

# Finger Lakes Trail NEWS

*Fall 2006*



## Inside...

- ◆ Past President of the FLTC named Executive Director of the North County Trail Association
- ◆ History's Mysteries: Indian Trail Trees



## President's Message

### Openings and Opportunities

**B**y the time you read this message the autumnal equinox will be approaching. Change, although always present, will become more visible. Chlorophyll will begin to rapidly drain from the foliage and the "hidden" colors become apparent; bird song will no longer greet us in the morning; there will be a nip in the air, and clouds will take on different shapes and colors. Fall will sweep over our hill country and we will be in awe once again of the beauty of our region. Autumn, my favorite of all seasons, beckons us to hit the trail.

Returning from the Adirondacks this summer, I noticed the large number of cars parked at the various trailheads and was reminded of how fortunate we are that our Finger Lakes Trail is close by and virtually without crowds. Our trail, of course, is not a direct product of nature; rather it is the result of many hours of dedicated efforts by a large number of people. Well then, what does it take to maintain 880 miles of footpath across the state of New York? Many volunteers! These are people who really enjoy their involvement and are willing to work for satisfaction alone. Crazy you say? In this day and age people seek out ego-building financially lucrative involvements and just do not work for satisfaction alone, you think? And besides, you rationalize, trail maintenance work is tough and sweaty; people just will not do that kind of work anymore. Well, they will and they do. They come in large numbers, they have fun, they accomplish something necessary, and we are all beneficiaries of their work.

Marge Piercy's poem "To Be of Use" has a lot to say about the character of those who rise up and put their backs to the tasks that must be done to give us our trail:

*"The people I love best  
jump into work head first..."*

*I want to be with people who harness themselves, an ox to a heavy cart,  
who pull like water buffalo, with massive patience,  
who strain in the mud and the muck to move things forward,  
who do what has to be done, again and again. ..."*

Our volunteers are the heartbeat of our trail. They "harness themselves" to the tasks time and time again. They are good people who are enjoyable to be around. They find satisfaction in performing work that matters. In 2005 nearly four hundred people performed trail maintenance work. Add to that the many who volunteered to perform office functions, the Board members who spent many hours with organization, financing, and promotion activities, and many more who assisted with our various special activities.



**David S. Marsh**

Many of these volunteers are members of hiking clubs that have agreed to maintain sections of the trail. There are some ten clubs who perform maintenance on the FLT and they also organize and manage our Spring and Fall special weekends: five chapters of the Adirondack Mountain Club, the Cayuga Trails Club, the FLT-Bullthistle Hikers, the Foothills Trail Club, the Genesee Valley Hiking Club, and the Triple Cities Hiking Club.

Yes, it takes more than just volunteer labor. It also takes money. We are fortunate to have some 1100 members who through the payment of their dues, contributions, and purchases of maps and merchandise, provide the funds for us to pay our small staff, and to protect, maintain, and promote the trail.

In my message in the Summer issue I discussed the "opening" that the trail provides and what awaits all of you on the other side when you enter. Have you entered recently? The next time you do, stop for a moment and look around. You will certainly see the efforts and wonders of nature. Then look down at the path beneath your feet and there you will see the results of our volunteers. Silently thank them for your trail. The power of many keeps this footpath open for you. If you have not volunteered, consider joining them in their efforts. This need not be a huge chunk of time or even a regular commitment; every hour helps. The FLTC wants you! The FLTC needs you! If you are interested in performing trail work but do not know how to get started, please phone or e-mail our Vice President of Trails Howard Beye at 585/288-7191, [fltc@frontiernet.net](mailto:fltc@frontiernet.net). If you are interested in helping with office or administrative tasks, phone or e-mail our Executive Director Gene Bavis at: 315/986-1474, [gbavis@rochester.rr.com](mailto:gbavis@rochester.rr.com). Come on, give it a try. You will not be sorry you did.

I hope that I will see many of you shortly at Camp Amahami for our Fall Campout Weekend where we can enjoy the change of seasons together on the trail. The Triple Cities Hiking Club, hosts of the event, will welcome us to their neighborhood. Remember, the trail ends only in your mind. It provides endless pleasure and memories. Hit the trail this fall, and, 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](http://www.fingerlakestrail.org)) to sign up.



# FINGER LAKES TRAIL NEWS

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Fall 2006

Volume 45 Number 3

## Mission Statement

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

Two new bridges at Bowman Lake State Park in Chenango County were a cooperative effort of the Bullthistle FLT Hiking Club, the Headwaters Youth Conservation Corps from Norwich, the Safari Club, and park staff.



Marty Howden

## FINGER LAKES TRAIL NEWS Volume 45 Number 3 Fall 2006

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Mary Coffin

**Cover:** Two hikers enjoy the view from Cleveland Hill on the Bristol Hills Branch of the Finger Lakes Trail. This bench is a favorite lunch spot for hikers. The photo was taken by Ken Reek in September 2004.

Ken has a web site where he sells large-format photographs: [www.KMRConsulting.com/photography](http://www.KMRConsulting.com/photography). He will donate half the profit to the FLTC from any prints ordered by people who mention the FLT when they order. Photo Copyright © 2004 Ken Reek

**T**hank you to those who volunteered to work at our display at the NYS Fair. We were there representing the hiking community. This is an important opportunity to get the word out and to partner with our friends at DEC in a public awareness effort. This year our display was even visited by Governor Pataki himself!

I would like to publicly thank Jay Zitter, one of our Board Members and our "Marketing Queen." Jay chairs our Marketing Committee, and is full of innovative ideas to help us make people aware of the Finger Lakes Trail. I have been amazed at the number of people who tell me that they have "never heard of the Finger Lakes Trail," and yet it's right in their "backyard." Jay and her team are making wonderful progress in letting people know about us. The marketing effort is focused not only on making people aware of this great resource, but also on attracting new members.

It is a goal of the Finger Lakes Trail Conference to increase our membership base. We are doing "OK" with our current level of membership, BUT we feel that both efficiency and stability can be improved with a larger membership base. If the cost of things like the office and trail equipment can be spread across a larger group, the cost per member is a bit less. It costs less per copy to print 3,000 copies of the *FLT News* than it does to print 2,000. These are just a couple of examples of how the economies of scale relate to our membership totals.

Our membership committee is concerned that we lose a fairly large number of members each year. Obviously, some attrition is expected... people pass away, move away, change their focus, etc. Historically, we have had anywhere from 150 to 250 new members each year, BUT we have also LOST 125 to 175 members because they did NOT renew their memberships. For many, it's a matter of they "forgot" to send it in. We are thankful that most of our members do stay with us, but we also want to reduce our losses, so that we will show a net gain each year. We encourage our members



## From the Desk of the Executive Director

.....  
**Gene Bavis**

to let us know if they are dissatisfied with anything. We hope that even those who don't hike much anymore will continue to enjoy getting the *FLT News*, and feel that their financial support for the organization is "worth it." After all, most of our funding comes from member dues and contributions. Without our members there would be NO FLT!

My job as Executive Director is to work with our Board and to support our committees. I am proud to say that we have excellent leadership and dedicated volunteers on both our Board and various committees. Membership management and overseeing day-to-day operations consumes a fair amount of my time. I thank you all for the opportunity to work with you and also for all that you do for the FLTC. If you are not actively involved, we hope you will give it a try. I hope to see you at the Fall Campout or the Steuben Hike Series picnic and/or the Spring Weekend at Swain in May of 2007. If you have questions, suggestions, or concerns, please don't hesitate to contact me. Even though I am a part-time Executive Director, I consider myself to be "on duty" most of the time, so don't hesitate to call or email me at home. ☐

*Gene Bavis, Executive Director*  
*gbavis@rochester.rr.com,*  
*315/986-1474 (home phone)*  
*Our website is*  
*www.fingerlakestrail.org*

## SEFA

If you are a state employee and are interested in contributing to the Finger Lakes Trail Conference through the State Employees' Federated Appeal (SEFA) program, please contact Executive Director Gene Bavis at [gbavis@rochester.rr.com](mailto:gbavis@rochester.rr.com) or call him at 315/986-1474.

## FLT Property For Sale/Wanted

Landowners with a portion of the Finger Lakes Trail who would like to sell their property may submit a **FREE** ad of up to 40 words advertising the property for sale. If the property is listed by a licensed real estate agent, he or she may submit the ad on your behalf.

FLT members may submit a free ad seeking to purchase trail property under the same guidelines.

If interested contact Executive Director Gene Bavis for details.

## Moving?

Instructions for notifying the FLTC of address changes appear at the bottom of the masthead on page 1 of every issue of the *FLT News*.

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**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

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### HELP WANTED: Volunteer Opportunities!

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

**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.

**Trail Steward:** Or 2, Allegany State Park. Maintain all or half of a 6.4-mile section between ASP 1 and Bay State Road (access points 5 to 8 on FLT map M-1). Contact Richard Gastauer, Trail Chair, Foothills Trail Club ([r.gastauer@verizon.net](mailto:r.gastauer@verizon.net)), 716/839-4644. Other opportunities for trail maintainers arise from time to time. To be notified of opportunities in your area, please contact Howard Beye ([fltc@frontiernet.net](mailto:fltc@frontiernet.net)), 585/288-7191.

**Trail Coordinator, Genesee West:** Trail Management Committee Chair Howard Beye is looking for an individual or couple to coordinate the work of club and individual Trail Sponsors west of the Genesee River. Trail Coordinators are responsible for general oversight of trail conditions in their area, helping clubs and individuals solve problems, working to get Trail Stewards trained by holding workshops as needed, maintaining good conference/maintainer relations with landowners and serving as a member of the Trail Management Committee. To learn more about this position, contact Howard at 585/288-7191 or [fltc@frontiernet.net](mailto:fltc@frontiernet.net)

**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](mailto: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...

- **Ken Terhune** has assisted in setting up some Excel spreadsheets and given the office staff the necessary instruction on how to use them, so that part of the "Tutor" help wanted ad is covered.
- Several new people have signed up to be car spotter trail angels: **Christopher Snow**, **Sigi Schwinge**, **Claire Ders**, **Kathy Kellogg**, and **Ken Terhune**. A big thank you goes to them. We can always use more car spotters.
- Gene Bavis has had three volunteers who have helped as phone callers, BUT he can still use more. He would like to thank **Marie Altenau**, **Kathie Lyke**, and **Bob Kremens**.

## A "Good Deed" Leads to Memories Shared

by David S. Marsh, President FLTC

**T**his little journey began when, while assuring that the FLTC files had records of all of our precious assets, I discovered that a deed to a piece of property in the Bristol Hills could not be found. This property was donated some years ago and is located on the Bristol Hills Branch (Map B-1) south of the jumpoff near an old beaver pond. Currently it is used as a bivouac area. Howard Beye, our VP of Trails and fountain of knowledge about the FLT, provided me with the donor's name and current address in Florida.

I wrote a letter to Mr. Jan Chadwick (the property was donated by Jan and his wife) in Vero Beach inquiring about the location of the deed. His reply came quickly; he was not certain but indicated that the deed could have been given to Wally Wood. Well, those of us who are familiar with the name Wally Wood know that this gentleman, in 1961, after hiking the Appalachian and Long Trails, had a vision for a similar long distance trail spanning New York State. Wally was instrumental in bringing this vision to reality as the Finger Lakes Trail. Jan, in his letter, also made some interesting comments about early hiking clubs in the area and the Gannett Hill area. I planned right then to try to meet this gentleman in the summer when he traveled north to his cottage on Canandaigua Lake.

Jan invited me to his summer home on Long Point, Canandaigua Lake, with a beautiful view of the lake and hills to the south. This man, in his late 80's, has a sharp mind and many fond memories of hiking days in the area and around the world. In this country, Jan has hiked segments of the Appalachian Trail, the Long Trail, and many others. His local hiking was most often on logging roads in the forest and he remembers how the hills in the area were at one time largely stripped of the trees. The land did not

suit itself to farming and the hills are now once again cloaked in a green forest visible and appreciated from his lake home.

Jan's hiking reputation brought Wally Wood and him together and they became friends. Wally often stopped in to visit with Jan while on trips to the area to work on the trail. Wally also made a distinct impression on the younger members of Jan's family, who were assembled for their annual gathering at the lake while I was visiting. Jan described Wally as very determined and personable, a diplomat. "He was driven by the vision to create a trail." Jan liked him very much. I thought to myself, these are the qualities that a person must have to create such a trail. These were probably the qualities of James P. Taylor who in 1910 conceived of the Long Trail in Vermont, and a little later Benton MacKaye, a forester from Massachusetts who had the dream of an Appalachian Trail. It would seem logical that behind the building of every great trail system, there is a need for someone with these qualities, and Wally Wood was our "driving force".

