NY

Vestal, NY

Webster, NY

Unadilla, NY

Wyoming, NY

Franklin, NY

Allegany, NY

Wrightsville, PA

Bainbridge, NY

East Aurora, NY

Jordan, NY

Rochester, NY

Citrus Springs, FL

Hornell, NY

Ithaca, NY

Newfield, NY

Brooktondale, NY

Jamesville, NY

Cicero, NY

Williamsville, NY

Scottsville, NY

Oneonta, NY

Pittsford, NY

Bath, NY

Branchport, NY

Corning, NY

Freeville, NY

Stanley, NY

Burdett, NY

Homosassa, FL

Sussex, NJ

Grand Island, NY

Fayetteville, NY

Washington, DC

Manlius, NY

Newark, NY

Buffalo, NY

**A Special Deal for
FLTC Members!**

Now you can join the North Country Trail Association for just \$16 per year! You'll get a subscription to North Star magazine, and the satisfaction of helping develop the North Country National Scenic Trail. To join, send this coupon to:
NCTA, 229 E. Main St., Lowell, MI 49331 or call 888-454-6282

Name(s):
Address:
City, St Zip
Phone (optional):
E-mail (optional):
<input type="checkbox"/> I'm enclosing a check for \$16 payable to NCTA.
<input type="checkbox"/> Please charge my credit card (MasterCard, VISA or AmEx only)
Card # _____ Exp. Date: _____
Name as it appears on card: _____
Signature: _____

Invitation to All Members of the FLTC

The Board of Managers of the Finger Lakes Trail Conference would like to invite all members to the 42nd annual business meeting to be held Saturday, May 1, 2004, at 3:00 p.m. at the Toggenburg Ski Center in Fabius, NY. Our votes are needed for approval of five nominees for the Board of Managers, whose names and statements are on page 10 of this issue of the *FLT News*. Further nominations may be made, to be received by the Secretary at least 10 days before the annual meeting. Nominees must have been individual members of the FLTC or of a Class I FLT trail-sponsoring club for one year.

In addition, the Board of Managers and several committee chairs will report to the membership on achievements and activities of the previous year along with upcoming plans. We look forward to your participation at that meeting.

Irene Szabo
President

(Continued from page 2)

membership by 300, eh?). So we thank 142 of you for spending at least the modest \$16 that the affiliate membership coupon below entitles you to, for which you get *The North Star*, where you can get sick of even more articles from me, alas, plus learn tons about this longest National Trail. Naturally, you 142 good people need to RENEW each year, too, with both organizations, in order to continue to double our grant from the NCTA. Now if we could just certify some more miles!

In fact, in the next issue of *The North Star* there will be an article explaining how the FLTC works, how it tends over 850 miles of trail by means of individual and group sponsors, based on the original model devised in 1962 along the same lines as the Appalachian Trail Conference, based on advice from Paula Strain, one of our original members who had been previously active in Maryland with the ATC. Within the NCTA we are a unique organization: most of the NCT is tended by Association chapters, and sometimes by public agencies like the US Forest Service, and in some places by big organizations like the Buckeye Trail Association. The latter, however, does not operate through independent local clubs or groups, like we do, so our many trail-tending groups continue to confound and confuse our NCTA friends. Therefore, the editor of *The North Star* has asked us to explain the part in our trail that all these other entities play, like Adirondack Mountain Club chapters, local hiking clubs, Scout troops, so that their readers understand why there can be so many names associated with our trail.

Board of Managers Retreat

As promised, your board and several committees spent the weekend of January 23-24 at the log cabin Conference Center at Letchworth State Park (thanks again to the Park for their hospitality!) grinding away at necessary tasks between bouts of playing in snow in the woods. Several really good sub-meetings were held that at least began some important and exciting projects for the FLTC, the kind of work that just can't get done at a normal board meeting. A start was made at de-centralizing some of Howard Beye's many trail administration jobs, new talent surfaced on the financial management front, brave new plans for our magazine were undertaken (gee, can you tell?), and a whole new range of awards for deserving volunteers was planned, which should be announced at our annual meeting May 1st. Plans were also made for ways to spread our publicity and outreach jobs around the state and among multiple volunteers.

We ate absurd quantities of divine food provided by several generous board members, then finally drove off into the clear blue/peach sunset Saturday evening when it was minus 2 degrees. Scott Lauffer's black beard turns white and crunchy when he skis in weather like that, and we had to bring inside the, uh, "pop" from the outside porch. All in all, it was one of our most satisfying retreat weekends, because a lot of needed new projects were begun in a spirit of excited enthusiasm. I myself got a terrific kick-start from this meeting, just when I needed it: after all, sometimes even cowgirls get the blues. So next time a member of the board nominating committee calls you, do

(Continued on page 28)

**Finger Lakes Trail Conference
Annual Meeting / Spring Weekend
April 30 - May 2, 2004
Toggenburg Ski Center, Fabius
Onondaga Chapter ADK - Host**

Schedule

FRIDAY April 30:

- 12:00 - 5:00 Registration, pick up preordered meal tickets, and hike departures at conference headquarters at Toggenburg Ski Area, Fabius
- 12:00 2 hikes depart (see hiking schedule on page 7)
- 1:00 2 hikes depart
- 6:30 - 8:00 **Running buffet**, Tully United Community Church and Tully Rotary, \$8.00. Roast Beef Buffet w/ vegetarian option and additional vegetables, salads, coffee, tea and homemade pies.
- 8:00 **Hiking the Inca Trail in Peru** - slide presentation by Gloria Mabie.
Tully United Community Church

SATURDAY May 1:

- 7:30 Continental breakfast at Toggenburg, \$4 - coffee (caf and decaf) and misc. teas, homemade muffins, donuts and fruit
- 9:00 Registration, pick up preordered meal tickets and trail lunch (Anna's Country Store will deliver to Toggenburg, \$5.50). Meet trip leaders; hikes depart (3 return before 3:00 for meeting)
- 9:00 - 2:00 Trail Maintenance Workshop led by Howard Beye at Toggenburg
- 3:00 **Annual meeting** - Toggenburg
- 4:00 Board meeting -Toggenburg
- 5:30 Hors d'oeuvres / socializing, and cash bar (Foggy Goggle) - Toggenburg. Trail Shop displays, etc.
- 6:30 **Gourmet banquet**, awards, etc at Toggenburg, \$22 - garden salad, seasoned vegetables, pasta or rice, homemade rolls, raspberry chicken (house specialty), beef bourguignon, vegetarian option, dessert, both coffees and misc. teas
- 8:00 **Presentation - Lou Berchielli DEC Black Bear Specialist** at Toggenburg

SUNDAY May 2:

- 7:30 Continental breakfast at Toggenburg, \$4 - coffee (caf and decaf) and misc. teas, homemade muffins, donuts and fruit
- 9:00 Pick up trail lunch (\$5.50), meet leader, hikes depart from Toggenburg; participants drive home after completion of hike
- 9:30 Registration desk and HQ close

Directions

From east and west take Thruway, I 90, Syracuse exit #36; take I 81 south to Tully exit, turn left onto Route 80 east. Best Western is on left. Continue east on Route 80 through Tully and Fabius. Turn right on Toggenburg Rd. just east of Fabius village. It is about 9 miles from Rt. 81 to the right turn at Toggenburg Rd. The ski area will soon be on the right.

From the north take I 81 to Tully exit and follow above directions.

From the south take I 81 to Tully exit and follow above directions after turning right on Route 80 east.

Lodging...

Book reservations for lodging on your own directly with the hotel or campground of your choice. The Best Western Marshall Manor in Tully (315/696-6061) at the Route 81 Tully exit is 5 minutes from the Friday night dinner and program and 20 minutes from Toggenburg headquarters on Route 80 east of Tully and Fabius. Make your own reservations. **Ask for the FLTC rate.** The third person in a room is \$5 extra. A block of rooms will be held until March 30. Includes continental breakfast.

Questions?

For *reservation* questions contact Hal, 315-451-4912 or hikerhal66@hotmail.com

For *general* questions contact Mary Coffin, 315-687-3589 or mccoffin721@att.net or www.fingerlakestrail.org

Note: The registration form below is also available online at www.fingerlakestrail.org

Cut out and mail

**FLTC Spring Annual Meeting Weekend
April 30 - May 2, 2004 Tully/Fabius, N.Y.
REGISTRATION - POSTMARK by April 15**

One name per form please. Please make copies for any additional people.

Name: _____

Email _____

Address: _____

Phone: () _____

IN CASE OF EMERGENCY NOTIFY:

Name: _____

Relationship: _____

Address: _____

Phone Number(s): _____

Send this form and check payable to **ADK-ON Spring** to:

FLTC Spring, Hal Boyce, 404 Meyers Rd, Liverpool, N.Y. 13088

Please be sure to fill out BOTH sides of the form.

Other options for meals and lodging...

For more information, call the Service Center at 585/658-9320
or Mary Coffin, 315/687-3589 mccoffin721@att.net

Meals

Tully: Burger King, Pizza and More (no breakfast) 315/696-3600, Hill and Dale Country Club (no breakfast) 315/696-5338, Marlene's Family Dining 315/696-5818. Kettle Lakes Restaurant (dinner only).

Fabius: Anna's Country Store (breakfast and lunch) 315/683-5121

Cazenovia: Albert's 315/655-2222, Subway 315/655-440, Seven Stone Steps at Linklaen House 315/655-3461, Angel's Deli 315/655-5835

Lodging and meals

Cazenovia: These are a bit more expensive. Brae Loch Inn 315/655-3431 <braelochinn.com>, Brewster Inn 315/655-9232 <thebrewsterinn.com>, Linklaen House 315/655-3461 <linklaenhouse.com>.

Cortland: Budget Inn 606/753-3388, Holiday Inn 607/765-4431, Cortland's Country Music Park Campground 607/753-0377, Yellow Lantern Kampground 607/756-2959.

Toggenburg: Self contained units (RV, trailers) can camp/park overnight in parking lot but there are NO HOOK UPs or facilities available. Call Mary 315/687-3589 for information.

<http://www.cortlandtourism.com/accommodations.html>

http://www.cazenoviachamber.com/visitor_information

Cut out and mail

Fees: Registration is nonrefundable and required for any part of the weekend.

FLTC member \$6 = \$ _____

Non member \$8 = \$ _____

Meals (non refundable after April 15)

Dinner Friday - Tully Rotary & TUCC 4/30/04 \$8 = \$ _____

Continental Breakfast Saturday - Toggenburg \$4 = \$ _____

Sunday - Toggenburg \$4 = \$ _____

Trail Lunch - turkey, beef or veggie sandwich with lettuce and tomato, 9-grain salad, fruit or granola bar

Sat Circle one: turkey roast beef veggie \$5.50 = \$ _____

Sun Circle one: turkey roast beef veggie \$5.50 = \$ _____

Saturday Night Gourmet Banquet 5/1/04 \$22 = \$ _____

Gourmet buffet includes: hors, garden salad, seasoned vegetables, pasta or rice, homemade rolls, raspberry chicken (house specialty), beef bourguignon, vegetarian option, dessert, coffees and teas.

Hike or Workshop Sign-up

Please indicate your first and second choices for hikes. Group size will be limited. You will receive confirmation by email or U.S. mail.

Friday # _____ or # _____

Saturday # _____ or # _____

Sunday # _____ or # _____

Grand total enclosed is \$ _____

FLTC Spring Weekend Trip Schedule

All trips leave from Toggenburg Ski Area parking lot.

