

Finger Lakes Trail NEWS

Summer 2006



Lynda Rummel honored with Wallace Wood
Distinguished Service Award, page 4

"It seems that the hotter the day, the sweeter
the berry..." - John A-X. Morris, in Natural
Connections: August, page 7

President's Message

Openings and Opportunities

The newly formed Bullthistle Hiking Club dazzled over 150 attendees at the Annual FLTC Spring Weekend in Norwich with outstanding organization, an excellent array of hikes, good food, and enjoyable entertainment. Ed Sidote, the current Bullthistle President, Bullthistle founder, and FLTC legend, continues to amaze us with his energy, determination, and dedication to the Finger Lakes Trail Conference. Thanks Ed, Rebecca Hargrave, and other Bullthistlers for a wonderful weekend.

The Spring Weekend also provided the occasion for Irene to pass the Presidential baton to me after nine years as President covering two terms, the first one three years long and the second six. Upon accepting the Presidency I referred to a statement made by Thomas Jefferson regarding comments made about his "replacing" Benjamin Franklin as Minister of France: "...one does not replace Franklin; one can only succeed him." And so it is with Irene: her style is unique and her shoes difficult to fill. The FLTC has flowered during her Presidency, reflecting to a large extent her drive, determination, and leadership. We have a wonderful cadre of volunteers both on and off the trail, and many landowners who provide a corridor for the trail by sharing a piece of their land. The task of the Board of Managers is to continue the organization's growth and maturing process. I look forward to the challenge, and with your help, we will succeed.

Upon accepting this position, as an avid hiker, end-to-end, birder, and one who generally enjoys being in the outdoors, I reflected back on what a wonderful gift our trail is. Wallace D. Wood had a vision in 1961 after hiking the Appalachian Trail and Vermont's Long Trail of a major trail system across New York State. The Finger Lakes Trail is a legacy of his vision and of the dedication of many who followed.

Indigenous people in general, Native Americans in our case, used a network of trails as a necessity of life. They provided avenues to facilitate movement between villages, to reach hunting grounds, and to conduct war. Our trails today have a very different use, although still meeting needs that are very real. Most of us are now generations beyond working with the land and directly with its resources. We exist in an environment created, structured



David S. Marsh

and maintained by man, and many of us long to break out to find a setting that is more natural, an experience that brings us closer to our true roots, a feeling of "belonging".

I see the Finger Lakes Trail and other trail systems providing an "opening", a portal to experiencing what we are unable to find in the man-created structures that confine us from day to day. The experiences we seek are quite varied, as we are diverse, such as hiking a defined distance to achieve a goal, hiking or backpacking for pure enjoyment, physical exercise, developing and using woodsman skills, meditation, restoration, identifying and observing trees, wildflowers, birds and animals, etc. Regardless of our intent, when we step through that "opening", the "gate" closes behind us and we enter a quiet, sensible, beautiful world, and something happens, consciously or subconsciously, to all of us. A Wendell Berry poem I enjoy speaks to me about this internal transformation. See what you think.

*I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things ...
... For a time
I rest in the grace of the world, and am free.*

excerpt from *The Peace of Wild Things*

I am proud to be a part of an organization that provides the "opening" for anyone to experience and enjoy. The "opening" is beckoning. Will you make time to step through? Will you bring others, your children or grandchildren, so that they will know what is there waiting for them to enter? I look forward to discussing our trail and organization with you and to the journey ahead, and suggest that the trail ends only in your mind. Happy hiking.



Are you a Finger Lakes Trail groupie?

The FLTC has an email group (e-group) open to anyone interested. This service can be used to discuss hiking issues, inquire about trail conditions or find hiking partners. Go to the FLTC website (www.fingerlakestrail.org) to sign up.



FINGER LAKES TRAIL NEWS

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Summer 2006

Volume 45 Number 2

Mission Statement

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

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Finger Lakes Trail Conference
Service Center
585/658-9320
information@fingerlakestrail.org

Editor
Jo H. Taylor

Editing Assistance
Sharon L. Galbraith

Trail Topics
Howard Beyne

End-to-End Update
Edward J. Sidote

Trail Medicine
Bob Michiel

Special Places
Margaret and Ken Reek

Wildflowers
RWW Taylor

Walking through Time
Irene Szabo, Tim Wilbur

Natural Connections
John A-X. Morris

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

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"The hike in April was cold (40's) and it drizzled all day. By the time the turtles were done, it was actually raining... it was so funny standing there in the pouring rain taking pictures of the entire group, who obviously had a great time. Hikers were wonderful, with no complaints and just general good spirits."

—Hike coordinator Kim Meacham



Sarah Hoffman

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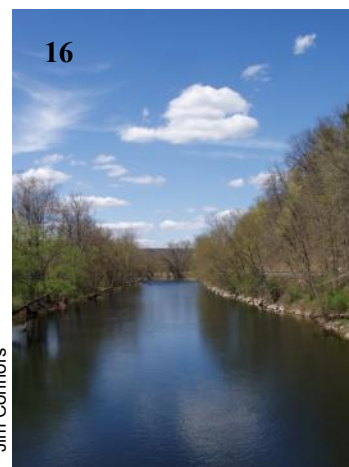
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And on the back cover...

Special Places on the Finger Lakes Trail: Queen Catharine Marsh Trail



Jim Connors

View of the Chenango River enjoyed during a Spring Outing hike.

Cover: Photo by Jay Zitter who says, "The day of the second hike of the Schuyler Hike Series, June 11, 2005, the weather was as hot and humid as could be. We descended into and climbed out of steep Texas Hollow. My Turtle group took 7 hours to hike 9.1 miles, stopping frequently to recuperate. At the end, at the top of Satterly Hill, the "joy of accomplishment" was awesome. Here, John Anderssen baptizes Gail Ellsworth." Says Gail, "I remember that hike very well! I was hotter at the end of that hike than I was after hiking out of the Grand Canyon in August."



From the Desk of the Executive Director

by Gene Bavis

Thank you to the FLT Bullthistle Hikers in Norwich for putting on an extraordinary Spring Weekend! Attendance was excellent, there were great hikes and programs, sales at the “FLT Store” set a new record,

and I believe a good time was had by all. We hope that you will join us for the Fall Campout at Camp Amahami on September 29 – October 1. It will be hosted by our friends in the Triple Cities Hiking Club. Details will be posted on the FLT website when available, and a separate mailing with Fall Campout program and registration information will take place in mid-August to all FLTC members.

Thanks also to our members and friends for the overwhelming support for our new maps. As of mid-May, nearly 14,000 of the new maps had been printed! Our office manager has been spending 95% of her time just processing orders. The demand has exceeded our expectations!

Thank you, Irene Szabo, for your nine years of service to the FLTC as President (the last six years plus three years in the early 90’s). Welcome to David Marsh as our new “FL” fearless leader). Welcome also to Jarret Lobb as our new VP for Finance and to Kathy Cronin as our new Secretary. Thanks, Jennifer Wilson, for your two years of service as Secretary. And finally, a BIG welcome to Rich Breslin and Clair Ders as our newest Board Members, replacing Mary Domanski and Tim Wilbur, whom we wish to thank for their service as well.

The Finger Lakes Trail Conference is making GREAT strides in becoming “a grown-up organization” (that term borrowed from Irene). David Marsh in his two years as VP for Finance was able to help us organize and “codify” our financial policies and procedures. Our committee structure is working the best it ever has, and we look forward to even more improvements in our organization’s efficiency. Our magazine and website are awesome! We have become better recognized as an **important** “trail group” by several outside agencies and other groups. We have even been asked to give advice by other trail groups. All this speaks highly of the caliber of leadership we have. I am proud to be associated with such a fine group of officers, board members, and dedicated volunteers.

In November, we plan to hold our second “Club Leader Summit.” This will be an information-sharing session where the leadership of the various affiliate clubs can meet with each other and with the FLTC leadership to facilitate communication and to strengthen our relationships toward that common goal of providing the best darn hiking trail in these parts.

Our annual County Hike Series is a HUGE success this year. Over 250 people registered for the hikes across Steuben County, including over 100 non-FLTC members. One of our reasons for implementing the series many years ago was to attract new people to the trail and hopefully to become FLTC members. Thanks to Irene Szabo for organizing it and to Kim and Terry Meacham for coordinating the hikes.

Lastly, I’d like to call on each and every member to assist us (and so that there is no confusion, “us” is ALL of us, YOU and me as well as our leadership). We would like to continue to “grow” our organization. You have all heard the expression, “many hands make light work.” While we have MANY dedicated volunteers, we need more. Maintaining over 880 miles of trail takes a LOT of work, not to mention all of the other volunteer tasks that are required to make the organization run effectively. SO...we would ask YOU to please tell your friends and neighbors about the FLT, invite them to go hiking with you, or do whatever you can to make them aware of our wonderful trail. If YOU can get them interested in the FLT, I’ll bet WE can get many of them to join as well. We have two brochures...one to tell people about the trail, and the second that encourages people to join. We’d be happy to send you some of them if you just contact us.

Thanks again to our dedicated volunteers! Happy Hiking. □

Gene Bavis, Executive Director

gbavis@rochester.rr.com,

315/986-1474 home (Anytime)

585/658-9320 office (Monday & Thursday)

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

HELP WANTED: Volunteer Opportunities!

Apply to FLTC office at 585/658-9320 or information@fingerlakestrail.org. Training provided. Salary: negotiable, but still hovers near zero. Rewards: endless warm fuzzy feelings.

N e w Tutor: Someone VERY familiar with using Microsoft Excel, Word, and/or Publisher to tutor office staff and volunteers in various applications of this software to our particular needs. We believe this would be best accomplished at the FLT Office in Mt. Morris, but will consider other options.

Publicity Person: Write and send press releases to local newspapers about FLT events and successful end-to-end hikers, and send welcome letters to new members. Templates for many of these have already been developed. Newspaper names and addresses already available. Assist clubs in disseminating news about trail-related activities as requested.

Trail Projects Planner: Determine each year's special projects, apply for grants and programs that support costs, and complete follow-up paperwork. Much of the application process and follow-up involves North Country Trail programs. Does NOT include actual conduct of those projects, but will involve canvassing stewardship groups for project needs annually.

Data Entry Helper: Applicant should have good computer skills, be reliable at transcribing information correctly, and be trustworthy with confidential data. Cyclical work with large projects at dues renewal time and after annual appeal, with little work between. Should live within an hour of Mt. Morris office. *One position filled, could use another.*

Phone Caller: Information checker who has access to free long distance, to make calls to check data for publications such as our B&B Guide, for instance, or to welcome new members, to remind members who haven't renewed, or to verify membership records. Multiple opportunities.

County Marketing Aides: One or two per county, to locate, arrange, and then keep supplied some good outlets for FLT promotional literature. To apply for this job only, contact Jay Zitter (jmz11@htva.net), 607/835-6268, our marketing coordinator. We **especially** need someone to cover Erie, Wyoming, Livingston, Schuyler, Delaware, Ulster and Sullivan counties.

Car Spotter Trail Angels: Ed Sidote, end-to-end coordinator and angel extraordinaire himself, is looking for more people willing to list themselves as car spotters for hikers with logistics problems. They will drive hikers to their beginning spots in a defined neighborhood, on certain days of the week, or will even offer a place to stay or a shower if they are near the trail. No "trail angel" need sign up for more than he or she wants to offer.

And positions filled...

Two more volunteers have stepped up to take previously advertised positions.

- **Scott Gould** has volunteered to assist Joe Dabes with GPS mapping.
- "Retiring" FLTC President **Irene Szabo**, a most enthusiastic and highly experienced trail maintainer, will become the Steward Training Coordinator, providing training workshops, arranging several regional steward meetings every year, and writing a quarterly trail stewards' newsletter.

Honor Our Best Helpers

The Award Committee seeks nominations for the following recognitions.

The Erv Markert Award, for someone outside the hiking community who graces our trail with their helpful efforts anyway, perhaps an agency partner, a landowner, a local business, or an elected official.

The Clar-Willis Award, for a trail worker whose contribution is well beyond the norm in both quality and quantity.

Send nominations to John Andersson, jandersson@twcny.rr.com, or phone 607/539-7906.

Wallace D. Wood Award: Lynda Rummel

by David S. Marsh, President FLTC

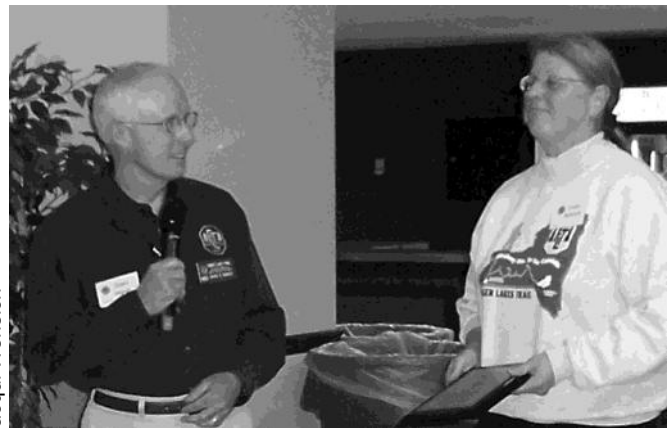
For my first official act as President I had the distinct pleasure of presenting the Wallace D. Wood Distinguished Service Award on behalf of the Recognitions Committee, the Board, and the Officers, to Lynda Rummel, a person that I highly respect and admire for her contribution to the Finger Lakes Trail.

Named after Wally Wood, who in 1961 had the vision of a long distance trail system in New York State, this award is the highest honor awarded by the FLTC to a "volunteer who has contributed extraordinary quality and quantity to the ongoing health of the trail system". Volunteers who receive this award follow a long line of award recipients who by their service, commitment, determination and success have lead the way to make the FLT what it is today. These recipients are a highly distinguished group.

Lynda sets the pace for the rest of us to follow. She has a passion for trail maintenance and preservation, is an attentive Area Coordinator and an excellent communicator who thoroughly analyzes her work. Lynda's interest in the trail first became visible to the FLTC when she and her husband Rolf lived in Alfred Station. However, it was after they moved to Keuka Park that her involvement began to become significant. Howard Beye, our VP of Trails, appointed her to be Watkins Glen-West Trail Coordinator. He must have known then he had someone who had real potential. Lynda was assigned a project to get an Adirondack Mountain Club trail crew for a segment of the FLT in that area back in order and focused on trail problems in the Sugar Hill area just west of Watkins Glen.

