

Finger Lakes Trail NEWS

Winter 2006



www.fingerlakestrail.org

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President's Message

“...protect, and enhance a continuous footpath...forever”

Were you there? Did you climb the fire tower for a beautiful view of fall foliage on rolling hills? How about the facilities at Camp Amahami, weren't they comfortable and very functional? Then there were the hikes on beautifully maintained trails in crisp fall weather. The fall campout weekend, hosted by the Triple Cities Hiking Club, was a smashing success, and those of you who attended were treated to a well-run event in beautiful woodlands. On behalf of the Board of Managers, I extend sincere appreciation to our hosts and all who worked very hard to prepare the trails, the food, and the entire weekend event. You will have another chance to experience the fun of gathering and hiking with many FLTC fans, so mark your calendars for May 4, 5, and 6, 2007, for the FLTC Spring Weekend at Swain hosted by the Genesee Valley Hiking Club.

Those words in the title of this column were extracted from the FLTC Mission Statement and offer a difficult and very serious challenge to the Board of Managers, trail maintainers, associated hiking clubs, and all FLTC members. We have a footpath, right? We can hike across the entire state any time we so desire! So, what is the problem here? Well, only approximately 50% of that footpath lies on public land where, if the FLTC is a good and considerate resident, we have some assurance of permanence. The other 50% of the trail crosses private land where the existence of the trail is subject to the continuing generosity of many landowners. We are very fortunate to have landowners who so freely grant us use of their property for our trail, several of whom have even become involved in helping us with some of the trail maintenance efforts.

However, whenever property changes ownership, we run the risk that the new owner will not want to continue hosting our trail. Ownership changes occur continually, and just this year we have had to move several sections from properties to roads. You can imagine how much work this creates to find a nearby landowner who is willing to accept the trail and then our volunteers have to build a new section that joins up with the rest of the trail. In addition, when the trail is forced to follow a road, hikers lose the natural experience they seek for their trek.

No, I am not suggesting that the FLTC launch an effort to purchase all of the land that our trail crosses to assure its permanence. This would require substantial funds that the FLTC does not have, and it would also be unrealistic to expect that all landowners would be willing to sell their land, land that has a special meaning for them. There are other forms of protection for the trail that can provide access without any change in ownership.

The preservation of the trail with an access easement, a trail easement, will continue to provide a natural experience to future



David S. Marsh

generations by helping to assure a green corridor across the state. This experience will become ever more valuable as opportunities for exposure to the natural world are continually diminished by growth and sprawl. For the landowner, protection will offer an opportunity to leave a legacy of appreciation for the natural beauty of their land. If a landowner chooses to protect the land surrounding the trail with a conservation easement, the beauty of the trail will be even more assured as the surrounding area will

remain in its natural state. A long-term project recently announced by the Finger Lakes Land Trust, called the Emerald Necklace, provides an excellent example of the potential value of a green corridor. This project seeks to preserve the “ecological integrity” of a corridor of land south of Ithaca that includes the Finger Lakes Trail running through its core.

For those who sincerely love their land, the desire to keep it in its natural state touches deep feelings and emotions that are distinctly different from an attitude of possessiveness. These are feelings that exist in a meaningful relationship, a relationship with the land and all of its inhabitants. This deep feeling was captured by Jeanne Robert Foster, a poet who grew up in the Adirondacks and lived from 1879 to 1970, in her poem “State Land”. This poem portrays a father explaining to his sons his decision to give his land to the state to assure its permanent protection.

*I gave the mountainside to keep it wild,
Free for the life that it has had for so long,
The trail will always be what it is now,
The summit, with its scrubby balsam trees,
A playground for the deer and porcupine.*

...

My heart spoke: I had to preserve this land.

FLTC efforts and objectives must largely be concentrated more narrowly on trail protection, primarily by obtaining trail easements. Working cooperatively with other like-minded organizations, such as the Finger Lakes Land Trust, can increase our potential for success. In the long run, a secure Finger Lakes Trail will offer another reason to love New York State. This is an enormous challenge for all of us. We hope that landowners will be inspired to leave a legacy of appreciation for the beauty of their land and the Finger Lakes Trail for future generations.

In the meantime, winter is creeping southward and very soon our hills will wear a new suit of clothes. The FLT is a wonderful place to snowshoe or ski, so let's throw off those warm blankets, shake off those obligations to do things of great importance, and step into the fresh crisp air to enjoy our four-season trail. We will once again be amazed how beautiful and different our trail appears in the winter season. Happy hiking, and remember, the trail ends only in your mind. □

Are you a Finger Lakes Trail groupie?

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



FINGER LAKES TRAIL NEWS

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Mission Statement

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

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Nearly 120 hikers had completed the Hike Across Steuben County by the end of the final hike in October. The series of seven hikes concluded with a picnic where patches were handed out to all finishers, and the hikers celebrated their accomplishment in the company of old and new friends.

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Jim Connors

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It's snowshoe season on the FLT



Jacqui Wensich

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Cover: Finger Lakes Trail in the winter of 2006. Photo by Warren Johnsen.

President David Marsh has already thanked the Triple Cities Hiking Club in his column, so at the risk of being redundant, I too, wish to add my thanks and congratulations on a job well done, and I would like to urge each of you to save the date for the Spring Weekend (May 4-6). While you are marking your calendar, please add the 2007 Fall Campout at Hickory Hill on Columbus Day weekend, October 5-7.

Congratulations to the 120 people who have completed the Steuben County Hike Series so far. Several more are still working on it. A BIG thank you to Kim and Terry Meacham and also to Irene Szabo for organizing it. Thanks also to the hike leaders, sag wagon drivers, and others who assisted. We did order extra "Steuben County" patches, so they are now available to those who may have hiked Steuben County before but did not participate in the series. Please contact our office if you'd like to purchase one.

The FLTC has been accepted as a marketing project for the fall semester by a senior Cornell class. During weekly meetings, Jay Zitter and the three students who chose us (Alexa Bennett from New Zealand, Ludo Laniece from France, and Patrick Neuman from Syracuse) decided to focus on a study to explore the feasibility of promoting FLTC business memberships. By the time you read this, the final report and presentation will have been made. I am very hopeful that their hard work will benefit us.

Those of you who are FLTC members



From the Desk of the Executive Director

.....
Gene Bavis

should have received your annual appeal mailing in late October. THANK YOU to those of you who have already sent in a donation. We take pride in the fact that we only ask for money twice a year, and furthermore that we are good stewards of the donations received. Most of the FLTC operations are highly volunteer-driven. If the early responses are any indication of the overall support for the FLTC by our members and friends, I am hopeful that we will achieve our fundraising goals. At the end of the year, our Finance Committee will review our budget, and hopefully there will be a surplus. At that point they will make a recommendation to the Board of Managers to transfer funds into the Sidote Stewardship Fund and/or the Endowment Fund. Both of these funds look beyond day-to-day operations and help provide for the future of the FLT. SO...if you have the means and have not yet contributed, we hope you will consider the FLTC in your year-end charitable giving. Of course, all donations are tax deductible. If, by chance, you are not an FLTC member reading this, and you would like to donate, a contribution form is available on our website.

Last, but not least, I would like to

announce the appointment of Kirk House as our FLTC Publicity Committee Chair. Kirk, who resides in Bath, has been an FLTC member since 2002. He teaches at Genesee Community College in Dansville and is also editor of *Touring New York*. In addition, he does free-lance writing. We are fortunate to have found someone as well qualified as Kirk to head up our publicity efforts. At this time, we are re-inventing the position and beginning to form the committee. This is consistent with one of our Board goals related to better utilization of the FLT committee structure. Among the ideas being discussed is the idea of putting stories in newspapers about our various End-to-Enders in the locality in which that person lives. We also hope to have our publicity committee do press releases on various topics and send them to affiliate club newsletter editors. Of course, the publicity committee will announce FLT activities (like the hike series, National Trails Day, etc.) to the media. Volunteers to work on the Publicity Committee are being sought, so let us know if you'd like to help. The Publicity Committee, the Marketing Committee, and the Membership Committee will be working closely to coordinate efforts in spreading the word about our wonderful trail and the opportunities available to utilize it. □

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

FLTC Business Members

Bath Veterinary Hospital	Bath	607-776-7685	bathvh@usadatanet.net
William G. Becker & Sons	Brian W. Becker, Mechanic	North Java	bwbecker@starband.net
Cheshire Inn	Laura Moats	Naples	585-721-2924
Downsville Motel	Al Carpenter	Downsville	607-363-7575
Finger Lakes Running Co.	Ian R. Golden	Ithaca	607-275-3572
Sliwa-Lane Law Offices	Kevin A. Lane, Esq.	Buffalo	716-877-4246
Map Shop	Northfield Common	Pittsford	585-385-5850
Holiday Valley Resort	Jane Eshbaugh, Mktg. Dir.	Ellicottville	716-699-2345
1871 Benjamin Hunt Inn	Drusilla M. Welshans	Watkins Glen	607-535-6659
			www.holidayvalley.com
			info@benhunt.com

For \$75 per year, business members receive all the benefits of regular membership PLUS a listing and link on our website. We will also list our business members in the *News* at least once a year.

We encourage all members to thank and use the services of these businesses which support the Finger Lakes Trail. Addresses, contact information and links to these businesses can be found on the FLTC web site: www.fingerlakestrail.org

HELP WANTED: Volunteer Opportunities!

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

Publicity Committee Members: Similar to the network of "County Marketing Aides," we will need people interested in helping us follow up on press releases and report back on what is being accomplished. If you have writing skills, all the better, but being a "writer" is not a requirement to help here. Having local contacts with the media or being willing to establish them is a real plus.

County Map Promoter: The main FLT traverses 14 counties and the branch trails hit an additional 7 counties. Some of the county maps show the FLT and its branches and some do not. The mission, should you decide to accept it, is to identify the counties whose maps do not show the trail and rectify the situation. Some of the groundwork has already been done.

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

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.

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

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

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

Welcome!

Positions Filled...

- **Publicity Chairman.** Thanks to Kirk House for accepting the position. Kirk was officially appointed by President David Marsh and approved by the Board on October 1. See the Executive Director's Column for more on this.
- **Neil Liwanag** has volunteered to help us with a couple of positions. He's been doing some data entry and also sharing some of his computer skills with us.

New and Returning Members August through October:

Lynn Andersen	Ithaca	G. Terry Mercer	Manlius
Boy Scout Troop 220	Rochester	Christine & Michael O'Brien	Penn Yan
Robert & Joyce Cain	Bainbridge	Peter Petrone	Buffalo
Jim Carey	PennYan	Brenda S. Reeb	Rochester
Karen Cole	Binghamton	Matt Rose	Johnson City
Tammy Congelli, MD	Syracuse	Nathan Scheffler	Groton
J. Patrick Creedon & Family	Fairport	Richard J. Schraven	Amherst
Michael DeLuzio	Rochester	John Q. & Joani Smith	Montour Falls
Randall Gelser	Dalton	Matthew Stanley	Big Flats
Tom Good	Elmira	Thomas Stellato	Kingston
Shelia Hathaway	Brisben	Rick & Jean Thompson	Penn Yan
Cynthia M. Jensen	Waterloo	Louis & M. Landon Vogel	Corning
Ann Marie Kaminski	Groton	Donald G. Webster	Burdett
Jim & Arlene Krebs	Freeville	John R. Wint	Macedon
Diana Liu	Endicott	Fran Woodworth	Batavia

Book Review: *Wandering Home*, by Bill McKibben

Publisher: Crown Journeys, 2005 (157 pages)

Reviewed by David S. Marsh, President, FLTC

I suspect that it would be unusual for most to envision themselves “wandering” the Finger Lakes Trail. Rather, our efforts are likely more goal-oriented as we do a day hike from point A to point B, or work to complete our end-to-end goal, or look for birds and wildflowers.

Bill McKibben’s journey was very different as he hiked from Mt. Abraham, near a house he owns in nearby Ripton, Vermont, across the Champlain Valley to a second home nestled in the Adirondack Mountains at the base of Crane Mountain. This adventure was not along a specific hiking trail and his route was largely selected to sample a landscape that is unmistakably beautiful, but also undergoing a significant change. The route is a study in rather sharp contrasts, pastoral Vermont on the east and the Adirondacks of New York on the west, each with a different geology and hydrology, separated by Lake Champlain.

Bill McKibben is a very talented and experienced nature writer. He grew up in a city, wrote for *New Yorker* magazine, and fell in love with the natural world in his adult life. His book *The End of Nature* was one of the first to warn general audiences about the dangers of global warming. This book not only included some of the scientific aspects of the danger, but also “...explored the reasons the prospect of massive climate change made me so mad—basically because it threatened my newfound love affair with the wild world”. His writing is perceptive, values the protection of nature, and provocative as he seriously questions man’s practices that he believes are environmentally destructive. All of this is on display in *Wandering Home*; however, he is hopeful and guarded about the future.

McKibben’s journey is a series of exposures to residents whom he uses to explore the culture, personalities, and landscape in the process of explaining its beauty, dangers, and

direction for the future. In this regard, his journey is somewhat similar to that of John Steinbeck told in his book *Travels with Charley*, although, rather than a trip across America, it is a trip between an area where “the towns tend toward neatness, gathering themselves around white churches...” and the “...unruliness of the rest of America”. Provocative indeed!