Prepare for wet stream crossings this time of year.

Most hikes involve elevation changes.

FLT=Finger Lakes Trail

NCT=North Country (National Scenic) Trail

Friday April 30

- 1 **Onondaga Trail NCT/O1 Extension (Spruce Pond to Toggenburg):** 5.5 miles, moderate, 12:00 PM departure. This hike will include sections of completed and newly certified NCT, some flagged bushwhacking and a short road walk. Anticipate a beautiful view over the Fabius valley.
- 2 **Heiberg Forest:** 5 miles, easy, 12:00 PM departure. Visit several ponds on a leisurely hike in a forest owned and managed by the College of Environmental Science and Forestry. Expect some bushwhacking.
- 3 **Onondaga Trail Part 1(NCT/FLT O1):** 5.5 miles, moderate, 1:00 PM departure. First in sequence. Hike from the Main Trail and Onondaga Trail junction at Stoney Brook Rd. (where the NCT turns north) to Cuyler via near 360 degree views from Midlum Hill and beautiful Irish Hollow along Muncey Brook.
- 4 **Solon Pond Rd to Randall Hill Rd. (NCT/FLT M21):** 4.2 miles, easy-moderate, 1:00 PM departure. This route includes Potter Hill and picturesque Wiltsey Glen.

Saturday May 1 (**Hikes 5, 6, 7 and Workshop A finish by 3 PM for the annual meeting**)

- 5* **Paradise Hill Loop (FLT M22):** 4.5 miles, moderate, 9:00 AM departure. Hike to the leanto in Paradise Glen and past Paradise Hill in Mariposa State Forest.
- 6* **Nelson Swamp Unique Area (NCT)** 4 miles, easy, 9:00 AM departure. This is part of the Link Trail and includes a new nature walk.
- 7* **Wildflower Hike (NCT/FLT O1):** 4 miles, easy, 9:00 AM departure. Take an easy walk with a wildflower specialist to observe spring in bloom.
- A* **Workshop - Trail Maintenance and Construction Criteria and Practices.** Easy, 9:00 AM. Held right at Toggenburg, this workshop will be a helpful refresher for FLT and NCT trail stewards and groups who maintain trail, construct new trail or design relocations. Dress for hands on work.
- 8 **Onondaga Trail Part 2 (NCT/FLT O1):** 7.8 miles, moderate-strenuous, 9:00 AM departure. Second in sequence. Hike from Tripoli to Shackham Rd. stopping for views of Spicer Falls (100' drop), Cardinal Brook, Morgan Hill, Mossy Falls and Hemlock Glen Leanto.
- 9 **Skyline Trail:** 8 miles, moderate-strenuous, 9:00 am departure. Under construction this branch trail connects Heiberg and Kettlebail Forests to Labrador Unique Area and the Onondaga Trail (Jones Hill) in Morgan Hill State Forest. It includes two nature trails, large pond and Tinker Falls.
- 10 **Bike trip:** 20 miles, 9:00 AM departure. Ride the roads in the wide scenic valleys between the ridges the FLT and NCT cross. Bring your own bike. Helmets are recommended.
- 11 **Allen Hill Loop (NCT/FLT M21):** 4.5 miles, moderate-strenuous, 9:30 AM departure. Climb Allen Hill from Taylor Valley, explore via bushwhack then return by Seacord Hill Rd and more bushwhack. 700' elevation change. Connects with Hike 4.

Sunday May 2

- 12 **Onondaga Trail Part 3 (NCT/FLT O1):** 5 miles, moderate, 9:30 AM departure. Shackham Rd. to the NCT Kiosk at Spruce Pond is one of the most scenic trails in Central New York. It includes Tinker Falls, spectacular views from Jones Hill (1920') and Labrador Pond overlook. 600' elevation gain.
- 13 **Paradise Hill Rd. to Bambury Rd. (FLT M22):** 4.9 miles, easy-moderate, 9:00 AM departure. Hike past Stage Coach Hill (1956') where an old inn once serviced passengers and through Mariposa Forest with Crumb Hill (1880') just .5 miles off trail to the north. Connects with Hike 5.
- 14 **Highland Forest (NCT/FLT O1 extension):** 6 miles, moderate, 9:00 AM departure. A newly certified NCT section extends from the new Visitor's Center (spectacular views north) of this county park to Cowles Settlement Rd. and is part of the extension from Spruce Pond eastward. Several loop options are available. Connects with Hike 1 minus road walk.
- 15 **Randall Hill Rd. to Chippewa Falls and return to Stoney Brook Rd. (NCT/FLT M21):** 6 miles, easy - moderate, and 9:00 AM departure. This section passes the Randall Brune Memorial Bench before continuing to picturesque Chippewa Falls where we must turn around until the trail can be relocated. Connects with Hike 4 and Hike 5 minus temporary road walk.
- 16 **Baker Schoolhouse Forest (NCT/FLT M20):** 5 miles, easy-moderate, 9:00 AM departure. Hike from McGraw-Marathon Rd.(#116) to Route 41, near Route I 81 exit. There are nice views from the height of land.

Article redacted at the request of the author



William Ehling Honored With Life Membership



Possibly thousands of hikers have been introduced to the walking possibilities in upstate NY by Bill Ehling's books in the "50 Hikes" series, his two covering western and central NY. Many of the featured hikes include portions of the Finger Lakes Trail, and no wonder, since he was active with the ADK-Onondaga Chapter for years and was even President of the Finger Lakes Trail Conference from 1978 to 1981. For these and many other contributions to our upstate trail system, the Board of Managers of the FLTC has voted to award Bill Ehling an Honorary Life Membership.

During his working years, he was a professor at Syracuse University's School of Public Communications and assistant to Chancellor Tolley. In addition to his two books offering a total of 100 hikes in a territory most of us call home, he also published one on canoe trips in the Adirondacks, leading one to

suspect that he has had way more fun than most, since a guidebook requires multiple trips to many of the sites in order to offer accurate information.

As recently as a few years ago, he was part of a committee which wrote the bylaws of New York's first North Country Trail Association chapter, the Central NY. That chapter is in charge of creating and maintaining the Link Trail that connects the FLT in Madison County with the Old Erie Canal State Park linear trail at Canastota, and it is their new trail that will carry the ADK-Onondaga's extension of the Onondaga Branch Trail onward toward the Adirondacks for the North Country Trail. The CNY Chapter includes many people who are members of both the FLTC and the ADK, so it is good to see that Bill Ehling, long active with both, still has his hand in our activities. □

Nominees for the FLTC Board of Managers

Class of 2007

The Constitution of the Finger Lakes Trail Conference states that one-third of the Board of Managers shall be elected annually for a term of three years by majority vote of the members at the annual business meeting. The following have agreed to be placed in nomination for the Board of Managers and seek members' votes on May 1, 2004, at the annual business meeting in Fabius, NY. Members who cannot be present are urged to mail the enclosed proxy card to the FLTC Service Center by April 24, 2004.

Kathy Eisele. I joined the FLT around 1988 and have served on the Board of Managers 1995-98, 1999-02, and 2002-04. I continue to enjoy hiking the FLT end-to-end and have completed about 420 miles. A member of ADK-Onondaga Chapter since around 1981, in the past I served as Secretary and coordinated trail stewards as a member of the Trails Committee. For many years I was a steward for a section of the FLT on Map 20 near McGraw. Now I am a steward for a section of the Onondaga Branch, Map O-1, near Cuyler. I joined the North Country Trail Association in 1991. Currently, I am President of the Central New York Chapter and Coordinator of stewards and hikes. In the past I served as Trails Chair, Director and Vice President. I live in Syracuse and am a faculty member in the English Department and Coordinator of the Teaching Center at Onondaga Community College.

Ellen Gibson. I live in the historic Allentown section of Buffalo and have served one term as a member of the FLTC Board of Managers. On the Board, I have tracked conservation issues affecting trails. I am active in the Niagara Frontier Chapter of ADK and have served as Chapter Chair and Conservation Chair in the past. I am a long-time member of ADK's statewide Conservation Committee. I currently serve as President of the Foothills Trail Club. My husband and I maintain a 4-mile section of the Conservation Trail (on CT-6). I'm a member of AMC and ATC and have been section-hiking the Appalachian Trail. I have 400 miles to go. Now that my husband has retired, we are looking forward to becoming end-to-enders on the FLT.

Linda Parlato. I have two passions: painting and hiking. As for the first, I work in watermedia and am a signature member of the Niagara Frontier Watercolor Society and a member of the Buffalo Society of Artists. And the second, I belong to the Foothills Trail Club, have been secretary and a board member. I can frequently be found on the trail near Holimont and Rock City (Map 3) with my large black dog, Bear; we have maintained this section for many years and it's high on my list of places I most like to be. In the real world, I work as a medical secretary.

Lynda Rummel. I maintain the trail between Moss Hill and Corbett Hollow Rd. (M-13), serve as the Regional Coordinator for the main trail between Bath and Watkins Glen, chair the Certification Committee of the Trail Management Committee, and serve on the Trail Management Committee and the FLT Board of Managers. Most of my recent work has focused on helping trail sponsors prepare and submit trail segments for North Country National Scenic Trail certification, and on designing and constructing approximately 5.5 miles of reroute in the Sugar Hill area, in response to DEC logging operations and NCTA/National Park Service decertification of current trail. Both of these projects are ongoing. I have also provided some assistance with the GPS mapping project. Through these experiences, along with serving as president of a small local land trust, I have learned about "landowner relations" (with both the DEC and private landowners) and negotiating agreements, about trail scouting, research, layout, and clearing, and about insurance problems and recreational law. I am currently hoping

to use what I have learned to help develop the PA-NY link trail. I am also a member of the NCTA and serve on its Field Grants Committee. I bring to my service on the Board of Managers some 16 years of senior volunteer work in various board officer positions at the United Way of Greater Rochester, and service on regional lung and heart association boards. I currently serve on the board of the Yates ARC. I am a retired university professor and academic administrator. My last post was Director of the Center for Multidisciplinary Studies at the Rochester Institute of Technology.

Matt Underwood, Rochester. I am a Social Studies teacher in the City School District, an avid hiker and member of many of the sponsoring clubs that help maintain the FLT. It has been my pleasure to serve as an FLTC Board member for the last 4 years, and I am looking with anticipation toward the future as many of the projects and goals set forward during this time progress. I hope to bring new members and volunteers into the Conference to continue its mission of providing a continuous, quality footpath for hikers.

TO: MEMBERS OF THE FINGER LAKES TRAIL CONFERENCE: Pursuant to Section 726(d) of the New York State Not-for-Profit Corporation Law, the Finger Lakes Trail Conference, Inc., is required to mail to its members not later than the date of the annual meeting of members a statement specifying certain details with respect to the purchase or renewal of its insurance for the Society's indemnification of its directors and officers. Accordingly, please be advised as follows:

1. The name of the insurance carrier is Capital Risk Associates.
2. The cost of the insurance to be paid during the 2003/2004 fiscal year is \$900.00.
3. The indemnification insurance contract covers any person who has been, now is, or shall become a duly elected director or trustee, a duly elected or appointed officer, an employee, committee member, whether or not they are salaried, any other person acting on behalf of the Conference or at the direction of an officer or board of managers of the Conference.

PROXY

If you attend the Finger Lakes Trail Conference Annual Business Meeting on May 1, 2004 you may vote in person on the slate of nominees for the FLTC Board of Managers listed in the Spring edition of the *Finger Lakes Trail News*.