Lynda is presently an active member of the Trail Management Committee (TMC) where she has shouldered many projects. Currently as a member of the Maps and Guides subcommittee of the TMC, Lynda has taken a leadership role in the project to upgrade our trail maps to benefit from existing technology. You have all seen the results of this effort as Lynda teamed up with Joe Dabes and Gene Bavis to produce state-of-the-art trail maps. The guidebooks for the FLT are being rewritten by a number of people, and Lynda is also playing a strong role in coordinating the activity.

She assumed responsibility for achieving the certification of FLT sections of the North Country National Scenic Trail, a detailed and demanding task of adjusting the trail to meet specific standards. Her progress has been significant. Lynda is also a member of the Trail Grant Committee of the North Country Trail Association. She attended a two-day Trail Evaluators Workshop developed by the combined efforts of the NCTA and the National



Jacqui Wensich

Lynda Rummel receiving plaque from FLTC President, David Marsh

Park Service and is qualified to participate in certifying new NCNST trail to assure that it meets NCTA standards.

A substantial reroute of the trail in the Sugar Hill State Forest area reflects Lynda's trail-building skill and determination. Lynda assisted Howard Beye and was a hard-working member of the Alley Cat Crew in August 2005 on a task which involved rerouting trail and digging in a new switchback (a brutal assault on a very steep hill) in the Goundry Hill State Forest to replace an exceptionally steep portion of the trail.

Lynda is a very strong member of the FLTC Board of Managers. In her spare time she has long been an active volunteer working on and administering the Keuka Outlet Trail and also performs trail maintenance on her own assigned section of the FLT. Lynda has a deep appreciation for the value of landowners to the FLTC and is able to bring good interpersonal and analytic skills to bear to solve problems that arise. As an example, when questions arose about the impact that proposed drilling for natural gas on property adjacent to the trail might have on the trail hiking experience, Lynda evaluated the situation, considered the adjacent landowners' perspective, and made recommendations to the Board for an appropriate position for the FLTC to assume. Lynda also approached a problem of threatened loss of access to the trail and public lands on Corbett Hollow Rd. with sensitivity and determination resulting in a solution that maintained the public's rightful access.

What more could anyone ask of a volunteer? Wally Wood would be very proud to know that the FLTC has such dedicated volunteers protecting his dream. The FLTC is proud too. Thank you, Lynda. □

Lynda Rummel's "speech" on receiving the coveted Wally Wood ...

We thought those of you who did not have the opportunity to hear Lynda's remarks at the Spring Conference would enjoy reading them.

My husband and "friends" have been asking me the same two questions all week: (1) Are you going to make a speech? And, (2) where is the nearest place to buy fresh tomatoes?

I'm taking that as a hint – no speech.

But I would like to say just a few things:

First, I never expected to get this award, and I am still just plain stunned. It means more to me than any other award I have ever received...which may be because I haven't received many other awards....

But in truth, it's because this is the rare organization where there are many really hard-working volunteers.

It's also because I still can't believe there's an award for doing something I just love to do, and that's working with this organization, and being out in the woods, working on the trail.

Secondly, I would like to thank a few people who have helped or inspired me along the way and who gave me the gift of loving being in the woods:

First, I want to thank my mother, who read me bedtime stories about mountain men, the birds and animals, and Native Americans; and who taught me how to move silently through the woods, watch for and identify tracks, and what to do if you're squatting and a skunk approaches you from behind.... Mom was born and raised in Yellowstone Park, along the Yellowstone River, and she really was a country girl.

Secondly, I'd like to thank my dad. Despite really wanting a girl who had blonde curls and wore frilly dresses—and he got this (me)—he did teach me how to use a hatchet to split kindling and shape a spike, and how to drive a small caterpillar tractor—and he gave me my first chainsaw—an old McCulloch that does not have a safety bar. I still have (and occasionally use) this chainsaw, and for that, I would like to thank United Airlines, which allowed me to check this well-used and gas-fuming chainsaw when I flew back east one of several times in the early '70's. I think I'd be arrested if I tried to do this today.

Third, I'd like to thank my husband, Rolf...because he asked me to thank him. But Rolf has driven me to quite a few trailheads so I could walk through to my car; and he gave me my second chainsaw.

It has occurred to me that the two most important men in my life gave me some really dangerous tools—but I

refuse to think there's a hidden message in there.

Lastly, I would like to thank Bob LaBelle for being a good mentor to me when I first became a trail steward, and Howard Beye, with whom I have had the pleasure of hiking many miles while gps-ing and doing other trail work. Howard's been a great teacher.

And I would like to thank two people whose work you rarely see, or if you do see it, you don't know that they did it—and that's Gretchen Cicora, Region 8 Senior Forester, and Forest Ranger Bill Meehan, who works

Goundry Hill and Sugar Hill State Forests. Both have put in many hours in support of the trail.

So thank you again for this really amazing honor. (Since I have now won it, I am planning on taking extensive vacations over the next few summers.) □

New Life Members of the Finger Lakes Trail Conference

Became life members or converted from life to family life within the last year:

Lewis & Kathleen Gersh

Thomas A. Hawkins

Jeremy D. LeFort

Jarret J. & Barbara Lobb

Paul R. & Dolly Raymond

Constance Thomas

George A. & Cynthia Zacharek

End-to-End Factoids

First: Robert R. Fordon, 1974, started his hike just after finishing college, hiking before much of the trail was finished so he must have done a LOT of road walking.

Fastest: The second recorded finisher (1985) was Joe Dabes, who is now working on his seventh end-to-end. Joe is also the fastest, completing the trail in 23 days on his fourth hike in 2001.

Youngest: Nicole Sweeney (#103), 10, hiking with her father. Youngest boy was Jeb Bloom (#29), 12, who also hiked with his father. Both backpacked the trail.

All 203 registered End-to-Enders as of May 2006 are listed on page 24.

A New Finger Lakes Trail Connection

by David S. Marsh, President FLTC

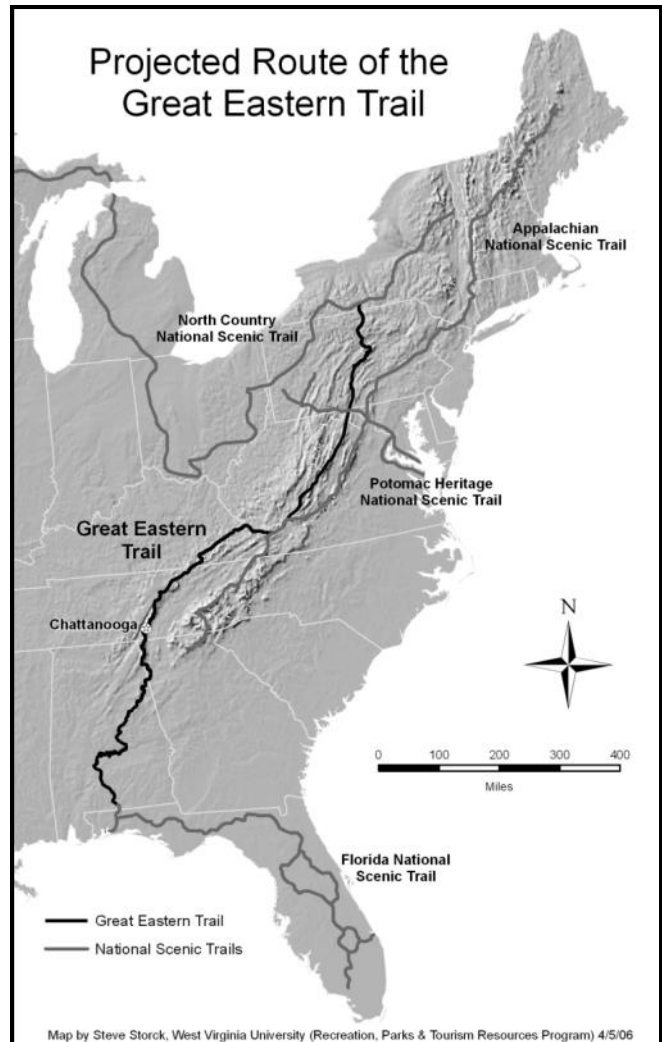
In their spring 2006 magazine, the American Hiking Society, as a leading supporter, made the first public announcement of the Great Eastern Trail (GET). While the GET has previously been mentioned in the FLT News, because of its FLT connections, it seems timely to provide some insight into this exciting undertaking.

The GET is primarily a footpath (a few sections of existing trails are multi-use) that will track in a north-south direction for approximately 1600 miles connecting the North Country National Scenic Trail in the north with the Florida National Scenic Trail in the south. A major portion runs essentially parallel to the Appalachian Trail (AT) and provides an alternative to the AT. This trail project has been enabled by the construction in recent years of two major trail systems: the Benton MacKaye Trail which connects Georgia with the Great Smoky Mountains and the Tuscarora Trail, which traverses sections of Virginia, Maryland, and Pennsylvania. The GET will use several existing trail systems connected by newly constructed trails. All existing trails will retain their identity.

The map included illustrates the new opportunities opened to the hiking community by the new GET. The American Hiking Society indicates that the GET will connect in excess of 10,000 miles of eastern footpaths, many of which are already in place.

The northern terminus of the GET is the North Country Trail and Finger Lakes Trail, as they are one and the same at the point of connection somewhere between Hammondsport and Watkins Glen. The Finger Lakes Trail Conference is responsible for constructing a connecting trail between the main FLT and the New York/Pennsylvania border. This will meet up with a connecting trail being constructed by the Mid State Trail Club tracking from the existing Mid State Trail, a north-south trail in Pennsylvania, to the border. This connection had already been planned prior to the establishment of the concept of the GET. The FLTC person assigned by Howard Beye, Trails Vice President, to be in charge of the planning and construction of our portion of the connecting trail is Lee Parks of Corning.

The GET is in the organizing and planning stages, although some work is underway building connecting trails. For instance, and important to us, the Mid State Trail Club has been making progress building their connecting trail toward the New York State border. The Mid-Atlantic Foot Trails Coalition, of which the FLTC



is a member, will coordinate the trail efforts in the northern portion of the GET, and the Southeastern Foot Trails Coalition will coordinate the southern portion. The entire GET effort will be pulled together by the Great Eastern Trail Coordinating Committee composed of two delegates from each state the trail traverses (nine in all). Irene Szabo and I are the two representatives from New York State. The National Park Service and the American Hiking Society will continue to offer assistance.

The completion of the GET is several years in the future, and, while at the moment there is no specific goal date for completion, the GET promises many new miles of hiking opportunities. The FLTC will benefit from adding another trail connection to those we already enjoy. We will keep you informed of significant progress. □

Article removed at author's request

Article removed at author's request

Weed Warrior Awards: Announcement of Trail Worker Recognition Program

It should be obvious to nearly everyone that those volunteers who have built and tend our hiking trail year after year are the absolutely necessary ingredient for this great project's continuing success. A hiker asked during one of the Steuben County walks if we trail maintainers had any idea just how many people enjoyed what flowed from our efforts. Most trail workers do indeed know how much nicer it is to follow a trail that isn't a concealed puzzle or miserable with intruding nettles and contribute these hours and hard work primarily because they just plain like to do it. However, it is equally true that the Finger Lakes Trail Conference has not been historically attentive in its public appreciation of this vital effort.

So the Board of Managers has authorized, and the Trail Management Committee has designed, a new program of awards designed to honor longevity and perseverance in the service of our little brown path. An informal poll at the annual meeting over a year ago informed us that you would prefer embroidered patches



PRICKER PATROL 50 HOURS

POISON IVY WREATH 100 HOURS

WEED WARRIOR 200 HOURS

THISTLE CROWN 500 HOURS

BRONZE BURDOCK 1000 HOURS

over pins, so here it is:

The current Trail Worker patch has been spiffed up with new colors, and will continue to be awarded to anyone who contributes eight hours of trail work. Anyone who comes out to work on a project is entitled to this patch, once their time of service reaches eight hours. Boy Scouts are especially fond of earning this one, and ANYONE who helps out merits this patch, even if they are not a member of the FLTC. Many of our faithful trail workers belong only to those clubs which tend long sections of trail, not the Trail Conference, and while the FLTC would rather have them, too, as members, we still want to show appreciation for their contributions. Many club members have devoted years' worth of long weekends of trail work, and their club's total hours are reported to our Trail Office each year, but there has never been a record kept of their individual accumulating totals. Now at last they can be recognized!

(Continued on page 10)

Steuben Hike Series Breaks All Records

by Irene Szabo

Some strange forces convened this year, causing a massive registration flood during the last two weeks before deadline. ...same typical press releases to local

papers in the area around Steuben County, same notice in the *FLT News* and on our website, but this one just plain exploded. By the time we organizers realized what was happening, it would have been almost cruel to send back all those extra ONE HUNDRED registrations we hadn't planned on, so we are gamely forging ahead with over 260 registered!



Jim Connors

Hike coordinator Terry Meacham tries to keep dry while registering arriving hikers at the first hike. That's Paul Hoffman holding the umbrella.

Prattsburg Bus Company is having their buses make two trips each, while we are begging the registrants to car pool as much as humanly possible, to reduce the huge parking load at each hike ending spot. The best part is that everybody is being exceptionally cooperative, helpful, and cheerful. Hike "conductors" Kim and Terry Meacham have recruited family members to run sag wagons and found extra "speed group" hike leaders. Drivers are car-pooling. People are willingly and happily waiting for the second round of buses, which is a great relief, since over 160 have showed up for each of the first two hikes!

April 22nd was rainy and chilly, but all comments afterwards sound as if everybody enjoyed themselves anyway. Many thanked the "conductors" for creating a pleasant and welcoming experience, especially for those who had

(Continued on page 10)

Weed Warrior Program ...