We are exposed to Chris Granstom who 25 years ago attended Middlebury College, worked on a farm and took up dairy farming upon graduation despite warnings from farmers. He successfully developed a U-pick strawberries business and now is switching to grapes with the idea of selling root stock. “This whole idea of taking cuttings and making them root is kind of magical to me...” “I have a much more complicated relationship with nature since I became a farmer.” Then there is Kirk Webster, who started a honey business and expanded it to be able to sell the queens. “If we reach the point where communities are farming again, then the flywheel will start to turn on its own, and a movement will emerge that no government or corporation will stop”.

McKibben crossed Lake Champlain in a rowboat with his former colleague John Davis, who collaborates in the publication of *Wild Earth*, which has “...become the intellectual center for a new movement for wilderness...”, to reach the land between the lake and the peaks. The valley on the west side is very similar to that of the east side, a farming region. The State of New York has protected much less of this small strip of land than has been the case in the high peaks, yet it contains important wildlife habitat. The Adirondacks, with its some 6 million acres, is about the size of the entire state of Vermont. Here he enters the high peaks region, a very different world from the Vermont side of the lake. “No placid agricultural rivers like Otter Creek, but ten thousand little streams backed up into a million

beaver pools.” His wandering takes him over Mt. Dix into the Hoffman Notch, where logging once ruled, “a moosy spot”. “For me, the ecological story of the Adirondacks is more interesting because it’s not virgin wilderness.” “...this is one area where people have taken a step back. And nature has responded...”

McKibben then moves into the central Adirondacks, through the Siamese Ponds Wilderness, to the plot of land that he purchased in his mid twenties after leaving the city. Here there is a bench overlooking Crane Mt. that he and his wife received as a wedding present. Crane Mt. is the birth place of Jeanne Robert Foster, born into poverty, who blossomed to become a worldly figure, one of the first super models, and a poet (quoted in the President’s Message in this issue) who chronicled life in the rugged Adirondacks. And so, McKibben left Robert Frost’s neighborhood to arrive in Jeanne Robert Foster’s, two poets who revered nature and country life.

The author notes that some passages are sadder than others. “The conversion of a farm into a strip mall or a tract of pasteboard mansions saddens because it is irrevocable, at least on a human time scale; ... Whereas, the slide of a farmstead or woodlot into wildness—or vice versa—merely trades one appropriateness for another.” While it may seem obvious that the home in *Wandering Home* is his house near Crane Mt. or perhaps even the Adirondacks, I can not help but wonder if it isn’t really the natural world itself. “I have the great good fortune to have found the place I was supposed to inhabit, a place in whose largeness I can sense the whole world but yet is small enough for me to comprehend.” I wonder what you will think.

I believe this is a journey many FLT hikers will enjoy. It is a quick and easy read; however, it will make you think about the issues the author presents. These issues are very pertinent to the land the FLT crosses, its history and its transition to a very different life. Perhaps you will even consider doing some wandering of your own. □



**Notes from the FLT Archives:
Mabel James
.....
Georgianne Vyverberg**

Wally Wood was not the only person who dreamed of long-distance hiking trails in New York State. Miss Mabel James of Holland, New York, began her trail dreaming in the mid 1930's because of her naturalist-led Sunday hikes for the Garden Center Institute of Buffalo. She would hire a bus for \$10 and take whoever was interested in hiking and botany. The fare for these trips was 50 cents per person with an additional nickel for all the coffee they could drink. The participants brought along a bag lunch. After awhile Mabel wanted these hikes to last longer and the idea of a hiking trail from Lewiston to the Allegany Park was envisioned. She enlisted the help of Olga and Art Rosche and a score of girl and boy scouts to help and in 1961 the Conservation Trail was born. In May 1962 the first section of the trail was dedicated in Mabel's home town and much to her surprise named in her honor. Also in 1962 she heard about Wally Wood and his dream. She went to the first meetings of the fledgling group, where her idea of linking up her north-south trail with his new east-west trail was enthusiastically endorsed.

So just who was this Mabel James? In all the photos I have been able to find we see a sweetly smiling lady nearly always wearing a hat and often dressed in skirts or dresses as she led her hikes. In one photo she is shown leading a group of mostly boy scouts who are carrying trail work tools, and they look pretty pleased about it all.

Miss James was born to a farm family in Mansfield, Connecticut, and much of her childhood was spent outdoors

looking at plants and animals. She grew up to become a science and math teacher and it was here that she began introducing her students to her favorite places in the woods and fields. She was always an avid hiker and while at Holyoke College in Massachusetts she obtained permission to take walks instead of gym classes. (Why didn't I think of that?) When she moved to Western New York her botanical studies continued and in 1939 she formed the Conservation Forum of New York State. The Buffalo Hiking Club and the Foothills Trail Club were both outgrowths of the Forum.

She led some sixteen Annual Conservation Workshops from the Buffalo Museum of Science and from

1941-1964 taught spring and fall classes there as well. She worked with both boy and girl scouts in trail work for the Conservation Trail as well as various bird and garden clubs. In 1964, Houghton College with an Honorary Doctorate honored her work in the Western Chapter of the Nature Conservancy and her work in the development of the Moss Lake Wildlife Preserve. This little known pristine preserve is truly worth a visit. In 1964 at the annual meeting of the Buffalo Society of Natural Sciences she was formally recognized for her 25 years of work and nature study.

In an interview for the *FLT News* in 1969 Mabel spoke about the importance of imparting a "sense of wonder" to her students and recognized that the magic to be found outdoors on a hiking trail was something very precious. That "sense of wonder" she felt led to the start of the nearly 180-mile Conservation Trail. Thank you, Mabel! □



Mabel James leading a group of Scouts on the Conservation Trail. Photo from the archives of the Foothills Trails Club. First published in the Buffalo News on August 10, 1963.

Goundry Hill State Forest Rebuild

by Lynda Rummel, Trail Management Committee Regional Coordinator

When the somewhat scruffy van loaded with teenage *outsiders* rolled up the dirt road into a narrow hollow, way back in the rural, rugged hills south of Lamoka Lake, the neighbors took notice. When the crew – nine young adults from *inner city* Buffalo, two young twenty-something staff and their leader, Michael Gainer, wearing a red bandana wrapped around his forehead – jumped out and set up camp, the neighbors took a *long* look. And when, the next morning, the crew donned their hardhats, picked up their Mattocks and McLeods, and marched into the woods, the neighbors called the Forest Ranger and demanded, “What the heck is going on up there?!” Bill Meehan, the NYS Department of Environmental Conservation Forest Ranger for the area, had a ready reply, because he had laid out and approved the reroute on which the group – the Buffalo Youth Corps – was going to be working. So he told the neighbors to relax – these weren’t escapees from the nearby correctional “boot camp” and they weren’t city folk heading up the hollow to grow marijuana or run a portable meth lab. Nope, he said, these were good kids who were about to do something really nice for the public by building a new section of the Finger Lakes/North Country Trail. And he was right – they did do something very good, and they did it very well. Way back in this remote area near Monterey, in the Southern Tier (map M-13), the Buffalo Youth Corps built almost half a mile of trail on a hillside that seems, when you stand at the base and look up, to go *straight* up. The 3155 feet of trail that they built required 8 ¼ switchback legs. The hillside is so steep that, in many places, the crew had to dig down to the glacier-deposited aggregates in order to make an 18-24” tread with a 5% cross-slope and a grade of 10% or less.



Michael Gainer

Buffalo Youth Corps Crew

Having worked on the Alley Cat Crew that built the switchbacks on the opposite (and easier) side of Goundry Hill the year before, I knew that there was no way that the hardworking but much older volunteers from the Finger Lakes Trail Conference could – or would – have tackled this side of the hill. FLTC volunteers did build 3900 feet of new trail (with 5 ¾ switchback legs) between the BYC’s section and the bottom of the hollow, but this was on *much* gentler terrain. The BYC spent a week camped at the end of Corbett Hollow Road, in Goundry Hill State Forest. Conditions were primitive – no electricity, no potable water, no sanitary facilities or showers. An FLTC volunteer

provided a port-a-potty and arranged for the crew to get drinking water from one of the neighbors. (The neighbors, Dick and Ellen Luce, also generously volunteered to help out in case of any emergency.)

The crew worked 4 ½ days building their section of the reroute. The new *single-use* footpath replaces 1.3 miles of miserable trail on the east side of Goundry Hill that had been shared with horses and snowmobiles and that, in places, had grades as severe as 20%. The reroute also eliminates a creek ford and 0.4 mile of poor trail on the west side of Corbett Hollow, replacing these with a culvert crossing and 0.1 mile of dirt road; and it provides direct access to a pleasant bivouac area at the north end of Corbett Hollow Road that was not available to trail hikers before.

A field grant from the North Country Trail Association covered 40% of the BYC’s fee. The reroute was posted as open for hiking on October 1st. □



McLeod fire rake

Image courtesy of
AmericanTrails.org

Article removed at author's request

Second Club Leader Summit

Two dozen chairs, trail chairs, and presidents of the clubs and chapters which tend sections of the Finger Lakes Trail, plus FLTC board members met on November 4th at the Virgil Town Hall to follow up on our first such meeting four years before. Successes and new developments were shared, as were those projects that did not bear fruit, in such areas of mutual concern as membership gain and retention and marketing the trail and the organizations. President of the Board Dave Marsh promoted our need to protect the trail route from permission losses, sharing several projects aimed at doing just that. Board and staff of the FLTC also learned several lessons from club members as to tasks that can be done better in order to help the trail-maintaining clubs.

The club leaders felt this was a useful meeting, even on a sunny day, and requested a follow-up meeting within two years.

— Irene Szabo



Jay Zitter

Leaders from clubs that tend sections of the Finger Lakes Trail and FLTC board members from across the state met in Virgil on November 4th to share their news and experience and to learn from each other.

2006 Clar-Willis Award Goes to Irene Szabo

by John Andersson, Recognitions Committee Chairperson

“Trail work is my favorite thing” says Irene Szabo of Mt. Morris, the 2006 winner of the Finger Lakes Trail Conference’s Clar-Willis Award for her significant contributions over many years as a trail worker. She likes to think of trail work as “Olympic Gardening,” a phrase she read years ago along the Appalachian Trail.

When she first joined the FLTC she enjoyed hiking and coloring the trail maps she completed. Conscientious, she completed Howard Beye’s Trail Troubleshooter Reports, and as she says “Howard was ever vigilant for fresh meat” and in 1987 he asked her to maintain a neglected piece of the Bristol Hills Branch. She was in “Heaven...the best feeling in the world.” She didn’t know much about trail maintenance, and there was no structure to train “newbies” but with a little background in garden and yard work, she jumped in with her usual enthusiasm, learned how to use trail tools, and found a new love.

She started with the southern most seven miles, and then adopted the next part of the Bristol Hills Trail north to the Evangeline Shelter. Her favorite part is the Huckleberry Bog Loop. She didn’t even know the bog existed when she saw a reference in the early 1990’s DEC Draft Management Plan for the Forest. With her “just do it” attitude, she educated herself about the bog and created the loop. She expanded her trail building and maintenance efforts to parts of M-4 and M-12. When the Greenway Trail came into Mt. Morris, Steph Spittal and Irene laid out and completed the northern part of the Letchworth Trail. She also adopted and built other trail sections and then bequeathed them to new caretakers. She succeeded in moving 2½ miles of trail off the road in two places. More than one land owner has succumbed to her logic and passion to allow trail onto their land. She remains a prime model for many trail



Left to right: Irene Szabo accepting the Clar-Willis Award at the FLTC Fall Campout, FLTC President David Marsh, and Stephanie Spittal who nominated Irene for the award.

tenders not to be afraid to learn about and approach land owners.

She enjoyed working in the early 90’s with Steph Spittal and Bob Muller on many new projects and reroutes. Now she often works alone on her 20 miles of trail, except on large projects. However, she is not alone in the woods. Her current companions are Sandy and Pearl, a pair of golden retrievers who stay close. Past friends were Maggie, Gummy and Diesel Anne; to keep them close she had to tie one to her belt! Her trails are less than an hour away from home, and she never camps to do trail work as “Guinness, a hot meal and a warm bed” are not to be missed.

She finally retired her familiar white 1977 Chevy Van; now a large white Dodge truck carries her Troy-Bilt mower. The truck sports magnetic signs proudly proclaiming the owner’s fanaticism with the FLT and North Country Trail (NCT). Her favorite trail tool is a manual weed whacker, the heavy duty kind with a curved bracket over the serrated blade. Besides banishing prickles from the trailside, it’s good for trimming sides and even a few hanging roses. It works for flicking sticks off the trail as well, and she

(Continued on page 29)

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Bigmully's Streak Broken!

The Ramble Across New York

Finger Lakes Trail

October 7-9, 2006

In case you missed The Big Mully's press release, Here Comes the Big Mully!!! [Fall 2005], you should know that FLTC member Ken Lewaine of Middletown, New Jersey — a.k.a "The Big Mully"— is hiking the FLT end-to-end as part a longer "Ramble Across New York" from the George Washington Bridge to Niagara Falls.

Bigmully frequently hikes with one or both of his young sons and/or members of a loose-knit hiking club he co-founded with fellow Metropolitan Transportation Authority employee Joe Herrod called "BUHC" (rhymes with luck), the Bureaucrats Unlimited Hiking Club, of which there are a dozen or so members, none of whom are actually government bureaucrats.