If you are unable to attend the meeting, please sign below designating the Secretary, or in his absence, the Acting Secretary, as proxy for the election of these nominees. This designation of proxy shall be effective for the Annual Business Meeting of the Finger Lakes Trail Conference, Inc., to be held on May 1, 2004 in Fabius, NY.

One signature equals one vote for adult, family, student, contributing, business, adult organization, or youth organization membership. Class I (trail sponsor) members should refer the Bylaws for the number of votes allowed.

Please mail this form to
Finger Lakes Trail Conference
6111 Visitor Center Rd.
Mt. Morris, NY 14510

Signature _____ Date _____

Print Name _____

Address _____

Water Safety on the Trail

by David G. Heisig, M.D.

Dr. Heisig is a gastroenterologist at Community General Hospital in Syracuse.

When Dr. Bob Michiel asked me to write an article on the risks of using water in the field, I had to chuckle to myself. My idea of “roughing it” is a two-star hotel. I am not much of a traveler or hiker anymore. I grew up in a very rural area. It wasn’t necessary to go far (yards) from the back door to experience nature, and I truly enjoyed it. However, drinkable water was a tap away and the neighbors had a pool. I owned a canteen which I filled from the faucet at home, and the need to consider alternative sources of potable water did not exist. Furthermore, having grown up around creeks and ponds, I knew what was living in them. It was instilled in me from a very early age that drinking such water was NOT a good idea (and given a clean pool versus an algae-laden pond, the choice was simple). However, today’s backpacker may have little alternative when it comes to sources of water, and reducing the risks from the use of “natural water” is a laudable goal.

Water is critical for our survival. All hiking and backcountry experiences must involve planning for an adequate supply of clean water. By “clean” I mean free of infectious agents. The potential infectious agents include bacteria, parasites and viruses. Commonly we worry about *Echerichia coli*, giardia and Hepatitis A virus. Other bacterial pathogens may pose a problem and parasites such as cryptosporidium can cause waterborne illness as well. The goal is to insure an adequate supply of water in the field while minimizing the risk of getting sick from it. Additionally, accidental ingestion of water while swimming or bathing can be an issue, and certain infections such as *Naegleria fowleri* do not require ingestion at all. We need and enjoy water. We want to stay healthy while using it.

The first concern is an adequate supply of drinking water. You may not be most comfortable without bathing for two or three days, but this is unlikely to kill you. Not being able to drink for the same period of time could be deadly. The first solution to making certain that there will be adequate supply of drinking water is to travel to places that have such water supplies established. Many developed parks and campgrounds have established potable water supplies



which make the need for “finding” drinkable water moot. If you are a subscriber to this journal this concept may be anathema so I will quickly move on.

The second solution is to carry adequate potable water with you. For day trips and short hikes this may be the safest and smartest answer. Be careful to plan ahead. What will the weather conditions be for the hike? If summer temperatures

will be soaring into the eighties and higher make sure you bring plenty of water. This may require a gallon per person which is a fairly heavy load to carry. Hiking in less extremes of temperature or in the shade of a forest may reduce water need. Think ahead so that thirst and aching muscles don’t detract from the experience.

A third solution is to “make” water. This is generally impractical. “Watermakers” are fairly sophisticated and very expensive devices that are generally used for desalination. They are advertised in boating magazines and require a power source such as the boat’s diesel generator. They are generally highly impractical for the average camping trip. Collecting dew or combining hydrogen and oxygen like your 8th grade science teacher did will not meet your needs. A rain dance, even if successful, would still leave the technical issue of collection.

The fourth solution involves rendering water found in the backcountry drinkable. This requires the countryside through which you are trekking to have accessible water such as lakes or streams. When I was younger I hiked extensively in the Mojave Desert. There was only one solution to the water issue...you brought your own. You did not encounter any natural sources of water. My point is that this solution requires considerable planning. First you need to know you will encounter water you can purify. Secondly you have to have the means by which to “sterilize” it. Finally, desalination is not likely to be practical. You need a supply of freshwater. Unfortunately you also have to be aware of dangerously polluted water in the post-industrial age.

(Continued on page 13)

(Continued from page 12)

Cleansing the “native” water can best be accomplished by boiling it. Boiling water for 10 to 15 minutes will generally kill all the bacteria, parasites and viruses of concern. If you build a daily campfire and have a large pot, this is likely to be the most consistent way to purify the water. Whenever the municipal water supply is contaminated, those in charge issue orders to boil the water. If you will not or cannot boil the water you are left with two choices: filtering or chemical treatment.

Iodination is better than chlorination. Chlorination does not adequately kill giardia. Studies have shown that iodination needs eight hours to destroy giardia consistently. Even then success may mean 99.9% of the giardia cysts are inactivated. This requires logistical planning. It means you may not use the water you find right away, and if you are on the move, transporting it becomes an issue. The easier solution is microfiltration. There are several products on the market that will filter out parasites and bacteria and render water safe for drinking. All products are not the same, however. A still quoted article from the 1989 American Journal of Public Health examined several brands. Efficacy of available filters ranged from useless to virtually 100% effective. When shopping around for a filter product, look for independent reviews of its performance. How big is it? How much water does it filter practically? How easy is it to clean? How durable is it? All of these questions should be considered when you buy such equipment. Some products will combine iodination or other means to render viruses inactive as well. Shop around and research the topic before you make your selection. Finding the proper equipment will make your camping and hiking experiences much safer and more enjoyable.

Remember too that you need clean water for washing dishes. Make certain your potable supply is sufficient for this task. Drinking clean water, while eating off contaminated utensils, defeats the purpose. It is similar to the restaurant employee who prepares food and counts your change while wearing the same gloves. There goes the “protection.”

Swimming is another common water-based experience while hiking and camping. Swallowing water while swimming can make you sick. Exposure to *Naegleria fowleri*, an amoeba found throughout the world, while swimming can lead to fatal meningitis. Such infections are blessedly rare but usually fatal. They most often occur in boys or young men who swim in warm

freshwater. The amoeba is inoculated through the nasal membranes. Public health measures usually amount to closing off bodies of water after cases have been identified because the risk is low. Risk reduction involves avoiding bathing in very warm stagnant bodies of water.

The most common disaster that befalls hikers and campers when they use water in the backcountry is drowning. After a long day's hike, the thought of swimming is an undeveloped pond, stream or lake may be very appealing. Simple common sense can reduce the risk of drowning. Swim with a buddy. Never dive or jump into water unless you know precisely both the depth of the water and the location of any underwater hazards. Don't swim while intoxicated. Be careful at night when you might become disoriented and it is harder for a would-be rescuer to find you. These simple rules can help you avoid tragedy.

With a little common sense, adequate planning and the proper equipment, most camping trips are pleasurable experiences. If you do get ill, remember to tell your doctor about your recent camping experience so he or she can consider the appropriate possible diagnoses. Do your part to keep the environment clean and reduce the risk for future campers. What is the old saying? We do not inherit the planet from our parents; we borrow it from our children. □

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FOR SALE**

19 acres with frontage on two roads, Map M12, L-shaped property between Longwell and Van Amburg Roads, for sale. Approved for potential subdivision into two lots, with permanent trail easement on both portions covering most of the property. However, each easement permits one future house facing each road. Currently covered with young trees and bush, and older trees growing in from north end. Carpets of lowbush blueberry in July. Mowed FLT/NCT trail includes primitive campsite and M. Mouse's home featured previously in these pages. Taxes less than \$600; \$18,000 for whole property, or discuss subdivision.

Irene Szabo 585/658-4321 treeweenie@aol.com

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We encourage all members to thank and use the services of these businesses which support the Finger Lakes Trail.

Addresses, contact information and links to these businesses can be found on the FLTC web site: www.fingerlakestrail.org

Trail Builders Wanted!

Looking for a (very) short-term, non-paying job building trail?

Of course you are – and the FLT has just the job for you! The FLTC's Trail Management Committee is organizing a major weekend trail construction effort to help complete the nearly five miles of trail being rerouted in the Sugar Hill Forest area, located to the west of Watkins Glen on map M-13. The dates for the weekend work session are May 15th and 16th, 2004.

Camping will be available in the fire tower campsite area west of Schuyler Co. Rd. 21, off Fire Tower Rd. for both Friday and Saturday evenings. There is ample room for tents and tent camper trailers and vehicles. Water, toilets and some tables are located in the camping area. Participants will need to bring their own food, stoves, etc. The DEC has reserved the pavilion for our use. Tools will be provided by the FLTC. Work will consist of clearing trail route with emphasis mainly on tread construction including switchbacks and sidehill cutting to level tread, primarily across a beautiful section above Glen Creek.

Completing this construction work will allow a major section of the reroute to be opened for hiking by early summer. **If you can't come for the whole weekend, please come for a day's worth of work anyway!** Howard Beye guarantees that the weather will be good (and this is before blackfly season). **Interested persons should contact Lynda Rummel by May 1st at latest.** Lynda can be reached at ljrassoc@linkny.com or 315/536-9484.

Trail Topics

by Howard S. Beye , Chair
Trail Management Committee

AmeriCorps Programs

I am sure most of you by now have heard about or been involved with one of the many AmeriCorps supported projects around the country. AmeriCorps is a “Domestic Peace Corps” program that engages people in community service. AmeriCorps members commit to 1700 hours of serving their community in return for a cost of living stipend and are eligible for an educational award of \$4,725 which can be used for higher education, trade school or to pay back qualified student loans. Some programs also provide room and board for the term of service. Whether working to improve the environment, education, public safety, or public health, the 25,000 AmeriCorps members nation-wide are addressing our country’s most pressing needs.

How, you might ask, has the Finger Lakes Trail Conference (FLTC) been involved with the AmeriCorps program? During the spring of 1995 we had the services of a resident AmeriCorps crew from the Aberdeen, MD campus for three weeks of trail work. One of their major projects was carrying in and erecting several of the outhouses we installed along the trail that year. The Finger Lakes Trail Conference was fortunate to be able to cooperate with the Otetiana Council, Boy Scouts of America to provide housing for the crew for a month at Camp J. Warren Cutler near Naples, NY. The crew provided the camp with a



These winter pictures were taken by Gene Cornelius who is the trail maintainer for the section of trail between Willow Bay, PA and ASP 3 in Allegany State Park.

week of their labor doing trail improvements within the camp including a part of the Bristol Hills Branch which passes through the camp.

Later during the summer of 1995 we had an AmeriCorps crew from the Jaffery, NH campus spend four days camping at Sugar Hill State Forest and assisting in the construction of a new trail to get the FLT off a badly eroded old road and another section torn up by horse traffic.

In the spring of 1996 we had an AmeriCorps crew



Photos by Gene Cornelius
Willis Creek Lean-to, located in Gene's section, is the second lean-to of three which FLTC ALLEY Cat Trail Crews have built in the Allegany State Park. Willis Creek Lean-to was built in September 1997. This and the other lean-tos in Allegany State Park were funded through the National Park Service, Challenge Cost Share Program. The staff at the park was also very helpful in locating and clearing the site and transporting all the logs and other materials to the site.

from the Perry Point, MD campus for six weeks during which time they were housed again at Camp Cutler for three weeks. That year they worked with the crew which built the first lean-to on Bill Garrison’s land along the Bristol Hills Branch. Other work they accomplished was making repairs to the Outback Inn near the Italy State Forest, trail improvement projects along the Bristol Hills Branch in High Tor and West Hill, and on the main FLT installing an outhouse at Irene Szabo’s campsite near Birdseye Hollow State Forest. They also worked on the Ontario Pathways doing trail route clearing. The remaining three weeks they spent at the Otetiana Council’s Camp

Massawepie near Tupper Lake, NY doing a large variety of trail and facility improvement projects.