(Continued from page 9)

We will honor length of service with matching bars (called “rockers” in the patch business) designed to be sewn below the basic patch:

Pricker Patrol	50 hours
Poison Ivy Wreath	100 hours
Weed Warrior	200 hours
Thistle Crown	500 hours
The Bronze Burdock	1000 hours

What do these hours translate to in normal years of trail work? Many stewards of relatively short sections do about 25 hours per year, so would qualify for their first rocker after only two years of work. Others are deeply committed to trail work, and attend Alley Cat work weeks, go out on club work days, AND tend their own stewardship miles, so may rack up over 100 hours per year, especially if they tend more than a few miles. For instance, random interviews of several of our longtime devoted trail workers reveal that Mary Coffin, by her own quick recollection, has put in well over 1000 hours and may be approaching 2000, while her husband Bill, who has been doing valued trail work since the late seventies, certainly has over 2000. Joe Dabes and Ray Kuzia have tended their shared section for more than twenty years, so even before Joe launched his latest career as Our Map Guy, he could be aiming for 2000 also. Can’t wait to see what totals devoted people like Mary Domanski and Ron Navik come up with, since their individual hours

Steuben Series ...

(Continued from page 9)

never hiked on our trail before. This response is wonderful to see, since one of the primary reasons for holding these cross-county hikes is to introduce new people to hiking. May 20th was breezy and very cool, but there was no rain, hurray, and even though it had rained a lot the week before, our two stream crossings weren’t bad at all.

Back in the 90’s when we crossed the state with a similar county-by-county series, few people had email, so after registrants received the original instructions by paper mail, there was no way to communicate with the typical 150 registrants we had then. In 1996, after a torrential rain DURING our May hike, a major chunk of highway slid away, so a significant detour affected their directions to all following hikes, but we were forced to hope people had the sense to follow the detour signs. Results were mixed.

Now all have email, except fewer than two dozen, which is how we have been able to suggest car pooling locations, for instance. Jim Loomis thoughtfully created a google group just for this, so that the organizers can share information

have always been “hidden” in their annual club totals. Hope they can recollect enough to apply for this award! We also look forward to hearing from longtime stalwarts like Terry Giarrosso, who spent decades working on both trail permissions and trail building for ADK-Onondaga, even though she may no longer wield a whacker.

So here is the simple process: a trail volunteer must apply for the award, but we will honor your estimates as gospel truth. Send a note to Jacqui Wensich, jwensich@rochester.rr.com or 425 East St, Pittsford NY 14534, or call her at 585/385-2265. She will keep cumulative records for all those who give her information, and will have the FLTC send out appropriate patches and rockers as they are earned. “All” you have to do is remember what you have been doing for the last skatey-eight years on the FLT.

Actual trail work hours only, please, not driving time, planning, or writing letters. Working out permissions with private landowners DOES count. Maintenance work on trail tools counts. Yes, do apply even if you have retired from active trail work. Yes, we will send this information to all participating clubs so that they can encourage their trail-worker members to ask for their deserved recognition.

And what will we do for those who reach the 2000-hour level? We will talk to those few about what reward they might like, but something like a fleece vest with embroidered logo is in the works. Let’s hear from all of you deserving trail workers soon, and we look forward to seeing some patches with a long string of rockers underneath them at the fall campout.□



Sarah Hoffman

The Nature Appreciative group on the WET April hike

with almost all, and hikers can poll others for make-up hike car spotting, which works well for everybody. Meanwhile, trail maintainers have kept the trail nice ahead of us, and landowners are being patient with this huge incursion of smiling wet hikers. In all ways, it’s a great relief this happens in any one spot only once every ten years! □

It only seems like forever...

by Irene Szabo

President of the Board 1991-94, 2000-2006

Yesterday I went on the May Steuben County hike, ten miles long with only a couple of puffing hill climbs, not bad for this area. But even though I mow literal acres every week on FOOT, quite intentionally in order to keep from rusting over while turning the steering wheel of the riding mower, I still hadn't walked more than about 7 miles in any one day for a long time now, and I could sure tell I had stretched myself yesterday. This morning the bottoms of my feet are so achy and tender that I had to hobble pathetically to put the dogs out first thing.

All of this is quite frustrating, of course, as I savor each new breakdown, collapse, or misfire of my rapidly aging body. That irritating little pipsqueak Phyllis Younghans still can outwalk me any day, and she's thirteen years my senior and only 4 feet-something tall. It's lucky we've been friends along the trail for years, or I'd have to bop her. For a couple of years now, I've been trying to put the four trail sections I maintain in some kind of preferential order, so I know which one to give up first, and which I'll keep until they pry it from my cold fingers, but it's a hard decision, something akin to deciding which half of the baby you want after Solomon's done with his cleaver.

I do know I want to keep doing trail work as long as possible, since that has settled out as my very favorite thing about volunteering for the Finger Lakes Trail, right next to writing railroad articles, and I do still have a long list of projects I want to catch up with, both on the trail and along other strands, too. I'm criminally behind with rewriting "my" trail guidebooks, I want to work on trail easement projects a lot more, I want to get some of those roadwalks into the woods, and I want to get more deeply into trail worker training. But of course, a person could combust if they try to do everything, one of my glaring faults, so I have been frankly hoping to step aside as President for a few years now.

Even though they say otherwise, I think the Board should be pretty tired of my voice by now: I sure am! Besides, without realizing it, I've come to think of all of this as "mine," the Presidency, the Board, the whole smash, which means it's high time for me to scram. However, there is no way I would drop the job without knowing that there was a really good successor ready and willing. The time is ripe, indeed, because David Marsh has agreed to take on directing the Board of Managers, and he will be so good at this job.

We have been extremely fortunate to enjoy his sane, organized talents over the last few years as Vice President of Finance. As often happens, the right guy came to us at just the right time: it was high time for us to bootstrap ourselves up a few more notches toward "grown-up" fiscal behavior, so David has led that effort, putting together an



Arlene Ennocenti

Irene "retires" to her other obsession, pictured here during her first locomotive ride in Medina, but not her last.

effective finance committee and leading the project to codify our financial policies and practices. This is a very wise project, something that many far larger trail organizations haven't done yet, so all of you members may now feel extremely secure that we have carefully examined all of our financial practices, and then written them down in a book of rules.

Yes, I came along at the right time in our history to nudge a few improvements along, most of them things Howard had been saying for years we needed to do, but he needed an enthusiastic cheerleader and salesman to kickstart the rest of the Board into action. Glad to have served in that role a few times, Howard. I watched how older trail organizations did things, and realized it was high time in our history we moved into those levels of board sophistication and public arena engagement, so count among my own satisfying accomplishments some measure of progress in those directions.

Best of all, even though I mostly learned this-here trails dodge on the job, I think the FLTC is about to grow beyond

(Continued on page 23)

Yearning to spend an August weekend with other hikers?

It's not too late to sign up for the NCTA Annual Meeting in Clarion, PA. The deadline is June 30, \$25 penalty for later registration. If you wish, join Irene Szabo on the way to Clarion; she's leaving early to stay in a caboose motel.

North County Trail Annual Meeting to be held in Pennsylvania

This year the North Country Trail Association's annual meeting is close to home! While you may have quailed at the thought of driving to North Dakota or the Upper Peninsula of Michigan, this year the fun is in Clarion, Pennsylvania, which is probably less than four hours' drive for most of our members. August 10-13, featuring workshops, seminars, and, of course, lots of hikes in delightful Pennsylvania forests, treks through wondrous old growth forests and a train ride along a river in a state park where you can hike or canoe back! NCTA members will receive registration materials in the next *North Star*, while the rest of you can either check out their website at www.northcountrytrail.org or call toll free 866/HikeNCT for information.

Don't miss this opportunity to sample the NCT, since next year the meeting will be in Minnesota, followed by New York's own opportunity to host the event in 2008.

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 866-Hike-NCT

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: _____



Walking Through Time in New York: #13 in a series

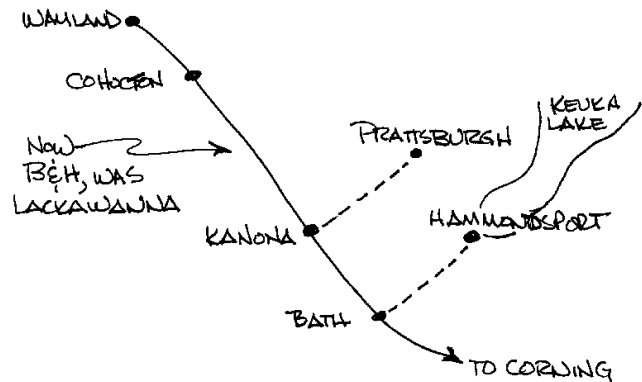
Two Tiny Railroads to the Cohocton River Valley

by Irene Szabo

Hikers in this summer's Steuben cross-county series are being transported by the buses of the Prattsburg Bus Company, which grew directly out of the Kanona and Prattsburgh Railway's eleven-mile line between its eponymous villages. If we unscrew our brains a bit, to try to imagine what it was like a hundred years ago, we can picture a time when there was not a mile of paved road in Prattsburgh, a village along the Bristol Hills Branch Trail, Map B-3. The little railroad connected this valley's settlements to the bigger valley below, where the Cohocton River carried earliest Steuben County settlers past Bath and Corning on flat boats down to the Susquehanna River, through Pennsylvania all the way to the Chesapeake Bay and Baltimore. There they would sell their goods, and even sell the wood their boats were made of, then walk back home. All that walking without wicking sock liners!

So the 1889 opening of the Kanona and Prattsburgh was a really big deal for people who had no faster way to go anywhere than a horse or their own feet, and could now attend the town and county fairs or get on the Erie Railroad down in the Cohocton valley and head for Rochester, Corning, or beyond. While the double-track main line of the Erie stayed in the southern tier until it turned up toward Hornell and Buffalo, this single-track branch to Rochester was completed in 1854, to be followed in 1883 by the parallel Delaware Lackawanna & Western on its own double-tracked main line from the southern tier toward Wayland and eventually Buffalo. Yes, in yet another tale of wild over-building and duplication of rail lines, the Erie and the Lackawanna ran neck and neck from Corning to Wayland, often within feet of one another, until they split at Wayland, the Erie wandering northward past Springwater and Conesus toward Rochester while the Lackawanna climbed down from the heights above Dansville into the broad valley of the Genesee River toward Mount Morris.

Today the Cohocton's valley still features a single active track, part of the old Lackawanna route, with only the occasional odd linear lump to hint at the Erie's ghostly passage there. The creation of Interstate 390 and expressway 17 (now Interstate 86) obliterated



much of the old Erie line, and in fact rearranged things so dramatically in fits of engineering hubris that the Cohocton River was realigned into a more convenient channel beside Bath. That one active track carries slow-moving freight trains between Wayland and Painted Post, outside Corning, to meet the Norfolk Southern east-west rails (ex-Erie), and one of its crisply painted engines is lettered for the Bath & Hammondspoint.

In the next side valley downriver from Kanona ran yet another improbable little railroad, the Bath and Hammondspoint, which also connected to the Erie in the 1870's. Back then it was such a useful proposition that trains left Hammondspoint four times a day and carried 60-70 passengers daily. Coal came inland from the Erie at Bath, while grapes traveled outbound from Hammondspoint in box cars that cost only \$367 new.

Hammondspoint became a tourist hot spot in the 1890's, thousands pouring in on the "Champagne Trail" to stay at hotels on Keuka Lake, ride lake steamers, or visit wineries. Some Sundays the tiny railroad's two steam engines could not make enough trips to handle the crowds, especially since the Lackawanna and the Erie were bringing carloads in from Buffalo, Rochester, Elmira, and Corning. So sometimes a phone call brought the Kanona and Prattsburgh's one engine "Hulda" over to help pull the passenger cars. Those were the gay nineties indeed.

Through the last of the 1800's both railroads enjoyed their best years. The K&P carried 13,471 passengers in 1892, a record never broken, while the B&H built a handsome new station at the south end of Keuka Lake

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Two Tiny Railroads ...

(Continued from page 13)

in 1896. However, some of the tiny station shelters at flag stops along what is now Fish Hatchery Road outside Hammondsport were taken down in 1894 because “tramps” were living in them, a slice of life in those times that we don’t normally hear about. The B&H must have been successful enough that the Erie wanted the line, so took control by stock ownership in 1908. However, as business waned, the Erie wanted to abandon the little branch several times, but each time this happened, local businessmen snatched the B&H from imminent closure, and finally bought the line back in 1936 after a flood tore out major chunks.

“Two plain New Yorkers, who wear galoshes like the other citizens of Hammondsport, have taken a swaybacked, spavined, nine-mile stretch of railroad from Hammondsport to Bath and made it an even break proposition that supplies work without loss for the operating crew [whereas] the Erie railroad with all its resources failed.” This wonderful sentence must have been taken from a newspaper account of the time, but the amateur book I read it in was not too scrupulous about attributions or sources.

Once improved highways and private automobiles made these short passenger runs unprofitable, the post-Erie B&H continued to haul freight ... potatoes, celery, onions, hay, and grapes ... to the Erie. During prohibition, the railroad carried five-gallon jugs of grape juice bearing the following label:

“Do not mix 5 pounds of sugar with each 5 gallons of juice and store in a warm room, as the juice may turn to wine.”

Meanwhile, the K&P fared worse. The original line had never enjoyed enough capital investment, nor did it ever make enough money for railbed improvements. Little ballast rock was laid, so with poor drainage the wooden ties rotted and rails spread apart, dropping railcars to the ground. Prattsburgh had no fire hydrants or water mains before 1891, so Hulda would stop at a creek and stick a hose in to satisfy her constant need for water in order to make steam. A weak wooden trestle near Bean Station Road once dumped Hulda unceremoniously into the drink, and it took an Erie engine to pull her out.



Irene Szabo

A present-day B&H train hauls freight southward, here crossing the trail route on Knight Settlement Road, where we gratefully accept enough roadwalk to get us across the Cohocton River. (Map M-11, NW of Bath)

The threat of foreclosure in 1916-17 had citizens in a panic, because this line was still that vital to them, yet in the next decade paved roads and cars had made enough of a dent that passenger service was ended in 1929. The railway company bought a bus, thus creating the Prattsburgh Bus Company which eventually grew into the school bus service we use today for our hike series. Even freight carriage was killed off in 1959, and the rails removed in 1961. Alert drivers traveling NY 53 between these two villages on their way to a hike on Map B-3 can spot odd snatches of illogical straightness, all that is left of this little railroad except the old wooden station in Prattsburgh, now used by an unrelated business. (Do not blame the proofreader for the intermittent appearances of the “h” at the end of this town’s name: you and I are not about to settle this town’s erratic spelling history, so each is used where appropriate, according to what was and is painted on successive modes of transportation.)