Jan was in the real estate business in Prattsburg and his wife's family were longtime residents and significant property owners. His knowledge of

properties and ownership in the area were a great help to Wally in his efforts to find a trail corridor. He remembers the early days of the trail on Gannett Hill, the current northern trailhead of the Bristol Hills Branch. It seems the property was owned by a "Welshman", who had some rather rigid requirements. Although he gave permission for the trail to be located on his property, he would not allow parking there, so hikers had to hike just to get to the trail. Jan was a friend of an adjacent property owner, Frank Gannett, who in later years donated his land to the University of Rochester and this became the home of the Mees Observatory.

I thanked Jan for the donation of his land to the FLTC and for helping us to preserve the trail. He in turn thanked me for my willingness to work for and maintain the trail. As I climbed into my car, I noticed that over his garage door there was a worn FLTC emblem. Thanks Jan for remembering us and for the memories. □

P.S. Incidentally, the official file copy of the deed was located in the Ontario County Courthouse records by FLTC member and retired Surrogate Court Judge Fred Henry, Jr. A copy is now in the FLTC files. D.S.M.

### Answers to the Summer "Name that Map!" quiz

M-18 near the Shindagin Leanto. Correct answers came from:

Mahlon and Sarah Hurst  
Larry Blumberg  
Greg Farnham  
Thomas Reimers  
Heidi Bellenger



*When my daughter Sarah and I "found" this unusual cairn we were amazed at the workmanship of the builder.*

*Sarah said "We need to remember where this is because it will be a name that map someday."*

*Is it M18 close to Shindagin Hollow Leanto? We hiked that section 3-18-06.*

*Thank you,*

*Mahlon Hurst and Sarah Hurst  
Penn Yan*





## Notes from the FLT Archives

.....  
**Georganne Vyverberg**

**S**ometime last winter I was appointed the Finger Lakes Trail Archivist. Some might question just what that job entails. Well here's a brief history.

In the early years Wally Wood suggested that the organization have a person who would collect and either file or place in a scrapbook items of historical importance to the FLT. In an early newsletter an appeal for a volunteer was printed and Jean Doran of Ithaca became our first archivist in 1962. Since that time many files and scrapbooks have piled up with interesting notes and photos and news clippings. Sometimes these scrapbooks resided in the archivist homes, or in Howard and Dorothy

Beye's cellar, which has come to be a historical treasure trove in itself, but that's another story as they say. Anyhow in the mid 90's Sue Winslow arranged to have our archives stored at the Community College of the Finger Lakes in Canandaigua New York. There they are and that's where I sort of come in. Since taking over this job, which I must say greatly interests me, I have spent a good deal of time there. I am one of those weird people who loved history classes in school. So now I want to tell you about some of the interesting events and people I have been learning about in the dusty archive room at the College Library. Many people are of course familiar with names like Wally Wood and Erv Markert and others, but I have encountered others who have also made fabulous contributions to our trail. This column will reintroduce some of these hardy and talented folks.

I'll start with something very familiar to members of the FLT and that is the FLT patch. This insignia, which is our most familiar logo, appears on our clothing and trail maps and signage and it's been with us almost since the beginning of the organization. After nearly two years of looking at over 30 designs submitted, members at an annual conference in 1964 voted for one designed by Bill Davis. Bill was a member and Trails Committee Chairman of the Genesee Valley Hiking Club. He went on to design our first brochure and letterhead. He was Art Director at Sibley's Department Store and later in New York City for Gimbels. Does anyone out there remember Bill and perhaps has kept in touch with him? He left the area about 40 years ago.

So that's just a mere snippet of things that I have learned. Future columns will feature others. If anyone is interested in delving for themselves into the archives they are available for any Conference member. They can't be taken from the library except with permission from the FLT but you can read or look at them there. I do plan to bring a few of the older scrapbooks to the Fall Conference. □

## Szabo Named Executive Director of North Country Trail Association

**T**he North Country Trail Association, the volunteer-driven partner organizing seven states' worth of groups large and small who tend and host the 4000-mile trail, has announced that Irene Szabo, most recently the volunteer President of the Board of the Finger Lakes Trail Conference, will be employed as their Executive Director starting this September. For almost a year the NCTA did without an Executive Director, operating instead with a volunteer manager from the Board overseeing office operations in Lowell, Michigan, which include a small office staff, mapping department, and program directors for both Trail Management

and Development and Communications. The Board of the NCTA saw this year as an opportunity to have an experienced business manager refine the office and accounting operations, while exploring what is really needed in a director.

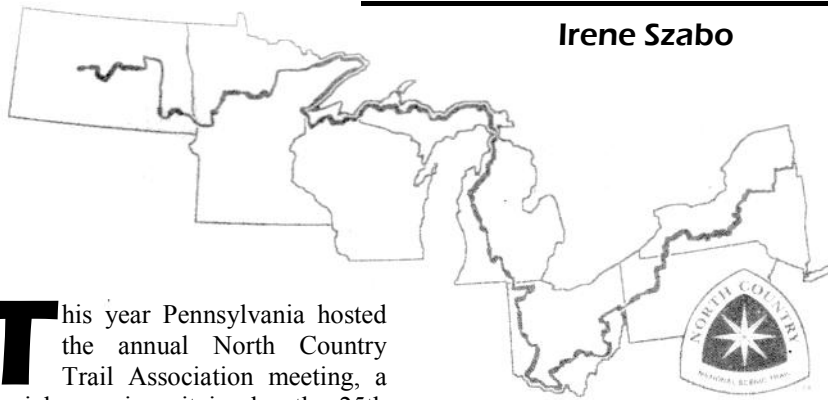
Irene will not relocate to Michigan, but instead will work from home here in New York, four miles from the FLTC office, and travel to Lowell and widely scattered trail meetings as necessary, including the annual "Hike the Hill" in Washington, D.C., when NCTA advocates visit Congressmen and Senators from our seven states during budget hearings for the next fiscal year's appropriations to the National Park Service. Her service as

director is intended as a bridge position, giving a search committee ample time to find both the next candidate AND more adequate funding for the position.

"This is a surprise addition to my resume, coming as it does just when I was finally beginning to contemplate retirement in a year or so, but this challenging job is also a perfect culmination of experience gained over the last twenty years of my volunteer life in the administration of hiking trail organizations," Irene commented. "I'm excited! Assuming I'll live forever, I can always retire some other day to sit home and write railroad articles." □

# North Country Trail August Festivities

Irene Szabo



**T**his year Pennsylvania hosted the annual North Country Trail Association meeting, a special one since it is also the 25th anniversary of the organization. Our National Park Service partner Tom Gilbert created a timeline along the "history wall" which included events and changes that were news to a lot of us relatively new members. Several Board members and officers from many years ago were in attendance, including our own longtime FLTC member, Harmon Strong.

In happy comparison to our New York representation seven years ago, last time the meeting was in Pennsylvania and we showed up with a measly five people, this time, during the chapter and affiliate representation count-down, New Yorkers from the FLTC and the Central New York Chapter had THIRTY-TWO standing! That was easily three times the number in attendance from any other group, including the home state chapters! Hurray for us, plus special thanks to that sparkplug Annette Brzezicki for bringing ten Foothills Trail Club members with her.

And we had fun, too! Long hikes in the Alleghany National Forest and Cook State Forest were enjoyed by all, in perfect sunny dry weather, and three dozen people took advantage of a day-long canoe trip down the Clarion River. Workshops on trail building, working with private landowners, and trail cooking were mixed in with alternative tours. For instance, one trip included several hours at the Drake Oil Museum in Titusville, at the end head of Oil Creek State Park, now a beautiful forest with lots of interpretive

material about the turbulent history of this valley where oil was discovered in the 1860's, followed by a train ride the length of the park. Those of us lucky enough to be riding in the open gondola just behind the 60-year-old diesel locomotive saw a black bear race across the tracks, a golden eagle flying downriver, numerous great blue herons, and a flock of canvasbacks.

Hikers in Cook Forest were led by a knowledgeable park naturalist who showed us dozens of trees in the top ranks of state record holders for size and age, through an area called the "Cathedral," complete with the blue-blazed North Country Trail winding

through its monstrous old hemlocks and white pines.

Our President Dave Marsh attended the trail-building workshop conducted by Clare Cain, Director of Trail Management for the NCTA, and admitted at dinner that he was thoroughly whupped. "Of course," he confessed, "none of us men dared slack off since Clare kept digging and chopping those tree roots while she showed us how to create side-hill benching!" Lazy slug Irene knew better than to try to keep up with Clare in public, and took the train ride, of course.

Several of our members were honored for their extensive volunteer service during evening programs. Bill Coffin received a Presidential citation (yep, the one in Washington) for being such a good citizen, while John Andersson, Joe Dabes, Irene Szabo, Kathy Eisele, Al Larmann, and Bill Coffin were presented with gorgeous embroidered shirts or vests in honor of their accumulated hours of trail work. Hint: turn in your hours on the NCTA website and earn your own! □

## 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: _____



### **Fessy's 46th**

Those members who were following the post-mortem adventures of Elizabeth "Fessy" Washburn, longtime central New York FLT volunteer and birdwatcher who died two years ago, will recall that her nephew, Jeff Truelove, connected with several Triple Cities and Cayuga Trails Club members to take her ashes up the 13 remaining Adirondack peaks she never got to in her quest to be a "Forty-sixer," one who has climbed all 46 peaks above 4000 feet in elevation. Jeff has carried a vial of Fessy's remains up each of the 13 peaks, and recently finished Dix, #46, with our Jack VanDerzee.

While they rested at the top, Jeff reports that, after a day of no wildlife sightings, a "little blue-gray bird" flew right up to them, "surely Fessy visiting with us."

## **Governor and DEC Commissioner visit FLTC Exhibit at State Fair**



Photos by Lester J. Millman, Photographer to Governor Pataki

*From left to right: Mrs. and Mr. John Faso, Governor Pataki, unidentified woman, FLTC's Bill Coffin, Bebette Yunis, director of the NYS Fair. Right photo: Yunis, DEC Commissioner Denise Sheehan, Governor Pataki. The governor chatted with FLTC volunteers Mary and Bill Coffin. The Governor was interested in the big DEC map we had of trails of NY State. Bill explained to him how the long distance hiking trails connect and how an upstate hiker on the FLT can travel to ME or GA via the AT and also about the North Country Trail.*

Article removed at author's request



Donald A. Windsor

#### Letter to the Editor

*The Bullthistle sunrise hike described by Jolene Sims (Summer, page 23) was captured in my photo, which is attached. From the left are Fred Gee, Cathy Cruz, Rich Breslin, and Jolene Sims. The hike was on May 7, 2006, photo taken around 5:50 am. The City of Norwich is under all that fog. —Donald A. Windsor, Norwich*



## **The Reeks Retire From "Special Places"**

**A**fter they finished their End-to-End quest on New Year's Day, 2003, Margaret and Ken Reek were faced with the question of what to do next. They proposed writing a "Special Places" column for the *News* "to keep exploring the trail fun and exciting..." "Special Places" has had a special place on the back cover of the *News*, where we hope it has been noticed by the wider public and perhaps enticed them to explore our trail. Sadly, after 12 columns researched and written by the Reeks and two guest columns, Margaret and Ken are understandably running a bit dry and have decided to retire from this pursuit. It was fun they said.

You will notice that Scott Lauffer has stepped up to write the first of a new series for the back cover, "Trail Towns", a theme suggested by FLTC President David Marsh. "Trail Towns" will cover towns, villages, and hamlets on or very near the trail, focusing on their connection to the FLT and providing some brief historical background and items of current interest (a good ice cream stop, for example). The Trail Towns articles will be mixed with more Special Places. There are still many that are worthy of a write-up. We will need writers for both series. Won't YOU consider writing an article on a town or special place near you or one you encounter while hiking? You can contact me for details.

Jo Taylor  
Editor, *Finger Lakes Trail News*  
[jhtaylor@frontiernet.net](mailto:jhtaylor@frontiernet.net)



Lynda Rummel

*This summer, Max Bliss (left) prepared for the "Wasatch 100" race by running miles and miles on the FLT. A former participant in the "Finger Lakes 50," Bliss worked 10 hours on the FLT (brushing back the trail in Corbett Hollow, M-13, and posting cautionary signs at Julie's Crossing, M-14) to meet the community service requirement for the Utah race.*



*ADK-Onondaga members at the North Country Trail kiosk dedication in Highland Forest near Syracuse*

## **Trail Work and Kiosk Dedication in Central New York**

**Mary Coffin, ADK-ON North Country Trail Team Leader**

**B**oth the Finger Lakes Trail and North Country Trail received early National Trails Day attention in the Syracuse area at Highland Forest, an Onondaga County Park. On May 13th the Onondaga Chapter of the Adirondack Mountain Club held an NCT kiosk and trail dedication event combined with its Annual Open House at Highland Forest. The kiosk, built by the park staff, will be home for a National Park Service North Country National Scenic Trail map panel. The NCT/FLT Onondaga Trail passes through the park and on to newly acquired private land for about five miles as the NCT (Onondaga Trail extension) continues eastward toward the Adirondacks. The kiosk was dedicated to Charley Embree, a designer of many miles of Finger Lakes Trail in Central New York. All

the chapter committees set up exhibits, displays, and maps to inform participants about chapter events and to promote membership in ADK, the FLTC, and the NCTA. A few people even signed on as new members. Distance hiker Joan Young was on hand to sign her book and share trail experiences with participants.