In 1999 the FLTC began a relationship with the AmeriCorps resident program at Delhi College in Delhi, NY. This program, called the Catskill Outdoor Education Corps, has been simply splendid in the work they have accomplished on the 30.3 miles of trail they sponsor at the far eastern end of the FLT. Even when their funding was severely reduced for FY 2003-2004 they have found other sources of funding to maintain a small crew which has continued to perform the work needed along the FLT. Promised improvements in funding in the next FY should allow the crew to get back to its former size and accomplish many other projects in the northern Catskill Mountain area.

The most recent cooperative venture the FLTC has participated in is with the Headwater Youth Conservation Corps (HYCC). This is a non-

resident program of The Place, located in Norwich, NY. During 2003 their Norwich crew did a trail improvement project in the Bucks Brook State Forest and their Sidney, NY crew did a trail improvement project in the Barbour Brook State Forest. We are currently in discussion with them and the DEC to cooperate in a plan to provide significant assistance to the local Trail Sponsor organizations for projects along nearly 150 miles of the FLT, extending from Greek Peak on map M-19 to near Oquaga Creek State Park on map M-27 and also including most of the Onondaga Trail on map O-1.

Your support of the AmeriCorps program, both locally and nationally through your elected representative, is one of the best ways for the FLTC and the public to share in the service provided by the dedicated young people who are a part of the program.

Our battered trail and Huckleberry Bog trail damage

FLTC President Irene Szabo, an FLTC Trail Sponsor

(maintainer) of many miles of the FLT System and the caretaker of the Huckleberry Bog Nature Trail, asked me to put in the following message:

Our poor battered trail: several fiercely windy days in the fall of 2003 have left otherwise well-tended trails littered with thousands of branches both large and small. Reports of patches where dozens of trees have fallen together across the trail give caretakers grim visions of huge tasks ahead for spring. So if you hikers arrive before the tidying crew, please pitch in and drag the biggest ones out of the way and completely off the path.

For many of you fond of walking the Huckleberry Bog Nature Trail, a loop trail on the Bristol Hills Branch Trail on map B-3, brace yourselves for heartbreak. The FLTC received a report from cross-country skier Tom Noteware in January that almost a mile of the nature trail (where it tiptoes past the highbush blueberry bog, past the giant hugging oak and hemlock pair, and through patches of azalea and pink lady slipper) has been "improved" with chain saws to accommodate ATV and snowmobile traffic. Both usage and the trail widening are illegal within a state forest, so the DEC's

Environmental Conservation Officer is investigating this travesty.

ALLEY CAT Trail Crew schedule for 2004

For those of you who may not know what the FLT ALLEY CAT Trail Crews are all about, let me give a quick explanation. These are trail work crews that are made up of from 8 to 14 adults who are interested in helping improve the trail. All persons, regardless of current skills, are welcome to join a crew. You should be in reasonably good physical condition to perform manual work. We share in the food preparation and clean up. The food and lodging are provided at no cost unless otherwise noted. Transportation from base camp to work sites is provided, as well transportation from an airport, train or bus station near base camp, for those requiring it. All crew members must be members of the Finger Lakes Trail Conference.

Crew #1: June 13-18, Pike, NY based at Camp Sam Wood, Barlow Cabin, on FLT map M-4. Finish

(Continued on page 25)



Shindagin Hollow Lean-to on map M-18 east of Ithaca has been closed since a huge pine fell on it in December. Ironically the lean-to was already slated for replacement in 2004. Photo provided by Dave Forness, Supervising Forester, NYS DEC.

What is a Wildflower?

Wildflowers along the Trail RW/W Taylor

The answers to this question supplied by the average gardener, by the nature enthusiast, and by the trained botanist would differ significantly. And so would answers supplied to the more fundamental (and logically prior) question “What is a *flower*?”. It is easy enough to cite the natural development of flowering plants, some 250 million years ago by modern understanding, and simply say that a flower is the part of a plant that produces a seed. But, even if we do not push the inquiry back further and ask what a plant is, or what a seed may be, this still is not a very satisfying characterization. It is like the famous definition of a chicken as “an egg’s way of making another egg,” leaving out the cackle (and much else).

The word “flower”, in everyday use, carries strong connotations of bright color, attractive shape, pleasant aroma, and so on, and these are the characteristics that generate sales at local nurseries or – by printed proxy – through seed catalogs. But the individual who arms himself or herself with a standard wildflower identification guide and sets out in an effort to put a name to the flowers to be found beyond the comfortable confines of the garden soon comes to a rude reality. While some of the voluntary blooms to be found sprouting along the roadsides, across the meadows, and beside woodland paths may in fact be large, showy, and easy to match with listings in the field guide, there are likely to be many more observable plants that bear small – even tiny – blossoms, in less brilliant colors. Some of the specimens may be quite obscure – the flowers might be described in the guide as brown or green in color, and the structures illustrated in the book might be hard to reconcile with one’s conception of what should be called a “flower”.

But the structure borne by the plant on the ground produces a seed, and the plant will survive and will be found growing in that habitat year after year after year. It’s a flower, all right. A close look (with a hand lens, perhaps) may disclose a small gem, every bit as attractive as the larger blooms we treasure. Or not – under any magnification there is not much to admire about the flower of a three-seeded mercury except its name!

It is not impossible while hiking to run across a single specimen, or even a whole patch, of what can clearly

be called a *flower*. but which is also clearly not included among the varieties listed in the field guide. This leads to consideration of the meaning of *wild* in the term “wildflower”. Especially in areas located not far from civilization, what are known as “garden escapes” can occur – isolated survivals going back to exotic seeds someone once hopefully scattered nearby. The implication of the term is that the specimens are unlikely to succeed in propagating indefinitely (though some garden escapes do become well established and spread through the years). Perhaps the best *practical* definition of a wildflower that can be arrived at is “a flower that no-one planted” – about as good a rule of thumb as any.

But this definition also lets in the humble dandelion, and – sure enough – dandelions are listed in all of the common wildflower manuals alongside their more retiring compatriots. Dandelions are more commonly referred to as *weeds*, however – another category of “flowers no-one planted”. Exactly where to draw the line between wildflower and weed (and why) is a discussion that could use up a good many pages. Some of the species of flowering plants found in typical weedy situations (disturbed soil around buildings, agricultural settings, etc.) may be excluded from a guidebook by the author on grounds of practicality or purpose, but many are likely to be included.

Among wild-flowering weeds that can frequently be spotted during the course of the year is Common Chickweed, *Stellaria media*. This lowly plant tends to



Common Chickweed, *Stellaria media*

spread quickly in overlooked, protected spots, its weak stems, succulent foliage and tiny flowers growing close to the ground. Patches of common chickweed in bloom may be discovered almost any time of year. A close look at

the small flowers discloses an attractive scheme of five whitish petals, each split down the middle, supported by five larger green sepals.

There are a number of frequently-spotted species in the chickweed family, including the slightly larger and much hairier Mouse-ear Chickweed often seen growing in lawns and borders, and the even larger Lesser Stitchwort that likes to thread itself through patches of knee-high grass. Adjust your focus to “small”, and take in this end of the wildflower spectrum too! □

From the Desk of the Executive Director

by Gene Bavis



We are thankful for your support as members, and for those of you who can give a little extra to help fund our operations. Our Annual Appeal was a success. We did reach our contributions goal for this year thanks to your generosity. As the fiscal year (4/1-3/31) winds down, it appears that we

should end the year in the black. Contributions and member dues account for more than half of our budget. A complete report will be available at our Spring Meeting. We hope that you will be able to attend.

While I am in the “thank you” mode, I’d like to say THANKS to several folks who volunteered for various projects recently. Georgeanne Vyverberg has been helping out at the office with various tasks including helping to organize our files. Thanks to Allen Quirk, our database “guru” who has been assisting us in upgrading our record-keeping. Dave Marchner helped us design and develop a pocket-size card to go into Trail Register boxes. While this will be a good reminder for members, it’s meant primarily for those who don’t already belong to the FLTC. It gives a brief description of our trail, “rules” for trail use, where to get maps, and how to join and/or volunteer. We hope that people will pick it up and put it in their pocket. Hopefully, when they get home, they will go to our website or contact us by phone or mail. Thanks to Jen Madrid and Patricia Vanable who have been working on a redesign of our “Map/FAQ” brochure. Susan Collier deserves recognition for entering over 500 names and addresses into a database. These are people who have contacted us either to buy maps/guides or just to ask about the FLT. We will be sending out an invitation for them to become members. Jay Zitter has been contacting the counties along the trail to make sure the FLT is mentioned in their tourism materials and on websites. Thanks to Sigrid Connors of the Cayuga Trails Club who will be coordinating the Tompkins County Hike Series this year. Mary Coffin and all the gang at ADK-Onondaga are coordinating the Spring Weekend, and handling that task for us is very much appreciated. Thanks to all the clubs and individual trail stewards for keeping the trail open and

well marked. Finally, I would like to thank all the Board Members and Officers of the FLTC who go above and beyond the call of duty. I would especially like to recognize our Treasurer, Peter Wybron, our President, Irene Szabo, and our Vice President for Trails, Howard Beye. I can’t believe how many volunteer hours these three folks put in!

We have two new Branch Trail End to Enders! Congratulations to Bob Younger (#34) and David Marsh (#35). Both of these gentlemen are also Main Trail End to Enders, too. In fact all but two of the Branch Trail End to Enders are also Main Trail End to Enders. That means 35 people have hiked the WHOLE THING! Are there more of you out there who just haven’t told us yet?

Have you visited our website recently? We are continually adding information and upgrading it. Our webmaster Joan Young is doing a great job for us. In the first 11 months since we set up the “new” website, over 22,000 visits were recorded on the counter. Check it out (www.fingerlakestrail.org)! The Tompkins Hike Series and the Spring Campout registration materials can be downloaded from there.

As you can see, we have made some major changes to our newsletter. We continue to look for ways to improve on a good thing. I am happy to report that we were able to produce this issue with more pages and color for about the same amount of money we were previously spending. Thanks to Jo Taylor, our editor, for all her hard work in making the transition. We hope you like it. □

*Gene Bavis, Executive Director
gbavis@rochester.rr.com,
315/986-1474 (home)*

FLTC OFFICE HOURS: We are normally open Mondays and Thursdays, 9:30 to 3:30, but there are frequent exceptions, so call ahead if you want to be sure. 585/658-9320



Walking Through Time in New York: #4 in a series

A Ghost Railroad: the Buffalo & Susquehanna by Irene Szabo

At the SW corner of our map M-6 in western Allegany County, there is a 0.8 mile section in maple forest that follows the bed of the Buffalo & Susquehanna Railway. And on Conservation Trail map CT-5 just south of the Erie County Forest a power line crosses Van Slyke Rd and the trail route follows it for 0.4 mile: that linear property once hosted the steam engines of the same railroad. None of us would know it from the Erie County site, but the railbed in Allegany County is an obvious man-made construction and no hiker misses it: walking westward from Higgins we skirt a field within hedgerows grown up, then climb out of a wooded dip to bear right onto a wide ...roadway? It's a firm level surprise in the middle of otherwise trackless woods that gives weary walkers a brief rest, since built-up earthen banks carry the trail across stream gullies while cuts through small hills maintain the nearly level grade.