The weedy trackbed of the B&H still sports rusty old rails loosely spiked to splintering ties, and our trail still crosses them between Pleasant Valley and Mitchellsville gorge on main trail map M-12. Randy Brewer started working for the B&H in 1966 on a track crew (“maintenance of way” in railroad parlance), back when the primary business was bringing bottles in and taking wine out. Now he is the senior engineer (“I’m oldest,” he says) on the modern day Bath & Hammondsport that carries fertilizer,

de-icing chemicals, and petroleum products up and down the Cohocton River valley between Wayland and Painted Post, but never travels the rusty rails of the original side-valley B&H.

This new version is a subsidiary of the western New York shortline railroad, Livonia Avon & Lakeville, which has resurrected several moribund sections of our local railroad history, including the tracks we cross just north of Allegany State Park.

A few years ago Tim Wilbur (our other *Walking Through Time* author) asked me if the FLT had ever been routed through the village of Cohocton. No it hadn't, but one of the RR crossings of NY 415 within that village, where the current B&H locomotive shop is, sported a wooden 4x4 post with standard RR crossbucks to warn drivers, and that post was clearly painted with a double white blaze and an arrow! Even Charlie, track foreman at the shop, couldn't answer that one, but we have to assume this was a recycled crossing warning sign taken from the old tracks where our trail crossed them back near Hammondsport.

Other than ancient tracks incongruously left behind (one hears that several elderly gentlemen still feel their railroad is worth something, and the rails are currently owned by the Steuben County Industrial Development Agency), there is little left of the original B&H, except a gorgeously restored passenger

station on Keuka Lake. Its recent redecoration and current life as an art studio in the middle of a tiny park has kept this charming landmark alive.

Hikers can revisit an even older remnant, though: on Map M-12, on the east side of Hammondsport, the trail climbs long-abandoned Longwell Road above the creek in Damoth's Gully, walking trail-east from Winding Stairs Road. As we descend this steep switchback road and climb again out of the creek gully, contemplate DRIVING it in your car, back when there was a bridge below those spindly angle iron guardrails. Between creek and top end guardrails, there is a place where the road crosses a seep and the roadbed is reinforced against erosion with rocks and a few chunks of old iron. Look closely, and notice that some of it is very old and slender rail, surely taken from the lightest, earliest version of the B&H railroad. Could this be a sample of the original 40 lb. rail laid in 1875?

Rail size is rated in lbs. per 3 ft section, and current typical rail is in the 140 lb. range. The vertical "web" of a piece of the modern stuff is over 5" tall between bottom flange and bottom of head, and 3" wide across the head where wheels run, while the piece of discarded iron along our trail is only 2.75" tall along its vertical section, and less than 1.75" across its head. It probably isn't even steel, only simple iron. But what a whiff of history! □

Sheriffs' Departments along the Trail

Some years ago there was a flurry of messages to the FLTC's e-group concerning trailhead parking, occasioned by a message from an indignant father whose son and his friends were left stranded in winter when their car was towed from the trailhead. The e-discussion branched out to other problems associated with trailhead parking, with some members disclosing ingenious "kits" they used to make it look like their car belonged to a tough guy whose car better not be messed with. Lt. Tillmen, an Ontario County Sheriff, advised against the kits, but suggested the local sheriff's department be advised if a car is to be left at a trailhead overnight. The list of sheriffs' phone numbers appears here. Save them for future reference.

New York State Sheriffs' Association 518/434-9091

Upon request, they will send you a card with current sheriff phone and fax numbers.

Allegany	585/268-9200	Niagara	746/438-3370
Broome	607/778-1911	Onondaga	315/435-3044
Cattaraugus	716/938-9191	Ontario	585/394-4560
Cayuga	315/253-1222	Schuyler	607/535-8222
Chenango	607/334-2000	Seneca	315/539-9241
Cortland	607/753-3311	Steuben	607/776-7009
Delaware	607/746-2336	Sullivan	845/794-7100
Erie	716/858-7608	Tioga	607/687-1010
Genesee	585/345-3000	Tompkins	607/257-1345
Livingston	585/243-7100	Ulster	845/340-3802
Madison	315/366-2318	Wyoming	585/786-8989



Warren Johnsen

We were there for the hikes.



Jacqui Wensich

Folk-singer, song writer, Bullthistle Club member, Fred Gee (left), entertaining the Saturday night crowd. This was after leading a hike during the day. And he was up at the crack of dawn Sunday to lead a sunrise hike. See page 23.

Spring Outing 2006

The Spring Outing for 2006 was held May 5-7, at the American Legion in Norwich, and was hosting by the fledgling chapter, the FLT Bullthistle Hikers. With about 165 in attendance and 18 different hikes and classes, the Outing was a great success.

Friday started off with a flurry of activity including four afternoon hikes, and a great dinner. We were delighted by displays and slide shows of FLT activities and friends. Joan Young, author of "North Country Cache: Adventures on a National Scenic Trail" was there to sign copies of her book, and the bar finally opened. After dinner we had a fabulous presentation from Josh and Molly Baker from Colgate University, "19 Days on Denali" on their Mt. McKinley climb. The evening ended late with a night hike at Whaupanaucan State Forest.

Saturday's hikes led us to places with wildflowers and waterfalls, by horses, bulls and shooting ranges, over log bridges, and up hills and down into ravines; with only a little bit of rain (or snow depending on where you were). We also hosted chainsaw safety and blood-borne pathogens training courses to help our members get their clearance to run chainsaws on DEC land.

Saturday evening after another great meal, we literally saw a changing of the guard; forever-president Irene Szabo retired from her post and newly elected David Marsh took the helm. After some great stories and awards, local folk-singer and FLTC member Fred Gee, entertained us all with "In a Place Called Chenango".

Sunday started off pretty early with a sunrise hike overlooking the Chenango valley, and turned into a beautiful day. As four more hikes went out, the crew started to pack up and go home.

All in all, it went pretty well. Good times, great people, and lots of hiking and eating! I want to thank a lot of people, but especially the Bullthistle Hikers Club and Ed Sidote, without whom none of this would have happened!

—Rebecca Hargrave, 2006 Spring Outing Committee Chair



2006 Spring Outing Committee Chair Rebecca Hargrave with a proud Ed Sidote, Bullthistle Club founder, in the background.



Webmaster Joan Young autographing her North Country Trail book.



Photo nuts Jacqui Wensich and Warren Johnsen finally get to meet.



Jacqui Wensich. "Framing" by Warren Johnsen.

Long-time FLT stalwarts Ed Sidote and Harmon Strong



Hikers need fuel.



King David Marsh takes over the Presidency from Queen of Hearts Irene Szabo. Alice is Webmaster Joan Young.

Photos by Jacqui Wensich

Wildflowers along the Trail, #14: Umbels and such

RW/W Taylor

An easy mental image of a wildflower is that of a single bloom on a single bare or leafy stalk—for example, an oxeye daisy growing in a green pasture. In this case of course the description is wrong, for a daisy is actually a composite flower, consisting of a multitude of small ray- and disk-flowers. Suppose we amend our image, then, to that of a three-petalled trillium blooming in the spring woodlands, or a Mayapple whose tent of leaves screens a single nodding blossom.

In actuality, few species of wildflowers limit themselves to a wasteful single bloom per plant, but manage in one way or another to accomplish multiple possibilities of passing on seed to the next generation from any one success in sprouting and flourishing. The strategy involved could be as simple as bearing multiple flowers on a single stalk, as with the deep-rose Deptford pinks to be found glowing along the summer trailside or the sticky-flowered white champions that can be seen in shadier spots.

Some plants sport their flowers prolifically in all directions. Trying to count all of the individual spotted orange blossoms on a large jewelweed plant growing alongside a shaded trail, before they metamorphose into explode-at-a-touch capsules, would be a hopeless task. Even just deciding on the number of individual flower heads to be found on a healthy specimen of bull thistle growing in an August field might take more time than you would want to spend.

Another common strategy is for plants to locate multiple flowers in the *axils*, where leaf joins stem. This is the case with many members of the diverse mint family, whose representatives reach the peak of their bloom in late summer in woods and along waterways. Watch, for example, for tall stalks of spiny-bracted motherwort, or hairy specimens of wild basil.

Most wildflowers, however, are to be found growing together in specific assemblages of one sort or another – spikes, whorls, heads, sprays and clusters of all sorts. In order to be able to discuss this variety properly botanists have developed a whole range of technical

terms to describe and differentiate between such structures. For example, the term *panicle* is used to refer to an inflorescence that branches (where *inflorescence* means simply a separate part of a plant that bears flowers). An example of a panicle is the large cluster of greenish flowers borne in summer by the false hellebore plants growing rankly in damp woodland spots.

An even more common structure for an inflorescence is an *umbel*, in which individual flower stalks radiate from a single point to form a flat- or round-topped cluster. Examples of umbels growing in summer fields and along roadsides will readily spring to mind—milkweeds, yellow wild parsnip, and the ubiquitous Queen Anne's lace all grow in umbels. The latter two species belong to the same family, *Apiaceae* (sometimes known as the carrot or parsley family), all of whose many members bear flowers in umbels.

If the word “umbel” reminds you of the word “umbrella”, and if an umbel looks to you like a miniature umbrella, you are on the right track. Both English words derive in fact from a Latin term meaning “small shadow”, a fitting image. Such are the curious pathways down which curiosity about wildflowers can lead us. □



Trail Topics

by Howard S. Beye, Chair
Trail Management Committee

Moving Trail Off Roads

The recently reactivated Routing Trail Off Roads Subcommittee, chaired by Bill Coffin, reports its recent good fortune in starting negotiations to get about 1¼ miles of the FLT/NCT off of Knight Settlement Road which is located on map M-11 just to the west of Bath. Through the friendship of some Finger Lakes Trail Conference members with the landowners of the property, subcommittee member Lynda Rummel has been working with the landowners Tim and Lori Fuller on the trail route across their land and on Lori Fuller's mother's land which offers the possibility of getting an additional ¾ mile of trail off road.

If readers of this bit of good news for the FLT know of other areas where the trail is on road and you know landowners who may permit an off-road route, please let us know. Just contact me at the Trail Operations Office, and I will put you in touch with the proper subcommittee member .

Trail Sponsorship and Maintainer Opportunities

Richard Gastauer, Trails Chair for the Foothills Trail Club, reports that he still needs a Trail Steward in Allegany State Park for a 6.4-mile-long section on map M-1/CT-1 between Access Point 5 (ASP1) and Access Point 8 (Bay State Road). This section can be split approximately in half. If you would like more details or to apply, please contact Richard Gastauer at r.gastauer@verizon.net or 716/839-4644. You may also contact Genesee-West Trail Coordinators Ken and Margaret Reek at ken@kmrconsulting.com or 585/293-3241.

The Reeks also seek an Individual Trail Sponsor for a 6.5-mile-long section of the trail on map M-6 between Camp Road and the River Road junction with NY Route 19A. If you are interested in getting more information on this opportunity to join the ranks of our Trail Sponsors, please contact them.

We are still looking for people interested in becoming Trail Stewards for small sections of the 11.9-mile Interloken Trail located to the northwest of Watkins Glen. They would work under the Hector Ranger District of the Finger Lakes National Forest, which has been the Trail Sponsor since the trail was built in



the 1960's. The Trail Stewards will receive instruction and assistance with tools and other supplies needed to maintain the trail. Those who are interested in learning more about this opportunity are asked to contact Chris Zimmer at the Finger Lakes National Forest Ranger District Office, 5218 State Route 414, Hector, NY 14841 (czimmer@fs.fed.us, 607/546-4470). If you do become a Trail Steward, please let the FLTC Trail Operations Office know by emailing fltc@frontiernet.net or by calling 585/288-7191.

We also keep lists of those interested in being notified if an opportunity becomes available near their home to become an Individual Trail Sponsor or a Trail Steward with an organized club or group. If you are interested in having your name put on either of these lists, please contact the Trail Operations Office.

Cabin Near Canaseraga

As you may have read in the Winter 2005 *FLT News*, the Genesee Valley Hiking Club has permission from the landowners south of Canaseraga on map M-9 for backpackers and hikers to use a cabin on their farm. Their cabin is only a short distance from the present trail route.

During the FLTC's April work days at the cabin all the trash inside and outside was hauled away by the landowners, Don and Kathy Bossard, who also paid for and delivered lumber and other supplies to make several interior and exterior repairs. The only remaining tasks are to put a new roof on the cabin, build an outhouse, and repair an outdoor fireplace. The re-roofing project will be accomplished during the first two days of the June Alley Cat Trail Crew.

Lean-to Projects

During the recent Annual Meeting of the Finger Lakes Trail Conference in Norwich the Perkins Pond Lean-to was officially dedicated and opened for use. The lean-to, located on map M-23 near South Otselic in Perkins Pond State Forest, was built in memory of Rufus Perkins with a grant from the Roger Follett Foundation of Norwich. The larch logs were provided and milled by the Department of Environmental Conservation which had assistance from inmates from

(Continued on page 20)

Trail Topics ...



Photo by Howard Beye

Members of Rufus Perkins's family attended the dedication of this lean-to to his memory. Rufus was a trail builder and maintainer on the FLT and in 1990 was the fourth hiker to complete the entire trail. The lean-to is located in Perkins Pond State Forest near South Otselic in Chenango County.

(Continued from page 19)

the North Pharsalia Corrections Facility in moving the logs and constructing the lean-to. The grant money was used to provide the roof and floor materials as well as the foundation. With everyone working together, we now have another fine lean-to available for backpackers and hikers along the Finger Lakes Trail. Thank you to all involved including our man of the hour Ed Sidote, who kept on top of the entire project for the FLTC. At the dedication of the lean-to about 15 of Rufus Perkins relatives came to the lean-to to share in this tribute to Rufus, who was Ed's end-to-end hiking buddy back in 1990 when they were the third and fourth to hike the entire 560 miles of the FLT.