Introducing some members of the croo (photo from a 2005 hike near Claryville): "Mike the Hike", "Donnie Mac", "Bigmully" and "Billy-Joe"

The fine croo of BUHC knocked off another chunk of the FLT over this past Columbus Day weekend, rambling some 26.1 miles from *Getter Hill Road* in *Masonville* to *Chenango County* route 12 some 4 miles south of *Oxford, NY*. The croo saw not a cloud in the sky – save for a few passing high wisps at sundown on Sunday – the entire trip. It was warm, ultra sunny, and fabulous. Bigmully even had to snag his big self a new set of ZZ-top vintage cheap sunglasses at the *Citgo* Station in *Masonville*. In all, it was approximately 54 hours of virtually cloudless sky.

Saturday the 7th

This trip's croo consisted of Bigmully, Donnie Mac and Philly Joe. Philly Joe picked up Bigmully at 6:30 sharp on Bigmully's driveway and away we went. The plan, confirmed with Donnie Mac over the phone Thursday evening, was to meet at the *Citgo* Station on route 8 in *Masonville* at 10:00 AM. Bigmully and Philly Joe got there at approximately 9:55. Donnie Mac had been early to arrive for the past several trips, so Bigmully was mildly surprised not to see him there upon arrival. So he and Joe Ronge went into the convenience store, bought some drinks, used the facilities, and stood outside waiting for Donnie Mac while observing the locals enter and leave the establishment. It was humorous

watching them watching us. When 10:30 arrived and there was no Donnie Mac, Bigmully and Philly Joe decided they'd go check out the route for the day, since much of it would be road walking and since Ed Sidote of the *Finger Lakes Trail Conference* (FLTC) had emailed the croo with a report of conditions over our planned route, the first such advisory being that the only section of off-road trail for the day had been closed due to logging and had to be substituted with a road walk. But before doing the reconnoitering, the boys first opted to go check the *Getter Hill Road* trailhead on the just-in-case whim that Donnie Mac may have forgotten the meeting point and went to the trailhead instead. When we got there, we not only found Donnie Mac, but also that grand old patron saint of the FLT end-to-end fraternity, the venerable Ed Sidote.

The first words out of Bigmully's mouth to Donnie Mac were that we'd been waiting over half an hour for him at the *Citgo* Station. Don confessed that he was 15 minutes late in arriving, anyway. Don had spoken with Ed about maybe having the wrong rendezvous location, but Ed assured him he'd gotten it right, as the trip plan that the Bigmully had sent everyone within the last 72 hours clearly said to meet at *Getter Hill Road*. There was

one snag in that, however, as that trip plan was written in June, and the boys had worked out revised logistics just 48 hours earlier. Ed, of course, had only one notice -- the written word. But all was fine just the same. Philly Joe got to introduce himself to Ed, we made some small talk, Ed gave us a *Chenango County* road map and advised us that the section of trail between Neff Hill Road and the power line at route 206 was closed due to logging, and that we'd have to continue straight on Neff Road back to 206 and walk the highway for a good 4 miles. Which, of course, we did. In bright, sparkly sunshine.

We shuttled Philly Joe's car over to the *Susquehanna Motel* on (you guessed it!) the *Susquehanna River*, across the river from the town of *Bainbridge*. We spoke with the owner Dave Price, and booked ourselves two rooms for the night. There were no rooms that could accommodate 3 people, so Don immediately and without hesitation offered to go solo. The boy ain't dumb. He's been in the overnight company of Philly Joe and the Bigmully enough times to realize that no distance away from those two snoring buzz-saws is a safe distance if you're fixin' to get a good night's snooze.

So we doubled-back to *Getter Hill Road*, shouldered our daypacks and started walking a short time after

11 AM. A late start, but we knew we had about a 9 nine mile day (perhaps half a mile less now with the trail closure), all road walking, no heavy packs, and no kids to slow down the pace. Bigmully did, however, enjoy a raucous Friday night back home followed by plumbing repairs at 2 AM and then packing his gear for the trip. All this made for about 2 hours of sleep and a very fuzzy brain come Saturday morning. So the long-legged road walking wonder of BUHC chronicle fame wasn't exactly up for rippin' it out that morning. The result was a nice, leisurely stroll into and out of *Masonville*. About 2 miles west of *Masonville* the croo crossed – without noticing – the county line into *Chenango County*. *Delaware County*, which we'd walked quite a ways in, was now history. Another milestone on the *Ramble Across New York*, another notch on the FLT.

Saturday's highlight – if you discount the always pleasant chats with Ed Sidote — was a detour off the detour around the closed trail section. While walking along *Butts Road*, we passed by a family standing outside a few farm buildings which were surrounded by corn fields. We waved cheerily and bade them hello. While hardly stopping, we got out the word that we were doing the FLT, a section of trail was closed, and it was down to an all-day roadwalk. The farmer offered an alternative, giving directions through his cornfields, into the woods and around a stream we'd encounter on his land. And then we saw it. In a wooded strip between cornfields and cow pastures. The most unique bridge crossed on foot in any of our lifetimes. An old school bus with its engine, undercarriage, and front and rear ends cut away, was placed seemingly in a precision fit on a perch high above the brook. What a marvel of recycling ingenuity. None of the croo remembered a camera, but Philly Joe snapped a pic using his cell phone. It would be the only photo of this trip. We had just crossed the *bus* bridge on the way to *Bainbridge*. We soon found our way through the off-road detour, passing a trailer with the

word "Movies" painted in script on it, and out into the glare and tension of the route 206 road walk.

From here the steady pace northeast along 206 was fairly uneventful, save for a few tense wincing from the BUHC croo as eighteen wheelers and cement trucks and the like occasionally roared past. We slowed down and walked backwards just long enough to observe the hay (or was it straw? ... I'll never know) baling process. Modern mechanization in all its glory. Interesting. As we passed the power line where the FLT officially ends its off-road stretch to connect with route 206, Bigmully crossed the road to read an FLTC sign that confirmed what Ed Sidote had already twice advised: that section was indeed closed.

We got to the *Susquehanna Motel* at perhaps 2 PM. Just in time to settle-in in front of the TV, slurp down several beers, munch on chips and watch the billion-dollar *Yankees* self-destruct at the hands of the *Detroit Tigers*. A disgrace. Damn *Yankees*. But we were on the FLT! So we kind of shrugged it off. We were already buzzed.

We hatched a plan to watch the *Yankees* and then work our way on foot across the single lane route 206 bridge into *Bainbridge* for dinner. (The bridge was under construction, and one lane was removed. A traffic light that was slower than Christmas regulated traffic flow. Happily, there was a sidewalk and a railing.) It was dark now, and we made our way past the town square/park, and hung a right onto route 7, which doubled as main street in *Bainbridge*. Then we found what Ed Sidote had recommended as "pretty good, but expensive". It was the *Olde Jericho Tavern*. "Good food and grog" the shingle outside announced. We were enticed by the grog. We peeked in the window. There were patrons in the restaurant, but we needed a bar we could sit at and watch the *Mets* play the *Dodgers* while we ate. We walked in, a bit tentative. The bar was deserted. *Nascar* or something equally uninteresting was on the TV.

We begged the million dollar question: Can we eat at the bar, change the TV to the *Mets* game, and stay for the whole game? Yup. "I'll take a *Fosters*' and a menu, please."

Well, Saint Ed was right. The food was great. But as Donnie Mac predicted, what Ed Sidote considered expensive would be a fabulous deal at *New York City* area prices. The food was top notch. We drank for hours, ate filet mignon, even had dessert, tipped generously and only dropped about 50 bucks apiece. Even in *Red Bank*, that would be a \$75 night. And to throw in a few extras, Frank Heaton, the proprietor (who knew Ed going back some years), was a baseball fan himself. So we yucked it up talking baseball and glowing (in more ways than one) as the *Mets* prevailed to sweep the opening playoff series. Hell, they even had *Knob Creek Kentucky* bourbon on the bar, which Bigmully naturally needed to sample a nip. We made sure we tipped our waitress well, as she was leaving long before we would. Bigmully noticed that Joe Ronge was doing a little tipping of his own – he was sitting on his bar stool, hands on knees, eyes closed and listing to the right. Bigmully gave him a nudge and the motel room key and away he went into the moonlit cool of a mid October evening in central *New York*. Bigmully cautioned him not to tumble over the railing into the *Susquehanna River*, on account of it being too long a swim to retrieve him.

We closed the joint after the 8th inning. The customers were gone, the chefs were gone, the waitresses and bartenders were gone. Just Donnie Mac, Bigmully and Frank. Bigmully and Donnie Mac sauntered back to the motel hoping to catch the final out of the game. Bigmully promptly fell asleep without seeing another pitch. Hell, it could've been over by the time he got to the motel.

A fine night on the FLT indeed.

Sunday the 8th

The slackpacking continued. We rose fairly late, perhaps 9 AM. We studied

the map and our options for the day, and Bigmully confirmed with the croo the slight change in itinerary they'd discussed Saturday afternoon. The original plan called for a finish at the parking area where *Fred Wilcox Road, Winner Road, French Road* and *Hattie Clark Road* converged, or perhaps even making a big push and going just beyond the *Ludlow Creek* lean-to in *Ludlow Creek State Forest*. This would have made the trip about a 31-miler. Stopping at the four-road junction would shave maybe 2 miles off that. But we decided to cut the trip back even further, terminating where the FLT crosses NY route 12. The rationale was twofold: By choosing the shorter trip, it sets us up nicely for the next outing, where we'll now have about a 6-mile hike to the *Ludlow Creek* lean-to, a perfect distance for Mikey Tightsheoes, Mike the Hike and (as Grand Canyon Joe started calling him) "Rocket Ric". Beyond the lean-to, it's approximately another 5 or 6 miles to a state campground. So the next trip is positioned perfectly for the kids. And it allowed the slackpacking croo to leisurely perform the car shuttle and leave the motel at 11 AM.

After Donnie Mac and Philly Joe positioned a car and returned, we left the *Susquehanna Motel* and crossed the substantial *Susquehanna River*, enjoying the views up and down stream. We decided on the fly that the breakfast venue, suggested the night before by Frank Heaton and just a few doors beyond the *Olde Jericho Tavern*, was a good idea. Bigmully, for one, was "jonesing" for an omelette. Philly Joe said he'd watch us eat, but was the first to order. And the first to finish. As we left and stopped to take one more look at the *Olde Jericho Tavern*, our waitress from the night before and Frank Heaton both came out, smiled, waved and wished us well. I guess we hit it off with them. Small town America. You gotta love it.

....Editor: I wish I could have printed every word of this report. Unfortunately there isn't room for it, so most of Sunday and big chunks of Monday

have been excised with regret. Sunday night the croo camped in a bivouac area, and it was "Another fine night on the FLT."

Monday the 9th

The slackpacking still didn't stop. We're typically up not long after first light and out on the trail before 9. We probably got out around 10:30. Bigmully was a little foggy brained and slow to rise. Once again the trail, hop-scotching along the checkerboard boundaries between state and private land, made for fabulous hiking. Simply wonderful trail. Level and smooth underfoot. It got a little wet in the section between the DEC trail/road and *Brook Banks Road*, but was easily passable. We didn't need to take the high water bypass route.

....

A short time after crossing county road 27, we found the location, at the high point on the road, where the FLT made its left across and down along the edge of a farm field to *Bear Brook*. Saint Ed advised us to skip this section of trail and do a road walk the rest of the way because the trail was seriously washed-out along the river during the substantial flooding earlier in the summer and would be very difficult to find and follow. The croo, in consideration of the fact that none of the prior problems Saint Ed warned us about were as bad as we'd worried, voted to proceed on the marked trail, down to the brook.

Well, washed-out the trail was indeed. We labored a few hundred yards over gravel, grass clumps, blowdowns, washed-out gullies and other obstacles. We checked the map and were confident that, since the trail followed *Bear Brook* for some two miles, that at worst all we'd have to do is parallel the waterway, and that at best we'd regain the trail. A good move. Once we cleared the washout area, the next mile and a half was as pleasant a walk as anywhere we'd ever hiked. Gently downhill, nice footing, and a crystal clear brook to our left, with several nice waterfalls and one-sided slot canyons. Beautiful

scenery. Bigmully insisted on a short stop at one point just to enjoy the cool ambiance.

We finally came out of the woods on a farm road that led to *Basswood Road* and the final 2 miles or so of roadwalk back to the car. Near the end of *Basswood Road*, at a farm on our right, we witnessed a herd of cows making its way back to the barn. We surmised it was milking time, as these girls were FULL. They looked like they were in pain trying to walk, with their bloated basketball-sized udders bouncing and squeezing between their knees as they moved along. Ouch.

We reached Don's car, a few still-cold beers, a change of clothes and all the sports scores Don could handle in late afternoon. It was a nice ride through a bucolic rural setting.

....

There are a few postscripts here. Don was crushed when he finally learned the *Jets* score. They went down 41-0. The second "ouch" in an hour. Philly-Joe was pleased to learn the *Eagles* beat the *Cowboys* by 14 points. A day later, we'd learn it wasn't the lopsided victory it sounded like.

The weather was perfect, the fall foliage just about at peak, once off the roads the walking was fabulous, with lots of autumn color underfoot. And as a final note, the Italian restaurant that had become our after-hike dinner stop in *Roscoe* had Bigmully's favorite eyeglasses, which he'd guessed (correctly) he'd left there back on *Memorial Day* weekend. The ice cold beer and hard-to-beat pizza topped-off a simply fabulous trip.

"A good time was had by all."