Why is a railroad here on a hillside, in countryside purely rural for miles, with no other signs of human activity except maple sugar tubing looping among the trees? Why doesn't this railroad follow a logical physical feature like a river valley, like almost every other RR the trail crosses?

Perhaps because the Buffalo & Susquehanna was the last railroad built in western NY, all the easier routes were taken by competitors, for this ambitious line between Wellsville and Buffalo ran only from 1906 to

1916 before it failed for lack of business. Future installments in this series will share the histories of other lines which lasted a hundred years and more, lines our trail crosses in major valleys, but this upstart dream tried to make a go of it cross country, which is why we get to walk upon it today between Swift Hill State Forest and Higgins.



Photo from The Goodyears: An Empire in The Hemlocks, Thomas T. Taber III, pg.525

A typical Pennsylvania log landing, where horses or log-sided slides have brought literally millions of board feet of future lumber. The little locomotive, the loader crane, a few men, and maybe ten flat log cars a day will need more than a month to finish clearing this site and carting the logs to the mill. Notice the extremely temporary rails spiked to crossing logs; this is a classic tramway.

Frank and Charles Goodyear were a pair of ambitious brothers from Buffalo (born in Groton) who made fortunes cleverly tapping the vast forests of north central Pennsylvania, which had remained unlogged on any large scale until the last of the 1800's, unlike other forested areas of the northeastern US, because of the logistical impossibilities of getting logs out of the mountainous woods. In the 1870's they started buying tracts of forest, building sawmills, and building railroads to carry the trees that were cut by the millions. Their first rail venture, the 1885 Sinnemahoning Valley, was created to carry sawn products in river valleys to other nearby existing railroads like the Pennsylvania RR's forerunner and a

branch of the NY Central from Corning. The Buffalo and Susquehanna was the overblown name of their 1893 enlarged version of the SVRR, even though its several branches didn't reach any further north into NY yet than border towns Wellsville or Addison.

Beyond the reach of their “real” railways, temporary lines were built up every side valley in order to bring out the logs as they were cut. These “tram ways” were often only rails spiked to a pair of fat parallel logs, or even wood rails! Trams were removed as crews finished each area. Any of you who has hiked portions of Pennsylvania's Susquehannock Trail or the North Country Trail in the Allegheny National Forest has experienced remnants of these short-lived railways: odd graded stretches curve up narrow stream valleys, sometimes featuring faint parallel ridges in the moss underfoot left over from crossties, and there are occasional surprises of either gully-crossing banks or cuts through hillsides like we see on map M-6.

The Goodyears built mill after ever larger mill, abandoning both plants and short-lived wild towns as soon as the trees were gone. Their only target was hemlock for the lumber, and the hemlock bark was sold to tanneries, then the hardwoods were sold to subcontractors who built their own planing and barrel stave mills. There was even a final stage of companies

which turned the smallest slash into various chemicals or bundles of kindling for NY City tenement dwellers to start their morning stove fires. All of them used the Goodyears' railroads, which were kept busy hauling log trains daily, both to and from the mills.

Some of those trains faced incredibly challenging rail lines. I'll confess that the engineer's job had never seemed demanding to me, since they don't even have to steer or watch for morons turning left in front of them. But while reading two slender histories of the Goodyear RR's, I learned many a scary story of how skilled engineers controlled their trains (most of the time) under difficult conditions. Many a hill was climbed at unusual grades for rails, and rain on wet leaves could make controlling the train on a long downhill truly frightening, even with a “sand dispenser” in the engine. Several hills of 2300 foot elevations on the Goodyear lines even included switchbacks that a train had to BACK into so that they could gig back and forth enough to gain elevation. Sometimes they backed right off the end of the switchback leg. Sometimes they fell off the tracks when creeks flooded out bridges. Or they'd hit a tight curve too fast and just plain fly off the rails, collapsing following cars upon each other and killing workers. Often the engineer would have to “park” the train on an

incline in order to pick up logs that had been heaped beside the rails: a log would be wedged under the last log car to hold them while the men worked, and the only way to get it unwedged at the end of the day was to bump the cars with the engine and hope to keep control of the suddenly released downhill weight. No wonder engineers were the most respected railroaders.

The B&S eventually went south almost to Pittsburgh, taking advantage of both lumber and coal mines. Those Pennsylvania rails continued their work at least as long as the resources lasted, some of them into the early 1920's, but the topographical difficulties of their hilly northern Pa. lines militated against dreams of



B&S passenger train with engine No. 278 taking water at Springville Junction year 1914.

Steam engines needed frequent transfusions of water to keep the boilers from going dry, plus their crews shoveled out the ash from the firebox periodically (note the pile this side of the water tower) and took on coal. Water tanks like this used to dot the landscape, but are now mostly gone since diesel engines began to replace steam in the 1940's and '50's. There is a concrete base for what was probably a water tank along the busy RR crossing Short Tract Rd. on map M-7... another future story.

The History of the Buffalo and Susquehanna, by Paul Pietrak, pg. 74. Photo from the collection of Frederick Bonke, used with permission of the author.

(Continued on page 22)

Buffalo & Susquehanna ...

(Continued from page 21)

handling large tonnage freight trains, or fast passenger service. But before they ran out of trees, unimaginable millions of board feet of lumber left the hills, cut and sawn by hundreds of employees who lived in towns with furiously busy but short histories. Some of the biggest of them don't even show on road maps today.

While they were still making money in Pennsylvania forests, but recognizing that the resource was limited, the Goodyears expanded into other projects. They bought Michigan ore mines, created a steamship line, and built the B&S Iron Company furnaces on what is now the Union Ship Canal at the Buffalo harbor. Now they had an excuse to build a rail line from Wellsville on the Genesee River near the NY/Pa.border overland to Buffalo, to service their steel plant. Never mind that it was longer than any competing line and couldn't go as fast because the chosen route had so many hills to negotiate. They tried to entice passengers to go on Sunday excursions by building an attraction to rival the Erie RR's popular trains to Letchworth gorge. So just a couple of miles west of the part of their route we walk on map M6 they built an amusement park at Crystal Lake (along what is now NY 98, south of Sandusky). It helped some.

There was never enough business on the line, however, so bankruptcy for that portion of the Goodyear empire was complete by 1916 after only ten years of service. Rolling stock and rails were taken up and sold to Russia, but it is suspected that much of that iron is at the bottom of the Atlantic Ocean, sunk by German warships. Much of the old route still shows on USGS topographical maps, even though the line was so short-lived, probably because its route involved considerable alteration of topography which continues to show on paper and in the field. That ambitious but ill-advised little project sure moved a lot of dirt!

At Hamburg, south of Buffalo, all traces of the line disappear from topo maps, but that's to be expected in areas where massive earth-moving for modern highways, for instance, has left no trace of earlier shapes. The B&S had a right of way through the Erie County Fair grounds in Hamburg for the passenger traffic. Besides loads of lumber, coal, and coke coming into Buffalo from Pa., a lot of milk was picked up along the way, and the morning train would also bring students into Buffalo for school.

From there south and east to Arcade (southern Wyoming County), a lot of the route is discernible now only because a clever power company bought that linear property and put lines upon it. Around Arcade a short remnant of the Attica & Arcade RR still runs on rails that were shared with the B&S, but little remains south and east of there other than snatches of railbed. On a fun day driving around in winter sunshine searching for ghost RR's I found at least three spots where people have built the driveway to their woodland "camps" upon the built-up banked bed that crosses a road and once carried the rails level into land that slopes steeply away from the road. Farm lanes, more power lines, driveways, even cabins and garages all perch upon the berm built back in 1906.

The 1840 ft. summit for the NY portion of the Buffalo & Susquehanna is just west of our 1720 ft. M6 trail portion, and she crept downward from there, curling around hills and slanting across valleys in order to descend southeast to the Genesee River gradually. East



Irene Szabo

Map M-6, FLT descends from Swift Hill State Forest onto B&S railbed, looking eastward. Steph Spittal and Sandy.

of Rushford just off our map M5 is Rushford Lake, an artificial lake surrounded by cottages, created by a dam in 1929. Immediately downstream of the dam Caneadea Creek runs at the bottom of a 200 ft deep steep defile, and the RR simply had to cross that gorge in order to remain at a manageable grade. Its approach on each side was cut down into the top banks 25 ft but still the steel trestle was 189 ft high and 740 ft long, elevation almost 1500'. Possibly some of the thirty concrete piers remain at the bottom of that forested gorge, but all that remains visible from the top is the depression cut for the approach to the edge, now directly below somebody's summer cottage. Lake and Dam Roads from NY 243 to the dam were once the B&S bed.

The rail line eventually descends 400 feet along 15 miles from our trail portion, not a big descent but a whole lot of earth-moving and curving about were required to keep the grade endurable. A few miles south of the gorge bridge the RR formed a horseshoe 1000 ft. long and 65 ft. high in order to cross Crawford Creek's valley, inland from Oramel on the Genesee River. That long creation was built entirely of dirt fill, with a concrete culvert for the creek, with the rails at 1400' elevation. In a couple more miles the B&S at almost 1300' went under the high embankment of the Erie RR, now also gone and the subject of a future article where we touch its route on map M-7 on the east side of the Genesee. The Erie had just flown over the 1230' river on a massive long, high bridge at about 1380 ft. elevation, then headed south just inland from Belfast, where the B&S cut under it shortly before it crossed over the Pennsylvania RR and what had been the Genesee Valley Canal (yes, more future articles) on what is still visible as a curving built up embankment immediately west of the village of Belfast. What a busy and smokey place little Belfast must have been at one time, and how I wish I could listen to a sound track of just one afternoon's worth of three railroads' whistles, bells, chugging, clacketing, and steam blows.

Much of the B&S route is wiped out south of there as it travels along the west side of the Genesee River, especially where NY 17, now Interstate 86, was built across, thereby obliterating the B&S junction with the Pittsburg Shawmut & Northern, that railroad which formed the horseshoe embankment and a section of FLT east of Swain on map M8 featured in the first article in this series. However, anyone driving NY 19 south from Interstate 86 toward Wellsville can often see the linear lump that was the Buffalo & Susquehanna, and later the Wellsville Addison & Galetton which kept alive the RR from Wellsville into northern Pa. until 1979. The WAG is now a

recreational railtrail southward from Wellsville.

While the B&S was the last rail built into Buffalo, and the first to go under, the Goodyear family did learn from history. In 1901 they began purchasing even larger tracts of pine in eastern Louisiana, not far above New Orleans, where they not only built railroads to connect their new sawmill and paper plant to existing lines, but also created a city with every feature a town should have for a long and stable life. This time they planted replacement trees as they cut, and Bogalusa, La., the city they created from nothing, is still on the map today. □

Linda's Kinder, Gentler Hikes Go To the Catskills' Long Path!

Linda's kinder, gentler hikes will spend this year on the Long Path. The Long Path hikes will begin at the George Washington Bridge, just north of New York City, and end at the Denning Road intersection with the Finger Lakes Trail. Most hikes are 8-10 miles in length, and at a slightly slower pace. Learn more about the Long Path, and order maps and hiking guides for the Long Path at <http://www.nynjtc.org/trails/longpath/>. Linda and Jim Chambers are co-leaders for this series. We will provide lodging information for each segment of the hike.

Contact Linda at lls_roch@yahoo.com or call 585/288-3359 for more information. Contact Jim at 315/589-8500, or jamesechambers@hotmail.com.