Another lean-to will be constructed by the FLTC's August Alley Cat Trail Crew in Sugar Hill State Forest to replace the Van Zandt Lean-to, which is now over a mile away from the trail after the trail was moved to get it off a horse/snowmobile trail onto a newly constructed foot trail. The trail crew is funding this lean-to through a National Park Service Challenge Cost Share project with the challenge being met through the volunteer labor provided. This project will also include constructing a handicapped-accessible outhouse, a table, and a metal fire ring grill.

Eagle Scout Projects

Matt McCullough, a Venture Scout from Venture Crew 2674 in Watkins Glen, will be supervising a project to construct a handicapped-accessible outhouse at the site of the new twin lean-tos along the Finger Lakes Trail in Sugar Hill State Forest south of the present two old lean-tos. The Finger Lakes Trail Conference is providing the materials under a Challenge Cost Share project from the National Park Service. Matt will handle the entire project with technical assistance and general oversight by Lynda Rummel, the Coordinator for the Watkins Glen-West section of the FLT System.

This is one of many Eagle Scout projects which are undertaken each year by Scouts working to earn their Eagle Scout award. The Finger Lakes Trail Conference is very pleased that Scouts desire to do projects that make lasting improvements to the trail system. Thank you, Matt, for taking on this project and an equal thank you to all the others who wear the Eagle Scout award and have helped make the FLT a great trail. Thank you all for a job well done.

Alley Cat Trail Crews for 2006

All three of our Alley Cat Trail Crews have a full complement of volunteers ready to take on a full array of projects to benefit the FLT System. The following are signed up for the three crews:

June 12-16 at Camp Sam Wood near Pike on map M-6: Howard Beye, Ron Navik, Larry Newman and Ben Petryszak.

August 14-18 at Sugar Hill State Forest near Watkins Glen on map M-13: Howard Beye, Georgiana Binder, Robert Kremens, June Meyer, Lee Parks, Ben Petryszak, David Pileggi, Ken Reek, Margaret Reek, Tony Rodriguez, Lynda Rummel, Louis Taylor and Joe Vieira.

September 18-22 at Allegany State Park near Salamanca on map M-1/CT-1: Mike Anceravige, Howard Beye, Georgiana Binder, Gene Cornelius, Richard Gastauer, Robert Kremens, Ron Navik, and Ben Petryszak.

I would like to thank all those who have volunteered, not only this year but for all the past years, to work on an Alley Cat Trail Crew. These crews, as you can imagine, can take on projects which most groups and clubs would find difficult to manage.

Trail Maps and Guides

The Service Center was able to roll out our new and improved trail maps right on schedule. The Maps and Guides Subcommittee is now working with the authors of the trail guides we publish to bring them all up to date and to add some features, as well as to develop a common layout so they will fit together more like a series of guides.

Genesee-West Trail Coordinator

The Trail Management Committee is looking to find an individual or couple who would like to take on the coordinators' duties for the Finger Lakes Trail System west of the Genesee River. This means being involved with two club Trail Sponsors and five Individual Trail Sponsors. Trail Coordinators are the direct representative of the Trail Management Committee to the clubs and individual trail sponsors in their area. Their job entails giving general oversight to trail conditions, helping clubs and individuals solve problems, working to get Trail Stewards trained by having workshops presented as needed, maintaining good relations with land-owners, and serving as a member of the Trail Management Committee. Those interested in learning more about this position are asked to contact the TMC Chair Howard Beyé at 585/288-7191 or fltc@frontiernet.net.

□

Welcome!

New and Returning Members January through April:

Kate Alonzo	Geneseo
David Ams	La Fayette
Teri L. Antrim	Syracuse
Karlién Bach	Rochester
Sarah Balduf	Batavia
Michelle Barczak & Paula Lawson	Lockport
Bath Veterinary Hospital	Bath
Janis Becker	Caneadea
Marilyn Beckley	Syracuse
Diane & Paul Beckwith	Lansing
Bill Beebe	Kirkwood
Gary & Billie Sue Blough	Ontario
Boy Scout Troop	Elma
Sara E. Bradley	Chautauqua
Noah Brown	Syracuse
Jane Callahan	Pittsford
Harold & Carole Camp	Rochester
Bob Canfield	Dundee
Rohn J. Carlson	Leroy
Nancy Chamberlain	Horseheads
William & Laurie Clark	Syracuse
Melissa Cohen	Honeoye
Ellen & Jim Coleman	Watkins Glen
Donald R. Collins	Hamburg
Cortland County Young Marines	Marathon
J. Frederic Cox, II	Camp Hill, PA

John Cullen
Marcia K. de la Cerda
Mica Deerfield
Grant Denis
JoAnn Doerr
Jacqueline A. Doherty
Trent & Sarah Dougherty
George Eisman & Marion Boratynski
Suzanne El Rayess
Herb Engman
Doug & Judy Erwin
Alan Evans
Eileen Fanning
Finger Lakes Running Company
Michael Fleckenstein
Henrietta Foster
Carrie French
Peter Gamba
Art Godin & Joanna Green
I. Michael Goodman & Judy Uman
Doug & Pat Greaney
Michael L. Hart
Lee & Suzanne Hayford
Lane Hemaspaandra
Brian & Heidi Hendrick
Emma M. Herbison
Herbert Hochberg L.
Marie Inglee
Lori Kennedy
Edward C. Kokenberg
Kevin A. Lane, Esq.
Paul Lavoie
Jarret J. & Barbara Lobb
Michael & Jean Loftus
Donald A.

& Norene McCrimmon & family
Patrick McMahon
Sally Pezzulo
Gary D. Pierce
David Plotzler
Robert J. Reden
Kathleen Revekant
Michael A. Rickard
Mark Rogers
Deborah Schmitz
Paul & Claire Schnipelsky
Alex & Suzanne Schoenfeld
John Schroeder
David W. Schwenker, MD
& Mary Lynn Schwenker
Scott Sellers
Kaye Stanford
Louis Taylor
Thomas Tefft
The Peace Weavers
Jackson & Shirley Thomas
James & Jane Trondsen
Vicki Universal
Evan Wachs & Elizabeth A. Emery
Tom & Gail Walder
Denis Walsh
William G. Becker & Sons, Inc
Chad Wise
Quinn Wright

Portageville
Lakewood
Hollywood, MD
Dryden
Buffalo
Swain
Rochester
Trumansburg
Pittsford
Ithaca
Geneva
Beaver Dams
Corning
Ithaca
Hamburg
Pittsford
Avoca
Branchport
Newfield
New York
Hornell
Greene
West Monroe
Rochester
Rochester
Sidney
Scarsdale
Norwich
South New Berlin
Ithaca
Buffalo
Pittsford
Pittsford
Syracuse

Cazenovia
Ithaca
Rochester
Stanley
West Falls
Buffalo
Pittsford
Bergen
Auburn
Corning
Pulteney
Boca Raton, FL
Ithaca

Queensbury
Cazenovia
Elmira
Doylestown, PA
Erie, Pa.
Bath
Webster
Painted Post
Geneseo
Alfred Station
Newfane
Fairport
North Java
Bradford, PA
Buffalo

Balance on the Trail

by Dana L. Oviatt, Ph.D.

Editor's note: Dr. Dana Oviatt is a practicing audiologist in Central New York and member of the FLTC. As a somewhat unbalanced hiker, I was intrigued by a lecture Dana gave several months ago to the medical staff at Community General Hospital in Syracuse. Afterwards, Dana kindly agreed to write the following article. —Bob Michiel



If there is one thing we need while hiking, besides a compass and a map, it's good balance. A fall or stumble can ruin your whole day out on the trail.

Balance is something that we take for granted. But when you think about it, merely being able to stand upright is a major miracle – a fantastic feat of biological engineering that uses at least three sensory systems: vision (the eyes), vestibular (the ears) and proprioception. The data from these three systems tell us where our body is located in space and when we are in danger of falling.

Try this experiment right now. Stand up, put your feet together, and stand as steadily as you can for about 10 seconds. Now, without shifting your feet, close your eyes. What happened? Did you feel as though you were swaying? This experiment shows how important the eyes are for maintaining balance. Vision registers the slide of objects across the peripheral field and sends this information to the brain. The brain then sends messages to the muscles in the legs, ankles and trunk to keep the body vertical and upright to avoid falling.

If your vision helped you maintain balance with your eyes open, what sense maintained balance when you had your eyes closed? Two other sensory systems remain on standby when vision is not available: vestibular (ears) and proprioception.

Proprioception consists of a variety of receptors in the joints, muscles, tendons and skin. These special organs sense skin pressure, joint angle, and the location and movement of joints. Close your eyes and put your hand straight out to the side as parallel to the ground as possible. Now, open your eyes. How accurate were you? Very? Those are the organs of proprioception in

action.

Proprioception gives us an internal picture of when the body is vertical - as long as we are standing on a firm, flat surface. Proprioception enables you to viscerally sense where your body is even if you can't see it. While standing, proprioceptive organs in the muscles, tendons and joints of the legs, feet, and ankles send information to the brain so that these muscles can keep the body vertical. While you were standing with

your eyes closed, it was proprioception that allowed you to remain standing.

There are times, however, when proprioception is not available. This occurs when the support surface is soft (gravel, grass, snow), uneven (walking up a hill), or when the surface is smaller than our feet (stepping on a log or rock).

Overnights in the woods are fun. But sometimes in the middle of the night you need to use that little house which is always too close in the summer time and too far away in the winter. So, how will you balance if the path there is over rocky or marshy ground since neither vision nor proprioception will be available?

In this case the ears provide the last defense. The ears provide information about where the body is located in space by using gravity as a reference point. Tiny nerve cells in the inner ear sense the pull of gravity. If the body sways away from its center of support, the ear senses body sway and then sends a signal to the leg and ankle muscles to pull the body back to vertical.

Try this experiment: First stand on a compliant surface, like a cushion or your bed, with your eyes open. Once you are standing as steadily as you can, close your eyes. Are you having even more difficulty than you had in the first experiment? Standing on soft surfaces removes our ability to use proprioception to sense vertical. Vision wasn't available because your eyes were closed. The only sense to determine if your body was upright was your ears.

Why do we have so many different, seemingly redundant, senses for balance? It is because the information available to us at any moment is constantly changing. You can rely on vision while walking through the woods on a sunny day. But you may feel

dizzy if you try to use vision while standing on a rocky outcrop enjoying the view with nothing but the sky around you!

Sensory information from ears, eyes, and proprioception is constantly streaming to the brain. The central nervous system must integrate and choose which information to use depending upon what is most appropriate. The brain does all this within several thousandths of a second and without our thinking about it so that we have time to enjoy the scenery.

Seasickness is the classic example that shows that the brain is constantly integrating and evaluating all three senses. The boat is rocking. Above deck, vision, proprioception and the ears accurately tell you this.

Sunrise Hike, 5/7/2006

Spring Conference Weekend, Norwich, NY

Anyone who knows me can attest to the fact that I am NOT a morning person. Thus, I questioned my own sanity as I sat waiting for the defrosters to melt the thick frost from my car windows after having risen at 4:15 a.m.

Our group of hikers (all Bullthistle, except for me) met in the American Legion parking lot at 5:00 a.m. All were quite jovial, given the chill and the hour, though it really didn't feel as cold as the 20 degrees that it was. It turns out that we were treated to a spectacular morning. The climb was tiring, yet we felt exhilarated having reached "the face". The view of Norwich city was actually covered in an ethereal fog. It seemed as if we were even more removed from "civilization" than we actually were. The sunrise was stunning. Rays of light illuminated the mist over the city, creating mini dancing rainbows. After taking in this amazing view, we explored the quarry, remarking at how this place is not appreciated as it deserves to be. We actually felt regret for those who were sleeping soundly in their beds, down below in the fog-engulfed city, missing this gorgeous morning as we were surrounded by sunshine and splendor.

(Thank you to the landowners who granted hike leader Fred Gee permission to bring us the "shorter" way up through their private property roads, and granted us permission to explore the quarry on this magnificent morning.)

—Jolene from New Jersey (Jolene Sims)

Below deck, proprioception and your ears continue to tell you that you are swaying. But because the walls of the boat are not moving, vision tells you that your world is steady. This mismatch among what the three systems are sensing leads to the nausea that some people experience. Eventually, the nausea stops as the brain learns to ignore vision and concentrates on keeping you upright using the ears and proprioception.

To avoid falls on the trail, we need to maximize the amount of information from each of the sensory systems described above and be aware of the conditions in which our risk for falls could increase. If you're an experienced hiker, you probably already use these strategies. When walking over difficult, steep, or rocky terrain, keep your base of support wide by taking smaller steps. Step over, rather than on, fallen logs on the trail. Maximize proprioception from your feet by stepping on places that have the widest, flattest surface. Maximize proprioception from other sources by using a walking stick. Finally, hike and exercise as much as possible: strength prevents falls and keeps the reflexive integration well oiled. □

It only seems like forever...

(Continued from page 11)

my own capacities to lead it, so we are fortunate indeed to have David Marsh willing to lead us next. He is smart, capable, wise in the ways of human beings and not-for-profit organizations, and extremely generous with his time for the FLTC. We members all win upon his acceptance of this position.

For those of you who missed the spring meeting in Norwich, you never got to see the brief "skit" in which I played dictatorial Queen Irene to our webmaster Joan Young's "Alice in Wonderland." Alice first played a round of croquet, using a toilet brush "hedgehog" driven through Jeff Constable's human wicket with her flamingo mallet, then introduced the new King David to me, to which I responded with typical smooth aplomb, "Off with their heads!" and was led off by "guard" Warren Johnsen. Extensive rehearsals had NOT been held, of course, other than a few email exchanges beforehand, so I was thrilled when normally button-down crisply-ironed King David did take me up on my suggestion that he play against type and wear one big gold hoop earring!

We leave you in great hands, and the only fault I've found with Mr. Marsh is that he wants to adopt the LAST trail section I'll ever give up! □

End - to - End List Tops 200!