The Feeling
*Eight more uphill miles
of trudging, begrudging that
backpack full of bricks.*

— Paul Fitzsimmons,
Montour Falls

Wildflowers along the Trail, #16: Asters and such

RWW Taylor

We all know what asters are – the various purple or white multi-rayed flowers that can be seen blooming in late fall along roadsides, across fields and through woodlands. And we know that the tiny bright-yellow flowers growing in sprays and plumes that decorate the same locations from late summer on are called goldenrods.

The use of the word “we” in that last paragraph is misleading, though. As it happens, professional botanists no longer are united on exactly what an “aster” is, and do not any more call all of the flowers that used to be called goldenrods by this name. Modern methods of genetic analysis have contradicted the traditional classifications set up to describe these groups of composite species and have led to the establishment of a number of new genus names. Most surprising, perhaps, is the revelation that some of the species that used to be classified with the asters are actually very closely related to species that used to be included with the goldenrods.

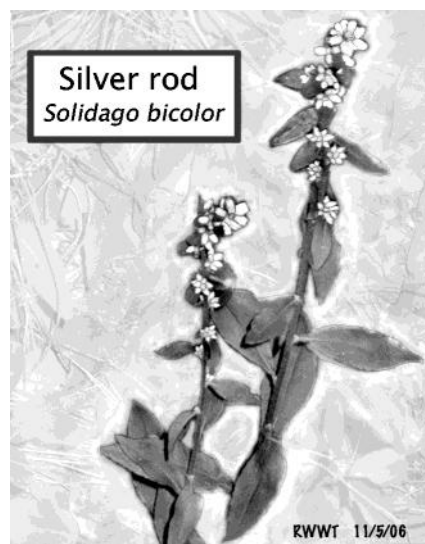
This reclassification occurred a dozen years or more ago, invisibly to the general public and mostly so even to enthusiastic amateur wildflower observers. For, of course, the common names of the flowers remain, and the same familiar blooms continue to appear in their accustomed locations year by year, and we go on enjoying the annual spectacle of masses of bright-purple New England asters and towering stands of Canada goldenrod alongside the autumn trails. It is only when we run across a less-commonly-sighted variety of wildflower, and turn to our field guides to identify some different-looking specimen in front of us, that we will now not be able to be assured that our familiar references are supplying us with the most accurate, up-to-date scientific information.

But there is just no way to “retrofit” the uncounted thousands of well-

thumbed copies of standard wildflower field guides that fill bookshelves and find favored spots in the backpacks of nature-lovers. This is no emergency, and we are of course not going to just throw away all our grubby copies of Peterson and Newcomb and start over learning our formal scientific names (if that happens to be something we enjoy doing). Publishers will certainly go on selling copies of the standard, classic wildflower guides for a long time yet. However, keep your eyes open – chances are that if you spot a newly-authored field guide in the wildflower section of your favorite bookstore the classification followed in the book will be the new one, and if you take the book home with you, you will be presented with an opportunity to start getting your head around the new scheme.

As a start in examining the changes note that while, worldwide, some species do remain in the genus *Aster*, all of the flowers called “asters” in the standard field guides to wildflowers of the Northeast have been moved into other genera. Many of these are now in the unfortunately hard-to-say genus *Symphyotrichum*; for example the formal name of the very-commonly-sighted Crooked Stemmed Aster has been changed from *A. prenanthoides* to *S. prenanthoides*. Note that standard botanical practice is, as here, to keep the species name whenever possible. However, the species listed by Newcomb as Small White Aster, *A. vimineus*, has been completely dissolved and no longer exists.

Other species, such as the White Wood Aster often seen growing along trails through wooded areas, have been moved to the genus *Eurybia* – *A. divaricatus* has become *E. divaricata*. Yet other old friends, such as the Whorled Aster (*A. acuminatus*), now belong to the genus *Oclemena*, while the Flat-topped Aster sometimes spotted growing in tall stands in damp areas is now called *Doellingeria umbellata* instead of *A. umbellatus*.



Changes in classification of goldenrods have not been so drastic – the major name shift impacting New Yorkers is that of the familiar Lance-Leaved Goldenrod from genus *Solidago* to genus *Euthamia*, with an according change of common name from goldenrod to “goldentop” suggested by the USDA. Also, the Ohio Goldenrod sometimes seen in western New York has been reclassified into the genus *Oligoneuron*, along with the Upland White Aster more commonly reported from Ontario and western Canada.

This last change confirms the close relationship between plants belonging to our traditional mental categories of “asters” and “goldenrods”. Bringing this connection home in a more direct way is the experience that many hikers have likely had running across a small stand of “silverrod” or “white goldenrod” in fresh bloom along the autumn trailside, and being puzzled at just what sort of plant it might be. Although the flowers are not yellow, and do not grow in plumes, a goldenrod it is, and a goldenrod it remains.

If you are particularly interested in learning more on this topic, pick up a copy of a modern field guide such as Clematis or go exploring on the internet. But for those who have had enough discussion of names and naming, let us give a tip of our caps here to Shakespeare – an aster or a goldenrod by any other name is just as much a trailside treat! □



Walking Through Time in New York:

#15 in a series

Allegheny State Park's Momentary Railroads

by Irene Szabo

What we now know as Allegheny State Park is really a piece of Pennsylvania poking north of the border and captured on three other sides by an oxbow of the Allegheny River on its brief excursion into our state. It's more like the forested hills to its south since it is the northernmost "boop" of an odd region that was NOT glaciated, and that has made all the difference. While everywhere around this region was scoured by the grinding fingers of the latest glacier, forcing our trail north and east of the Park to traverse abrupt and frequent valleys between high hills, the Park features relatively more gradual changes in elevation than land north of the river. Relatively...

There is still a thousand-foot difference between the circumscribing river and some inland hilltops, but in many cases, stream valleys dropping from the summits provide gradual approaches. The belt of forest south of the last glacier's advance was especially rich; for example, the hemlock bark, stripped for tanning leather, had a higher concentration of tannic acid than other regions' hemlocks. Nonetheless, early saw mills south of the oxbow were modest affairs, limited by their inability to ship their products in any volume. Most logs were moved downstream during spring floods, sometimes aided by construction of splash dams to give extra oomph to the water's motive force.

Even before the Civil War, the east-west Erie RR skirted the oxbow, with stations, freight yards, and locomotive shops in Salamanca, immediately north across the river. By the 1880's the Buffalo, Rochester, and Pittsburgh paused on its way north, and the Western New York and Pennsylvania (in 1900 consumed by the mighty Pennsylvania RR) followed the river

along its south shore, then curled southward along the west side of the oxbow. So with transportation available around three sides of the untapped forest, entrepreneurs began to build rails into the hills starting in the second half of the 1880's.

The Allegheny & Kinzua Railroad built into the interior from the Bay State area (so named for an earlier Massachusetts lumber mill company), connecting both existing saw mills and some of their own. (The A&K was also incorporated as the Allegheny and Kinzua in New York, a legal requirement of their charter! Obviously the spelling differences between the two states ran to a far deeper sore spot than we might have imagined.) The route of the A&K is essentially the same as Bay State Road, then overland by several dramatic switchbacks to gain elevation, along what is now France Brook Road to a junction with Park road ASP 2 at a settlement then known as Halls. The line also turned south and provided what is now the route for the southern half of ASP 1 down to the east-west line now known as ASP 3, a junction known as Frecks. From that area the A&K continued south into Pennsylvania to Bradford, so it was connected to other lines at both ends, where its gondolas of hemlock bark could be delivered to tanneries. Mills and small settlements existed previously at both Frecks and Halls, respectively now the Quaker Cabin Rental Office at the junction of ASP 1 and 3, and the France Brook Road crossing of ASP 2 around Camp 12.

A&K owners built their lines quickly with encampments of immigrants, Italians and Hungarians, stripped the hills of those trees that were marketable at the time, then in an all-too familiar pattern, went into

bankruptcy. By 1898 the rolling stock was sold and dismantling the rails began, so the life of the Allegheny & Kinzua was only an intense ten years, but their ambition created many of the routes we now use by both car and foot in the southern half of the park. For a sample, walk the Black Snake Mountain 3-mile loop trail at the southern border, which includes a surprising section of graded pathway cut into a forested hillside and crossing a dip on level fill, following the old route of the A&K on its way to Bradford.

Another significant inroad into the interior followed Quaker Run through what is now the artificially created Quaker Lake, from Tunesassa at the Pennsylvania Railroad junction in to Frecks, where a succession of mills continued. The 1905 Tunesassa Bradford Railroad followed the valley now drowned by the lake to the Wright and Miller Sawmill at Frecks. Widely swooping switchbacks were also built uphill south of what is now ASP 3 to capture the products of old saw and shingle mills that had been working only the pine for years, going up into Coon Run, for instance, accounting surely for that short piece of obvious railbed our trail walks as we near Coon Run. Freck's grew into even more of a community, adding a school, and even a church where Camp Turner is now, site of our fall 2005 campout.

This operation took out hardwoods, previously left behind, and even took some logs down hillsides too steep for logging railroads by means of chutes. In addition to long logs, Wright and Miller shipped out 15 carloads daily of shorter chunks of so-called chemical wood to a processing plant on the north side of the park-to-be at Red House, where retorts heated wood to produce wood alcohol, charcoal, and acetate of lime. All of the huge white pine had been taken first, then other trees were taken as markets arose for their use, and

finally smaller varieties were taken for “chemical wood.” By 1911, Wright and Miller were running low on wood, so in 1917 the Tunesassa Bradford pulled up all their rails and returned them to the Pennsylvania RR, from whom Wright and Miller had leased them.

One enterprising farmer, J.J. Smith, discovered hundreds of immense hemlock logs rotting in the woods, cut down years before only for their bark, so from 1914 until 1916 he ran a mill to strip the rotten outer portions from the logs, then cut the balance of the good wood into lath. (Before the advent of drywall, house walls were covered with real plaster over a backing of thin strips of wood, or lath.) He dragged the logs out with oxen, and paid the Tunesassa to carry his carload of lath out to the PRR once a week.

The A.B. Smith Chemical Company at Red House operated the retorts which heated wood to produce charcoal, alcohol, and acetate until the late 1920's, even after the Park was created in 1921. It is tempting to relate here some of the history of this park, that it used to have world-class ski jumps from which there were fabulous views before those pesky trees grew back, that trains used to bring passengers to ski the park's slopes, that outside groups ran camps within the park, that there used to be swimming pools before the three artificial lakes—Red House, Science, and Quaker Lakes—were created, but space is limited, alas.

The logging railroad that will probably most surprise those familiar with the park is the one which provided the Patterson Cross-Country Ski Trail in the northeast quadrant. The Patterson mills were down in Salamanca, on the north side of the river, yet their 8-mile railroad took trees from the summit a thousand feet higher. The stunning road into the Park from the east side of Salamanca, featuring a wonderful viewpoint down the river valley to the west, is almost exactly the route of the Patterson logging railroad, built in

1886 up fierce grades to the summit and then overland to the Bova farm. Steam locomotives able to climb such grades were not the kind we are accustomed to, with side-rods connecting large driving wheels; rather, Shay geared locomotives were used in such hilly places, which ran small wheels very fast by means of right-angle gears, for very slow forward progress at high traction.

Not only did this line climb astounding heights, but it also faced a river between forest and the Patterson mill. So the line ended at a bend in the river, where the current would force the logs that were dumped at the south shore to float to the north side at the location of the sawmill, guided by a floating boom.

We will not be surprised to learn that the Pattersons' timber ran out in the mid-1890's, after which they removed their railroad. When old two-lane NY 17 was turned into a four-lane expressway, all traces of the old railroad grades south of the river were

obliterated, and when Pennsylvania's Kinzua Dam was built, flooding much of the Allegheny River valley upstream, the bed of the Pennsylvania RR along the west border of the Park was drowned. Modern topo maps show strange linear lumps underwater there.

Our trail leaves the park across the cloverleaf of the current exit at Red House, then walks the ghost town weedy pavement of old NY 17 through Seneca Nation lands to the abandoned river bridge, crossing several ATV tracks. One especially straight dirt track was the route of the Pennsylvania RR, east of where it is now drowned. On the other side of the bridge, we walk along, then cross, a single track that used to be the Erie RR, went into disuse for a decade, and is now active again. Ironically, the new shortline which has rescued this historic route from abandonment is named the Western NY and Pennsylvania. □



3000 logs waiting for the Allegany & Kinzua to carry them away from this hilltop siding at one of the lumbering camps in the center of what is now parkland. Notice the rails (foreground) laid upon round logs, not even crossties.

Old photo courtesy of Grace Christy, Allegany State Park

... Fall Campout 2006 ...



Getting ready

Jacqui Wensich



KP duty for Larry Blumberg

Jacqui Wensich



*The kitchen crew from the Triple Cities Hiking Club.
Looks like they are enjoying their work.*

Jacqui Wensich

More than 130 participants enjoyed a weekend of hiking and fellowship at the Fall 2006 FLTC Campout, hosted by the Triple Cities Hiking Club and held at the Girl Scout Camp Amahami on September 29 thru October 1, 2006. Camp Amahami is near Deposit, NY, on the western fringes of the Catskill Mountains.

Hikes of various lengths were conducted on sections of the FLT ranging from Map M-25 in Chenango County all the way east to Map M-30 in eastern Delaware County. Additionally, there were short hikes offered to the 80-foot tall Camp Amahami Fire Tower, where fine views of the surrounding countryside were enjoyed.