Note: Hikers who wish to join any or all of these hikes should confirm their attendance by the previous Wednesday of the weekend of the hike.

<u>Weekend total</u>		
Apr 24, 25	Maps 1 & 2	19.4 miles
George Washington Bridge to Tackamack Park		
May 22, 23	Maps 2 - 4	19.5 miles
Tackamack Park to Mt. Ivy Commuter Parking Lot		
Jun 12, 13	Maps 5 & 6	19.5 miles
July 10, 11	Maps 7, 8 & 9 to 4.2 mi. mark	22.3 miles
Jul 24, 25	Maps 9 & 10	19 miles
Map 9, 4.2 mile mark to Map 10, 4.9 mile mark		
Aug 14, 15	Maps 10 & 11	21.1 miles
Map 10, 4.9 mile mark to Map 11, 9.05 mile mark		
Labor Day Weekend (3 days)		38.4 miles
Map 11, 9.05 mile mark to end of Map 13		
Oct 9, 10	Maps 14 & 15	17.7 miles

Linda has been leading "kinder, gentler" hikes for a number of years as an individual member inviting others to join her.

Tompkins County Hike Series

by Sigrid Connors

And the beat goes on... stepping through the beautiful towns of Caroline, Danby, Ithaca and Newfield (FLTC maps M-16 to M-19). The Cayuga Trails Club (CTC) in partnership with the Finger Lakes Trails Conference is sponsoring the next Cross-County Hiking Series through the rugged hills and gentle valleys of Tompkins County. We have planned six Saturday hikes from May through October 2004 to help you cross approximately 52 miles of this jewel of the Finger Lakes.

Similar to the Chenango and Cortland cross-county series, you will have the opportunity to park at the end point of each hike and then ride busses that will whiz you and your gear to the starting point of each hike. Enjoy your own bag lunch while meeting new and old friends on guided hikes. 'Sag' wagons will meet you at crossroads with water, encouragement or a ride to your car if needed. The hikes will culminate with a celebratory picnic and embroidered patches for those who finish the county. If you have never hiked or are new to hiking this hiking series will help you gain the confidence to tackle many miles down the road. The hiking series draws many experienced hikers and "end-to-enders" (those who have already hiked all 560 miles of the Finger Lakes Trail). You'll have the opportunity

to ask others about what hiking gear works for them and to learn of many other CTC and FLT activities.

So set aside May 8, June 12, July 10, August 14, September 11 and October 9th. When you register and pay the meager cost of \$25 per person (\$20 for willing teenagers) you'll receive the hike plots and strategic meeting places. Do not send money yet! To receive registration material and general information contact the FLTC office at information@fingerlakestrail.org or 585/658-9320. When requesting registrations please let us know if you would like it sent via email Word attachment or by paper mail. Registration forms are also available for download from www.fingerlakestrail.org. And don't wait too long; the registration deadline is April 24, 2004.

The Hike Across Tompkins County was last sponsored in 1992 under the tutelage of Tom Reimers. This time the CTC is pleased to carry on the grand work that Marie Inglee, Irene Szabo and many others put into the recent Chenango and Cortland cross-county hiking series. Interested? Questions? Want to help in a small or large way? Offers for sag wagon drivers and hike leaders for the nature-appreciative, leisurely, temperate, and swift groups can be sent to Coordinator, Sigrid Connors, sconnors@twcnny.rr.com or call at 607/898-4163.□



RWW Taylor

Wood anemone

*Wildflowers are
guaranteed on the
Tompkins County hikes.*

*Kids, find two mosquitoes
in this picture!*

Trail Topics...

(Continued from page 17)

moving trail off part of the service road into a wooded area in Bear Creek State Forest and other general trail improvements on map M-4 from NY Route 242 to Portageville on map M-6. Work is also anticipated to the west of Swain, NY on map M-7.

Crew #2: August 16-20, base campsite tents to be established in Shindagin State Forest map M-18 east of Ithaca. The crew will construct a replacement lean-to for the existing Shindagin Lean-to in the state forest.

Crew #3: September 20-24, base campsite tents at Taylor Valley State Forest on map M-21 east of McGraw, NY. They will construct a 60-foot wood truss bridge in the Cheningo Day Use Area of the Taylor Valley State Forest.



Billy Matolka's Eagle Scout service project this past fall. A half to three-quarter mile section of trail was rerouted, along with the construction of a new plank bridge, on FLT Map 27, just west of NY Rte 8 and the crossing of Cold Spring Stream. It is about 5 miles east of Oquaga Creek St Park between Deposit and Masonville. The two people in the photo are Bill Matolka, Sr, and Susan Blumberg.

Former ALLEY CAT Trail Crew members will have received an announcement and application by the time you are reading this article. Other interested persons may request an announcement and application from the FLTC Trail Operations Office at fltc@frontiernet.net or 585/288-7191. Since food and lodging space is being provided, preference is given to those who will be staying for the entire week, but if room is available, shorter days of participation are possible. Individuals interested in working on a crew, but commuting each day, are welcome to sign up for as many days as desired.

Attention Scout troop leaders, youth group leaders and family groups

Have you ever thought of a trying to complete a series of hikes when you wanted to do them and at your own pace? As many of our long time readers of the *FLT News* will remember, over the last decade or so, the Finger Lakes Trail Conference has most years conducted a very popular hike series which has generally covered a county or two in seven or more hikes, depending on the mileage.

Here is the deal. The FLTC has prepared descriptions of the nine hike series conducted over the past 13 years, including the FLTC maps needed, starting and finishing points of each hike series, a form to record your hikes as you complete them and other helpful information. Participants can determine how long they wish to make each of their individual hikes in a series.

The FLTC has available, for those who complete a hike series, a different embroidered patch for each of the nine hike series, at a nominal cost. To help us keep an adequate number of patches in stock we ask those who plan to take on a hike series to contact the FLTC Service Center in Mt. Morris and let us know at least two months ahead of completing the series your name, the hike series name, and the number of patches you expect to purchase. The Series Hikes are as follows:

Bristol Hills Branch	55 miles
Cattaraugus County	85 miles
Across The Genesee	64 miles
Steuben County	68 miles
Schuyler County	49 miles
Tompkins County	63 miles
Cortland-Tioga Counties	54 miles
Chenango-Madison Counties	77 miles
Delaware-Sullivan-Ulster Counties	106 miles

Interested in becoming a Trail Sponsor or occasional trail worker?

The FLTC maintains a list of members and friends who have an interest in becoming involved as either a Trail Sponsor (adopter of a section of trail) or an occasional trail worker. If you wish to be contacted when an opening occurs for a Trail Sponsor or there is a need for trail workers, please contact Howard Beye, at the FLTC Trail Operations Office, 585/288-7191, fltc@frontiernet.net or 202 Colebourne Road, Rochester, NY 14609. □

The American Chestnut

by Irene Szabo

I will cheerfully credit the Finger Lakes Trail for bringing me into contact with many features of our outdoors world that I had been missing for the first many decades of my life. Well into the 1980's I still didn't know any spring wildflowers or one tree from another. But like many things in the woods, knowledge just sneaked up on me, the more time I spent there. I kept blazing trail-side trees and pretty soon I knew them all just by their bark. So for ten years now my email "handle" has been "treeweenie" for good reason: I have gone goofy for trees.

One that still excites me unreasonably when I chance upon it along the trail is the chestnut, just because it isn't supposed to be there any more. We read that it was once the dominant tree in our northeastern forests until, that is, an imported blight killed it off wholesale in the earliest 1900's. None of us alive remembers those reportedly huge trees, alas, or knows what a forest full of them would look like.

However, it continues to survive underground, and can re-sprout a whole new tree from those roots. Most of the sprouts succumb to the blight before they mature enough to produce seeds, but more and more maturing trees are being found, which is the point of the Chestnut Foundation solicitation on the opposite page. Rather than permitting that organization to send material to each of our members, the Board voted to grant them a page in our magazine this one time, in order to urge you to locate successful growing examples of this handsome tree for those people trying to bring the chestnut back.

Once I learned to recognize and cherish chestnuts, I began to see more and more of them along the trail. Right at the Steuben/Schuyler county border and edge of state forest land east of Sexton Hollow Road on map M-13, there is a group of them, discovered by their

very prickly burs on the ground. Along the Huckleberry Bog Nature Trail I have been watching one sprout grow into a nice young tree for a decade now, and there are probably some of those 14" DBH award-winners along the southwest edge of the bog itself, on state land. The Bristol Hills Branch Trail just northwest of Hammondsport has at least four on private property that approach this size, discovered once again by burs on the ground in the fall. Since I am not over 100 years old, obviously I am not familiar with mature chestnut bark, so hadn't known what to look for until those prickly blobs told me to look UP in order to find the distinctive sharply-pointed leaves.

Just ONCE I even got to see the fabled huge blossoms that appear in July at the very top of chestnut trees. Where the trail tiptoes along sandy ridges above the Genesee River, east side, just south of Whiskey Bridge south of Portageville (map M-6, Livingston County) the sandy steep hillside keeps shearing off and letting whole chunks slump straight downward, so one can actually look down and see vertical tree trunks with intact blazes on them, from a vantage point of the current trail above. Seldom does one get to see the treetop blossoms on this rare tree, but this is the one spot where I know we can look down upon them in July. They are huge cones of smaller white flowers, a spectacular visual treat reserved normally for the crows and hawks.

The chestnut spots I have come to know and look forward to visiting again each year are yet another reason I am so grateful for this pathway into the hinterlands of NY. The trees mentioned above that give us a peek at their blossoms are on private land, giving us reason once again to be limp with gratitude to our permitting private landowners. I wonder if that owner knows he or she has such treasures. □

A Hike through the Beautiful Bristol Hills

The Annual Wally Wood Hike, Saturday May 8, 2004

Matt Underwood, FLTC Hike Coordinator

This year the Wally Wood hike, named for the founder of the trail conference, will be an 8.1 mile romp through the gorgeous hills of the Bristol Hills Branch Trail. The hike will start at the north end of the branch in Ontario County Park and will proceed from there to access 4 on Seman Rd. This is a great opportunity for those aspiring to hike all the branch trails to get some miles in. The start time will be 9:30. For more information, contact Matt Underwood 585/458-2095. Hope to see you there.

The American Chestnut Foundation

You may earn a \$ reward and do a good deed, too!

Probably most Finger Lakes Trail Conference members are aware that the once prolific American chestnut tree is almost extinct. However, some trees still exist, some as isolated trees, others as stump sprouts.

Your reward: Now, the New York State Chapter of the American Chestnut Foundation, Inc. (TACFNY) is offering a monetary reward for those finding an American chestnut over 14" DBH (Diameter at Breast Height).

And the good deed: When identified as a true American chestnut, seeds will be collected, if possible, for planting in TACFNY's seed orchards. There, they will become "mother" trees to be bred with blight-resistant pollen when TACFNY's research is completed. Then, reforestation can begin... the ultimate goal.

\$50 or \$100 per tree: During 2004, TACFNY is offering \$100 for the first 10 trees found over 18" DBH and \$50 for the first 10 trees over 14" DBH. They must be found in New York State and not previously recorded by TACFNY. It is necessary also that the property owner allow accessibility for identification, pollination and/or seed collection.

Identification: Prickly brown burs on the ground are often the first indication that an American chestnut may be nearby. If open, burs would measure about 4" across. The leaves are 6 to 9 inches long with pinpointed teeth. For more information, write for our "Identification Bulletin" to the address given below for "Questions". Also, you may visit TACF's website at www.acf.org.