To earn the expensive kiosk panel through the sweat equity (300 person hours) required to fulfill our Cost Challenge Share Grant, ADK-ON workers endured heat, humidity, rain, caterpillars and bugs to construct the FLT/NCT in Highland Forest and on adjacent private land during a six-day Alley-Cat style work week in June. But they commuted from home daily, sleeping in the comfort of their own beds, rather than camping on site. They chalked up 300 person hours

and struggled against the elements to construct trail doing major brush clearing, side-cutting, chain sawing, drainage, and BENCHING. The trail includes a very steep hill which is now much easier to hike due to workers' efforts.

The trail section from the Skyline Visitor's Center toward DeRuyter Reservoir is 100% flagged and 80% complete. One can follow the flagging until blazing is finished. Just turn left at the kiosk and continue on the park Main Trail (east side) until you see a double flag indicating a right turn off it. There is parking on state land just west of the dam on the north side of Dam Road and at the park Visitor Center. □

## Wildflowers along the Trail, #15: Just a Mint!

RWW Taylor

**T**he widespread mint family of plants is of immense commercial and cultural importance. Some members of this family supply us with flavorings for candy, toothpaste and other essentials of life; others enhance our culinary experience by perking up our daily menus—sage, thyme, oregano, basil and a long list of other familiar herbs all are botanical cousins of the common peppermint plant.

Mints are also an important feature of our flower gardens, providing us with colorful displays of salvia, hosta, bee balm and other favorites. However, mints play an even larger role in the world of wildflowers. Species belonging to the mint family are likely to be spotted in bloom on any walk through the woods and fields, from early spring right up to the time of year when the last few blossoms are struggling to get their business finished before the hard frosts close in.

The mint family worldwide comprises over 3000 species grouped into some 200 genera. Typical characteristics include a stem that is square in cross-section, with pairs of opposite leaves arranged in criss-cross fashion up and down the stem, and small flowers growing either in the leaf axils or in compact terminal clusters, depending on the species. The individual flowers, on close inspection, are usually irregular, with petals fused into a fancy labiate, or “lipped”, structure.

This structure provided the old name, *Labiatae*, for this family of plants. In newer references the family name has been changed to *Lamiaceae*, a word based on the type-genus *Lamium* (itself a word taken from an ancient Latin plant name). A very commonly-sighted species in this genus is the red (or purple) dead nettle, *Lamium purpureum*, that can often be seen in spring spreading its small flowers and colorful foliage in patches in low

areas along the path. Frequently the creeping foliage and bright violet blooms of another mint, ground ivy, *Glechoma hederacea*, will be found nearby at this time of year.

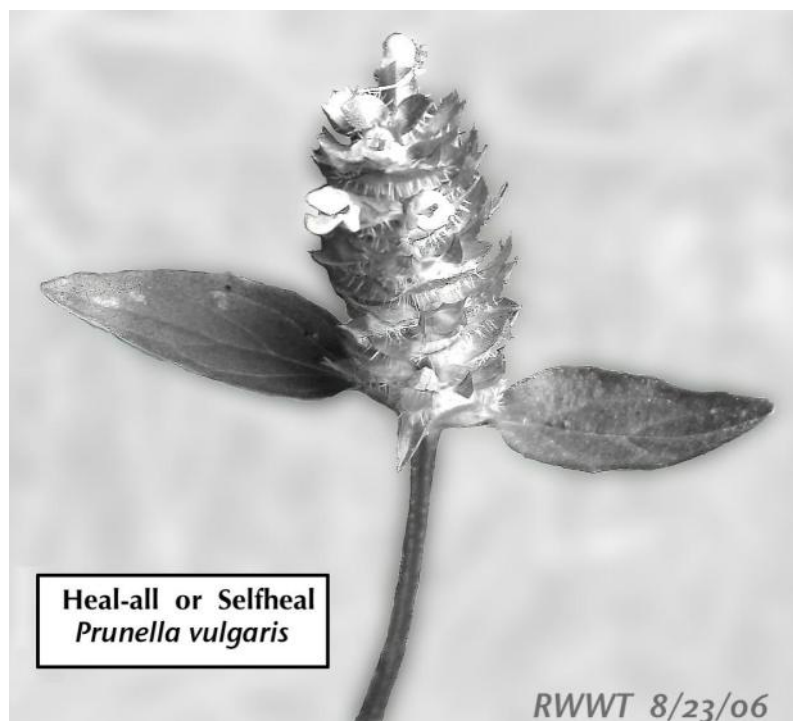
A common trailside sight in summer is a scatter of specimens of wild basil, *Satureja vulgaris*, whose small bright-pink flowers seem to grow out of a fuzzy gray cluster of sepals. From early June on until the first frosts, specimens of heal-all, or selfheal, *Prunella vulgaris*, can also be seen in purple bloom alongside the trail. Unfortunately, time has erased all knowledge of the supposed beneficial medicinal properties suggested by the common name of this plant.

Many mints prefer to grow in damp locations. A common late-summer sight by a small stream is a flourishing patch of the yellow-green foliage of northern bugleweed, *Lycopus uniflorus*, with its tiny white flowers hiding in the axils of the long, tapering leaves. Species of skullcap, *Scutellaria*, aptly named for the distinctive shape of the blossoms in

this genus, are likely to be found in bloom in any marshy area as well.

None of the plants mentioned so far carry the strong fragrance normally associated with the idea of a mint, but some wildflowers do. It is not at all uncommon, for example, to run across a sprawling specimen of catnip, *Nepeta cataria*, perfuming a shady spot with its characteristic scent. Open fields may bear specimens of fragrant mountain mint (genus *Pycnanthemum*). Peppermint itself, *Mentha piperita*, will occasionally be found sporting its plump tufts of bloom, or its cousin spearmint, *Mentha spicata*, with its more interrupted spikes of blossom. It is more common to run across a spreading patch of wild mint, *Mentha arvensis*, with flowers growing in the leaf axils, its presence often first signaled by the minty aroma arising from a just-trampled specimen.

The wildflower books list many more members of the mint family, with their picturesque names: hedge-nettle, pennyroyal, lemon balm, motherwort, bergamot, germander, and on and on. These are all out there, waiting to be found by the curious hiker. Keep your eyes open! □





# More Than Haff Fuller

by Lynda Rummel

**T**his is a story about synergy, serendipity, six degrees of separation, and staying the course.

When Gary Haff and Tim Fuller get together, the world surely must experience an explosion of synergistic energy. Take Fuller, a young, enthusiastic and generous landowner who loves hiking, and add Haff, a new FLTC member and Fuller's friend and running buddy who also loves to hike, work outdoors, and overcome obstacles, and *within weeks*, 1.2 miles (more than half) of dangerous road walk along Knight Settlement Road and .5 miles along Cochrane Road in the checkerboard farm country northwest of Bath (M11) were eliminated and replaced by a mile and a half of lovely new trail that is completely off-road.

This past spring, Gary Haff was introduced to the idea of putting the trail on Fuller's property during conversations with me and several other hikers who are part of Tom and Donna Noteware's informal hiking group. Several of the hikes were to the west and east of the 5.4-mile road walk that ran from Sinclair Road to Sand Pit Road (M11); and Gary, who had worked at the VA Hospital in Bath and had lived in the area for years, realized that his friend, Tim Fuller, owned many acres right in the middle of this road walk. At our urging, Gary approached Fuller with the idea – only to discover that Fuller, an avid bow hunter, had decided against granting permission several years ago because someone had told him he could not have the trail on his property and hunt his property at the same time. I assured Gary that this was absolutely not the case; Gary conveyed that information to Tim Fuller; and Fuller instantly agreed to host the trail. About this time, Irene Szabo reminded us that the Steuben County Hike Series hike would be going through the Knight Settlement Road area the end of July. So, Haff,



Lynda Rummel

*New FLTC member Gary Haff, left, and property owner Tim Fuller, right, teamed up to eliminate 1.7 miles of dangerous road walk in Steuben County.*

who had already agreed to be the steward for the new trail, took it upon himself to get the trail built in time for the hike.

However, if the trail were to be anything more than a little jaunt over the beautiful hills on Fuller's property, the help of other generous landowners was required. Two more were found: Floyd Dyer, whose cornfield hedgerow provides the 935 *critical* feet needed to get from Cochrane Road to Fuller's property; and Mary Obrachta, Fuller's mother-in-law, whose 150 acres lie between Fuller's property and Knight Settlement Road. Tim and his wife, Lori, cleared the project with Obrachta; and I secured permission from Dyer for the trail to cross his property along this hedgerow and one other location.

Floyd Dyer is truly the third star of this story. Floyd's uncles, Roger and Ronald, host the trail on their properties in the Snell Hill area; and Roger gave me permission to tell Floyd that he was "already signed up with the program," to perhaps encourage Floyd to do the same.

However, when I first approached Floyd, he told me that several years ago, "a nice fellow from your organization" had asked for permission for the trail to cross his property, but Floyd had turned him down because he did not want hikers (or anybody else) disturbing his bull, which he rotates through pastures on his property. Dyer also said, with just the hint of a smile on his face, that he did not want his bull disturbing any hikers, either.

By fitting the tax maps (which FLTC member Steve Catherman obtained for me) to a topographic map and to aerial photographs of the area downloaded from the web, and by exploring the boundaries of Fuller's land with Fuller and Haff, I knew that Floyd Dyer had at least one crop field that his bull would not be visiting, so I asked him to consider letting the trail cross his property by following the hedgerow next to that cornfield -- and he agreed.

Fuller and Haff immediately went to work flagging the trail on the Fuller

*(Continued on page 14)*

## Haff Fuller ...

(Continued from page 13)

and Obrachta lands; Gary built most of it (by himself); and Gary and I cut the trail through the Dyer hedgerow. Six days before the Steuben County hike series hike was due to come through, Terry and Kim Meacham paint-blazed the trail and blazed out the old blazes on the roads; two days before the hike, I put up signs; and the day before the hike, Gary put up the last blaze-posts in the fields.

Lest it seem that the glass was always more than Haff Full, two other landowners turned us down flat during these intense few weeks, despite the fact that we pulled out the family tree and pointed out a (distant) connection, in the first case, and (sincerely) admired artwork that the landowner had for sale, in the second – and we needed only 300 feet along a mutual fence line from either of them! A third landowner also turned us down, while simultaneously acknowledging that his scout troop will certainly enjoy using the trail. In all three of these cases, the property owners said they just did not want people hiking on their land, did not want to see other people hiking nearby, or did not want to know that people could be hiking nearby even if they could not see them.

Lest it seem that the glass is really half empty, however, two other landowners are still at least considering the idea, and one of these has a relative who is a close friend...and there are still a couple others whom we could approach but have not had the time or opportunity to do so, yet. In all of these cases, the trail would follow along distant boundary lines or will cross over just a small amount of their property or otherwise minimally intrude, so we will stay optimistic and keep at it, in the hopes of getting more trail off Knight Settlement, Cochrane, and Sinclair roads.

As we discovered, others had attempted to get the trail off Knight

Settlement and Cochrane roads several times before we jumped in. For whatever reasons, the time just wasn't right. Sometimes it just takes luck, like suddenly finding out that someone you're hiking with knows a property owner, or discovering that a relative is a good friend of one of the landowners (this time, we found out about this about a week too late, and probably lost our opportunity to secure a property owner). Sometimes it requires diligent homework, like talking with the Town historians who keep obituary files and can often trace family and land connections through them; sometimes it requires networking, to get referrals from one person to another until someone finally really does know Kevin Bacon; sometimes it helps to have access to information tools, like turn-of-the-century topographic maps and relatively recent aerial photographs that are available over the web; and

sometimes it probably comes down to just having more time and gas money to spend on doing this than someone else might have. I don't know how much time others put into this before us; but this time we put in a combined total of over 40 hours doing administrative work (getting and studying tax and other maps, downloading imagery, preparing materials to distribute, writing up agreements, discussing strategy and team assignments, etc.) and at least 72 hours working directly on the trail, laying it out and flagging and clearing it, or making and erecting trail posts and signage. Not included in this are travel hours, or the cost of gas, paint, or other materials that we bought; and of course, we're not done, yet.

Since July, Gary Haff has mowed and trimmed back the trail again several times and is now looking for ways to improve the creek crossing along Knight Settlement Road. □



*Giant Hogweed?*

*Giant hogweed is 8-14 ft. tall. The plant most likely to be confused with giant hogweed, cow parsnip, is typically 5-8 ft tall.*

## You Couldn't Miss It!

The hikers on the June 24th Steuben County hike saw this huge plant growing near a stream crossing. Henrietta Foster did a little internet research and in a note to the email group for the hike series pointed her fellow hikers to an authoritative bulletin on giant hogweed from the Michigan Department of Agriculture ([http://www.michigan.gov/documents/MDA\\_Hogweed\\_Brochure\\_2\\_115074\\_7.pdf](http://www.michigan.gov/documents/MDA_Hogweed_Brochure_2_115074_7.pdf)) Did anyone know, was it giant hogweed, she asked. Jackson Thomas responded with photos he had taken. From his photos it appears likely that it was. This is a pretty nasty plant.