S = segments, C = continuous

1 Robert R. Fordon	6/15/1974	C	51 Richard J. Roberts	10/3/1995	S	101 John M. Andersson	7/10/1999	S
2 Joe Dabes	7/0/1985	S	52 Peter Nye	4/20/1996	S	102 Edward J. Walsh	7/23/1999	S
3 Edward J. Sidote	9/29/1990	S	53 Violet Davis	6/28/1996	S	103 Nicole Sweeney	8/14/1999	C
4 Rufus Perkins	9/27/1990	S	54 John P. Kubinski	6/29/1996	S	104 John Sweeney	8/14/1999	C
5 J. Robert Muller	5/27/1991	S	55 Robert E. Kephart	6/29/1996	S	105 Frank Bianco	8/14/1999	S
6 Paul J. Brach	11/9/1991	S	56 Judith Anastasia	8/14/1996	C	106 Bohdan (Ben) Petryszak	8/21/1999	S
7 Anthony Preus	5/29/1992	S	57 Joseph Anastasia	8/14/1996	C	107 Theresa V. Gaeta	8/21/1999	S
8 Joe Dabes	6/10/1992	S	58 Marilyn J. Breakey	8/29/1996	S	108 Paul L. Gaeta	8/21/1999	S
9 Dr. Edward E. Hart	6/10/1992	S	59 Verna Soule	9/5/1996	S	109 Robert Meiler	9/16/1999	S
10 David M. Gwinn, MD	6/19/1992	C	60 Marjorie Boone	10/5/1996	S	110 John G. Schmitt	10/30/1999	S
11 Joseph A. Donovan	8/2/1992	S	61 Mary L. Years	10/9/1996	S	111 Stephen Freedhoff	10/31/1999	S
12 Alexander G. Gonzalez	10/10/1992	S	62 Joseph A. Vieira	11/23/1996	S	112 Patrick J. McGowan	11/25/1999	C
13 Ann Snedaker	4/25/1993	S	63 Stephen W. Baumes	5/23/1997	S	113 Joe Dabes	6/13/2000	S
14 Joseph Fennelly	5/27/1993	C	64 Hans Hoffmann	5/24/1997	S	114 Patricia Martin	6/18/2000	S
15 Barbara J. Vanderhoff	5/31/1993	S	65 Lindsey Leiser	6/2/1997	S	115 Connie Dutcher	6/18/2000	S
16 Wanda Kurdziel	6/5/1993	S	66 Frank Bianco	6/26/1997	C	116 Rebecca Elgie	8/15/2000	S
17 James E. DeWan	6/9/1993	C	67 John D. Conklin, Sr.	6/26/1997	S	117 Sterling Salter	8/15/2000	S
18 Marguerite Lafayette	6/14/1993	S	68 Jane T. Conklin	6/26/1997	S	118 Frank Bianco	8/25/2000	S
19 Kurt Seitz	9/10/1993	C	69 Kathleen G. Hailey	6/26/1997	S	119 Margaret Gibson	8/28/2000	S (2)
20 Robert Reese, Jr.	9/12/1993	C	70 Dr. Francis J Hailey	6/26/1997	S	120 Timothy Wilbur	9/9/2000	S
21 Victor Yates	11/13/1993	S	71 Norman Smith	6/30/1997	C	121 Gerry Rising	10/10/2000	S
22 Charles Monroe	11/27/1993	S	72 Kip Smith	6/30/1997	C	122 James Chambers	10/11/2000	S
23 Nancy F. Gensky	12/18/1993	S	73 Douglas Dederick	10/9/1997	S	123 Rod Carpenter	10/20/2000	S
24 Karl Strause	12/18/1993	S	74 Nicholas A. Vandam	10/11/1997	S	124 Paul K. Thomas	10/29/2000	S
25 Abe T. Allen	6/17/1994	S	75 Kenneth Morgan	10/19/1997	S	125 Marie Inglee	11/4/2000	S
26 Joanne Altre	6/25/1994	S	76 Jack Van Derzee	11/9/1997	S	126 Richard Skinner	5/18/2001	S
27 JoAnne Oliver	7/6/1994	S	77 Terry Swank	12/7/1997	S	127 John Sharpless	5/28/2001	S
28 Ted Bloom	8/12/1994	C	78 Robert L. Hueston	5/22/1998	S	128 Kristen R. Sharpless	5/28/2001	S
29 Jed Bloom	8/12/1994	C	79 Philip R. Dankert	6/21/1998	S	129 Dolly Raymond	6/24/2001	S
30 Irene Szabo	8/28/1994	S	80 Phillip Stanton	7/10/1998	S	130 Paul R. Raymond	6/24/2001	S
31 Marti C. Doris	9/11/1994	S	81 Patricia Hengstler	7/26/1998	S	131 Joe Dabes	6/28/2001	S
32 Phyllis Youngmans	10/23/1994	S	82 Gilbert Fix	7/30/1998	S	132 George Zacharek	7/2/2001	S
33 Susan Yee	10/23/1994	S	83 Mary Z. Domanski	7/30/1998	S	133 Duane Younglove	7/26/2001	C
34 H. Clifford Abbott	12/18/1994	S	84 Robert A. Schmidt	7/30/1998	S	134 Stanley S. Kertel	8/11/2001	S
35 Doris Abbott	12/18/1994	S	85 Robert Monasky	9/27/1998	S	135 Walter H. Burgess, Jr.	9/12/2001	S
36 Dr. Betty A. Lewis	12/18/1994	S	86 Lucille J. Vieira	10/4/1998	S	136 Janet Wurl	10/8/2001	S
37 Mark T. O'Neil, Jr.	5/12/1995	S	87 Anthony J. Destefano	10/18/1998	S	137 Donald Wurl	10/8/2001	S
38 Edward C. Kakkelenberg	5/17/1995	S	88 Marilyn S. Destefano	10/18/1998	S	138 Gary L. Shaw	10/26/2001	S
39 Mary Ann Nissley	5/25/1995	C	89 Ernest Mahlke	10/18/1998	S	139 Robert Dickey	5/26/2002	S
40 David Morse	8/18/1995	S	90 Heidi Seaman-Mahlke	10/18/1998	S	140 Terrance R. Conant	5/30/2002	S (2)
41 Margaret Watrous	8/30/1995	S	91 Fred J. Lamb	10/31/1998	S	141 Warren R. Johnsen	6/30/2002	S
42 Mary Putnam	8/30/1995	S	92 Linda D. Mattice	11/8/1998	S	142 Dr. Danny W. Scott	7/8/2002	S
43 Ronald Navik	9/1/1995	S	93 Rita Welker	11/8/1998	S	143 Laura Clark	7/16/2002	S
44 Barbara J. Navik	9/1/1995	S	94 Sherrie Himes	11/8/1998	S	144 Steve Clark	7/16/2002	S
45 Frank Bianco	9/17/1995	S	95 Steve Pyle	11/8/1998	S	145 Jennifer Wilson	5/27/2002	S
46 Ralph C. Green	9/23/1995	S	96 Barbara Pickering	12/6/1998	S	146 David J. Marchner	8/3/2002	S
47 David A. Conner	10/1/1995	S	97 Kenneth R. Dunham	4/1/1999	S	147 Michael D. Marchner	8/3/2002	S
48 John D. Nesbitt	10/1/1995	S	98 Monique Cummings-Dunham	4/1/1999	S	148 Fred Gee	8/15/2002	S
49 Janet M. Stein	10/8/1995	S	99 Penny Shaw	4/24/1999	S	149 Kim Meacham	8/18/2002	S
50 Irv Ellenbogen	10/16/1995	C	100 John F. Wallenhorst	7/8/1999	S	150 Terry Meacham	8/18/2002	S

151	Donald L. French	8/18/2002	S
152	Colleen Stapleton	9/12/2002	S
153	Harold (Pete) Stapleton	9/12/2002	S
154	Linda L. Cruttenden	10/13/2002	S
155	David L. Conklin	10/26/2002	S
156	Margaret M. Reek	1/1/2003	S
157	Kenneth A. Reek	1/1/2003	S
158	Mark Hudson	5/30/2003	C
159	Philip R. Murphy	7/30/2003	S
160	Donald C. Hennen	7/30/2003	S

161	David S. Marsh	7/30/2003	S
162	Robert S. Younger	7/30/2003	S
163	John A-X. Morris	8/23/2003	S
164	Phil Lund	9/10/2003	C
165	Alma R. Dunham	10/5/2003	S
166	Cynthia S. Dunham	10/5/2003	S
167	Joe Dabes	10/9/2003	S
168	Heidi Bellenger	10/21/2003	S
169	Jay Zitter	10/21/2003	S
170	Carolyn Jacobs	10/22/2003	S

171	James Connors, Jr.	10/26/2003	S
172	Kurt D. Ramig	5/30/2004	S
173	Ray Ward	6/25/2004	C
174	Michele Gonzalez	7/17/2004	S
175	Alexander G. Gonzalez	7/17/2004	S
176	Robert A. Bell	7/23/2004	C
177	Patricia M. Shores	7/23/2004	C
178	Jacqui Wensich	8/1/2004	S
179	Ruth Dorrough	8/2/2004	S
180	Daniel Dorrough	8/2/2004	S

181	Marla Perkins	8/4/2004	C
182	Sheila Myer	9/12/2004	S
183	John Myer	9/12/2004	S
184	Barbara Hackett	10/3/2004	S
185	Jo H. Taylor	10/3/2004	S
186	Betty Schaeffer	10/3/2004	S
187	Sharon L. Galbraith	10/3/2004	S
188	William A. Galbraith	10/3/2004	S
189	Carl D. Daiker	4/20/2005	S
190	David H. Zanzalari	4/20/2005	S

191	Deborah L. Hammond	6/30/2005	S
192	Katherine Woznek	6/30/2005	S
193	John A-X. Morris	9/10/2005	S
194	William Baum	9/18/2005	S
195	Sharon R. Wheat	9/24/2005	S
196	Deborah Patterson	9/25/2005	S
197	Mike Whelsky	9/25/2005	S
198	Joe Dabes	10/2/2005	S
199	Kathleen L. Eisele	11/13/2005	S

200	Howard Beye*	honorary	S
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201	Kathleen A. Perry	11/13/2005	S
202	Susan A. Bliven	4/29/2006	S
203	Robert P. Bliven	4/29/2006	S



40-some End-to-Enders in One Place
Spring Outing, May 2006

End-to-End Milestone: #200

You could have called it an End-to-End Gala. Forty-three registered end-to-enders wearing their official end-to-end name-and-number pins, gathered at the Spring Outing in Norwich for a special event, and uncounted future end-to-enders were there, too, happily adding miles to their totals. Mr. End-to-End himself, Ed Sidote (#3), an organizer of this happy event, was there beaming proudly at his protégés. The exact number of miles has varied a bit over the years with the trail route constantly being adjusted, but all 200 plus end-to-enders have walked the approximately 560 trail miles between the Allegheny Mountains and the Catskills.

Attendees included such notables as #2 Joe Dabes (who is also #8, #113, #131, #167 and #198), the outgoing President of the FLTC Irene Szabo (#30) and the incoming President David Marsh (#161). Ed introduced Kathy Eisele (#199), who along with hiking partner Kathy Perry (#201) bracketed Mystery End-to-Ender #200 when they completed the trail last November. It was Terry Giarrosso, long-time trail supporter and maintainer, who suggested saving this number for a certain special person, FLTC Trails Vice President Howard Beye. Howard has walked much of the trail with the National Park Service's GPS unit for North Country Trail mapping, but he will never finish an end-to-end hike; he's far too busy with FLTC business. Ed Sidote handed him his well-deserved badge #200 at the Spring Outing.

Here's to the next 100!

Photos: Jacqui Wensich



Howard Beye (right) receives #200 from Ed Sidote.



Kathy Eisele wears #199.

End-to-End Update

by Edward J. Sidote

FLT End-to-End Coordinator

End-to-End Hikers

The following End to Enders completed the FLT main trail this quarter:

#200 Howard Beye, Rochester

Howard Beye was the Mystery End-to-End between last fall's Kathy Eisele (#199) and Kathy Perry (#201) and was presented with his two End-to-End patches at the FLT Spring Outing in Norwich. This award was suggested many months ago by Terry Giarosso of Syracuse whose association with the FLT dates back to the early 60's.

#202 Sue Bliven, Oxford

#203 Bob Bliven, Oxford

#204 Jack Sexton, Vestal

#205 Don Beattie, Commerce, MI

Don Beattie completed the North Country Trail in 2005 hiking the trail in both directions for a total of approximately 7800 miles. He returned to the FLT this year and started from the Claryville end on April 27th. He hiked it alone going in both directions to get back to his car. He finished on May 19th, after which he called on me at home. He told me that he enjoyed hiking the FLT very much.

Future end-to-enders recently added to my list are:

Roy Dando, Endwell

Laurie Dando, Endwell

John Henderson, Endwell

Scott Lauffer, Endicott

Bob Meiler, Lockport

Jolene Sims, Clifton NJ

I received progress reports from the following hikers on my end-to-end list:

Roger Ashworth

Richard Breslin

Fred Carranti

Susan Collier

Bob Collins

Jeff & Betty Constable

Dick Corbin

Roy & Laurie Dando

Karl Eurenus

Jim Greene

John Henderson

Sarah Hurst

Karen Luciani

Phil Metzger

Horst Schwinge

Jolene Sims

Craig Thomas

If I omitted your name, I apologize. If you are out there working on your end-to-end hike, please let me know.

Branch Trails

I do not receive progress reports as a rule from hikers doing the branch trails. I have not received any requests this quarter for Branch Trail Patch Applications. After

you complete the main trail consider doing the branch trails to fill that void you feel after finishing the main trail.

Spring Outing 2006

The Spring Outing set a record with 165 hikers attending which included 14 members of Rufus Perkin's family, who came from Ohio, Rochester, and Herkimer, as well as from Norwich. The family attended the dedication of the new lean-to in memory of Rufus Perkins who was my hiking partner for many, many years. Bob Emerson fabricated a memorial plaque which was installed in the lean-to a day or two after the dedication by Bob Bliven and me. Bob Slavicek represented the DEC and gave a talk, followed by Howard Beye and then Michael Perkins who thanked everyone involved in the erection of the lean-to.

Counting Joe Dabes only once for his six end-to-end hikes, we had 43 End-to-Enders in attendance. I suspect that this is a record also. On behalf of our club and myself I want to thank everyone who attended. Many of you came from distant points at great expense and we very much appreciate your helping to make our first Outing a huge success. Much to my amazement we had 20 people take the Chain Saw course including two employees of the Bowman Lake State Park staff. Marty Howden, manager of Bowman Lake State Park, gave the Blood Pathogens course as the instructor originally scheduled had a last-minute family emergency. Our club now has three members who are fully certified to use a chain saw on the FLT on state land.