To claim your reward: Send a twig with a few leaves from different areas of the tree to: Dr. Richard Zander, Missouri Botanical Garden, PO Box 299, St. Louis, MO 63166-0299.



American chestnut leaves have distinct teeth. The angle is acute at both the tip and stem compared to Asiatic species. Essentially hairless.

Questions: Contact Herb Darling, TACFNY President, 131 California Dr., Williamsville, NY 14221, phone (716) 632-1125. E-mail: hdarling@hfdarling.com.

Your TACFNY Membership will bring rewards in the future.

PLEASE JOIN US!

Membership dollars go to the blight-fighting research conducted both by the New York State Chapter as well as the national TACF. And, if you are so inclined, you can lend a hand in your NY State District in multiple outdoor tasks such as gathering American chestnut seeds, planting and maintaining seed orchards...plus the ultimate reforestation.

MEMBERSHIP APPLICATION

Enclosed is \$40 for Regular Membership in TACF. Also enclosed is \$_____ in support of TACFNY's activities. Total Amount \$_____

Name _____

Address _____ Apt. _____

City/State/Zip _____

Telephone _____ Email _____

Make check payable to and send to: The American Chestnut Foundation, 469 Main St., PO Box 4044, Bennington, VT 05201-4044.

Membership includes subscription to The Bark and Journal of the American Chestnut Foundation and enrollment in the New York State Chapter. The Chapter publishes The Bur, and helps guide research in CESF. NY State is composed of nine districts for local involvement. TACF is a 501 (c) (3) non-profit organization. Except for the member services portion of your contribution at \$15, your gift is deductible to the full extent allowed by law.

President's Message...

(Continued from page 3)

consider what satisfying (and fun) work gets done by your board!

Serendipity

And finally, just have to share with you a cosmic intersection today, even more serendipitous than the time I ran into Ruthie Pryputniwicz on a trail in Arizona after meeting her a few years before in western NY. You all remember that article, of course, ha. This time I was talking for the umpteenth time to one "Sue" at the alarm service the Mt. Morris Dam uses for all the buildings, including ours. We seem to set off the alarm more than the average customer, alas. Now all she knew about us was that we were the tenants of "the white house" and she was to call some "Irene" if there was an apparent intrusion. This time I called her, a reversal of the usual procedure, and identified myself as calling from the Finger Lakes Trail Conference.

There was a pregnant pause. Finally she explained her utter surprise: "I'm Erv Markert's daughter!" All these two-plus years we have been talking to this pleasant but anonymous "Sue" and neither of us knew the real identity of the other! She didn't even know that the FLTC now had an office outside of Howard's basement, but she had grown up with the trail management office in HER father's basement! Erv had been editor of the newsletter for some years, too, so he was the legendary predecessor to Howard's ongoing dedication. How utterly perfect that Erv's daughter Sue now watches over our building and its contents through her company's electronic sensors. I feel better already.

□

Irene Szabo
6939 Creek Rd, Mt Morris, NY 14510
585/658-4321 (fax -4438)
treeweenie@aol.com

Rufus Perkins, Remembered by Edward J. Sidote

On January 2, 2004, my hiking partner of many years, Rufus Perkins, passed away in Lebanon, Ohio, where he had moved from Norwich about a year ago. Rufus was End to Ender #4. We finished together on September 29, 1990, on CR 13 at the trailhead just north of the Hickory Hill Campground, near Hammondsport on map M-12.

Rufus and I had been chipping away at the FLT in counties adjacent to our county, Chenango, and one day he informed me that we had completed over 250 miles of the main trail. He suggested that we hike the remainder so we spent a week's vacation in Watkins Glen and another week in Allegany State Park. We filled in the rest by hiking Friday afternoon, Saturday and Sunday, and Monday if it was a holiday. Finally, with George Probst as our car spotter, we finished the main trail in 1990.

Many of you may remember Rufus from hikes he led, work weeks he participated in, work trips in Chenango and Cortland County, and club work days. For many years he was also the trail steward for the section from Warner Hill Rd. to Truman Hill on map M-22 in Chenango County. The trail register he built and installed near Warner Rd. remains, although slightly chewed by porkies. The two of us cut up many deadfalls with his chain saw. Many times we did this nights after work. A discussion at Irene Szabo's house during our End to End hikes planted the seed that ultimately grew into the popular and successful Cross County Hike Series.

Rufus introduced me to the High Peaks in the Adirondacks and together we backpacked half of the Northville-Lake Placid Trail. The other half we did on weekends and holidays. He loved the mountains and introduced numerous hikers and Scouts to them. He was very knowledgeable as he had hiked many of them alone after WWII. He loved the out of doors and hiking. All of us who hiked and worked with him will miss him very much, especially his dry wit.

End-to-End Update

by Edward J. Sidote
FLT End-to-End Coordinator

End To Enders

The total number of End to Enders remains at 171 as there were no additions since October, 2003. The following are additions to the list of End to End aspirants:

Karen Luciani, Hamilton
William Galbraith, Webster
Carol Morris, Dryden
Sharon Wheat, Brockport
Lee J. Parks, Corning
Carrie French, Avoca
Chris Hoffpauir, San Antonio, TX

I also removed one name from the list: Joel Hardin of Athens, PA. I have been corresponding with a backpacker in Virginia and should receive his End to End Questionnaire soon.

Car Spotters

There have been some changes to the Car Spotter list. These names were added:

Ken & Margaret Reek, Churchville
Phil Dankert, Ithaca

Beverly Green of Arcade has been removed from the list.

End to Ender List revision in progress

I sent out nineteen emails to email addresses provided on End to End Questionnaires and double-checked them against the FLT email database. Of these five were rejected immediately as incorrect. For several emails I was unable to tell to whom the message was sent as the address was not listed in the rejection notice. So far I have mailed Progress Report forms to five End to Enders that I have not heard from for up to three years. I would appreciate it if you would respond soon to my email or letter. Thank you.

If your email or mailing address changes, please notify the Service Center so they can update their records. As Gene Bavis stated in a recent email, the Post Office charges for returning our newsletters.

End to end information updates

The name of the Dog Dazer store has changed to DeVal Safety from The Home Safety Store as listed on my Dog Dazer Letter. The mailing address and phone number are still the same as in my letter. I phoned the store in February and was informed that they are again selling Dog Dazers as they were able to get re-licensed to do so. I also received a postcard from a hiker who

found multiple listings for Dog Dazers on the Internet. She bought one for \$35 from www.tesco-shopping.com/dazer.htm

In the Winter 2003 issue I reported that the Dalton Store was closed; however, Irene Szabo informed me that across from the intersection of Rt.70 and Rt.408 from the old store there is a new convenience store/gas station, deli and grille. Thank you, Irene, for driving to Dalton to check this out.

Sad happenings along the FLT

Mrs. Wally Banker

Many of you who participated in the DeWan/ Sidote Group Hikes, other group hikes, and the FLT Outing held at Peaceful Valley Campground will remember the very energetic Mrs. Banker. Her son informed me on the phone that his mother had a stroke and is now at The Roscoe Adult Care Nursing Home, 281 Rockland Rd., Roscoe 12776. She is partly paralyzed on one side. Please take the time to send her a get well card.

Al's Wild Trout Shop

The owner of the Fisherman's Sport Shop passed away several months ago. His shop was at the intersection of Rt. 30 and our FLT route towards Peaceful Valley Campground in Shinhopple. I stopped at the store many times over the years and we became friends. I do not know if the store will remain open. Al helped two of my End to Enders who came down with giardia infections. I will miss seeing him and chatting with him.

Claryville Motel & Restaurant

Eleanore L. Henke, the wife of Gerhard Henke, the former owners of the Blue Hill Lodge in Claryville passed away on Nov. 8th, 2003 at age 71. Many End to Enders will remember Eleanore waiting on tables in the Blue Hill Restaurant. She was a very gracious lady. We enjoyed many delicious German meals in the restaurant, cooked by Gerhard and served by Eleanore. Many of us have stayed in the motel back of the restaurant. I phoned Gerhard to express my sympathy. I regret now that I neglected to visit them at their beautiful home in Grahamsville on one of my many trips to Claryville last summer and fall. Gerhard used to entertain us on the piano after dinner in the early years and later switched to a zither. He was also quite a

(Continued on page 30)

End-to-End Album

Sidote, End-to-End Update...

(Continued from page 29)

philosopher. You can send a sympathy card to him at: Mr. Gerhard Henke, 49 Cornelea Lane, Grahamsville, NY 12740.

Trail Register Notebooks

Please save the notebooks from trail registers and mail them to me, as I read them and answer any questions hikers write in them. By the way, I have substituted pens for pencils in trail registers and find them much easier to read. Give it a try.

Happy Hiking!

Edward J. Sidote

5 Clinton St., Norwich, NY 13815-1903
607/334-3872

ejsidote@mailstation.com (at my home)
jcaezza@adelphia.net (for attachments and photos)

Editor: You can now email Ed directly at his home using the above mailstation address, but attachments and photos must be sent in care of his cousin to jcaezza@adelphia.net. If the attached information is intended for inclusion in the newsletter, please also send me a copy at jhtaylor@frontiernet.net.

Snapshots from the Hiking Journal of End to Enders #171

by Jim Connors

I finished the main branch of the FLT on October 26, 2003 and will go down in FLTC lore as #171. Those who join the ranks of "End to Enders" are asked to write about their hiking experience – so here goes.

My first Finger Lakes Trail hike was on April 28, 2000, on the Conservation Trail. Friend John Andersson had been persistent in his invitations to go hiking and I finally decided to join him at the spring 2001 FLTC gathering in beautiful Ellicottville. Comradeships were quickly formed on the trail with John, Jack VanDerzee, Phil Dankert, Matt Underwood and Vicky and Paul Gaeta. I enjoyed Ellicottville's beauty, the Spot Coffee shop and dancing at the corner pub.

Continuing my novice hiking career in 2000, I joined Jack VanDerzee's cross county hike series of Steuben County and other hikes organized by Linda Sundlof Cruttenden and Jennifer Wilson. John Andersson led a hike where I hit the trail for the first time with my wife to be, Sigrid. The fall 2000 FLTC meeting was at Letchworth where I learned about drying wet hiking shoes on our cabin's oven door. It was here that the

(Continued on page 31)

Sigrid Connors



Jack VanDerzee and Paul Gaeta carrying Jim Connors the last 10 feet of his final hike. ("Of course I went back and actually walked it!" Jim says.) This has become somewhat a tradition for this group of end to enders.

Connors, #171...*(Continued from page 30)*

legend of “Jack the Muffin Man” was born, and where I met “Gus”. Gus is the name that Warren Johnsen and I gave to an exuberant young boxer who energetically followed us on a six mile hike. We had to talk Jack into giving the hopelessly lost dog a ride home. Yes, 2000 was the start of a wonderful hiking career. I had been bitten by the hiking bug.

The year 2001 brought a cross county hike of Chenango County. I met a guy named Ed Sidote on my first hike of the series. He met us at every road crossing for the entire county. We all became familiar with Ed’s Suburban’s horn as he would use it to signal the large vehicles passing through a corner. The FLTC is truly blessed to have a person of Ed’s generosity with time and talent. THANK YOU, Ed!

I got serious in 2002 about knocking off the miles by doing many independent hikes, two different county series and the spring/fall FLTC led hikes. Sigrid and I even spent a few days of our honeymoon hiking maps M-1 and M-2. We bit off 16 miles and three mountains of M-1 in one day in the high humidity and heat of August. The hike got really quiet near the end as each step became a challenge. I think I dodged a bullet as we are still happily married!