### Hogweed is Hazardous (from the MDA brochure):

This tall majestic plant is a public health hazard because of its potential to cause severe skin irritation in susceptible people. Plant sap produces painful, burning blisters within 24 to 48 hours after contact. Plant juices also can produce painless red blotches that later develop into purplish or brownish scars that may persist for several years. For an adverse reaction to occur, the skin, contaminated with plant juices, must be moist (perspiration) and then exposed to sunlight ... [in a reaction] known as phytophotodermatitis.



## Walking Through Time in New York: #14 in a series

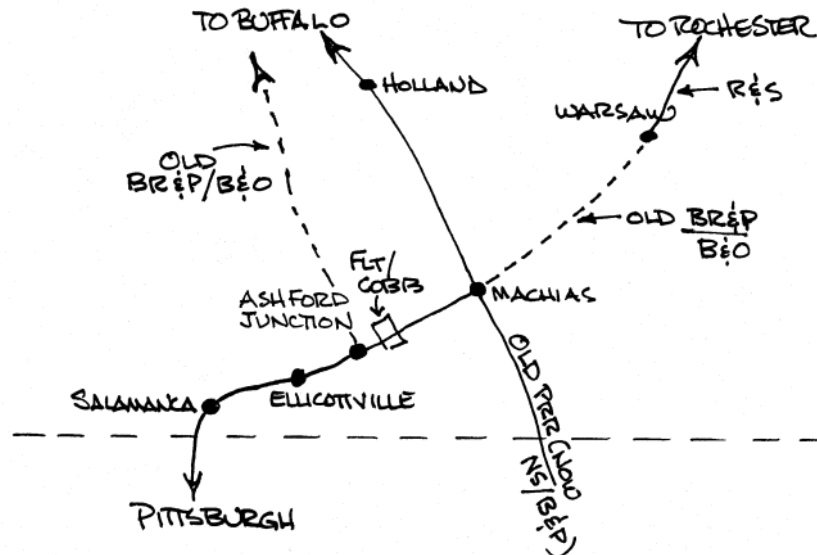
### Our very own railroad in Cattaraugus County

by Irene Szabo

When John Cobb donated 45 acres to the FLTC in 1998, we gained an old farm crossing over a railroad on Map M-4, between Ellicottville and Machias. Historically, our trail route had followed that railbed through swamp and scrub along Devereaux Creek for a mile, shamefully without permission but fortunately without incident, since rail traffic there had steadily dwindled over the years, down to a weekly slow-moving stone train heading south on rotty old tracks from a gravel pit in Machias, southward only since the tracks had been removed north of there during 1992-94. The Rochester & Southern had even filed a request to abandon "our" tracks, which would have given us a lovely dry-footed way to walk through the swamp, where catbirds, beaver, and deer wander the tracks, never expecting humans; however, their petition was denied after the gravel pit owners objected.

However, after 1999, when Conrail was divided between Norfolk Southern and CSX, the Rochester and Southern decided to rebuild "our" tracks in order to send trains northward to Buffalo by connecting at Machias to the crossing tracks of the old Pennsylvania Railroad, most recently Conrail, and now newly Norfolk Southern. "We can work much better with NS than we ever could with Conrail," said William Gentilman, Real Property Manager of the Rochester & Southern, "so now it's a viable connection to Buffalo." He said this, of course, during a meeting on site when he was telling us we could no longer use the RR bridge over sizeable Devereaux Creek, even on our own property, nor would he let us add a walkway to his bridge.

R&S laid all new ties and continuous welded rail (1500 foot lengths as



opposed to the old 39 foot segments that yield the nostalgic clackety-clack of rail travel), so that the new freight traffic could travel over 40 MPH, thoroughly ending our previous trespassing years of trail along that railbed. We also had to build a large footbridge over the creek, one of the Alley Cat projects funded through our affiliation with the North Country Trail in the summer of 2002.

So why have we waited until series article #14 to feature the railroad that crosses our own property? One reason: I stubbornly wanted a picture of the train crossing our trail there. For several recent years the daily freights, one each way, passed by in darkness. Then this summer, nearby trail landowner Mary Raab told me the morning train came later, somewhere between 6:30 and 7:30. Filled with hope, I tried to recruit various seemingly wiggly trail friends to sit with me in the post-dawn light waiting for a train, so we could get a variety of pictures, but apparently none was wiggly enough to be lured into such a project except Charlie Mowatt, retired DEC forester and FLT member who lives nearby.

Charlie and I spent many hours this past July watching the sunrise cut through morning fog, waiting for the train. Nothing. One time as we sat in the restaurant at the junction of NY 240 and 242 (still Map M-4), directly across from the tracks, having given up on that damned train, it came trundling up the line, and stopped right there, giving me ample time for pictures, but NOT on the trail!

Charlie even went back several mornings subsequent to our shared visits, read his newspaper along the rails at Cobb's, but never caught the promised morning train, not until, that is, he just happened to be driving by at 8 AM and caught this one crossing Fancy Tract Road at NY 242, a stone's throw from the Cobb parking area. Thank you, Charlie! [Charlie's photo is on the next page.]

So what on earth is this railroad in the middle of nowhere, and what did it ever dream of being? As we have seen in previous articles, the really big lines aimed to capture east-west traffic between NY City and Chicago, while the north-south lines in upstate NY were created to bring coal

(Continued on page 16)





Charles P. Mowatt

*B&P locomotive crossing Fancy Tract Road at Rte. 242, just a stone's throw away from the FLTC's Cobb property.*

## Our Very Own Railroad ...

(Continued from page 15)

northward from Pennsylvania. Oh, sly promoters often lured local investors into their projects by promising commercial aggrandizement for pokey little towns along the proposed route, and those towns often benefited from the passenger service, and mail and milk transportation, but the primary motive for building these lines was always to carry coal. Just after the Civil War, the Rochester and State Line was chartered to do just that, but as is typical for these ventures, the early versions sputtered, so eventually the business deaths and rebirths resulted in the Buffalo Rochester and Pittsburgh Railway finishing the line in the early 1880's.

The BR&P was a 600-mile Y, coming north from coal fields near Pittsburgh,

past Salamanca and Ellicottville to Ashford Junction, where the double track line split into two legs, one to Buffalo, heading north along NY 240, and the other northeast along NY 242. Yes, this Ashford Junction is the very same place on Map M-4 where one can eat breakfast now in what used to be a gas station, grocery store, and very early Harley Davidson motorcycle dealer, where the active tracks heading for our trail still parallel 242 on the south side, while out-of-service tracks curve northward across the highway to parallel 240.

Even though the passenger and freight station are gone, as is the water tower that used to refill steam engines' tenders, we can still see that there were once multiple tracks here, and the control tower is still standing, ONLY because it was purchased by a private owner and thereby saved from the wrecking ball. Its classic tile-roofed two-story profile was repeated

at hundreds of track junctions all over the northeast, back when an operator on the second floor would look out over "his" tracks and move long handled switch levers to send northbound trains either to Buffalo or Rochester.

Our Rochester-area members probably are well acquainted with the BR&P's terminal station, too, although they may not know that their infamous "Garbage Plate Special" at Nick Tahou's restaurant is being eaten in the old asymmetrical Gothic BR&P station on the original Erie Canal.

Until the Great Depression in 1929, the BR&P was a well-run, profitable, busy railroad, hauling coal and even oil from the Salamanca area northward, all the way to an elaborate coal-dumping station north of Rochester designed to load coal onto

*(Continued on page 30)*



## History's Mysteries along the FLT: Indian Trail Trees "Talking Trees"

by Carrie Koehler-French

**D**uring my on-going end-to-end FLT hike, I remember preparing for the hike on map M-9 in 2004 by studying the map. There, I discovered in Bully Hill State Forest in Allegany County, an ambiguous label that read, "Indian Trail Tree" near the southern edge of the map. Immediately the mystery and history caught my attention, and I was anxious to see for myself this Trail Tree.

However, to discover any more information about this tree and its place in history, and ultimately, to find the tree itself, proved challenging. What exactly is an Indian Trail Tree? I asked myself. How will I know I am seeing one? Surely, there would be some kind of historical marker to commemorate its existence. No. I hiked right by it that August day without even realizing it.

Therefore, after I finished that section of the FLT, I did some internet



*Finger Lakes National Forest, M-15*

research on Trail Trees to find out precisely what and why they were. Wow! Was it interesting to learn! (Do it yourself—google or dogpile search

for "Indian Trail Trees." Interesting, huh?) Once I discovered what these trees were and how to identify them, I went back to map 9 and correctly identified and photographed our famous Indian Trail tree in Bully Hill SF.

This particular tree is about a mile from Bully Hill Rd (access 6), on the left past the register if you come up from there. I copied and left some info on Indian Trail Trees in that register for those who come after me. I have also found and photographed many more unlabeled trees on the FLT as I continued my end-to-end pursuit. It has become a new, accompanying hobby to my backpacking, to find, photograph, and preserve these trees all along the FLT.

The FLT is very blessed with a strong history rooted in and around the trail, and these monumental "Talking Trees" are also such an example to be preserved. These trees

*(Continued on page 18)*



*Carrie's hiking buddy, Gyfa, atop a "talking tree" in Slader Creek SF, M-9*

*Left: "Candelabra" tree in Bully Hill SF, M-9*

## Talking Trees ...

(Continued from page 17)

were purposely forced to grow in their bent fashion by early Native Americans of this area. They were used to mark trails or game paths, waters, boundaries, or to mark important meeting places, kind of like road signs of today.

Our tree on map 9, though badly deteriorated, is a good example of a waterway tree. Its main trunk grows up about four feet from the ground, before dipping sharply to touch the ground. There are three branches coming from the bent trunk to point skyward like candelabras. This candelabra shape identifies this tree as a water- or ford-marking tree. Where it touches the ground is the pointer or “nose”, directing the hiker to the creek not far below. There are scars on its 24- to 28-inch main trunk that show where the Indians tied it down as a young sapling to force it to grow bent like this. Though this tree must be 100-150 years old, its diameter is quite small for a tree that ancient. Its growth has been stunted by being forced to grow in this shape.

Other Indian Trail Trees, those that actually mark trails, have no candelabra branches. These are the most common ones I find on the FLT. They have only a main trunk that bends at roughly a ninety degree angle to parallel the ground, and then bends another 90 degrees to point skyward once again. Down south, they have boundary trees, with two trunks that make a Y shape and two noses. These mark the beginning and end of Indian territory. I have not yet found a boundary-marking tree on the FLT.

To correctly identify Indian Trail Trees, look to hardwoods, especially those preserved in state lands and commonly growing over state land boundaries or rock piles. Those twisty, turny pines and hemlocks don't qualify. Rule out any injury or disease that may have affected the tree to make it grow crooked by

finding a good nose, a scar where the tree was hacked at and healed over, at the end of the point. There may be additional scarring in the bark where the tree as a young sapling was tied or otherwise constrained to grow into the desired shape. The diameter of the tree, though stunted, should be of sufficient girth to estimate the tree's age as over 100. Sometimes young trees are injured and grow this way, and they must be ruled out as too young to be from the Indians' time period. I once found a dead, young tree along the trail that was in the shape of a trail tree, but could not estimate its time of death to mark it as the beginnings of a true Trail tree that had perhaps a premature death due to its treatment and the cut marks on its trunk. So I could not classify that one as an abortive attempt to make a trail-marking tree, though the possibility exists.

Currently, I have found and photographed 7 true Indian Trail Trees on our FLT. The first was the water-marking tree in Bully Hill SF on map M-9 described here. The others are all trail-marking trees. There is another one on M-9 in nearby Slader Creek SF. Also, Birdseye Hollow SF on map 12, Finger Lakes National Forest-Hector Ranger District on map 15, and Daisy Hollow SF on map 19 all have Indian Trail Trees in them. There are two possible ones in Goundry Hill SF, Map 13, as well, but one was very badly rotten, and hard to identify for certain.

I have pictures of all the trees I have seen so far on the FLT in my personal scrapbooks, but only a few pictures are good enough to accompany this article. I am also in the process of going back to retake the pictures and make rough maps of the exact areas where the trees are so they can officially be labeled on our conference maps. The final results, maps and pictures, will have to wait until I complete my end-to-end hike as I am almost guaranteed to see more “Talking Trees” in my journeys.