Also many thanks to the future End-to-Enders who attended the Spring Outing. I hope that our hike schedule helped you complete segments you lacked. I would be remiss if I did not thank all of you who took the time to fill out the evaluation form for the praise and high marks you gave to our Outing Committee for a job well done.

Fall Outing to be hosted by Triple Cities Hiking Club

The Fall Outing will be held at the Amahami Girl Scout Outdoor Center, a modern facility in the town of Sanford in Broome County (Binghamton's county). I attended the first Outing we held there, and I urge you

(Continued on page 27)

End-to-End on the Finger Lakes Trail: A Journal

Kathy Eisele (#199) and Kathy Perry (#201)

Thank you to Terry Giarrosso for her advice about many trail sections and for hosting our End-to-End celebration and to Ed Sidote for his on-going support of all End-to-End activities. The following journal excerpts provide a glimpse of our twelve years of day hiking the trail (1993-2005). Some years we hiked a lot, some years very little, but always, well almost always, we enjoyed rural New York State, the small villages, the trail itself, the people we met in campgrounds and coffee shops and occasionally on the trail. Thank you to all trail planners, builders and maintainers, and public and private land managers and landowners for the exceptional Finger Lakes Trail.

Tuesday - Friday, May 25 - 28, 1993 (Catskills Maps 43, 42, 44)

Kathy Perry and I began our FLT end-to-end hike by pitching our tent on a bit of state land near the YMCA on Denning Road. The setting was on the Neversink River, woodsy with pine trees - and an outhouse. We parked a car and hiked back to Denning Lean-to, where we appropriately

End-to-End Update ...

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all to attend this one as, for one thing, the foliage could be starting to turn.

If you are an aspiring End-to-End I suspect there will be hikes in Delaware County and possibly Chenango County so that you can complete sections that you now lack.

I plan to attend this Outing as I enjoyed the previous one very much (even though it rained hard on Sunday morning). I hope to see even more End-to-Enders at this event. Out of over 200 End-to-Enders it would be great to see 75 at one of these outings. It is an opportunity to meet other End-to-Enders and future End-to-Enders. For those who did not receive their patches from me when they finished, this is an opportunity for us to get acquainted.

I am looking forward to another record-breaking group of hikers at the Amahami Girl Scout Camp.

Happy Hiking!

Edward J. Sidote

5 Clinton St., Norwich, 13815-1903

607/334-3872

ejsidote@cnyconnect.net

toasted the beginning of our hike with a drink of water! A few cans of food had been left in the lean-to. I wondered whether someone was planning to return for the night. Kathy P. thought they were for hikers running low on provisions.

After returning to our campsite, we moved cars to hike from Ladleton east back to our site. About a half mile east of Ladleton we were surrounded by four dogs - two German shepherds (one very unfriendly), a red dog, and a smaller white dog. Someone from a nearby house seemed to call off the white dog but made no effort to help us with the others. We just slowly kept walking forward, but as soon as we thought we were out of their territory, they would rush back again. The largest German shepherd was really menacing. Finally the two German shepherds did not return. The red dog turned out to be friendly and "led" us back to our campsite. He stayed just ahead of us, running through the trees, in and out of the water, or running up the road and then stopping to wait. He never barked. He poked around camp for awhile and wanted to go with us when we left to find a restaurant for dinner.

Monday, May 23, 1994 (Catskills Map 44)

We finished the Catskills today by completing this last gap!! We hiked from Holiday and Berry Road west to 206. When we left the Beaverkill Campground this morning, deer crossed the road just at the entrance to the covered bridge. Then we saw more deer along the road. On the hike there were some steep descents but the ascents seemed more gradual than the climbing yesterday. We watched a woodpecker at the trailhead on Holiday and Berry Road--first on a tree, then on a trail sign, then back to the tree. Five hours later when we returned for the car, a woodpecker was still there! In the woods, trillium - white, purple, and white with lavender, wild strawberry, maybe Mayapple flower, jack-in-the pulpit, two frogs still as stones trying to pretend they were part of the landscape. We had lunch sitting on a huge, flat boulder. Instead of cooking at the campsite, we had dinner at the Roscoe Diner as we didn't want to be dinner for the black flies.

January 14, 1995 (Map 24)

Today we hiked Bowman Road to Chestnut Road and Preston Road to Bowman Road. Incredible weather - 60 degrees or so today. Heavy fog this morning that finally lifted as we sat on a picnic table at Bowman Lake and ate lunch. Some ice, some snow in the woods, very little mud, mostly good hiking. But some of the roads were very muddy and others (parts of Steere and Preston) were solid ice and nerve-wracking to drive on. Felt great to be out

(Continued on page 28)



Kathy Eisele (left) and Kathy Perry of Cortland at the FLT sign just off Rte. 16 near Bird's Eye Hollow Park on Map 13 where they finished their end-to-end hike on November 13, 2005. They are both teachers at Onondaga Community College in Syracuse.

Eisele/Perry End-to-End...

(Continued from page 27)

hiking on the FLT again. We stopped at the country store in East Pharsalia for snacks. When we got to Cortland, we went to the car wash because both cars were covered with mud!

May 23, 1997 (Maps 20 and 19)

(West River Road to Rte. 392/ Tone Road) Trillium, white, purple, and white and pink, violets, Mayapples, bellwort, spring beauties, a deer, many hedge hogs, and a scarlet tanager! Kathy P. first spotted the tanager--brilliant red with black wings--perched in a tree in the woods. We watched for several minutes until it flew away. I don't think I have ever seen one before. Great day for hiking but very muddy in some places. Also we crossed numerous small streams.

June 1, 1998 (Map 2)

(From Bay State Road to Sawmill Run Road) Started out a bit cool today but warmed up to great hiking weather. Hiked further on old Rte. 17 than we intended because missed a turn (no double marker) and were not watching the map closely enough. We talked for a few minutes with Jerry out on his tractor at Camp Li-Lo-Li. After we left him, to the right of the lane going past the camp, we saw a series of three or four terraced beaver dams and some dens. What a rewarding spot. Very steep, muddy downhill near Sawmill Run Rd. We were very glad not to be climbing it! Who are the thoughtful folks who built the red painted bridge?

After returning to our cabin and changing from muddy hiking boots, we went to Science Lake. "Our" merganser (from last year??) was there again along with another water bird. Then we started to see beavers, at least three, sometimes swimming together and sometimes separately. We watched one of them repair the den. He would dive down and come up with what looked like mud and leaves, climb up the side of the den and plaster it on. He made five trips spending the time in between swimming around and munching grasses near the edge of the lake. At one time two beavers were swimming almost in single file and then diving one after the other. We couldn't believe that we were seeing so many.

After some time we drove further down the road to another stopping point from last year where some scientific observation equipment has been set up to monitor a beaver lodge. We started watching a blue heron fishing for supper. She stepped slowly and carefully, then stopped and folded her long neck down to peer just before she darted her bill in the water to capture supper.

We could hardly believe it when a beaver swam into binocular range. What to watch: beaver swimming by or blue heron hunting!

June 4, 1999 (Map 18)

(Harford Speed Rd. to Blackman Hill Rd.) Some long uphill today especially after we left Rte. 79. Just as we left the woods before Firetower Rd., we saw a swing alongside a wooden bench on the edge of the woods road. Along Firetower Rd. we saw phlox with at least a dozen swallowtail butterflies.

July 19, 2000 (Map 17)

(Danby Rd. to Comfort/Lieb Rds.) Cloudy and cool day. We saw lots of mushrooms - shades of brown, red, cream, bright yellow, an orange/brown newt, and a hawk flying over a field. We also came to a wooden bridge over a creek with the sign Diane's Crossing. Who is Diane and what is the story behind the crossing?

June 26, 2001 (Map 16)

(Boyland Rd. to Trumbull Corners Rd.) We saw six does and two fawns, some singly. At one place, in the woods, we got closer than usual when suddenly two does leaped in one direction and a small fawn in another. We could hear one of the does snorting in the woods. Was it to tell her fawn where to come? Was it to tell us to get out of there? Maybe both!

May 3, 2003 (Map 4)

(Brennan Rd. to Phillips Rd.) We started early this morning - 7:30 a.m. Beautiful section of trail: blue heron, Baltimore Oriole, porcupine, Colt's Foot, trillium, skunk cabbage, marsh marigolds, Spring beauty, Mayapple leaves, yellow violet. We met Mary Domanski on the trail hiking in the opposite direction to meet the group Irene Szabo was leading to Cobb's for a Spring Conference picnic.

September 4, 2004 (Map 15)

(Texas Hollow Rd. to Satterly Rd./Twin Bridges) What a beautiful section of trail and a perfect day for a hike. We started with the steep climb on the west side of Texas Hollow Rd. and hiked through woods, alongside streams, through the old vineyards, and on some roads. This section was well maintained (with occasional muddy spots due to the recent rains and horses using the trail) with exceptional signage. The colors of fall were evident. Along one road a man was working in his garden. He turned over mounds of red-skinned potatoes. Beyond his rows of potatoes, rows of ripening tomatoes were staked, and then the garden ended with a thick bank of tall yellow sunflowers. We saw orange newts and wildflowers of yellow, white, cream, lavender, blue-lavender, deep purple, and orange. Red, red-orange, and white fall berries added to the many shades of green along the trail.

November 12, 2005 (Map 13)

(Dennis Rd. to Goundry Hill Rd.) Another great fall day! The ground was deeply covered in oak leaves. At Monterey Rd. we talked briefly with a hunter who asked if we had seen any deer. After we crossed the road, a very friendly, rust-colored dog with a radio collar joined us. We thought she belonged to the hunter and would soon go back to him. Instead, she joined us for the rest of the hike to Goundry Hill Rd. Maybe someone had taught her to "kiss" because she would leap up and touch my cheek.

Lots of up and down hills today. We each carried one of my rubber pull-on boots and used them twice to cross streams.

Hiking was slower than usual for us - lots of tree roots and quite a few wet, muddy areas.

The dog began to tire so finally I could read her tags and get a phone number. When we reached Goundry Hill Rd. and Kathy P. opened her car door, in jumped the dog! I called the phone number on my cell phone, reached an answering machine and left a message. We didn't want to just leave the dog, so we decided to go to a gas station we had seen in Monterey. I rode in the back seat with the dog that promptly put her head on my chest and closed her eyes for a brief snooze! The couple at the station didn't want to keep the dog, but by then I could read the name on the tag. They called the number again, which turned out to be a family on the Pennsylvania border who had sold the dog to some people on Goundry Hill Rd. whose phone number they had. Once another phone call was made, it turned out the dog's name was Fancy, and it was Fancy's birthday! She had been out hunting the day before when she took off in the woods. The family had returned to the hunting area trying to track her all day by her radio collar but the range was only four miles, and she had gone further than that. Her collars alone were worth \$500. They would come right away to pick her up, and Fancy was going to be grounded for a couple of days!

When the owners drove up in their pick-up, they were so happy to find Fancy. We went out to dinner that night and had a glass of wine to toast Fancy on her birthday. What a great experience to have the day before we completed our end to end, especially considering the frightening experience we had with dogs on our very first day, May 25, 1993.

November 13, 2005 (Map 13)

(Dennis Rd. to Aulls Rd. and Munson Rd./Rte. 96 to Aulls Rd.) **Today we finished our end-to-end!** It was a beautiful day, unusually warm, 60's, breezy. The predicted afternoon rain did not come. We met a hunter driving down a dirt road in his pick-up who stopped to talk and told us that the shooting we heard in the woods was probably hunters "sighting" their guns getting ready for the opening of deer hunting season next Saturday. The woods and trail were deep in leaves, and we crossed several, usually small, streams. On a hillside above Rte. 16 we passed an old cemetery that we did not stop to explore. **It took us several years, 1993 to 2005, but we have walked across New York State on the Finger Lakes Trail!** □

Answers to the Spring "Name that Map!" quiz

Cattle fence on M-10, crossing Cunningham Creek

Lots of responses on this one!

Correct:

Lee Douglas	Irene Szabo
Sarah Hurst	Tim Wilbur
Carol Smith	Pete Wybron
Paul Smith	



End-to-End on the Finger Lakes Trail

Sue (#202) and Bob (#203) Bliven of Oxford, NY

We started our journey across the Finger Lakes Trail on April 19, 2005 at the urging of Bob's cousin, Dick Corbin. Dick and his son had done some of the trail in northern Chenango County and he thought we might enjoy hiking. Little did he know what he had started! As we hiked and discovered the natural beauty of the countryside, the wildflowers, the wildlife and the joy of being outdoors we became addicted to the trail. As we had both recently retired we had lots of free time to spend on the trail and we did.

All of our hikes were day hikes and we finished the FLT maps in no set pattern or schedule. Thanks to the folks in Schuyler County we were able to complete that county on the Cross County Hike Series. We particularly enjoyed meeting the other hikers and being part of the group. We joined the Bullthistle Hikers Club and met other people to hike with. Of course, the main inspiration for all end-to-end "wannabees" is Ed Sidote, who took us under his wing and introduced us to pancake breakfasts in Claryville before starting us on the trail in Ulster and Delaware Counties. When it was time to do the far western counties we loaded the camper on the truck and drove two vehicles to Allegany State Park, stayed for eight days and hiked 76 miles. A short trip to Letchworth State Park enabled us to end our hiking season by completing another map and enjoying the beautiful fall colors. March found us, along with Rich Breslin and Dick Corbin, doing the section from Peet Hill Road to Sugar Hill State Forest in a snow- and windstorm. It was on this trip that we met Kathy Kellogg who car spotted for us. Thanks, Kathy. Thanks also to Glenn and Carrie French who were excellent car spotters while we were doing Steuben County. Our final long hike was in Allegany County and was completed while hiking with Rich, Dick, and Greg and Beth Dean on a beautiful spring day.