A number of FLT end-to-enders finished up their "end-to-end" hike during the weekend. A proud Ed Sidote, our end-to-end coordinator, recognized those folks during the Friday and Saturday night programs.

Our thanks to the many hike leaders and other volunteers that helped make this event a real success! Some of the folks from outside the TCHC who jumped in and helped out with the weekend's events included Paul Hoffman, who led hikes on each day of the conference; Joe Dabes, who helped to facilitate the "Ultra-light Backpacking" discussion group; and Warren Johnsen / Jacqui Wensich who teamed up to put together a "Fire Towers of New York" PowerPoint presentation, pinch hitting on very short notice for the Saturday night guest speaker who could not make it due to an illness in his family.

Meals were provided by volunteers from the TCHC, who served camper favorites such as chili, lasagna and chicken for dinners; and egg casserole, cereals, and pancakes for breakfasts.

Accommodations for the participants ranged from modern dormitory-style buildings to primitive cabins to platform tents, something to fit everyone's life style.

And, there was a little bit of every kind of weather imaginable, ranging from bright blue skies to clouds to heavy rains...like the saying goes, if you don't like the weather, just wait a minute, and that was certainly the case this particular weekend!

The Triple Cities Hiking Club is thankful for the good turn out by the Finger Lakes Trail participants. We also want them to know that due to their enthusiastic cooperation it was a pleasure to host them.

Larry Blumberg
Scott Lauffer
Larry Lepak
Triple Cities Hiking Club

Jacqui Wensich



Page Pond Fire Tower at Camp Amahami

A little friendly competition between the Wensich / Johnsen duo of photographers?

FLTC member Warren Johnsen is a Deputy Director of the NY Chapter of the Forest Fire Lookout Association. As a result of his sharing of the fire tower photos taken during the campout weekend, the FFLA extended an offer to paint the fire tower cabin and make some other improvements. The NY Chapter hopes to accomplish the work next spring.



Warren Johnsen



Jacqui Wensich



Photo courtesy of Jolene Sims



Jacqui Wensich



Jacqui Wensich

Left: One of the Friday-evening breakout sessions

Camping Locations on the Finger Lakes Trail System

Camping locations on the Finger Lakes Trail System are primarily intended for those backpacking or out on a one- or two- day stay at a site. On the Finger Lakes Trail (FLT) main trail (Maps M-1 through M-33) there are 30 open-front shelters and one cabin. Four of these are on private land and maintained by the Finger Lakes Trail Conference (FLTC). The 27 on public land are also maintained by the FLTC in cooperation with the public agency managing the land. Nearly all of the shelter sites have an outhouse, table, fire ring and a water source. In addition to the shelters there are also 45 bivouac sites along the FLT main trail. These sites have space for at least three trail tents. There will be at least one fire ring. Very few have outhouses. Most have a water source, but maps and descriptions on the back of the maps should be checked for water availability. Our branch trails have a total of eight open-front shelters or cabins and nine bivouac sites. The facilities are similar to the ones on the main trail.

On Department of Environmental Conservation (DEC) State Forest land, you may stay in a camping location for up to three nights without getting a camping permit. If your group is larger than ten persons, you will need a camping permit. The appropriate Forester to contact can be obtained from the local DEC office and from the DEC web site or the FLTC Trail Operations Office. Different policies are used at the various state parks where we have open-front shelters. Check the appropriate FLTC trail map for details regarding notification requirements for overnight use of an open-front shelter in any state park. Any shelter or bivouac area is open to the public on a first-come basis, although it is customary to fill shelters to reasonably full capacity. A word of advice is to bring a tent, as popular sites may be full up when you arrive. Another thing to think about is bringing a dog along. This could cause problems with others who may not want a dog climbing over them during the night. Responsible use is expected at all FLTC designated camping areas. Please observe quiet hours from 10:00 p.m. to 6:00 a.m. Destructive actions, rowdy behavior or inappropriate language will not be tolerated and is enforced by DEC Forest Rangers, Park Police on public land and by the County Sheriff on private land.

Trail Topics



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

Another thing to remember when camping either at a shelter or bivouac site is protecting your food. Food should be secured so that animals cannot get at it, by hanging it from a tree limb at least 10 feet above the ground and about six feet from the trunk or any other object an animal

could use to climb up on. Please be aware that there are very few locations on the trail system which are not within the range of the black bear. This brings up another thing we ask you not to do. Do NOT leave ANY food in a shelter as it attracts rodents as well as other larger four-legged animals of the forest. Do not bury garbage or other non-burnable items. Bring a bag suitable to carry out all your garbage and trash. Our Trail Maintainers are not the trash collectors.

Build any open fires in the fire ring or provided. Make sure someone did not previously move a rock ring too close to the front overhang of the roof. Over the years we have lost two shelters to fires that were built too close to the front roof. Speaking of roofs, we want them to last as long as possible, keeping the rain and snow outside. Climbing on the roof of a shelter can be a safety concern as well as damaging to the roof itself, so please do not use the roof for a picture-taking location or any other activity.

Please try to do all your food preparation and cooking on the table or ground and not on the floor of the shelter. This will keep the spilling of food and the smell of food out of the shelter. It's the smell of food that attracts those big guys.

By the way, the outhouse toilet hole is only so deep so please do not throw your garbage down the hole and fill the hole up long before its normal fill cycle. Also latch the door closed from the outside after use to keep the animals out.

When getting water from a stream, pond or spring you should use some method to be sure the water you are using will not make you sick. Boil for five minutes, use purification tablets, or filter to make the water safe to drink. If you plan to wash yourself, please collect the water and do the washing a good distance away from the water source. Use biodegradable soap available from most sporting goods stores.

If you have any comments or other suggestions, I would be pleased to hear from you. Also if you desire some specific information regarding camping along the FLT System, I

Trail Up for Adoption

An individual trail sponsor has "retired" from active duty on map M-11, west of Bath, Steuben County, so we need a new caretaker there. 1.45 miles of woods, farm lanes, and farm fields are followed by 2.2 miles of road walk, which need only blaze-checking, but deserve eventual re-routing off those roads. Section runs from the Gay Gulf Rd. short roadwalk west through Craig Rd. to corner with Turnpike. All land is private, in an area where we have enjoyed long-term contented relationships with the landowners where the trail is off road. To volunteer or ask questions, contact Irene Szabo, area coordinator: 585/658-4321 treeweenie@aol.com

will do my best to help get you the information. I can be reached at fltc@frontiernet.net or 585-288-7191.

Alley-Cat Trail Crews for 2007

You might ask what an Alley Cat Trail Crew is and what they do. First, do not let the name scare you. How it came about is that when trying to select a name for the Finger Lakes Trail Conference weeklong work crew, we wanted something different from just another trail work crew. So, after much discussion back in the early 1990's, we came up with the name. It is derived from the fact that the FLT main trail starts in Allegany State Park and terminates at the Long Path in the Catskill State Park.

For those of you who may not know what the FLT Alley Cat Trail Crews are all about, let me give a quick explanation. These are trail work crews, made up of from 8 to 12 adults or youths, 16 or older attending with an adult, who are interested in helping improve the trails in the FLT system. All persons, regardless of current skills, are welcome to join a crew. You should be in reasonably good physical condition and able to perform manual work. We share in the food preparation and cleanup. The food and lodging are provided at no cost unless otherwise noted. Transportation from base camp to work sites is provided and also for those requiring transportation to and from airport, train or bus stations near base camp. All crew members must be members of the Finger Lakes Trail Conference. You may work as many days as you desire, but we would suggest as long a period as possible if you will be requesting lodging and meals.

Interested persons may request an announcement and application from the FLTC Trail Operations Office at fltc@frontiernet.net or 585/288-7191. We will be glad to answer any questions you might have about the Alley Cat Trail Crew program.

The dates of the three Alley Cat Trail Crews for 2007 are as follows:

June 11-15 at Camp Sam Wood near Pike on map M-6.

Lodging in the Barlow Cabin. The work will involve improving a portion of the trail in Bear Creek State Forest on map M-4 near Franklinville, and mowing and other spring cleanup along the trail between maps M-4 and M-9 near Canaseraga.

July 23-27 at Holland Community Center on map CT-6.

We will be using the kitchen and indoor area for meal preparation and eating. Tenting will be next to the building. Toilets and other bathroom facilities are in the building. The principal work will be to improve the quite steep trail that is located in several of the gullies the trail crosses in the Holland area.

September 17-21 at Taylor Valley State Forest in the

Chenango Campground Area, near Truxton on map M-21. Camping will be in tents. The work planned is to stabilize a stream bank using wire gabion baskets and stones to protect a bridge foundation from being washed away, especially during high water times. We will also be working on the ultimate installation of a 65-foot bridge over Chenango Creek. □

Weed Warrior Awards Now Available

At the regional trail workers' meeting in Hammondsport on October 15th, Steve Catherman was presented with his new embroidered patch plus rockers in appreciation for his cumulative 200 hours of service on Map M-12 nearby, while Gary and Penny Shaw, new to this "job," received their initial trail worker patches for work along their adopted segment in Birdseye Hollow. And at the club leaders' summit on November 4th, Bill Coffin received ALL of the patches available, since his years of trail work probably total 2000 hours!

It is heartening that Jacqui Wensich is hearing from faithful old friends who retired from trail work years ago, but still deserve their patch and rockers. Please tell your hiking club friends about these patches, since the FLTC wants to send them out to deserving volunteers.

In addition to the 8-hour basic patch, the rockers are awarded as follows:

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

Steve Catherman, longtime trail builder and currently sponsor of a section of main trail west of Hammondsport, already has his Trail Worker patches arrayed on his jacket.



Head Injuries (Scalp, Skull, and Brain)

by David Carter, M.D.

The author is a neurosurgeon on staff at the SUNY Upstate Medical University in Syracuse.

Thankfully, severe head injuries are not common occurrences while hiking. Prevention is always better than dealing with a problem, and the use of hiking helmets (along with common sense) can decrease the risk of head injuries, especially in situations where risk of falling or being hit by falling objects is high. However, fatalities related to head injuries are well described and more minor injuries like concussions and lacerations are frequent enough that knowledge of their basic management will increase your confidence on the trail.

Head injuries can be divided into two major categories: focal (or local) injuries and diffuse injuries. As basic background anatomy for our discussion, it should be understood that the brain has a consistency similar to Jell-O. It is surrounded and supported by, and partially floats in a layer of watery fluid called cerebrospinal fluid (CSF) within the bony skull, which in turn is covered by the scalp.

Focal (local) Injuries:

A focused direct blow to the head can cause local damage to the scalp, skull and brain. This might occur after a stumble against, or fall onto a rock, stump or branch. It could occur after being struck by a falling rock. The result tends to be local tissue damage, primarily at the place of impact. Predictably, for impacts with low force, the damage will usually be limited to the scalp. Sharper objects will produce more open injuries, with laceration and possibly visible bleeding. More rounded (blunter) impacts will produce more closed injuries (skin remaining intact), with scalp bruising and swelling. If there is more force in the impact, the depth of the damage becomes greater. With greater impacts, along with the scalp injury, the skull can be broken; usually this is more of an elongated crack with blunter objects



but with more pointed contacts can be a penetration through the skull. When severe enough, the injury can continue through the skull and into the brain. Brain injury with this kind of impact is generally located primarily under the scalp injury.

This kind of head injury tends to be obvious to the examiner because of the visible surface injury. Gently touching over the scalp may be necessary to detect these local injuries, especially in areas with hair. The closed injury with bruising and swelling is relatively easy to interpret although it may not be obvious how deep the damage extends. An open injury may have a variety of appearances and can reflect different depths of injury. A minor scalp laceration would just involve the skin and superficial tissue and tends not to spread or gape apart. Deeper open injuries can have a variety of different injured tissues in the opening (e.g. injured scalp, bone, blood, brain and CSF) and it is often difficult to fully interpret. The important thing is that this is open and deep.

One other thing to keep in mind is that the skull that is adjacent to the lower part of the sides and much of the under-surface of the brain can also be injured. In this case, the next layer out is nasal sinuses rather than scalp. In these locations an open fracture probably won't be directly visible and may be heralded only by a leak of CSF – usually from the ears or nose. This is also a deep injury.

Diffuse Injuries:

The second type of injury we will consider is one resulting from a more diffuse force to the head. We commonly see this kind of injury to the brain after a car accident, when the vehicle comes to a sudden halt, and the head swings forcefully back and forth. The brain is also jostled back and forth; almost sloshing about in the CSF within the skull. While hiking, this kind of brain injury can result from the back and forth jostling that could injure the brain following a fall with a sudden, forceful impact on the earth. Often with this kind of injury you don't see much local scalp injury; the damage is deep, in the brain, as a result of the jostling. The brain injury can be quite widespread (generalized). This generalized injury is most likely to affect wakefulness and produce decreased levels of consciousness.

Most of the injuries can be classified into one of these two types, but some injuries will be combinations of the two. For example, sometimes there will be a focal injury (with evidence of scalp injury) along with brain jostling. A significant effect on level of consciousness may result.

Evaluation & Management:

Initially, look at the person who has suffered the potential head injury. Try talking to him (her) and see how he responds. Watch and see if it becomes apparent what was hurt.

Many emergency medicine practitioners will utilize the **AVPU** scale to assess level of consciousness. **AVPU** an acronym for: **A**lert (talks appropriately, e.g. knows name and date, etc.), **V**oice (victim is not Alert, but does respond to your Voice in some way, e.g. moaning, moving, opening eyes), **P**ain (victim does not respond to Voice but only to physical irritation [usually pinching] with for example moaning or stirring), **U**nresponsive. This scale can be useful for helping to organize your initial assessment, tracking the status of the victim, and

then communicating the status to other care-givers.