Now finally on to 2003... Ed Sidote let me know that I had better get in gear as he is not getting any younger and he wanted to see me finish. Taking his hint, I planned a hiking schedule that took me through Cortland County, the Catskills and the many “gaps” along the trail that I needed to fill. My final hike was attended by John Andersson, Jack VanDerzee, Marsha Zgola, Jennifer Wilson, Scott Lauffer, Sigrid Connors, Vicky and Paul Gaeta, Jay Zitter, and Joan Jedele. We had a wonderful wine and snack party at the trail head after the hike on South Road on map M-18.

So what did it take for me to finish the trail? It took 63 hiking excursions which spanned 252 hours and 580 miles of the main trail. It took car spotters Suzy Stetz, Vicky and Paul Gaeta, Don French, Ed Sidote, Gary Klee, Marie Inglee, Nancy and Harry from the Adams’ Farmhouse B&B in Downsville, Jim Wheeler and George Probst. It took the FLTC conference programs, the Cayuga Trails Club programs, all of the trail maintainers, hike leaders and all my hiking friends that I would never have met if not for hiking. It took a wife who loves to hike and who pulled me to safety more than once when I strayed into the roadway while gabbing to a friend. A big THANK YOU to all of you! I have many fond memories of my hiking adventures and look forward to many more. □

One Step At A Time**by Carolyn Jacobs, End-to-End Hiker #170**

One or two segments, perhaps; that’s the way I looked at it in the beginning. I thought my hiking partners were crazy to want to walk all the way across New York State. But as time went on, I didn’t drop out as I thought I would. The sweet smell of the earth and the exhilaration of finishing yet another segment got to me, and there was no turning back.

It’s not as though I was a complete stranger to the outdoors. As I am a birdwatcher, I had been on many hikes, and had done some camping during my college years, but this was something entirely different. I soon learned it was all about paying attention to the goal—getting to the endpoint for the day while taking it all

in. Along the way, I enjoyed the sights, sounds and ever-changing tapestry of our planet as it passed beneath my boots, one step at a time.

The scenery was inspiring—from mountains to valleys and everything in-between. Waterfalls, streams, meadows, boulders and trees, each with their own unique beauty, graced the landscape as I hiked along. And if that wasn’t enough, wildflowers, mushrooms, birds, ferns, and red efts too numerous to count added to the colorful mosaic. Getting to the trail was part of the experience, as well. It was fascinating to see the changes in topography as we traversed the state, and to see the towns and villages we passed by.

(Continued on page 32)

End-to-End Album

Jacobs, #170...

(Continued from page 31)

I did the entire trail in day hikes except for one time—my first backpack experience. Let me just say here that it pays to have a partner who knows what she's doing. She made me get rid of one quarter of what I had packed and it still weighed 37 pounds. (I have since trimmed that down with lighter equipment!) But it was all worth it, if for no other reason than to hear the night sounds. That evening in July at Cold Spring Lean-to there was a performance by the wood thrushes that was exquisite. Starting slowly with call notes at dusk, the chorus intensified with familiar flutelike songs coming from every direction until it ended at nightfall quite abruptly, as though on cue.

One day, while hiking on map M-12 through Irene Szabo's campsite (near Keuka Lake), my partner and I had quite a surprise.



David Marsh

It was a hot day in early June, and I heard a warbler I could not identify. As we stalked the elusive songster, we nearly stepped on a fawn that must have been born that day or the day before. What a thrill. My partner quickly snapped a picture and we withdrew, after pausing to gaze upon its sweet innocence for just a moment. During this brief distraction, the warbler continued to sing, but alas, I could not find him. As we began to leave, I finally saw it, perched in one of the taller trees, but I still could not identify it by sight. Only after listening to a bird song CD, was I able to determine that it was a prairie warbler. It was a life bird for me, and I will not soon forget where I heard that song. Thanks to Irene for providing the Prairie Warbler habitat that made us pause and experience the wonder of a new life.

On another occasion, when my partners and I were camping at Bowman Lake State Park, we were all tucked into our tents and everything had been quiet for some time when I suddenly became aware of the faint sound of "sniffing" outside the tent right next to my head. Judging by the rapid rate of respiration, I knew I was not in any peril, but it did cross my mind that the little nose might belong to a skunk. I held my breath for a long time in an attempt to remain undetected, my heart beat now sounding like a bass drum. Whatever

critter it was went on its way, without attempting to visit me.

Winter hiking is an altogether different journey. Snow is the canvas upon which the shadows fall, painting a picture of infinite beauty in shades of gray, white, brown and blue. Another image that comes to mind is the stand of Norway spruce in Bush Hill State Forest on map M-5 in Cattaraugus County after an early winter snow shower. Hours later, the treetops, now exposed to sun, released tiny, sparkling parachutes of ice to fall through shafts of sunlight into the cathedral below—a sight of breathtaking beauty. Punctuated by the call of ravens or the happy song of a chickadee, a day in the winter woods can be magical, but exhausting, as well. Snowshoes or not, each step requires much effort.

I am deeply indebted to the people who hiked with me. David Marsh got me started; his enthusiasm and support were instrumental in my decision to continue to the end. David, Bob Younger, Jean Bub and I logged many miles and shared many smiles. Along the way, Ruth and Dan Dorrough and Kevin Millar helped out, as well. To those who had the foresight to establish the trail and those who dedicate time to maintain it, I thank you for this wonderful adventure. □

Edward J. Sidote



Carolyn Jacobs, #170

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Finger Lakes Trail Conference, Inc. Calendar of Events

April 30-May 2 **Annual Meeting of the Finger Lakes Trail Conference. Toggenburg Ski Resort, Fabius, NY. See pages 4 - 7.**

May 8 Wallace Wood Founder's Hike on the Bristol Branch Trail. For more information, call Matt Underwood, 585/458-2095.

May 14 Deadline for submitting material for summer issue of *Finger Lakes Trail News*. See box on page 1 for instructions.

May 15-16 Conference Work Weekend, Sugar Hill State Forest. For information, contact Howard Beye (585/288-7191 or fltc@frontiernet.net)

June 5 **National Trails Day.**

June 14-18 Alley Cat Crew #1 based at Camp Sam Wood. See Trail Topics on page 16 for details.

August 16-20 Alley Cat Crew #2 based at Shindagin State Forest. See Trail Topics on page 16.

September 20-24 Alley Cat Crew #3 based at Taylor Valley State Forest. See Trail Topics on page 16.

September 24-26 **FLTC Fall Campout** at Frost Valley YMCA in the Catskills. Save the date.

Linda's Kinder, Gentler Long Path Hikes. Contact Linda Cruttenden (lls_roch@yahoo.com, 585/288-3359) or Jim Chambers at (315/589-8500,

JOIN THE FINGER LAKES TRAIL CONFERENCE

Name _____

Address _____

City/State/Zip _____ County _____

Phone (____) _____ Email _____

Make your check payable to the Finger Lakes Trail Conference and mail to 6111 Visitor Center Rd., Mt. Morris, NY 14510 along with this application.

Annual dues (Membership year runs from April 1 to March 1. Dues paid after December 31 will be applied to the next membership year.)

Individual.....	\$25	Contributing: receives enamel pin
Family	\$30	designating contributing level
Student (full-time; give		Pathfinder (emerald) \$45
permanent address)	\$15	Trailblazer (ruby) \$75
Youth organization	\$15	Guide (diamond) \$100
Adult organization	\$35	Life (individual) \$350 (family) \$500
Business/Commercial (includes a listing on the FLTC website)		\$75

Niagara River and Niagara Falls

Special Places on the Finger Lakes Trail
Ken and Margaret Reek

Did you know that one of the natural wonders of the world can be found right on our own Finger Lakes Trail system? It's true – Niagara Falls is at the end of the Conservation Trail! You can combine hiking or biking with world-class sightseeing in one visit, so bring your camera.

This hike is 4.5 miles one way and takes you from the north Grand Island Bridge to the Rainbow Bridge. The trail in this section was recently moved off a road that was away from the sights and onto a bike path adjacent to the river. This makes the hike much more enjoyable giving you constant views of nature in an urban setting. The path is flat and paved, making it ideal for a trail-friendly hike or bike during mud season (a.k.a. spring in western New York). You can make a longer hike by adding a tour of Goat Island, by starting further south on Grand Island (see map CT-12), or by hiking out and back. You can make this an international trip by going across the bridge and continuing on the bike path in Canada.

We recommend starting at the parking lot on Buffalo Avenue, so the scenery gets more and more spectacular as you hike. The paved bike path is very easy to follow, but don't expect to see the usual blazes (at least as of this writing). The trail follows within sight of the river all the way to the falls, which gives you the opportunity to watch the water, boats, and water fowl all along your trip. You'll pass the water intakes for the power authority and a wild life viewing area. Before long the nature of the river starts changing – up to now it has been fast moving but calm. Soon you start seeing a few small rapids, and you'll begin to hear the larger rapids. Eventually you'll pass under the bridge that leads to Goat Island, and the river is going mad – in places it looks like the water is flowing backwards because the rapids are so violent. The hike ends at the American Falls, where you are standing just a few feet from the water; if your arms were just a little longer you could reach out and touch the falls themselves! You can walk out on the Rainbow Bridge to get some views of the Horseshoe Falls on the Canadian side; be sure to bring appropriate identification so you can get back into the country.

On this hike there are no fences to mar your view until you are very close to the Falls. This makes for marvelous views and pictures, but means that you need to be especially vigilant if you plan on traveling with pets or small children. The river moves very swiftly along the entire course of this trek, and if someone fell in, rescue would be almost impossible.

We hiked this in winter – and the weather may still be wintery when you get this newsletter. The falls in winter is quite special as spray covers everything in coating of glistening white; unfortunately this

includes the walkways, so you'll want ice walkers or footwear with some traction. We listened to the ice on the river boom as it broke apart and watched the sheets of ice slide over one another before breaking up in the rapids. When we hiked this in January the two ends of the route were plowed but the middle wasn't. The park near the falls has paved and plowed roads and paths that you'll have to cross, so if you decide to snowshoe or ski you may have to carry them for a while. We felt like idiots carrying our snowshoes on a plowed path, but were very glad we had them when we got to the middle section.



Here are the directions for parking and setting up a car shuttle for the one way 4.5 mile hike. We'll assume you're coming from the south, as 99% of the people will be. Take I-290 North over the Grand Island bridges and follow the exit for the Robert E. Moses Parkway which is just after you cross the northern bridge. Follow the signs to Niagara Falls and the Rainbow Bridge. You can park in the New York State parking lot near the bridge for \$10. We found limited two-hour free parking along the street next to a parking garage. If you plan on spending the day, you should plan on paying for parking. Drop one car at this end of the hike. Then drive back down the Robert E. Moses Parkway and get off at Buffalo Avenue. Go east on Buffalo Avenue a short distance and just past the bridge you'll see an apartment complex on the right with a driveway and parking lot. If you look closely you'll see some bike path signs. The drive into the parking area has a loop, and the bike path starts off the loop – it is marked with bike path signs so it should be quite obvious when there is no snow. Keep the river on your left and in a few miles you'll be at the American Falls!

Enjoy the spring, and remember to tread lightly when the trails are wet and muddy, or find alternative trails like this one. □

Finger Lakes Trail Conference, Inc.
6111 Visitor Center Road
Mt. Morris, NY 14510

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