If in your own travels on our FLT, you see an Indian Trail Tree, note its location on your map and take a picture of it if you can. I look forward to sharing this tree-hunting hobby. Do please preserve the trees naturally, as best you can, without marking them with paint or graffiti, as like other historical monuments, they are aging and being destroyed by disease and humans. Some even get cut down because they are considered unsightly or thought to be diseased because they do bend in a funny shape. As for me, I would love to see any pictures that you readers may have of the ones on the FLT. In addition, I hope to start an awareness campaign about these historical markers so they are better preserved for the future. Please contact me through the Conference for any questions or info in regards to Indian Trail Trees, or email me at eoswiftlere@yahoo.com for more information. Thanks and as always, happy hiking and tree hunting! □

### Letter to the Editor

#### Not Me!

Dear Editor,

While I appreciate the many compliments I received for withstanding John Andersson's dowsing and being the “cover girl” for the Summer, 2006, issue of the *FLT News*, the accolades must really go to Gail Ellsworth, who really earned them. Thanks anyway,

Lynda Rummel, Keuka Park

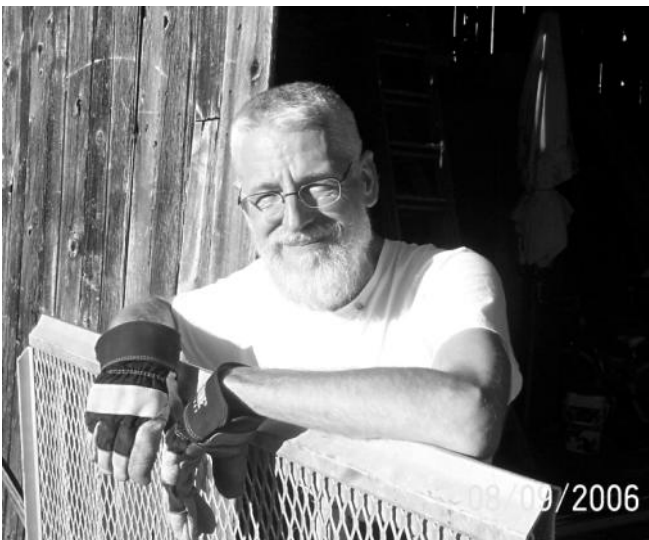
*Editor: Oops! I didn't anticipate this result when I headlined Lynda's receiving the Wally Wood Award right under the Jay Zitter's cover photo of John Andersson pouring water over Gail's head at the end of June 2005's hot humid hike in Schuyler County. It was a great photo, but NOT the sort of picture we'd run to announce the winner of the FLTC's highest award.*

## Lean-to Project

As I write this message the FLTC August Alley-Cat Trail Crew in Sugar Hill State Forest near Watkins Glen has started the construction of another lean-to to replace the Van Zandt Lean-to. The new one is now over a mile away from the trail 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. All the materials are on site with the exception of the 30 milled logs, rafters and purlins which will be arriving Monday morning, August 14th to be pulled in along a temporary route by a Bob Emerson's six-wheel ATV. This will allow us to leave the footpath undisturbed during construction. The location of the lean-to is 0.7 of a mile from the nearest road. All the other materials, including an electric generator and large toolbox, were moved over the same route on Wednesday, August 9th. When all is completed by Friday, August 18th, there will be one more fully functional overnight camping location. Glen Creek, which is about 100 yards away, provides the year-round water source. Treatment before drinking will be required, as it is for all non-potable water sources along the trail system.

## Ray Kuzia Makes Tool Donation

Determined that the tools he has provided to build several lean-tos be put to better use and available forever for lean-to, bridge and other construction projects, Ray Kuzia, a



Long-time trail steward and trail and shelter builder, Ray Kuzia, donated a huge chest of tools to the FLTC.. Ray donated ALL the tools needed to build a shelter.



## Trail Topics

**Howard S. Beye,  
Chair  
Trail Management  
Committee**

Conference member and joint Trail Sponsor with Joe Dabes for over 24 years, has donated them all to the FLTC. Just to give you an idea of what was donated, it includes a 5,000-watt generator, angle grinder kit, power planer kit, impact wrench kit, reciprocating saw kit, circular saw kit, miter saw kit, 1/2" and 1/4" electric drills, spade bit set, 1/2" socket set, aviation

snips set, 2 adjustable saw horses, chalk line, a large mechanic's tool kit, 3 extension cords and outlet box, 2 pry bars, 4 hammers, 2 measuring tapes, 2 levels, 4 chisels, a 500-watt portable work light, angle marker, 4 padlocks and security cable, a 16-inch chainsaw, 10'x 20' portable canopy with frame sections, concrete tool kit, landscaping tool kit, folding aluminum ladder, large tool box 24"x48"x24", nursery cart and several other miscellaneous items. This is a dream come true as far as having these tools in one location, which makes gathering tools together a non-issue when the Conference is involved with a large project in the field.

Those of us involved with large trail projects are so pleased Ray has made such a valuable donation to the FLTC.



Howard Beye

Bob Emerson put 50 miles on his utility vehicle during the August Alley-Cat work week, hauling materials to the Van Zandt Lean-to site from the road 0.7 miles away. That's a lot of trips.

## Use of Bob Emerson's Six-Wheel Trail Utility Vehicle

When I was writing the article on Ray's donation, it made me think how lucky we have been to have Bob Emerson as a Conference member as well as a Trail Sponsor for 26 years and how he has attended every lean-to and bridge construction project that required us to move all or most all the material and logs to a remote site.

I wish to give you a very big thank you from the

(Continued on page 20)

Lynda Rummel

## Trail Topics ...

(Continued from page 19)

Conference as well as from your fellow Alley-Cat Trail Crew members who understand how much work is involved. It is doubtful we even could have done the projects without your six-wheel trail utility vehicle.

This public thank you is long overdue and I just want you to know how much we appreciate all you have done to make so many of our projects possible in the short time available to a crew working on a project.

### New Bridges In Bowman Lake State Park

There are now two new bridges in Bowman Lake State Park which were a cooperative effort of the Chenango County based Bullthistle FLT Hiking Club, the Headwaters Youth Conservation Corps from Norwich, the Safari Club, and staff people from the park. The project started on National Trails Day, June 3, and was completed on August 8. Prior to that, Marty Howden, the Park Manager, worked on getting the drawings done and approved. Tamarack trees were then cut to provide foundation timbers for the bridge main beams. To provide funds to purchase the pressure-treated lumber for beams, decking and hand railings George Franke a member of the Bullthistles was able to secure a grant for \$850 from the Safari Club. George then moved the logs and other materials to the bridge site with his tractor. Then came the helping hands: 16 members from the Headwaters Youth Conservation Corps, an AmeriCorps group based in Norwich, which did a large portion of the construction. Sean Ryberg who was the crew leader had the help of crew members Aimee Seymour, Robert Graves, Courtney Clark, Josh Ashton, Ron Berkeley, Aaron Black, Maureen Glidden, Elizabeth Gage, Sara Lafayette, Zach Mahoney, Brian Butcher, Emily Underwood and Bridgette Purdy. The Finger Lakes Trail Conference thanks Ed Sidote who has worked hard for several years to get these bridges constructed. Thanks to all involved in the project we now have two very substantial bridges, 18 feet and 14 feet long, for FLT hikers to cross Bowman Creek.

### Cabin Near Canaseraga

As you may have read in previous issues of the *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.

A new roof was installed on June 12 and 13, all the wood trim has been painted, and a steel fire ring and grate have been installed. To keep the cows in the pasture away from the cabin, a fence with a stile has been installed by the landowners.

The only remaining task is to install the outhouse. This is currently underway with a prefabricated unit being built near Rochester, which will then be trucked down to the site to be fitted together in its final location at the cabin.

## Alley-Cat Trail Crews for 2007

The Alley-Cat Trail Crews we assemble each year between June and September provide the workforce able to take on projects which for most of our Trail Sponsors would be beyond their own capabilities. The projects are suggested by our Trail Sponsors who work with the FLTC, which handles most aspects of the project management including securing volunteer workers, working with the public agency or private landowner involved, securing funds for the materials and to pay crew expenses for food and lodging. The local group involved acts as the point of contact close to the site and handles many local aspects of the project.

Preliminary planning is starting for crew base locations and the projects to be undertaken by the crews during 2007. These are the anticipated dates, locations and work to be accomplished, but they are subject to change. All locations and dates will be firm by the time applications are available in early 2007.

**June 11-15 at Camp Sam Wood** near Pike on map M-6. Trail improvement from map M-4 through map M-8

**July 23-27 at Holland Community Center** on map CT-6. Improvement of trail in several gullies south of Holland.

**September 17-21 at Taylor Valley State Forest** on map M-21 to build a bridge, or at Danby State Forest on map M-17 to replace the Tamarack Lean-to. □

### 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.



# Breast Pain on the Trail

by Tammy Congelli, M.D.

**Editor's note:** Syracuse cardiologist Dr. Bob Michiel obtains contributions for this popular long-running column from his medical colleagues. The author of this article Dr. Congelli is "a fine surgeon and colleague in Syracuse," says Dr. Michiel.

I was recently asked by Bob Michiel to write an article on breast pain and how active hiking women can deal with this discomfort. First we must discuss breast pain itself and try to get an understanding of this problem.

Breast pain, or mastalgia, can be very problematic for many women. It is said that at least 70% of women will experience breast pain at some point in their lives. Breast pain is not well understood and has not been well studied. What causes breast pain? Most breast pain is due to hormones, either an imbalance found often around the time of menopause, or cyclical changes in young women. Most breast pain is cyclical and tends to occur in both breasts around the time of the menstrual period, abating at the end of the menstrual period. There is also noncyclical pain, which often occurs in only one breast, although it also can be bilateral. This can be due to a breast cyst and can easily be found by a breast exam and ultra sound. Many women get very concerned about breast pain and are worried that they might have cancer. Fortunately, most breast pain is benign, although any breast pain that is new or persists for more than two menstrual cycles in a menstruating woman should be evaluated by a physician. Postmenopausal women with new breast pain should be evaluated as well. Any pain in this group of women that persists for more than a few weeks should be checked out by a physician. All women 35 or older should be sure to have a yearly mammogram. In the event of breast pain an ultrasound can often be helpful to look for a cyst that may be the cause of the pain. Other causes of breast pain are stress, our diets, some medications, infection, and trauma to the breast.



Some diets high in fat and salt may increase our risk of breast pain. You could try to reduce the amount of these substances just prior to the time you usually get tenderness and see if the dietary change helps. You get the added benefit of eating healthier.

Trauma to the breast usually results in bruising. Because the breast is made up mostly of fat you can develop fat necrosis (breakdown of fatty tissue) with the bruising, which can result in a lump. Apply ice if possible when the trauma first occurs and take over the counter pain medications for the discomfort. Get yourself examined by your physician over the next several days to be sure that the bruising and lump are going to go away. Occasionally, women have presented with a lump that they felt was from a bruise, but it was something more significant than that—the trauma to the breast only precipitated the self examination to find the lump. Therefore, any trauma to the breast causing pain, bruising and or a lump should be evaluated by your physician.

The use of birth control pills or hormone replacement therapy can cause breast pain. If the pain is too discomforting, you may want to talk to your physician about trying a different birth control drug or reducing the dose of your hormone replacement therapy so that the pain may be relieved or at least diminished.

Breast pain can be very troublesome for many women. Some easy remedies you might try include avoiding caffeine and chocolate, especially if you have cyclical breast pain. This does not work for everyone, but some of my patients have found relief when they cut back or eliminate these from their diet. Be sure that you have a properly fitting bra; studies have shown that more than 50% of women are not wearing the right bra for their size. If you are not sure about the size or fit of your bra, many of the local department stores offer professional fitters at different times. I know this may sound odd and may even be a bit uncomfortable, but if professional fitting is going to relieve some of the discomfort it may well be worth it. You may need to try a different style. I have found in some of my patients that the under wires of their bra are too tight and cause some of their pain. Those under wires can be very stiff and harsh on the breast tissue causing inflammation and pain.

Stress can affect our hormones and add to the breast pain, so anything you can do to alleviate stress from your life may help reduce your breast pain. Exercising can reduce stress, but if you have tender breasts you may not want to exercise and therefore we need to get you a good sports bra so that you can exercise and reduce the stress and hence decrease the tenderness of your breasts.

Some physicians used to recommend Vitamin E for breast pain but this hasn't panned out in my experience and there are no studies to show benefit. The newest thing now is evening primrose oil capsules three times a day. I haven't heard back yet from my patients on this, so the jury is still out. However, for those of you who are frustrated by tenderness, it might be worth a try.

You can also try taking some over the counter pain medications when the tenderness begins to see if this gives you any relief. Acetaminophen, ibuprofen, and naproxen are just a few.

Now for hiking and active women with the breast tenderness-how can you relieve this pain? First of all is the foundation supporting your breasts. You need to make sure you not only have a good support sports bra, but also that it is properly fitting. A properly fitting sports bra is one that keeps the breasts motionless and one that moves with the chest in your activity-not separately. It is important to replace your sports bra as the material stretches and becomes less supportive. Young women with developing breasts may need to buy a new bra every 6 months. You

wouldn't go out on the trails with loose hiking boots and broken laces, so be sure that you also are supporting your breasts when you are exercising. Stay properly hydrated when exercising. Avoid caffeine and chocolate while hiking.