If the victim is awake and talking normally and can move all limbs, then you can be somewhat reassured from the point of view of the head injury. You can then focus on any localized injuries to the head (a focal injury – which could still be serious) or elsewhere in the body (e.g. injured knee). If there is pain in the neck or back, remain concerned about a spinal injury.

At the other extreme, if the victim is poorly responsive you need to consider several other things early on. Breathing/airway: Oxygenation of the blood is critical for brain function. Is there some obvious obstruction to the airway that can be removed? If so, clear it. Are they unresponsive and obstructing their airway because of a snoring, or upper airway problem? If so, a slight tilting back of the head may open the airway adequately. If breathing remains compromised, consider First Aid maneuvers such as moving the victim to their side with their head facing sideways or slightly down; this will tend to open and protect the airway more effectively.

Spinal Injury: You must consider that a poorly responsive victim could have a spinal injury and that spinal immobilization is needed to avoid further spinal injury. Sometimes it can be challenging to attain these goals (immobilizing the neck and optimizing the airway by re-positioning). Try to immobilize the spine as best you can while watching for breathing problems. Padding/clothing on either side of the neck may help. You may need to reposition to improve the airway, while keeping the neck and back in as good alignment as possible.

Beyond this potentially difficult stage let's talk about a few general situations. Hopefully by discussing these general scenarios, overall approaches will become clear:

The victim is initially poorly responsive but then wakes up and continues improving. This sounds good—we're going the right way.

This most likely represents a significant concussion, most likely from a diffuse injury. A concussion is a reversible alteration in neurologic-brain function after a blow to the head. It may be manifest by loss of consciousness, or other less marked abnormalities such as memory loss, confusion, or even seeing stars. Don't be surprised if he/she is dazed and confused after waking up. He may have other complaints such as headache, nausea, vomiting, and dizziness, which result from the whole brain having been jostled around in the skull. We aren't like cartoon characters who make instantaneous recoveries from head injuries. After awakening recovery can be prolonged. If he recovers to a state where walking out is feasible, then this is probably reasonable. However, observe him closely, because the injury may well have impaired his judgment and reactions and he could need support. If the trail is challenging and he has not adequately recovered, it may be best to wait or send/call for extra help.

More significant brain injuries: where the victim either: has diminished responsiveness (**V**, **P** or **U** in the **AVPU Scale**) and does not improve steadily to normalcy (**A**), or even more seriously where the victim's status deteriorates. Also included would be situations where although the victim became alert, he had ongoing problems with brain function such as inappropriate behavior or loss of movement ability (without other obvious explanation such as direct limb injury), or loss of sensation or change in vision. These represent dangerous situations and likely reflect differing degrees of injury from the effects of brain jostling. This can reflect just brain chemical responses to the trauma, or more seriously, brain swelling, bruising and bleeding inside the skull and brain. This situation can require difficult judgments. Walking out with the victim is high risk and often isn't feasible. Help could be summoned by cell phone, or by an extra hiker walking out. If alone with the victim, you likely need to wait for

help as leaving the victim is very risky. Choosing between different high risk options can demand significant judgment and common sense. Patients who are **V**, **P** or **U** should have nothing by mouth. Obviously, you want to have planned ahead to have ways to get help, especially if you are on trails that are not well-traveled.

Focal Injury: Hopefully this is just a superficial laceration to the scalp without spreading. You can cover it with a clean dressing if feasible, but if not, just leave it open to the air. If the laceration is larger and other tissues are apparent through the gaping wound, it obviously represents a deeper injury. It has been described that tying small bundles of hair from the opposing sides of the laceration can help bring some of these wounds together. The basic approach however is to cover it as best as feasible and get the victim to medical attention as described previously. A difficult rushed trip home could be more dangerous than waiting a little longer for safer transport. There's no substitute for common sense; get the victim home safely; don't create new problems with a dangerous transport.

Bleeding associated with scalp lacerations usually diminishes with time and application of the dressing and light pressure. However, occasionally it can be severe. The only techniques that you are likely to have in the field are increasing pressure and altering the location of the pressure. Scalp bleeding that is not controlled by simple light pressure may well come from a scalp vessel that is in normal skin at the edge of the laceration. Look and try to identify the origin of the bleeding and focus your pressure there; usually on the skin adjacent the laceration. You may have to try different locations for your pressure. In any event, trying different locations and greater pressure are likely the only options available. Don't worry about the presence of lots of blood on the scalp—many scalp injuries bleed a lot

(Continued on page 31)

Improving Old Trail

by Lynda Rummel, TMC Regional Coordinator, Watkins Glen - West

"There are lots of small solutions that can significantly improve the trail."

There are 880 miles of trail in the Finger Lakes Trail System, and some of it is pretty ragged. Some stretches could be rebuilt or slightly rerouted to have better grades, drainage, or surface conditions—if more of us would take a fresh look at our section of trail and spend a little time thinking about what might be done to improve it.

Over the past three years, at the three regional meetings it holds for trail maintainers each autumn, the Trail Management Committee (TMC) has started to re-emphasize the need to repair and improve existing trail. The message is a simple one: There are lots of small solutions that can significantly improve the trail. The Regional Coordinators and other members of the TMC want to help, and so are asking all trail stewards and sponsors to inspect their trail sections and bring their problems and possible solutions to the attention of Howard Beye (Vice President, Trails) and the TMC by at least the end of August for the next year, so that we have time to find technical expertise, look for funding, and possibly coordinate projects.

This past spring, Gary and Penny Shaw did just that. Gary and Penny realized that they needed something like a boardwalk or string of low "bridges" to fix up a 60-foot stretch of persistently wet trail just north of Rhinehart Road in Birdseye Hollow (M-12, M-13). Penny and Gary had already improved the section they sponsor by erecting a bench in honor of Penny's mother. However, this 60-foot stretch through standing water, sedges, and low bushes just kept snagging their bootlaces until they finally decided to see whether something could be done.

In the early fall, Gary called me, volunteered his labor and that of a couple of relatives, and said that they could afford to donate their transportation and generator gas but could not afford to donate the materials. I quickly checked out the site, concluded that a series of simple puncheons (8- to 12-foot long surface structures consisting of long boards called stringers that sit on low cross-feet called sills) would solve the problem, and contacted Howard Beye to discuss how the FLTC could fund the lumber and fastenings. Since the Shaw's section is North Country Trail on public land and the proposal came *early* in the fall, Howard decided to apply for a Challenge Cost Share grant through the National Park Service to pay for the materials, which would be matched by the labor donated by the Shaw team.

The day to build the six 10-foot puncheons arrived in mid-June, less than a year after Gary had first proposed the idea. The lumber store delivered lumber and galvanized carriage bolts, washers and nuts to the trail crossing on



l to r: Gary Shaw, Penny Shaw, Lucia Monroe, and Bob Monroe hauling a puncheon to place at a wet area on the Shaw's stretch of trail in Birdseye Hollow State Forest (M-12).

Rhinehart Road. While the lumber was being unloaded, Gary and his brother-in-law, Bob Monroe, assembled a canoe carrying cart and prepped the generator; and Penny and her sister, Lucia Monroe, set up sawhorses and extracted the rest of the tools from the back of Bob's pickup. Then Penny, Lucia and I laid four 10-footers across the sawhorses, placed the sills across the stringers, set on patterns that Bob had made for the bolt holes, and clamped everything together. Bob and Gary began drilling, and as soon as a couple of holes were drilled, Lucia, Penny and I started pounding in carriage bolts and tightening the nuts. Then, with a lot of huffing, puffing, grunting and groaning, we lifted the assembled puncheon off the sawhorses and rocked it onto the canoe carrier. While Bob and Gary dragged the puncheon to the site, Penny, Lucia, and I set up the materials for making the next puncheon. We were thrilled when, after just the first couple of puncheons had been placed, Lisa and George Treichler hiked through and exclaimed, "Wonderful! What an improvement!"

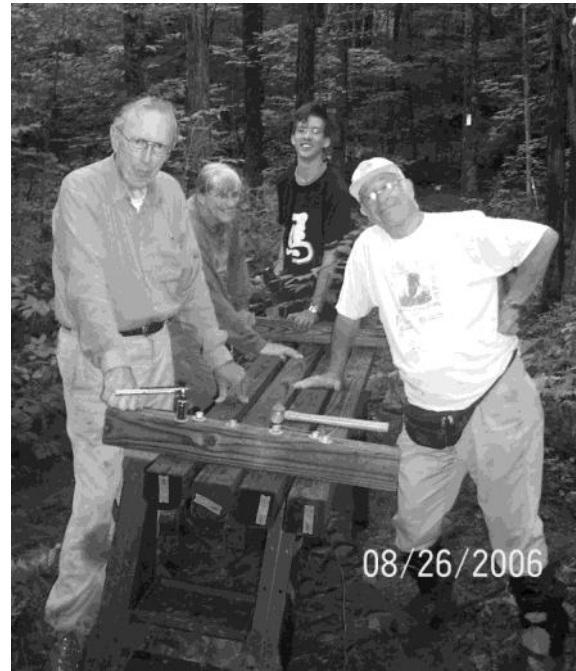
Excluding travel time, **it took just 3½ hours to assemble and place the six puncheons.**

The Shaws' interest in improving their section of trail and their request for help inspired me to take a fresh look and hunt for segments in my region (between Bath and Watkins Glen) that could use improvements. I identified two sites where the trail surface could use some serious hardening: A long muddy stretch that had been damaged by logging, on private property west of the Six Nations Cemetery and CR 22 (M-13, M-14); and several short, adjacent stretches, on private property west of CR 21 adjacent to the Sugar Hill Recreation Area. I measured the sites, called Howard and suggested that, since there were no other hardening materials nearby and the sites did not have direct vehicle access, we should try to improve both by putting in puncheons. Howard accused me of being "puncheon drunk," but recommended that, since one segment was certified NCT and the other could be, we apply for Field Grants from the North Country Trail Association. By June, we knew that we had been awarded the two grants for which we had applied.

Both strings of puncheons were built in the weeks after the Alley Cat Crew finished building the Buck Settlement Shelter (M-14). By planning ahead, we were able to use 22 of the 12-foot 4x4's twice—first, to make a temporary bridge to use for transporting building materials and tools to and from the shelter site, and secondly, to use as stringers in six of the 24 puncheons. Four folks who had helped with the shelter and the outhouse—Louis Taylor ("The Elder"), Louis Taylor ("The Younger"), Georgiana Binder, and Gene Binder—and I stayed on, and when the shelter was completed, we disassembled the temporary bridge and moved the 22 timbers to a staging area where the rest of the puncheon lumber had been delivered. This time, we predrilled the holes and hauled the lumber to the sites for assembly.

For the Sugar Hill site, with permission from the DEC and the landowners, we drove west on old Sickler Road and then turned south to follow the faint footprint of a partially overgrown private access road. I was immensely relieved that Louis "The Elder," who had trained soldiers to drive tanks while in the service, agreed to drive the borrowed truck in which we were transporting the lumber. By carefully dodging around quite a few trees, we got to within 30 feet of the trail and then hand-carried the lumber, fastenings, sawhorses, small sledge hammers, and back-up drill driver and augers to several nearby locations. It took us a day to assemble and build the eight puncheons.

Getting the lumber and fastenings to the site west of CR 22 was even more challenging. Fortunately, a landowner agreed to allow his uncle and me to drive our trucks along the edges of four of his farm fields to get to a corner of one field where the trail was only 15 feet away. Then this landowner and his uncle dragged the lumber to the site, on the trail, using their own ATVs.



l to r: Louis Taylor "The Elder," Georgiana Binder, Louis Taylor "The Younger," and Gene Binder, assembling a puncheon to replace the water and mud in which they are standing, on the trail west of CR 22 (M-13, M-14).

Unfortunately, the rains came, and our team was able to assemble only nine puncheons before the increasingly muddy trail conditions and continuing wet weather drove us inside. I put in one day later that month and assembled two puncheons by myself, and then my husband and I spent one more half day assembling the final five. Later, when we had two days of dry weather, FLTC member Leona Jensen and I painted the puncheons at the Sugar Hill area site.

Since then, it's been cold and rainy, so we won't be able to paint the puncheons west of CR 22 until spring; but we can look back on a summer of accomplishment: Three stretches of persistently wet and muddy trail were repaired with 30 simple and comparatively inexpensive structures (less than \$90 in materials per puncheon), which will greatly improve the hiking experience for at least the next 20 years. □

Answers to the Fall "Name that Map!" quiz

This was an easy one for those on the Steuben County hike series.

Correctly identified map M-12:

Ed Sidote
Sarah Hurst
Mahlon Hurst
Melissa Cohen
John Oldweiler
Doug Greaney
Jackson Thomas





Jim Connors

You can't beat this spirit!
Lee Miller with the FLT logo tattooed on his calf.



Chase Parks, age 8, crossing Cunningham Creek. Chase completed the county a month later on his 9th birthday. Photo by Lee Parks.



Lee Parks

Steuben Series Concludes



Jim Connors



Jim Connors

Celebratory Picnic

Above: Irene Szabo handing out "awards" — some for real merit and others given in jest. Right: Rich Breslin with his Camp Dry award.