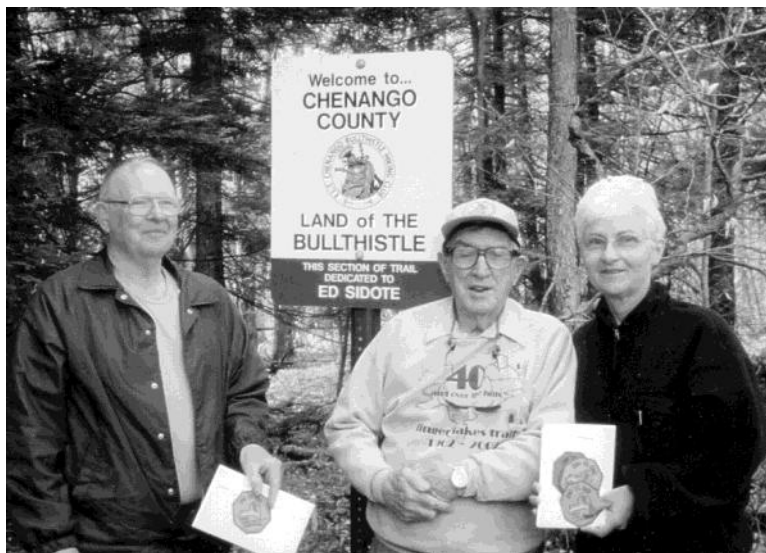
The wildlife we encountered along the trail included most of the more common; chipmunks, red, black and gray squirrels, muskrat, red fox, deer (including a nursing fawn), woodchucks and a porcupine. Thankfully we did not meet a

bear or a skunk on the trail. We saw birds aplenty with the highlight of seeing four Great Blue Herons building treetop nests. Sue was delighted to see Lady Slippers, Trillium and Fringed Polygala.

We would be remiss if we did not extend our gratitude and thanks to all those great stewards who keep the trail in such great shape, the land owners who permit us to use their land, the officers/managers of the FLTC who administer the whole program, the car spotters who ease the burden of getting to the trailheads, and all the hikers who are an exceptional group of people.

We completed the 562 miles of the trail on Sue's birthday, May 3, 2006 just in time for the FLT Spring Outing. The actual number of days that we hiked on the trail was 60 for a daily hike average of 9.37 miles.

At this time we have the honor of being the latest to complete the FLT but hope that many of you fulfill your aspirations and become End-to-Enders soon. Remember, the FLT is the adult version of "Follow the Dots." □



Bob Bliven (#203), Ed Sidote (#3), Sue Bliven (#202)
May 3, 2006 (Sue's Birthday)

Hiking Calendar

FLTC Annual Ed Sidote Hike - Saturday, July 29, 2006, 10 a.m.

Chenango County, Bowman Lake State Park, Map M-24

Classification: easy

Hike Leader: Marty Howden (Manager of Bowman Lake State Park), Information: Ed Sidote, ejsidote@cnyconnect.net

Join Marty and Ed at Bowman Lake State Park for the annual Ed Sidote Hike. The FLT goes through picturesque Bowman Lake SP. This hike will be approximately 5 miles with additional hiking opportunities available. Meet at the Beach Parking Lot, located on your left at the end of the blacktop in Bowman SP, very close to the FLT trailhead.

There will be a park entrance fee (\$7) if you arrive after 10 a.m., but free if you arrive prior. Alternative parking is available on Sherman Rd, (see map M-24) at the FLT trailhead, but it is at least a mile walk from there to the beach parking lot.

Directions: Bowman Lake SP is located in Sidote Country (Chenango County), between the towns of McDonough and Oxford, a few miles outside of East McDonough. Please refer to map 24 or contact Ed for directions.

Overnight on the Interloken Trail - September 8-10

Kim Meacham, meach@infoblvd.net or 607/324-0374, Sharon Galbraith, Sharonbillgal@aol.com or 585/872-0327

We will hike the entire 11.9 miles of the trail on Saturday and Sunday. We reserved the Potomac Group Campground for the FLTC Friday and Saturday, September 8 and 9. We will start Saturday and Sunday mornings from the Potomac Campground; shuttling to the southern terminus on Burnt Hill Road on Saturday and shuttling to the northern terminus at Parmenter Road on Sunday and hiking to the campground, roughly 6 miles each hike.

Those not staying at the campground should meet there at 9 a.m. for the hikes. The campground, as well as the surrounding area, is very nice and by no means does everyone camping have to hike the scheduled hikes.

Note: *The weekend has been shortened. There will be no Sunday night camping.*

Annual FLTC Erv Markert Fall Hike - Saturday, Oct. 7, 2006, 9 a.m.

Letchworth Branch of Finger Lakes Trail, Map L-1

Classification: moderate

Hike Leaders: Sharon Galbraith and Betty Schaeffer, Sharonbillgal@aol.com or bettyhs@frontiernet.net

This year's Annual Erv Markert Hike will be in the northeastern section of Letchworth State Park. We will hike from access E to access B for a total of 7.5 miles. The time should be right for the start of fall colors. This section of trail follows the gorge among mixed hardwoods and pines. There are nice overlooks of the river canyon from this hike. Also, plan on stopping at the Mt Morris Dam Visitors Center for an interesting history of several pre-dam floods and the building of the Mt Morris Dam. Meet at 9 a.m. at the dam parking lot, and we will car shuttle to access E.

Directions: from the North, take Rte. 36 into Mt Morris. Turn right at the light onto Rte. 408. Turn right on Damsite Road and park in the parking lot next to the visitors' center. From the South, take Rte. 36 into Mt Morris and turn left at the light onto Rte. 408, following the above directions.

Please contact Betty or Sharon if you are planning on attending.

And one that already was...

Landowners Pat and Mary Raab Host Another Hikers' Picnic

On May 13th, hikers came from three directions along hikes A,B, and C toward "Cobb's 45," the property on Map M-4 between Ellicottville and Machias owned by the FLTC. After our hikes, we gathered at Pat and Mary Raab's neighboring place for a turkey Mary had roasted outdoors, and shared dishes we all brought. Once again we ogled their wonderful collection of antique tractors and agricultural implements plus Mary's intriguing gardens, had a grand time chewing the fat and eating too much, and watched the collection of dogs play constantly.

This was definitely a dog party, since my two and the Naviks' "grandpuppy" went on one hike, hike leader Cheryl Peluso brought her Abbey along on a 7-miler, and the Raabs' yard always includes two playful golden retrievers. Rain held off, the sun even shined on our picnic, and a fine time was had by all. Amazingly generous Mary wants to make this an annual event, so you all have a chance to make up for lost opportunities.

Oh, yeah, and the Raabs also want to place a permanent trail easement on the part of the blue loop trail that comes into their upper woods from the adjacent Cobb property. It was definitely a wonderful day! —Irene Szabo



Barb Navik

Cheryl Peluso buried alive in happy dogs





A gift to the Finger Lakes Trail Conference helps to protect and preserve the Trail forever. Gifts may take several forms, such as MEMORIALS, HONORARIUMS, and PLANNED GIVING. Information about how gifts may be designated and/or for a brochure explaining the Planned Gift options may be obtained confidentially by contacting

FLTC, Inc.,
 6111 Visitor Center Road Mt. Morris,
 New York 14510
 (585-658-9320), or
 e-mail address
information@fingerlakestrail.org







FLT Regional Club List

These are the clubs that maintain segments of the trail and conduct regular hikes. To reach one of them to volunteer for trail work or to enjoy a walk in your neighborhood, look at these websites.

Affiliate Clubs	Website	Area
ADK Finger Lakes Chapter	http://web.empacc.net/~scottez	Ithaca Area
ADK Genesee Valley Chapter	http://www.gvc-adk.org	Rochester Area
ADK Mid-Hudson Chapter	http://www.midhudsonadk.org	Eastern NY
ADK Niagara Frontier Chapter	http://www.adk.org/chapters/niagra.aspx	Buffalo Area
ADK Onondaga Chapter	http://www.adk-on.org	Syracuse Area
Cayuga Trails Club	http://www.lightlink.com/ctc	Ithaca Area
FLT-Bullthistle Hikers	http://www.bullthistlehiking.org	Chenango County
Foothills Trail Club	http://www.foothillstrailclub.org	Buffalo Area
Genesee Valley Hiking Club	http://www.fingerlakestrail.org/gvhc.htm	Rochester Area
Triple Cities Hiking Club	http://www.tier.net/~tchc	Binghamton Area

namethatmap@fingerlakestrail.org



So, you hiked the FLT or parts of it. Let's see how observant you were! Name that map.

Photo by Jacqui Wensich

Can you place this scene from along the trail? Send your guess to Jacqui Wensich at namethatmap@fingerlakestrail.org. The answer will appear in the next issue of the *News* along with the names of those who sent in correct answers. The answers to the Spring quiz can be found on page 29.



FINGER LAKES TRAIL CONFERENCE

6111 Visitor Center Road,
Mt. Morris, NY 14510
585/658-9320
www.fingerlakestrail.org
information@fingerlakestrail.org

FLTC Staff

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

Stephanie Spittal, Office Manager
information@fingerlakestrail.org

Officers

David S. Marsh, President • 4951 Seneca Point Rd,
Canandaigua, NY 14424 • 585/396-2170 •
dsmlmm@frontiernet.net

Ronald Navik, Membership Vice President • 27
Edenfield Rd, Penfield, NY 14526 • 585/377-1812 •
ron.navik@frontiernet.net

Howard Beye, Trails Vice President • 202 Colebourne
Rd, Rochester, NY 14609 • 585/288-7191 •
fltc@frontiernet.net

Jarett Lobb, Finance Vice President • 14 Locke Dr,
Pittsford, NY 14534 • 585/383-1938 • jarrett@aol.com

Kathy Cronin, Secretary • 204 S. Liberty Ave,
Endicott, NY 13760 • 607/757-0736 •
kcronin@binghamton.edu

Peter Wybron, Treasurer • 2722 Chestnut St, PO Box
158, York, NY 14592 • 585/243-5351 •
pwybron@juno.com

Board of Managers

Terms Expiring 2007

Phil Dankert • 32 Dart Drive, Ithaca, NY 14850 •
607/257-2578 • pdankert@twcny.rr.com

Kathleen Eisele • 106 Cordova St, Syracuse, NY
13205 • 315/492-2273 • eiselek@dreamscape.com

Lynda Rummel • 96 Esperanza Dr, Keuka Park, NY
14478 • 315/536-9484 • ljassoc@adelphia.net

Georgeanne Vyverberg • 8964 Atlanta-Garlinghouse
Rd, Naples, NY 14512 • 585/534-5498 •
gvyverberg@pls-net.org

George Zacharek • 3125 Fiddlehead Glen,
Baldwinsville, NY 13027 • 315/635-8438 •
hikinggz@aol.com

Terms Expiring 2008

Dawn Bennett • 221 Craig St, Syracuse, NY 13208 •
315/437-7464 • dlbenett@powerfcu.net

Linda Cruttenden • 418 Hurstbourne Rd, Rochester,
NY 14609 • 585/288-3359 • lls_roch@yahoo.com

Scott Lauffer • 204 S. Liberty Ave, Endicott, NY
13760 • 607/341-3746 • slauffer@stny.rr.com

Terry Meacham • 7147 Tobes Hill Rd, Hornell, NY
14843 • 607/324-0374 • meach@infoblvd.net

Jacqui Wensich • 425 East St, Pittsford, NY 14534 •
585/385-2265 • jwensich@rochester.rr.com

Terms Expiring 2009

Richard Breslin • 279 Hartman Rd, Greene, NY
13778 • 607/656-7282 • wojech@frontiernet.net

Claire Ders • 79 County Rd 42, South Otselic, NY
13155 • 315/653-7776 • dersj@upstate.edu

Tom Dwyer • Pinnacle Publications LLC, 812 State
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585/968-2730

Jay Zitter • 1969 Kyriotis Dr, Cortland, NY 13045 •
607/835-6268 • jzm211@htva.net

Finger Lakes Trail Conference, Inc. Calendar of Events

- July 29 FLTC Annual Ed Sidote Hike, Bowman Lake
State Park, Chenango County. Approx. 5 miles.
Information: Ed Sidote ejsidote@cnyconnect.net
- August 10-13 North Country Trail Association Annual
Conference, Clarion PA.
- August 14-18 Alley Cat Crew #2, Sugar Hill State Forest
- August 18 Deadline for submitting material for fall issue of
the *FLT News*. See box on page 1.
- September 18-22 Alley Cat Crew #3, Allegany State Park
- Sept 29 - Oct 1 **FLT Fall Campout 2006**, Camp Amahami.
Details will be mailed to members in August and
will also be at www.fingerlakestrail.org. FLTC
Board Meeting on October 1.
- October 7 FLTC Annual Erv Markert Fall Hike, Letchworth
Branch. 7.5 miles. For information: Sharon
Galbraith (Sharonbillgal@aol.com) or Betty
Schaeffer (bettyhs@frontiernet.net).
- November 4 FLTC Club Leader Summit
- November 18 FLTC Board Meeting

Also on the FLT System though not an official conference- sponsored event:

- September 8-10 Interloken Overnight, Finger Lakes Natl Forest,
Schuyler County. Hike the Interloken Trail (12
miles) over two days. Camping at Potomac
Group Campground. Contacts: Kim
607/324-0374, meach@infoblvd.net or Sharon
585/872-0327, Sharonbillgal@aol.com

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

Special Places on the Finger Lakes Trail

Queen Catharine Marsh Trail

by Jacqui Wensich

The Queen Catharine Marsh Loop Trail starts and ends at the main Finger Lakes Trail at the entrance to Watkins Glen State Park. Portions of this trail follow the Catharine Valley Trail (CVT) which will be a 12-mile multi-use trail linking Watkins Glen to Horseheads. The 'Q' trail became part of the Finger Lakes Trail system in 1985.



The marsh is home to many varieties of flowers and wildlife.



If your interests include birding, wildflowers, geology, flood control, wildlife, canals, waterfalls and historic sites, try the Queen Catharine Marsh Trail, with the added bonus of walking a gentle eight miles.



One of many 200-year-old willows. The section of the trail known as the Willow Walk features grand old willows and excellent birding opportunities.



Dutchman's
Breeches along
Rock Cabin
Road on the east
side of the
marsh

A map of the Queen Catharine Marsh Trail can be ordered from the FLTC Service Center at 585/658-9320 or online at www.fingerlakestrail.org

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

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