Now where to get that good sports bra-there are several companies that make them. I found a few online that also had fitting instructions. The companies I felt had the more informative web sites were Enell Sports Bras ([www.enell.com](http://www.enell.com)), Champion Sports Bras ([www2.championcatalog.com/category/2000000000.htm](http://www2.championcatalog.com/category/2000000000.htm)), and CW-X Sport Support Bra ([www.cw-x.com/ss/introduction](http://www.cw-x.com/ss/introduction)). These web sites were very helpful in getting the proper fit, which is the one of the most important things. Most sport stores are going to carry sports bras and you should try them on every time before making a purchase.

So now go out and hit the trails, being sure to wear your properly fitting sports bra. Be safe and enjoy the outdoors. □

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## Hiking in the Year 2088

by Alex Gonzalez

It's never been better for hikers. Just last year, airboarding was banned over all green space; nothing like seeing a horde of airboarders landing on and invading the summit of Grace Peak and not a one of 'em burning a single calorie! Good riddance to that menace to solitude and any kind of real wilderness feeling. Now being alone is possible again.

Reminds me of the bad old days when illegal ATV use was rampant and law enforcement just couldn't keep up. Then in 2011 some guy named Joe Dabes invented the anti-electrical medallion, for which all hikers owe him a great debt. Just bury one under an inch of topsoil and it will suck all the juice out of an ATV's battery within a radius of a thousand feet, stopping it dead in its tracks. Many ATVs to this day still lie out there where they died, now quietly rusting; others, legally operating on farms, are still in use.

I remember one night, back in about 2020, when I was following an abandoned trail that led to an old lean-to, one of the really old ones, made mostly from stone. Jackasses had smashed hundreds of beer bottles inside it, rendering it little more than a receptacle for a ton of broken glass,

which sparkled repulsively as I shone my flashlight over its myriad facets. I left, depressed. Then about a year later, someone named Irene Szabo invented the glass magnet. At last! A way to get glass fragments out of the woods! I went back to that old lean-to and let the contraption work its magic: turn it on, stand at least fifty feet away, and then use the remote-control unit to get it to engage. Immediately, all glass within a fifty-foot radius flies to the magnet. I wasn't able to carry out all the glass that day, but eventually I did—every last shard and fragment. Glass is less of a problem these days with a deposit of \$20 per bottle.

As I said at the outset, it's never been better for hikers. With my newly-cloned body, I think I'll do the Adirondack 46 again this summer—and maybe the Finger Lakes Trail, too. I want to break that Dabes guy's record of a dozen end-to-end hikes. Not much of a challenge any more, really—but that guy did it all with the same body! No one will ever match that part of the record—ever! □

*Alex Gonzalez, a trail builder and maintainer for many years, won the FLTC's 2002 Clar-Willis award for his hard work and dedication to trail maintenance.*

## Hunting Season

On the FLT (in the DEC's "southern zone") the 2006 deer hunting dates are:

Archery: 10/14 to 11/17, 12/11-12/19

Regular: 11/18 (Saturday) to 12/10

Muzzle loading: 12/11 - 12/19

Bear times fall somewhere within these dates.

There are many spots on the trail that are closed for some or all of the legal hunting seasons, so checking beforehand when you want to hike any time from mid-October through late December, or during the month of May, is the only way to ensure that you won't irritate a permitting landowner. Sections of the trail closed during hunting season are generally noted on the FLT maps, but permissions change so make sure you have an up-to-date map. The very latest information can be found listed under "Trail Conditions" on the FLTC website.

# 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:

- #206 Dick Corbin, Waterville
- #207 Nathan Scheffler, Groton

Nathan Scheffler backpacked the trail in 33 days averaging 16.7 miles per day. He is a senior at SUNY Oswego. He stayed at my home one night while he was hiking map M-23 in the Pharsalia area.

Two other backpackers left the trail due to rain, mud, mosquitoes, intense heat, logging operations and dense briars. One was a little east of Ellicottville and the other, a hiker from Florida, quit on Gerr Hill near Masonville. A senior citizen in the convenience store there overheard him talking to me on the phone and offered to take him to the Susquehanna Motel in Bainbridge where I picked him up the next morning and took him to Norwich to pick up his car and return to Florida. He is coming back in September to finish the remaining 100 miles of the trail.

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

- Kathy Brennan, Dryden
- Gail Meriam, Norwich
- Carol Smith, Earlville
- Greg & Beth Dean, Norwich
- David Preston, Central Square

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

- |                    |                       |
|--------------------|-----------------------|
| Roger Ashworth     | John Henderson        |
| Teresa Blenis      | Tom Homa              |
| Kathy Brennan      | Mahlon Hurst          |
| Richard Breslin    | Erica LaBuz           |
| Debbie Chapin      | Scott Lauffer         |
| Bob Collins        | Ken Lewain            |
| David Cook         | Jennifer Madrid       |
| Roy & Laurie Dando | Bob Meiler            |
| Greg & Beth Dean   | Phil Metzger          |
| Karl Eurenus       | Sigi & Horst Schwinge |
| Wes Ernsberger     | Carol Smith           |
| Sheila Ferrari     | Jack VanDerzee        |
| Carrie French      | Jim Wagner            |

If I omitted your name, I apologize.

## Branch Trails

These hikers have recently completed the branch trails:

- #40 Ruth Dorrough
- #41 Dan Dorrough

I also received a branch trail progress report from David (father) and Michael (son) Marchner.

## Car Spotters Changes

The most recent additions to the list of car spotters are Christopher Snow, Sigi Schwinge, Claire Ders, Kathy Kellogg, and Ken Terhune. Bill Allen and Kurt Seitz are no longer serving as car spotters. The complete current list containing contact information can be obtained from the FLTC Service Center (phone: 585/658-9320) or by emailing Gene Bavis ([gbavis@rochester.rr.com](mailto:gbavis@rochester.rr.com)).

## Second Annual Sidote Hike

The second hike was held at Bowman Lake State Park on a beautiful sunny day, July 29th. We hiked the four-mile Kopac Loop Trail led by Marty Howden, the manager of Bowman Lake State Park. The 28 hikers came from as far west as Hornell and as far north as Rochester. I provided pizza and soft drinks for a picnic pizza party at the park afterwards, where we all had an opportunity to get better acquainted.

## FLT Club Hikes

I have suggested to the several members of the FLTC that local hiking clubs share their schedules via the Conference egroupp. This would help future End-to-Enders complete sections they lack in various parts of the state as they would only need their own car. I am assuming our clubs would have no objection to FLT members hiking with them. I will be interested in your comments regarding this idea.

## Trail Register Notebooks

During the past couple of weeks I have received six trail register notebooks that were full. Some had been full for months. I had them replaced by End to Enders with notebooks I mailed them or gave them personally.

If you have a trail register on a section you maintain, try to remember to bring a notebook and pens (not pencils) with you when you go to do trail work.

I use these notebooks to track backpackers and to locate hikers in case of family emergencies. It is also a way to locate an injured hiker.

## Excerpt From a Trail Register Notebook

"09-19-05: We said goodbye to Lou today. This was one of his favorite spots. We'll miss & love you forever my gentle brother, my husband's brother-in-law and my children's uncle.

We'll always remember you when we come to the clearing. Love-SANDRA Enjoy the view from up there."

*Happy Hiking!*

Edward J. Sidote

5 Clinton St., Norwich, 13815-1903  
[607/334-3872, ejsidote@cnyconnect.net](mailto:ejsidote@cnyconnect.net)



## Steuben Series Continues



Paul Hoffman

Judy Erwin



Group leader Jim Connors signs the register.



*Proof that the sun does shine in Steuben County— but only once out of the first five hikes. Here passing through aptly named Pleasant Valley.*

Judy Erwin



Jim Connors

*Out of the woods... end of the hike!*



Judy Erwin

*“Ok....you will turn here and then there...and then just 2 more hills to go!!” Sag wagons were so welcome on this long hike. That’s hike coordinator Terry Meacham. The hills on the August hike were brutal.*



## End-to-End #206: Richard Corbin

**M**y journey along the Finger Lakes Trail began when I encountered some of the yellow and green signs nailed to trees and posts at road crossings and trail parking points as I went about my work travels. After a couple of inquiries, I was directed to “Mr. FLT”, Ed Sidote, in Norwich in the spring of 2004. With a pitch to join the Conference and his suggestion to buy maps and the guide book for Chenango County, I started hiking into and back out of sections in the northwest portions of M-22. My son Drew came along on several Sunday afternoons. Then we started using two vehicles (much quicker and a good father-son involvement). I wrapped up 2004 by myself again as he was off to College Life.

The year 2005 began in April hiking with my cousins, Bob and Sue Bliven, and quickly finishing Chenango County. We three joined the Schuyler County Cross County Series of hikes organized by Jim and Sigrid Connors and continued walking in Cortland, Tompkins and Delaware Counties after being treated to a pancake breakfast at the Claryville Fire Department with Ed. July 30<sup>th</sup> was a particularly memorable 12.7 miles of Map 18 with Patty Millar on Ed’s First Annual Ed



Thomas P. LeBlanc

*Posted to the Flickr website:*

*This guy was hiking the North Country Trail and asked me to take his picture! I promised to post this for him! Allegany State Park was the last leg of hiking the whole trail here in New York State.*

*If he reads this, congrats on finishing the Fingerlakes trail!!*

Sidote Hike. December finished for me with most of Delaware County done thanks to car spotting and more breakfasts with Ed.

The snows of January, February and March of 2006 were trampled with Rich Breslin, Phil Metzger and others in places like Tower and Trout Brook

Roads (Delaware County), Swift Hill State Forest and Sixtown Creek (Allegany County). Spring came with Bob and Sue as we finished Allegany County and started Steuben in the Cross County Series with Kim and Terry Meacham. June found me working on Cattaraugus County alone and with Carol Smith and others. Another overnight campout in Allegany State Park completed my End-to-End hike on July 13<sup>th</sup>-14<sup>th</sup>.

Without the help of car spotters like Gary Klee, Don Doster, Carrie and Glenn French, Ray Zinn and Kathy Kellogg, it would have taken a heck of a lot longer to finish. Truly it was a group effort when all is said and done.

I would also like to thank the trail stewards, maintainers and lean-to builders and especially the private landowners for the chance to see more wildlife, flowers, fields, streams and woodlands of our great New York State! Happy Hiking!



Scott Lauffer

*Inside the Claryville Country Store (see back cover), Kathy Cronin adds her comments to the “FLT Journal”.*



## **End-to-End Hiker #207: Nathan Scheffler**

**O**n June 20, 2006, I arrived at the North Country trailhead in northern Pennsylvania. The two weeks before were filled with planning and preparation, buying food and organizing my gear on the floor of one of the empty bedrooms in my house. The night before was an anxious one, filled with last minute preparations and final packing. I was as ready as I was ever going to be.

What happened over the next five weeks was nothing less than an incredible adventure or rather one continuous series of adventures. During the second week I found myself on the top of a hill in a lightning storm with nothing around me. Several days I walked through pouring rain. Other days reached 90 degrees and higher with tremendous humidity. I saw a bear cub and his mother in the Catskills. I walked thirty miles in one day. Each and every day brought new challenges, adventures and opportunities. But each and every day also brought a sense of accomplishment as I finished another section of the trail.

An overriding theme throughout this trip was God's blessing on it. I was able time and time again to see His hand in keeping me safe and providing for me. On a day when I ran out of water, I was able to connect with a man who filled my water bottles. During the lightning storm that I mentioned before, I was kept safe. God consistently rewarded my faith in Him by protecting and providing.

Now that I am back, people ask me, "So Nathan, why did you go backpacking for five weeks?" There are several reasons that I give, but others will never fully understand why I go to the woods unless they do it themselves. Part of it was the feeling of being in the woods. There is a slower pace and relaxing atmosphere that is priceless. There is a peace that begins to soak into me after a few days. Throughout my trip, I would sit and wait for a ride or wait for it to get dark enough to go to bed, and I would be able to sit and wait for hours at a time, just enjoying the environment around me. Another part is the adventure of walking 562 miles. I didn't know for sure that I would be able to complete the whole trail in the time that I had. I didn't know where I would sleep some nights. That is a true adventure. Part of it was to simply experience New York State at a slower pace. Instead of driving sixty miles per hour through the countryside and flying past houses and trees, I was able to walk two or three miles per hour and see so much more of everything that I passed. Part of my motivation is simply my love of nature. However my biggest reason for going to the woods was to spend time with God. He is such an important part of this trip that I cannot leave Him out of this article. When there are no people, and distractions are few, it is easier for me to talk to my creator. It is easier to appreciate everything that He created. I told one of my friends early on in this trip that



Ed Sidote

*Nathan Scheffler, Groton*

everything in the woods is more like God's original intentions, before man sinned and messed it up. That is why I go to the woods.