Jim Connors

Wet, But Enthusiastic

Kim Meacham, Steuben Hike Series Co-coordinator

The Steuben County Hikes finished on October 14, a rainy cold day, as usual. (Was there really snow in the air??) There was ONE nice day the entire series! Despite the weather, however, 118 hikers completed the entire county.

Due to the surprising number of hikers registering (253 all told!) and the unforeseen lack of available buses, each hike was split into two large groups, with the faster hikers heading out on the first buses and the rest following as the buses returned. Each group was then split into the typical smaller speed groups at the trailhead. Despite the weather and bus delays, hikers were friendly and good-natured. We were fortunate to have each of our ten hike leaders, as well as our two main sag wagoneers, be accomplished FLT End-to-Enders.

Hiking the hills and valleys (and we can all attest there were MANY of each!!!) of Steuben County gave hikers not only an appreciation for the beauty of New York State, but also instilled a pride of self-satisfaction and accomplishment. We hiked 70 plus miles of some of the toughest terrain that New York has to offer, in weather that had rivers running through the trail and thunder overhead, and for distances that most sane hikers would not think of hiking!!!! We were the first to hike on a newly re-routed trail and were privileged to hike on land owned by the largest FLT landowner in the state. We hiked past old barns, foundations and cemeteries, and under 100-year-old trees. We could pause at a memorial bench or walk over trails constructed by Eagle Scouts. We walked at times silently, and at other times chatting for hours. Over those seven months we shared pieces of our lives with each other. Hikers got married, went on once in a lifetime trips, met "forever" friends, finished their End-to-End, had

significant others pass away or become ill, had new grandchildren, saw children go off to college or developed a new closeness as some parents and children hiked together.

These are only a few reasons why month after month we continued to hike and years from now we will look back over the summer of '06 and "remember when..." □



Ronald Navik

New Switchbacks under the Whiskey Bridge by Ronald Navik

For his Eagle Scout project, Kenneth Bellows of Boy Scout Troop 19 in Alfred, NY constructed a series of switchbacks under Whiskey Bridge, which crosses the Genesee River just south of Letchworth Park on map M-7. Traveling east, the hiker approaches the bridge from a dirt road that goes to the bottom of the bridge and ascends a steep slope to cross over the river. The slope elicited complaints from many backpackers, who will

now find a much more gentle treadway.

Kenneth solicited donations of pressure-treated lumber from several lumber yards, and prepared the forms at home so they could be delivered to the site and successfully reassembled and installed with the help of a very active Troop 19. This is one of several Eagle Scout Projects the troop has completed on the FLTC. They are very dedicated to improving the trail and their contributions are much appreciated. □

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 since the last issue:

- #208 Georgeanne Vyverberg
- #209 John Sweeney
- #210 John Colm Sweeney (age 10)
- #211 Debbie Chapin
- #212 Richard Breslin
- #213 Jim Wagner (Florida)
- #214 Joan Jedele
- #215 Jack VanDerzee (2nd trip)
- #216 Paul Hoffman
- #217 Sheila Ferrari
- #218 Carol Smith
- #219 James Greene

Jim Wagner, #213, returned from Florida with his wife Janice and completed the last 100 miles of the FLT on September 24, the same day that Chapin and Breslin finished. I was able to present them their end-to-end patches in three different locations.

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

Tami Metzger
Richard Lightcap

Phil and Tami Metzger plan to finish in November which will be a record twenty hikers in one year. The current record is nineteen.

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

Bill Allen	June Meyer
Kathy B. Dabes	Lincoln Brown
Beth & Greg Dean	Phil & Tami Metzger
Lee Douglas	Gina Mushynsky
Wes Ernsberger	John Oldweiler
Gail Ellsworth	Horst & Sigi Schwing
Kathy Foote	Penn R. Watson
Carrie French	Carol Watts
Mahlon Hurst	
Sarah Hurst	

If I omitted your name, I apologize.

Branch Trails

These hikers have recently completed the branch trails:

- #42 Terry Meacham
- #43 Kim Meacham
- #44 Don French
- #45 Sharon Galbraith
- #46 Betty Schaeffer
- #47 John Andersson

Bob and Sue Bliven led a two-day group hike on the Letchworth Branch Trail. They have scheduled a group hike in November on the Onondaga Branch.

Car Spotters Changes

Bill Allen (Maps M-1 through 4) and June Meyer/Lincoln Brown (M-16, 17) have been added to the car-spotter list. The complete current list containing contact information can be obtained from the FLTC Service Center (585/658-9320) or by emailing Gene Bavis (gbavis@rochester.rr.com) or from me.

Hudson Close Retires

Many years ago a group of FLT members built a section of trail from near Bath through Birdseye Hollow State Forest. A valuable member of that group was Hudson Close. He put in a great many hours working on closing that big 10-mile gap in the FLT. In addition he assisted in the clearing of other gaps in the FLT. He is a long-time member of the FLTC and hiked many miles of the FLT as a solo hiker with his two miniature dogs. He operated a paint store in Elmira for many years and over the years donated gallons of paint, paint brushes, and flagging tape for use on the trail. Due to failing health he has closed the store and retired. Until he sells his home and moves to Big Flats, his address is 307 Broadway, Elmira NY, 14304. Please take a few minutes to drop him a note.

Excerpt From a Trail Register Notebook

"I came here from Shackham Rd. alone and it's been a wonderful opportunity to do some soul searching. I'm battling an eating disorder, alcoholism, and numerous other addictions. This hike was an incredible natural, peaceful experience. I will surely be back." (The p.s. was chewed up by mice so I was unable to read it.) Someone else wrote on the same page: "Nature will help you to overcome this."

This reminded me of one of my early end-to-enders who was an alcoholic and drug addict. She listened to me give a talk about the FLT and was inspired to hike the entire main trail. She was able to conquer both addictions as a result of her end-to-end FLT hike.

Happy Hiking!

Edward J. Sidote
5 Clinton St., Norwich, 13815-1903
607/334-3872
ejsidote@cnyconnect.net

Our sincere thanks for gifts in memory of:

Kimberly Fuller

from

George and Karen Fuller, Watkins Glen

End-to-End #211: Debbie Chapin

I moved to Norwich in November 2003 and was introduced to the FLT in January 2004. During the first few months of 2004 I began snowshoeing a small section of the FLT near Norwich with Dave Conner. On our outings he told me all about the Finger Lakes Trail and about his quest to be in the first 50 to finish the trail.

On a March 2004 snowshoe trip up Slide Mountain in the Catskills, I met Fred Carranti and Karen Luciani. Fred asked me if I was going to be doing the FLT Series hike in Tompkins County. I didn't know what it was or what it was about, but I went home, looked it up on the FLT website and signed right up. Then I started talking to Dave about hiking Chenango County. My End-to-End officially started May 2, 2004, in Chenango County near Lincklean Center.

My first Chenango County hike was on a Saturday. However, the rest of the hikes in Chenango were done during the week after work. Dave and I would get out of work, grab a sub for dinner and get right on the trail. Typically we would be on the trail around 5 p.m., hike around 10 miles and finish just before dark at about 8:30 p.m. Of course we brought headlamps just in case we didn't finish quite on time! I think there was only one hike where we actually needed to use our headlamps and that was only for the last half of a mile or less.

That summer I hiked Chenango County with Dave Conner and Tompkins County with the Hike Series. Fred and Karen had already completed some of the Catskills and were planning on finishing that section during the fall of 2004 and spring 2005. They invited me to join them which I gladly accepted. In between the hikes they had scheduled, I worked on finishing the sections they had already completed. My favorite section in the Catskills is

Richard Breslin



Debbie Chapin receiving her End-to-End patches from Ed Sidote

Alder Lake. What a beautiful spot!

During 2005 I completed the Schuyler County Series Hikes, as well as part of Cortland County and Delaware County with various hiking partners. During the Schuyler Series I realized that many of the hikers in the medium fast group were also Bullthistlers from Norwich.

Out of the 2005 hikes, the ones that stick out the most in my mind are the Cortland hikes. The first two hikes were in 2005 and the last two were actually in the spring of 2006. I hiked all of Cortland County in four separate days. However, each hike was an extreme opposite of the last. The first hike was long and the temperature was VERY hot for a September day. The second was cold and rainy. It was actually the remnants of Hurricane Katrina. Afterwards I drove to Horseheads to adopt my dog Saranac from the shelter. The third hike was with Saranac through a few inches to a few feet of snow. Those ten miles sure felt like twenty! The fourth hike was actually less eventful with a moderate temperature and moderate hike length.

In 2006 there were lots of hikes on the Bullthistle Hike Schedule for the western part of the state. That's when I really picked up speed. I hiked most of the western part of the FLT with the company of Rich Breslin. On one of our first trips, we were planning to camp out but didn't have a certain spot in mind yet.

As we hiked along on Map 4, we came upon the spot described as the "invisible pond". We discovered a gorgeous bivouac area under the pine trees next to the pond. That would become our favorite place to camp, as we returned there for quite a few more nights throughout the summer. Most of the hikes were done in 3-day weekends to make the most of our long drive.

We had quite a few adventures in the western part of the state. At times we felt like some sort of pioneer while we searched for blazes or signs of the trail through rocky sections or open fields. Then there is the mystery of the rouge blazes and the orange tape!

On September 24, 2006, I finished the FLT main trail on the section between Tompkins and Cortland County

(Continued on page 28)

End-to-End Album

Chapin End-to-End...

known by the Series Hikers as “The Missing Link Hike”. It was supposed to rain that day. The day started out absolutely beautiful; my trail name isn’t “sunshine” for nothing! The sun was out on a crisp fall morning. However, as I got closer to the end of the hike the wind began to blow, so I hiked faster. The faster I hiked, the more the wind blew. About 10 minutes before I reached Rt. 38 to meet Ed Sidote, it began to rain. It was raining as I finished at 11:02 a.m. becoming End-to-End #211. Shortly after we got in the car to take Rich to his final section, the rain stopped! Oh well, a little rain doesn’t slow me down!

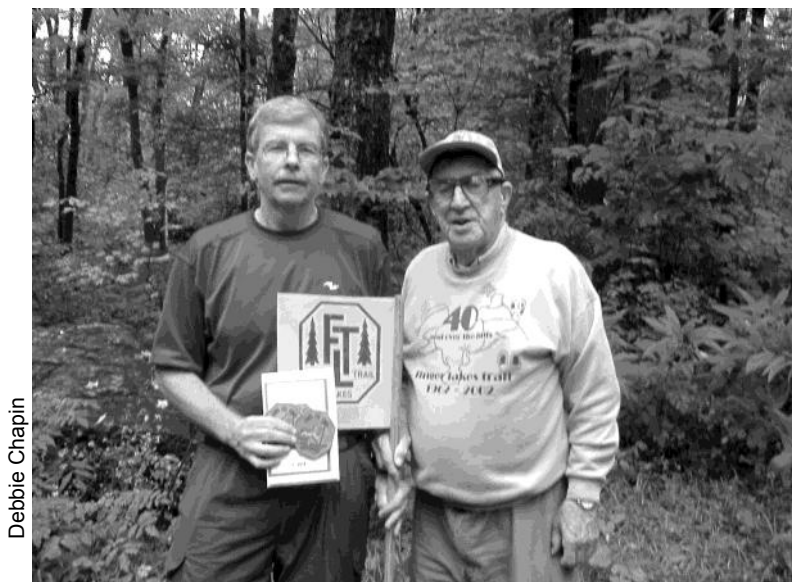
I have made many friends along the way and many memories. I could go on for pages about all the funny things that happened and all the amazing places I saw. The FLT took me to places that I otherwise would not have gone. Some of these remote towns and state forests are wonderful places to visit but I would never have known if it weren’t for the FLT.

I did not realize how many small State Forests there were in New York State. The FLT goes through quite a few of these State Forests. However, much of the trail is on private land and I want to sincerely thank all of the landowners for allowing us to use the trail on their land. I also want to thank all the trail stewards for their hard work keeping the trail marked and cleared. Most of the trail was in very good condition with only a few blowdown encounters or monstrous prickly bushes. □

Thank You

Thank you to Sheila Ferrari for finding and returning my keys at the Spring Conference week-end!

— Jolene from Jersey



Debbie Chapin

Richard Breslin, End-to-End Hiker #212

Rich Breslin — End-to-End Article

During the summer of 2004, while in the Norwich YMCA for my noontime run, my attention was drawn to the Bullthistle Hikers Club informational display table. I recognized the name of its President, Ed Sidote, as someone who had worked with me in the County Building years ago before he retired, but except for being aware he was an avid FLT hiker and that he looked and acted much younger than his age, I had little knowledge of him. I had been a member of the FLTC off and on for some years but never seemed to have the time to hike. I was anticipating the bittersweet “empty nest” when our youngest son would be off to college and all my time happily committed to his hockey games and practices would now be free. The Bullthistle Hikers warmly welcomed me at my first meeting and before I knew it, I was one of them and out on the trail in Oxford on September 25, 2004 on Maps 24-25 for my first organized hike amongst almost 20 other Bullthistlers. I was overwhelmed with the beauty of the trail that was so close, right at home in Chenango County, but which had evaded me for too many years. I

quickly learned of the cross-county series, the End-to-End program, and everything else FLT from the members and Ed. I also had the pleasure of making the acquaintance of Warren “Trail Dawg” Johnsen who has become a good friend and frequent hiking partner.