In closing I would like to thank all of the landowners and trail stewards that keep the trail the way it is. Without your help, this trail would not be here, and my trip would not have happened. I also want to thank Jim Wheeler, who gave me water and a place to camp, and someone to talk to for a few minutes, and Bill Brunning for giving me a ride to the end of the trail so that I could walk backwards on the last section, and for letting me use his phone in Claryville. Finally, anyone who has through hiked the Finger Lakes Trail should know Ed Sidote. I want to thank him for the contacts that he helped me make, and for keeping track of me as I hiked.

FINISHED: 07-25-06

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**FLT Memories**

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**Don Beattie (#205)**

My first three (of four total) FLT treks were following the North Country Trail, of which after 26 years and 4,386.8 miles (~7,900 two-way miles), I became an End-to-End in the fall of 2005 at age 67. Early winter 2001, too warm for Michigan snow making/skiing, allowed an impromptu FLT start 11-19 Dec. Fall-like 50 degrees and forest-trail rustling leaves ended the evening of the 19<sup>th</sup> with snow. It was time to leave. A Dec 23-26 Canada stationary low dumped 90" of snow at Buffalo and 92" at my Harbor Springs Michigan Boyne Highlands ski area. My other trips:

2. Ellicottville to Treman SP, 15 Apr – 11 May 2002
3. T.S.P. to Onondaga Trail, 18-30 Apr 2003 (NCT on Onondaga Trail, Link Trail, Canastota, Erie Canal, Fort Stanwix/Rome, Black River Canal, Booneville, Raquette Lake/Adirondacks, 30 Apr -20 May)
4. East Catskill terminus back to Onondaga Trail, 27 Apr - 19 May 2006.

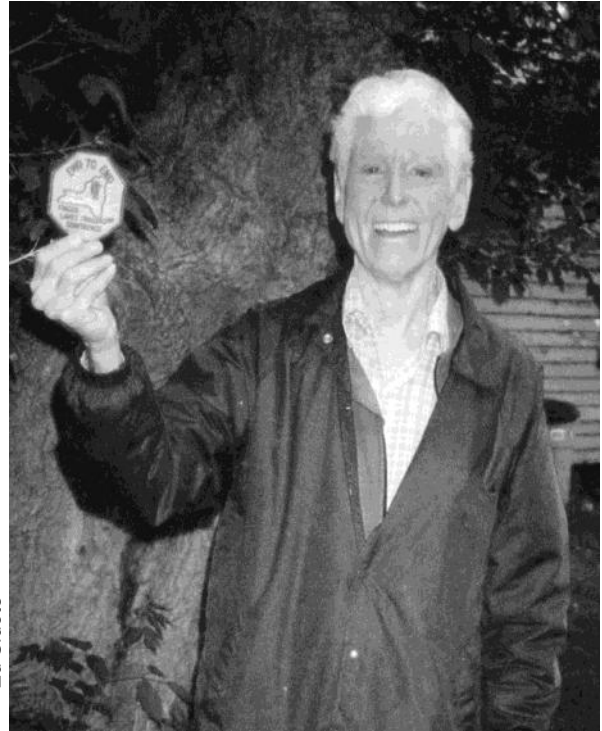
Hiking the FLT is like life—uphill struggles that challenge and strengthen, peak moments when you realize the struggles were all worth it, the flats when all flows easily, almost unnoticed, and downhill slopes when you leave the peak views for the common everyday valley bottoms. Spring flowers and new leaves reveal new life and growth.



Rich fall colors, the fruits and joy of a life well-lived, then winter when life seems dormant and a sense of peace prevails. Sun and rain, wind and calm, the cycles of nature remind us that we too are woven into the fabric of life.

My memories flood back like pieces of a dream once experienced, temporarily forgotten as the days pass on, but fleetingly returning to be savored:

- the PA/NY border register, a reminder of an earlier PA/NCT sojourn start (17 Oct 2000)
- warm glowing inside Christmas lights at Allegany SP Lodge; a dusky crossing of the Allegheny River on Seneca lands;
- deep water-filled ORV ruts
- a crystal icicle on a Rock City SF boulder
- a bright sunny walk along a farm-field road



Ed Sidote

*Don Beattie, Commerce, Michigan*

- a chat with the owner closing the Devereaux Schoolhouse for the season whose mother had attended that one-room school, a living bridge to days gone by
- fording Six Town Creek
- an afternoon talk at a spring with two Amish youth watering their field-heated plow horses and later at dusk a return ride in an Amish cart with words to the driver, “I really don’t know if I should avail myself of these modern devices,” followed by a shared chuckle and talk
- a birthday walk along an old Genesee Valley canal path from where both canal boats and replacement RR have since disappeared
- no fox seen along Fox Hill Rd
- a dry rocky stream-gully climb
- a quiet prayer of sadness for the remembered days of plantation-row red pine
- Burnt Hill Lean-to log: missing Michigan NCT hiker Joan Young, there two days prior (then at Mt. Morris meeting)
- Spencer Hill Rd/Stephen’s Gulch Rd parking permission and return at sundown for heartfelt talk with farm widow—early dreams, struggles to maintain, today’s youth with loads of “stuff” yet still unhappy, with loudness to fill the inner void and little interest in life’s simpler pleasures; life is in the living, not the getting

## End-to-End Album

### Beattie End-to-End...

(Continued from page 27)

- a hemlock-rimmed gorge walk with frolicking, laughing waters in the rocky channel far below
- farm-field-edge walks, pondering the settlers' labor to clear of trees and rock these now-green fields
- a stop to see Ima Mouse, but no one home
- rocks and falls of Watkins Glen with boyhood memories of my first walk there
- carefully built rock walls, now in forest, delusions of what we demarcate as "ours" and "not ours," we're all just passing through
- a cemetery passed with letters and numbers on silent stones, oh the stories they might share
- a new trip's start crossing Michigan Hollow Rd
- a light April snowfall
- an abandoned RR with whistles now made only by birds
- fond winter memories while crossing a ski area
- Stoney Brook Rd and NCT departure with FLT to be resumed on another trip
- a Catskill valley road walk with Country Store and FLT register (I think I might have finished the FLT a day or two sooner with the time spent entering comments on every register!)
- beech stands, open maple forest, hemlocks and pines
- a steep, rock mountain uphill climb
- a shimmering lake
- high mountain overlooks of distant hillside touches of spring
- towns that time passed by with time to savor the moment
- a slow quiet dusk road walk past a tower sending 1000 unseen babbling voices on their way at the speed of light



- Paradise Hill, Dublin, Lincklaen—someone's memories of the Emerald Isle?
- an aging gentle adopted canine companion by my side for a mile or so until at some invisible wall it quietly turned around and went back, its mission accomplished of guiding me through its home domain; a silent "Thanks" as I journeyed on
- and then, my very last FLT section, a flat one, rare indeed for the FLT, crossing Stewart Rd (my grandmother's maiden name) several times
- my last recorded return road crossing time at 4:27 p.m., the number of my boyhood Cub, Scout and Explorer groups whose outdoor activities led me into hiking
- Oh, and the name of that last forest section? New Michigan SF! I was at home and home free!

Joy and sadness filled my heart as my last section came to an end, joy at a goal achieved but sadness at losing a friend, when every day was a new experience filled with interesting discoveries, when that line on the map was transformed into wonderful memories.

One parting joy, after several years of correspondence and two recent misses—I finally met and hugged the most caring, communicative and supportive person of any hiking organization I've been a part of, the #1 of all FLT Trail Angels, Ed Sidote. Thanks, Ed! And thanks to all who made my great FLT experience possible—the dreamers, the trail builders, the map makers, the *FLT News* staff, the office workers, the blazers and trail maintainers—all oft unheralded notes without which there would be no song to sing, a song of life, the FLT!

I'm grateful too for my 61 "impromptu" trail angels, mostly non-FLT non-hikers (now supplied with FLT/NCT info!) who provided 154 miles of one-way rides to lessen my mostly double-hiked FLT to 921 miles, besides enriching my knowledge of local history, scenic areas and special places as well as adding an ongoing human connection for me across the entire State of New York.

The day after I became the FLT's newest and proud End-to-Ender (#205), I hiked another 3.2 miles to finish all of the Onondaga Branch Trail. As I found myself once again chugging up a goodly incline in the Morgan Hill SF near Spruce Pond, a Zen saying came to mind:

*Before enlightenment, chop wood, carry water.  
After enlightenment, chop wood, carry water.*

*Happy chugging,  
Don Beattie* ☺



## For Hiking Archeologists: CCC Camps Still Seen on the Finger Lakes Trail in Central NY

by Bill Coffin

**M**aybe you have never heard of the CCC camps. They began in 1933 and rapidly expanded to 4000 sites across the nation. Four million people, mostly men, enlisted at a time when one out of four workers was unemployed in the Great Depression. They planted billions of trees on millions of acres, built forest roads, dams, ponds, fire towers, and laid stonework.

The CCC (Civilian Conservation Corps) lasted nine years until WW II put 16 million men into uniform and others found jobs in war-related industry. The CCC's work remains one of the world's great wonders (with the Finger Lakes Trail close behind).

The US Army ran the camps and conducted the basic training. The Agriculture and Interior Departments provided the work. Typically, a CCC recruit was an unmarried male, aged 18-25, who enlisted for six-month periods for up to two years. There were also older World War I vets, by then in their 30's or 40's. Additionally, 24,000 LEMs (local experienced men) were employed separately for their work skills.

The "Tree Army" soldier was paid \$1 per day, with \$25 of the monthly \$30 deducted and sent home to his family. Included were room, food, clothing, recreation, and medical care. On the side many learned to read and/or a new trade skill.

Needless to say, the CCC Tree Army was a huge and lasting success. It contributed to the winning of WW II by providing a vast pool of ready-trained and experienced officers and three million other men already accustomed to a soldier's discipline.

Two former CCC campsites are easily found on the Finger Lakes Trail within the ADK Onondaga Chapter's work zone in Central New York.

One site is south of Truxton on Cheningo Road. Use FLTC map Map M-21 and find the DEC Cheningo Campground. Look for the North Country National Scenic Trail kiosk off the west roadside. The old CCC camp Project #S-116 is behind the kiosk. This was used by Company 1264, arriving there on Oct. 20, 1935.

The other and older CCC campsite is in the DEC Pharsalia Wildlife Management Area between South Otselic and North Pharsalia (map M-23). Turning off Chenango County Rte. 42 at a DEC sign, you first drive east for nearly two miles on a dirt road curiously named Johnson St. Take Elmer Jackson Rd, the second turn south. You will soon see the FLT

access sign on your right. Hike west a few minutes until you reach a grass clearing. Under the trees by the clearing you will find original CCC stone curbing lining the trail. Mary Coffin recently found this CCC path so she restored it and re-routed the FLT onto it. Nearby, find concrete ruins and some lonely steps. This was CCC Project #S-80. Company 214 arrived there Nov. 7, 1933. Both of these sites represent pieces of our history. □

*Bill Coffin, long active with both the FLTC and ADK-Onondaga, won the FLTC's highest honor, the Wallace Wood Distinguished Service award, in 2004.*



Judy Erwin

*"The CCC provided a straight row of pines as we neared the end of the trail."*

*—Judy Erwin, referring to the Steuben County August hike*

## Our Very Own Railroad ...

(Continued from page 16)

Lake Ontario freighters bound for Canada, and passengers, manufactured goods, and iron ore from Lake Erie freighters at Buffalo southward. Larger and larger steam engines were used to battle some of the tough climbs in Pennsylvania, sometimes added as helpers for short steep sections, and the BR&P was often an innovator in railroad signaling advances, out of the era of hand-operated semaphores and into that of electrically-operated centrally controlled signal lights, aided by their headquarters location in Rochester, near major local industry General Railway Signal.

The BR&P was an attractive enough operation that the giant Baltimore and Ohio began to buy up her stock in 1929, and took over operation in 1932. Theoretically the B&O really wanted a Pennsylvania portion of the BR&P in order to piece together a better route across that state, but that plan never happened, so the B&O operated the two legs of our railroad in New York almost until the B&O ceased operations in 1987. USGS topo maps dating from the 1970's still show "Baltimore and Ohio" along these lines, although great history-sniffing can be enjoyed by following the "Historic Maps" link on the home page of Maptech.com, where we can look at topo maps from, say, 1900 or 1925, a wonderful romp through the past.

The leg to Buffalo is crossed by the main trail as we enter the east-west part of Fancy Tract Rd just off NY 240, but it does not cross the Conservation Trail north of the Ashford Junction neighborhood, since its path was slightly west of the trail route, but until a few years ago, that trail followed the BR&P/B&O Buffalo leg for part of a mile between Kruse and Rosick Hill Rds (Map CT-4, just north of the CT's junction with the Main Trail, and still mapped blue as the hunting season bypass). That line to Orchard Park and Buffalo

had been officially closed, but tracks remained, and were actually used for a few years in the late 1990's to remove contaminated nuclear waste from the closed West Valley reactor site for a short patch of its southernmost miles.

Before a lost private permission removed that piece of RR bed trail from our regular route, I saw a linear opening heading west off the railbed/trail into adjacent swampy woods. I followed it into the dark wetness as far as I could, marveling at this peek deep into a swamp's private plant life, and noticed occasional parallel lumps across the boggy pathway, indicating old railroad ties were rotting away beneath. I found a vee-shaped triangle of track on 1920's topo maps, called Beaver Siding, but no evidence of any human settlement or endeavor deep in this boggy blackwater swamp! So why was it there?

Only recently did I learn from a history of the BR&P that Beaver siding was a "wye" that existed only for helper engines to turn around upon after they had finished helping a train up the steep grade. They would back onto the wye, and go back to the main tracks on the wye's other leg in order to return to Springville to the north. Springville at elevation 1341 feet is followed on the BR&P route by a bridge over Cattaraugus Creek at elevation 1276, but only a few miles further south Beaver siding is at elevation 1708, where helper engines had finished their short-term job pushing trains up the steep climb.

Passenger service dwindled as roads improved and more people owned cars, so was discontinued by the B&O in 1953, along with steam locomotives. Over the next thirty years, handsome blue B&O diesel locomotives, with their capitol building logo, were gradually mixed in with Chesapeake & Ohio, Western Maryland, and Chessie System engines, as all of these longtime railways merged into the ever-larger Chessie System, and then finally all melted into CSX.

Just before B&O completely ceased

its 150-year history as a separate railroad in 1987, local short lines began to take advantage of the bigger railroads' desire to abandon unprofitable routes. The Genesee and Wyoming, which began as a single-purpose salt carrier from mines at Retsof, not far from our Mt. Morris FLT headquarters, wanted to diversify in order to save themselves from total dependency on salt. So starting in 1982, the G&W began buying and operating small segments that bigger railroads couldn't run profitably. By now the line, locally referred to as the Gee Whiz, has become a successful international collection of dozens of rail lines, their engines painted orange with only varying letters inside the common logo.

In our area, while the G&W continues to operate salt trains, the Rochester and Southern runs the old Rochester leg of the BR&P from Warsaw salt mines through LeRoy up to Rochester, while the R&S and another G&W company, the Buffalo and Pittsburgh, run from Pennsylvania past Ashford Junction, across our trail, up to Machias, where they turn north onto the Norfolk Southern tracks to Buffalo. This latter line is one our trail crosses on the east end of Bear Creek Road (Map M4) and again along Conservation Trail map CT-6 near the town of Holland in Erie County, an old Pennsylvania RR route.

While the resurrection of rail service in that steep forested valley where our trail descends from Cobb's hilltop has caused our trail volunteers extra work to build a bridge and a road walk that deserves a re-route, it's also heartening to see a railroad of more than one hundred years' history return to life. Mary Raab muses about winter nights when the 10 p.m. northbound passes just below their house: "It's best when it's the train with the sweet mournful horn, not the shrill one, so when they blow for the Fancy Tract road crossing it's cool the way it echoes through the valley." She and husband Pat get up to look out the back window and watch the snow swirl around the train's headlight as it blows through the drifts. □



## *Welcome!*

### **New and Returning Members May through July:**

1871 Benjamin Hunt Inn  
Jay Abercrombie  
Elizabeth Alexander  
Anne Altshuler  
Christopher Asbury  
Daniel Blakeley  
Boy Scout Troop 51  
Sean R. Breslin  
Lincoln Cascio  
Roger Cheney  
Joanne Church  
Francis Coleman  
Cory Davis  
Greg & Beth Dean  
David M. & Marilyn L. Dowdle  
Tom & Nancy Downs  
Lisa Druke  
Stu Fegely  
Douglas P. Foster  
Richard Frank  
Katherine Funk  
Joy Gilmore  
Ann C. Green  
Stephanie Greenwood  
Gary Haff  
Mary Hall  
Joyce Hallenbeck  
Jeffrey Herpin  
Paul F. & Karen H. Johnson  
Joshua P. Keefe  
Sheryl B. Kenner  
Linda M. Kepler  
Gary & Joan Kiehl  
Ken Kirk  
Raymond Kraft

Watkins Glen  
Suffield, OH  
Montgomery  
Oxford  
Rochester  
Dryden  
Fayetteville  
Ithaca  
Waverly  
Farmington  
Ithaca  
Bloomfield  
Belmont  
Norwich  
Bath  
Alfred  
Fayetteville  
Ithaca  
Hornell  
Binghamton  
Corning  
Arkport  
Hammondsport  
Ithaca  
Bath  
Roscoe  
Corning  
Canandaigua  
Alfred  
Rochester  
Painted Post  
Albion  
Hilton  
Corning  
Bliss

Cara Love  
Rita M. McCabe  
Mark McCullough  
Edward McLaughlin  
J. Emory Morris  
David R. Newlun  
Jonathan & Jeannette Peer  
John E. Pickard  
Katie Price  
James W. Quimby  
Kathleen L. Raines  
Nancy Reed  
Marc & Margaret Rixford  
John Robortella  
Rural Youth Services Cornell Co-op Extension  
James P. Russell & Family  
Kristin Schafer & Anthony DeFeo  
Susan Schwartz  
Greta Selin-Love  
Gordon Sheret  
Keith Snyder  
Stuart F. Sotherden  
Caroline Spellman  
John Spula  
Sharon & Jim Stamp  
Scott Stevens  
Michael Stone  
Claire Stukas  
Jennifer Tadder, Lawrence Jordon & Eric Gray  
Keith & Annette Toasperm  
Margaret Waterman  
Michael White  
Penelope M. Wiktorek  
John A. York

Naples  
Pine City  
Millport  
Syracuse  
Brockport  
Horseheads  
Bath  
Charlottesville, WV  
Wilmington, DE.  
Gaines, Pa.  
Arcade  
Canandaigua  
Hornell  
Canandaigua  
Ithaca  
Ontario  
Ithaca  
Jamestown  
Naples  
Endwell  
Painted Post  
Millerton, PA  
Groton  
Rochester  
PennYan  
Churchville  
Fredonia  
Penfield  
Ithaca  
Penn Yan  
LeRoy  
Fairport  
Trumansburg  
Edmeston

The Finger Lakes Trail Conference has received, from time to time, gifts to honor or memorialize a person. Ed Sidote, who knows EVERYONE, often sends memorial gifts. In fact, in the past 3 years he has made 19 such gifts to the FLTC! Thank you, Ed. Fewer people think about making gifts in HONOR of a friend or relative, but that has become increasingly popular as a way to recognize someone.

### **Our sincere thanks for gifts in memory of:**

*Gordon Cole  
Ralph Raphael  
Lena Frost  
George Garafalo*  
from

**Edward J. Sidote**

### **And for donations in honor of:**

*Bob Younger*  
from  
**Bob & Ruth Brown  
Penny & Joe Pennell  
Lynda Masters**





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](mailto: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 Genesee Valley Chapter	<a href="http://www.gvc-adk.org">http://www.gvc-adk.org</a>	Rochester Area
ADK Mid-Hudson Chapter	<a href="http://www.midhudsonadk.org">http://www.midhudsonadk.org</a>	Eastern NY
ADK Niagara Frontier Chapter	<a href="http://www.adk.org/chapters/niagra.aspx">http://www.adk.org/chapters/niagra.aspx</a>	Buffalo Area
ADK Onondaga Chapter	<a href="http://www.adk-on.org">http://www.adk-on.org</a>	Syracuse Area
Cayuga Trails Club	<a href="http://www.lightlink.com/ctc">http://www.lightlink.com/ctc</a>	Ithaca Area
FLT-Bullthistle Hikers	<a href="http://www.bullthistlehiking.org">http://www.bullthistlehiking.org</a>	Chenango County
Foothills Trail Club	<a href="http://www.foothillstrailclub.org">http://www.foothillstrailclub.org</a>	Buffalo Area
Genesee Valley Hiking Club	<a href="http://www.fingerlakestrail.org/gvhc.htm">http://www.fingerlakestrail.org/gvhc.htm</a>	Rochester Area
Triple Cities Hiking Club	<a href="http://www.tier.net/~tchc">http://www.tier.net/~tchc</a>	Binghamton Area

[namethatmap@fingerlakestrail.org](mailto:namethatmap@fingerlakestrail.org)



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

*Photo by Jim Connors*

Can you place this scene from along the trail? Send your guess to Jacqui Wensich at [namethatmap@fingerlakestrail.org](mailto: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 Summer quiz can be found on page 4.



Jim Connors

## FINGER LAKES TRAIL CONFERENCE

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## Finger Lakes Trail Conference, Inc. Calendar of Events

- Sep 29-Oct 1 ..... **FLT Fall Campout 2006**, Camp Amahami.  
FLTC Board Meeting on October 1.
- October ..... Trail Maintainer Meetings. Contact: Howard  
Beye 585/288-7191 or fltcf@frontiernet.net  
Area 1 October 7 Springville  
Area 3 October 15 Hammondsport  
Area 5,6 October 21 Bainbridge
- 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).
- Oct 14-Dec 19 ..... **Big game hunting season** along the FLT.  
Hikers, be sure you know the latest hunting  
season trail closures. Also, please take  
appropriate safety precautions.
- November 3 ..... Deadline for submitting material for winter issue  
of the *Finger Lakes Trail News*. See box on  
page 1 for instructions.
- November 4 ..... Club Leader Summit, Virgil Town Hall
- November 18 ..... FLTC Board Meeting, Geneva
- January 19-21, 2007 ... Board/Officer/Committee Retreat, Letchworth SP
- March 10 ..... FLTC Board Meeting, Virgil Town Hall
- May 4-6 ..... **Annual Meeting of the Finger Lakes Trail  
Conference and Spring Weekend**, hosted by  
the Genesee Valley Hiking Club in Swain,  
Allegany County. Mark your calendar now.

### 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



## Trail Towns: Claryville

by Scott Lauffer

with assistance from Kathy Cronin

The hamlet of Claryville, located in the town of Denning, is the easternmost community on the FLT. A small hiker-friendly place, it sits at the junction of West Branch Rd and Denning Rd. The eastern terminus of the FLT is just east of Claryville, about 8 miles up Denning Rd, connecting with the Long Path. This connection also serves as a jumping off point for peaks in the Slide Mountain Wilderness. Claryville is within the Catskill Park, so is surrounded by mountains and some wonderful fishing streams. The East Branch of the Neversink River flows through the community, and spots can be found to fish or soak your tired feet.

Claryville may be best known to FLT hikers as the home of the Claryville Country Store and Deli, operated by a friendly couple, Jane and Chris. The familiar green and gold FLT sign that is noticeably visible on the front of their store welcomes you in. Jane keeps the "FLT Journal" for FLT hikers to jot down notes about their hikes. You can sit and browse through it at your leisure or read Middletown's *Times-Herald Record*, the paper of choice. Tables are provided for munching on a tasty homemade sub or much-needed ice cream bar or sipping a beverage. The store is a trip back in time, filled with many collectibles. An old sign advertises prices for seats – 44 cents for adults and 22 cents for children. Chris also displays paintings he has created on old saws; they are for sale. The only place for a backpacker to stay overnight in Claryville is two doors up from the store on the same side. You can ask Chris for more details.

The center for many Claryville activities is the Claryville Fire House. The FLT held their Friday night dinner there at the 2004 Fall Campout. The covered outdoor sitting area with tables, as well as a large indoor hall, made it a perfect place for the FLT to gather. The FLT's storied End-to-End Coordinator Ed Sidote loves the Fire Department's pancake breakfasts (all you can eat). He has made many friends around Claryville. Ed says that Ed Bailey of the Fire Dept will take hikers to the DEC parking lot at the Denning Rd. trailhead for \$15.00 so they can hike back to Claryville and their car.



*The hiker-friendly Claryville Country Store and Deli*

Like many towns in the Catskills, Claryville has many "weekend homes" as Jane calls them. You may only see a few people out and about, even on a weekend; it's normally a pretty quiet place. Many of the properties along Denning Rd are upscale and homes in the town have gotten very pricey. There is the proverbial contrast between locals who struggle to make a living from tourism and providing services, and the weekenders who are the outsiders. Notices at the Denning Town Hall tell what's important to the town residents: Fish & Game regulations, burn permits, timber harvesting, lost dogs and found dogs, contacting FEMA for assistance and meetings on the Town of Denning Master Plan to name a few. Activities do abound that can bring the locals and outsiders together: a butterfly count, the nearby Grahamsville Little Worlds Fair, the Artists Soap Box Derby and an Outdoor Youth Expo are among them. Also important in the community are the Reformed Church and cemetery, the Post Office, the Strauss Center of Frost Valley and the historic Red Hill Fire Tower.

A trip down Denning Rd and a stop in Claryville is definitely a pleasant prospect if you are inclined to get to the eastern section of the FLT.

Finger Lakes Trail Conference, Inc.  
6111 Visitor Center Road  
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