I began hiking in earnest that fall with Phil and Tami Metzger, Jeff and Betty Constable and others doing the trail in Delaware County, often riding shotgun in Sidote’s wagon as he car spotted for many of our trips near his beloved Claryville (home of the best Fire Department pancake breakfasts in New York!) I signed up for the Schuyler County cross-county series the next year and enjoyed participation in the series organized and led so well by Jim and Sigrid Connors. Hiking with the medium fast group in this series enabled me to meet many new friends including Deb Chapin, Fred Carranti, Karen Luciani, Horst and Sigi Schwinge and to hike with a my friend, running partner, and co-worker of many years, Tom Whittaker.

(Continued on page 29)

Breslin End-to-End ...

(Continued from page 28)

While initially not having the End-to-End goal in mind, I began logging miles and, with Ed's unique encouragement, decided I might actually want to be an End-to-End. I did quite a bit of solo hiking in 2005 using Fred Gee's method of parking at the end trailhead and biking to the beginning trailhead. I did most of Chenango, Cortland, Tompkins and parts of Delaware County using this method which served me well except for several notable exceptions. I recall my intended 6-mile bike ride that turned into almost 30 miles since Cortland County doesn't seem to value road signs on back roads. (I later learned from a Cortland County native that this helps ward off "outsiders".) There were also many snow-covered seasonal roads that defied biking. The solitude of these hikes in all weather conditions amongst the varied terrain the FLT offers provided some of my most enjoyable times on the trail. The hassles of everyday life disappear once you're on the trail amongst the wonders of central New York's fauna and flora.

In early 2006 I was inspired by fellow Bullthistle Hikers Sue and Bob Bliven who had seemingly just begun the FLT in the spring of 2005 but who were accumulating amazing numbers of miles. They were kind enough to invite me along on several of their hikes out in western New York. I did many a mile with Sue and Bob along with Dick Corbin, often in snow or rain storms. They inexplicably continue to blame me for the poor weather, but of course I vehemently deny responsibility! Fond memories of these hikes will remain with me always. Sue and Bob finished their End-to-End in just over one year this past April 29, 2006 and I was thrilled to be on their final hike.

This year's Steuben County cross-county hike series has been another great time thanks to Terry and Kim Meacham and all the other unsung heroes who have assisted them in dealing with an astronomical number of participants and the wet conditions. It's been a special treat to hike with my good friend Bob Cuffney, who grew up in Bath, New York (the center of the universe according to Bob). He's been able to point out some of the landmarks of Bath such as the Chat-A-Whyle Restaurant and, of course, his boyhood home!

The person with whom I've shared the most FLT miles is Deb Chapin who is an accomplished hiker, backpacker and ADK high peaks climber. She and her dog, Saranac, have taught me outdoor skills that escaped me while growing up in New York City. Deb got me through my first night in a lean-to on Map 6 near Hume beside a magnificent pond and Saranac protected me from the man-eating beavers that night! She also introduced me to the fun of tenting in a bivouac area, our favorite being the "invisible pond" on Map 4 which we recommend to all. Some of my best and most interesting moments on the trail have been shared with Deb, Saranac, my son Sean, and his dog Eevee in western New York. I was very happy to be able to accompany Ed to meet Deb when she finished her End-to-End as #211 on September 24, 2006 in Tompkins County doing the "missing link" hike and to have her accompany me as I finished my End-to-End later that day at Jackson Pond in Chenango County to become End-to-End #212.

My End-to-End success would never had been possible without the assistance of so many hikers, trail stewards, car spotters Mr. & Mrs. Don French, land owners, all those in the FLTC and affiliate club leadership and, most of all, my personal coach, the inimitable Ed Sidote! □

Clar-Willis Award ...

(Continued from page 9)

says she doesn't "...even need to bend over to pick it up – just step on the blade and the handle snaps right up!"

When she first started trail work, Howard asked how long she'd take care of her section and she replied until she got tired of it. That day has never come. She says the trail is constantly changing with the seasons, the maturation and change in the forest, "The trees growing, and beavers cutting them down." In accordance with Irene's outspoken nature, she expresses her feelings: "Fall in love with the trail; it breaks your heart when someone craps on it", referring to folks who don't respect the work it takes to get and maintain landowners' cooperation, the efforts of many trail workers and organizations, and the light impact a good trail has on the forest.

Irene is the immediate past president of the FLTC and the current interim Executive Director of the NCTA and a member of many committees and other groups related to trails. She is the writer of many trail articles and several FLT Guide Books. She is FLT End-to-End #30 and the 1999 winner of the Wallace Wood Award, for her outstanding contributions to the Finger Lakes Trail Conference. She is a unique character long deserving of the Clar-Willis Award, awarded to a trail worker for a significant contribution over a period of time. Only one award is made each year.

Irene Szabo joins Harry Clar and Edward Willis as outstanding examples of great dedication and long-time service in building and maintaining many miles of the Finger Lakes Trail System. □

Hiking across the state with my best friend

by Jack VanDerzee, End-to-End Hiker #215

After I completed the FLT in November of 1997 I had no plans to do the hike again. The following spring I decided to lead a series of hikes across Tompkins County. At the time I did not realize that it would be the beginning of my second trek across the state. Among the people who came out for this series of hikes was Joan Jedele. She had learned about them from Rebecca Elgie while skiing in Kennedy State Forest the previous winter. When Joan started hiking with me she had no plans to complete the trail. The following year we hiked Cortland County followed by Chenango, Steuben and Schuyler Counties. Each year Joan showed up and we became good friends.

After finishing Schuyler County Joan told me that she wanted to hike the whole trail. I decided to do it with her. By this time the remaining trail was a little too far away to do day hikes so we decided to do weekend hikes. Two or three weekends a summer we would go out and hike for 2 or 3 days, camping the nights in between the hikes. Sometimes we would do it in conjunction with the FLT weekend but then we usually did our own hikes instead of a scheduled one. Usually it was just the two of us hiking together.

We had several interesting experiences while hiking or getting to the hikes. The two most interesting were:

1. One weekend in September 2004 we were going to hike the eastern portion of the trail. It had rained heavily the night before. When we got to Delaware County we found the roads were closed due to flooding. What do we do? Joan had all her maps with her and we saw the nearest section of trail we needed to hike was near Letchworth. So we drove from Deposit to Letchworth to hike a 6-mile hike. We drove over 300 miles to do that hike. The next day we did hike another 16 miles to make trip worthwhile.
2. We did a backpacking trip in early July of 2004. We had planned to do 4 days of approximately 10 miles each day. The first two days everything went well. The third day we were hiking from Big Pond to Holliday-Berry road. There was no water along the way to replenish our supply. I had a water filter but there were no streams. By the time we got to Holliday-Berry road we were out of water and Joan's knees were giving her problems. What do we do? We decided to drop the big packs. Joan hiked to the next road (Rt 206) while I went to Campbell Brook road to pick

Hiking the Finger Lakes Trail with my friend Jack

by Joan Jedele, End-to-End Hiker #214



As Jack mentioned I had no intention of hiking the whole Finger Lakes Trail when I first started the hiking series across the counties. I was just enjoying meeting new friends and seeing parts of New York State that I had never seen before. However, after the county series was done I decided that I wanted to finish hiking the whole trail and was glad that Jack wanted to hike the trails for the second time.

It seems like there were a lot of memorable hiking experiences including the experiences that Jack mentioned in his article. One that I remember in particular was hiking 22 miles with my daughter one day. I had missed two of Jack's hikes across

Cortland County so I persuaded my daughter to hike with me and make up the hikes I had missed. It was a very hot day, but all went well until about the last 2 miles of road walk to Blodgett Mills. Our feet were so hot and tired that I did not think we would ever get there. My daughter said she would never hike with me again, but I actually convinced her to hike with me once more in Chenango County.

Of course, my last hike was also quite memorable. It was a cold fall morning, but the sun broke through the fog and it turned into a beautiful fall day. As with most of the hikes on the Finger Lakes Trails we did not see any other hikers on the trails and it was very peaceful hiking the trail with such good company. One hiker in particular kept reminding me of an incident that happened on one of the county hikes. Anyway, the rain held off until we finished. It was so nice to celebrate at night with friends, including my friend Jack, at the Finger Lakes Trails Conference. □

VanDerzee continued...

up the car. I then drove back to pick up Joan and the packs, and we then went to the Roscoe Diner and drained them of their water.

The highlight of my second trip across New York State was hiking with Joan. We had a great time together even when the weather was not good. We had many wonderful talks about life and developed a great friendship. I suggest that anyone who wants to hike the entire trail find a compatible hiking partner.

Will I do another end-to-end? I doubt it. I could not find anyone else who is as much fun to hike with as Joan was. □

Head Injuries ...

(Continued from page 21)

at first. Just worry about ongoing bleeding that is continuing to run down the head.

The focal injury may extend to deeper levels, but there is little that one can do about this on the trail. Would an underlying skull fracture limit the amount of pressure that can be applied for fear of caving the fracture into the brain? Although this is possible, it is unlikely as most of these skull fractures are wedged into their fractured position and are quite solid. However, it's probably best to only press as much as needed to stop the bleeding and no more. **If something has penetrated the head and remains imbedded-leave it in place and get the patient to help calmly and safely.** Removing small amounts of dirt and debris is OK. Irrigation with drinking water is good.

Medication such as Tylenol can be utilized by an alert victim with a head injury. Avoid medicines such as aspirin or non steroidal anti-inflammatory drugs (NSAID, e.g. Motrin, ibuprofen, Aleve), as these drugs affect platelets and can predispose to bleeding. **Do not give medication or anything else by mouth to a victim who is not alert.**

Hike safely and enjoy. □







A gift to the Finger Lakes Trail
 Conference helps to protect and preserve
 the Trail forever. Gifts may take several
 forms, such as MEMORIALS,
 HONORARIUMS, and PLANNED
 GIVING. Information about how gifts
 may be designated and/or for a brochure
 explaining the Planned Gift options may
 be obtained confidentially by contacting
 FLTC, Inc.,
 6111 Visitor Center Road Mt. Morris,
 New York 14510
 (585-658-9320), or
 e-mail address
information@fingerlakestrail.org





FLT Regional Club List


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

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

Can you place these scenes from along the trail? Send your guess to Jacqui Wensich at namethatmap@fingerlakestrail.org. The answers will appear in the next issue of the *News* along with the names of those who sent in correct answers. The answers to the Fall quiz can be found on page 23.

Photos by
Jacqui
Wensich





namethatmap@fingerlakestrail.org

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



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Finger Lakes Trail Conference, Inc. Calendar of Events

January 19-21, 2007 ... Board/Officer/Committee Retreat, Letchworth SP

February 9 Deadline for submitting material for spring issue
of the *Finger Lakes Trail News*. See box on
page 1 for instructions.

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.

June 16 FLTC Board Meeting

October 5-8 **FLT Fall Campout 2007**, Hickory Hill
Campground, Bath. Save the date.

November 17 FLTC Board Meeting

Alley Cat Crews 2007 (See Trail Topics, page 18)

June 11-15 Camp Sam Wood near Pike (western NY)

July 23-27 Holland Community Center (western NY)

September 17-21 Taylor Valley State Forest (central NY)

In the interest of legally protecting those landowners who have
permitted us to build our trail across their land, the Finger Lakes
Trail System will be closed on all private lands for 24 hours on
Monday, February 5, 2007.

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

*Make tracks for the Finger
Lakes Trail this winter and on
it as well with the help of
snowshoes...*

Snowshoes allow winter hikers to go almost anywhere without regard to trail width and steepness. If the snow conditions are spotty, you may need to strap the snowshoes on your pack until you have passed areas with little snow. Virtually all of the Finger Lakes Trail is usable in winter, but sections in the state forests have the advantage of often having additional side trails that allow the snowshoer to make loop hikes.

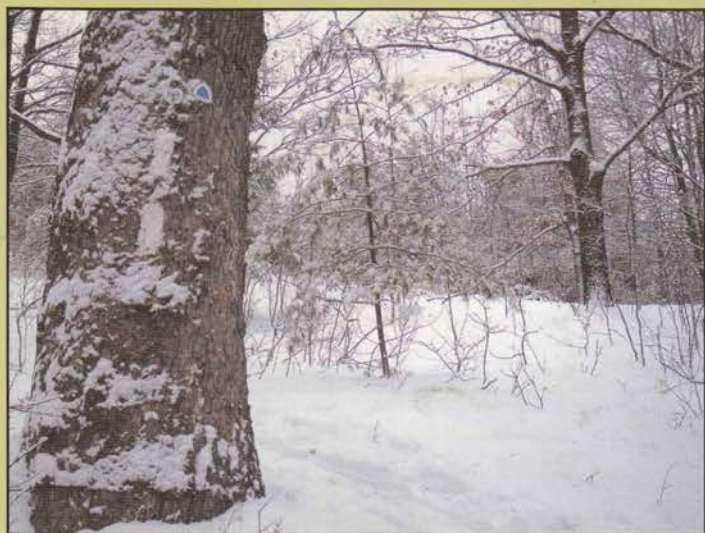
Whatever your skill level, put on those "big feet" and give it a try. You will find a new hiking season is just waiting for you.

*—David Marsh, FLTC President
and experienced snowshoe hiker*



*Above: FLTC President David Marsh. Photo courtesy D. Marsh.
Photos below and left courtesy of Kim and Terry Meacham.*

Trail maps can be ordered from the FLTC Service Center at 585/658-9320 or online at www.fingerlakestrail.org



Finger Lakes Trail Conference, Inc.
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Mt. Morris, NY 14510

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