

# Finger Lakes Trail NEWS

Summer 2007



- ◆ 90th Birthday Party for Mr. FLT, Ed Sidote  
FLTC Fall Campout, October 5-8  
Your invitation inside! - pages 10-15
- ◆ “Java Joe” Dabes receives Wallace Wood  
Distinguished Service Award - page 9



Spring has slipped into summer and the FLTC event season is in full swing. Our Spring Weekend at Swain hosted by the Genesee Valley Hiking Club (GVHC) offered an array of excellent hiking opportunities, good food, and fine entertainment accompanied by New York's finest weather. If you have never attended this annual event or our Fall Campout, you are missing a great opportunity to associate with those who share your enjoyment of hiking and the FLT. On behalf of the FLTC Board of Managers, I would like to extend sincere appreciation to Ron Navik and the GVHC for their efforts in providing us with a well-organized and very pleasurable weekend. The FLTC is fortunate to have a dedicated group of hiking clubs, like the GVHC, who not only take turns hosting these events but also maintain many miles of the FLT for all of us to enjoy. If an event like this might appeal to you, this year's Fall Campout promises to be a very special one as we will incorporate the celebration of Ed (Mr. FLT) Sidote's 90th birthday. Most of you know of Ed's long time devotion to the FLTC. This weekend will also include another fine selection of hikes, speakers, and fine food, all decorated with New York's beautiful fall foliage. There is much more information about this event later in this issue, so fill out those forms now.

The Spring Weekend also included the FLTC Annual Membership Meeting followed by a short Board of Managers Meeting. I am pleased to report that: 1. All of our previous year's FLTC Officers have been appointed for another one-year term; 2. The proposed bylaw changes were approved, establishing a new additional officer position, Vice President of Trail Preservation, filled by Ron Navik, and a reorganized officer position, Vice President of Membership and Marketing, filled by new officer Jay Zitter; 3. The Class of 2010 Board of Managers members elected are Phil Dankert (second term), Pat Monahan, Cheryl Peluso, Georgeanne Vyverberg (second term), and George Zacharek (second term); 4. Paul Hoffman was appointed a board member of the Class of 2009 to replace Jay Zitter; 5. Two nominating committees were combined into one, and committees and committee chairs were also approved, supporting the strategic planning efforts I described in the last issue of the *News*. I am proud of this Board's energy, talent, and dedication.

The FLTC annual hike series, this year titled "Hiking West: Crossing the Genesee", was launched in beautiful sunny and warm weather with 125 hikers in attendance, hiking a combined total of over 1300 miles. Pat Monahan, this year's hike series chairman and brand new FLTC Board member, not only demonstrated complete control of the weather, but

## President's Message

"To your Health"

David S. Marsh

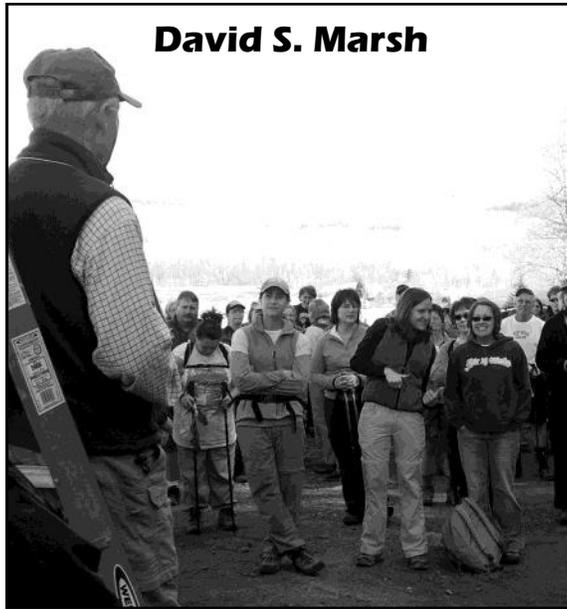


Photo by Jacqui Wensich

also fine organizational skills. Hikers, pay attention! An additional hike series on the FLT is being planned by the Finger Lakes Land Trust (see article this issue) to publicize the Emerald Necklace Project. The objective of this project is to establish protection for a significant segment of the FLT and is being supported by the Cayuga Trails Club and the FLTC.

In our strategic planning work we identified the need to reach out and educate the public about the existence of the FLT in order to attract new members and broaden support for the trail. The FLTC has plans to expand its visibility by offering informational talks and placing information booths at an expanded list of suitable public events. Check the calendar in the back of this newsletter for events and additional hiking opportunities.

While the events calendar offers all of us specific opportunities for hiking, the trail is available to us every day in every season. You may think of the FLT as a type of health club provided by nature with help from volunteers, with no fee and the promise of lots of exercise in clean fresh air. Or you might think of it as a retreat, a private spa, offering solitude and relaxation. You do not need a big budget to expose yourself to grand landscapes, sparkling flowing water, fresh air, beautiful plant life, and fascinating wildlife. Studies have demonstrated that contact with nature has strong positive benefits for physical and mental health. The trail is surely a very special place and it is yours for enjoyment this summer. Summer is the season when the forest closes in around us, shading us, shutting out the "winter views", opening our senses to nature's renewal.

*And all of a sudden!  
In the midst of that quiet,  
It seems possible  
To live simply on this earth.*

from *Summer Morning*, by Charles Simic

Hiking the trail in summer we truly enter a very different place and it is easy to feel as if we have left the "organized world" behind.

*One of my wishes is that those dark trees,  
So old and firm they scarcely show the breeze,  
...  
I should not be withheld but that some day  
Into their vastness I should steal away,  
Fearless of ever finding open land, ...*

from *Into My Own*, by Robert Frost

I welcome you to the trail and propose a toast: "To your Health". Happy hiking and remember, the trail ends only in your mind. □



# FINGER LAKES TRAIL NEWS

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

Summer 2007

Volume 46 Number 2

## Mission Statement

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

FINGER LAKES TRAIL NEWS  
Volume 46 Number 2  
Summer 2007

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

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Jacqui Wensich

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*And on the back cover...*

Hiking West: Crossing the Genesee, *by Pat Monohan*



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**Cover:** This year's Fall Weekend will celebrate the 90th birthday of "Mr. FLT", Ed Sidote, shown in this photo taken by Marty Howden, Park Manager Bowman Lake State Park, at a 2005 National Trails Day event at the park. Ed was on the Kopac trail, a loop trail for the FLT, inspecting a reroute of the trail.

I would like to thank the Genesee Valley Hiking Club for hosting our Spring Weekend! Great job, Ron & crew! I can't tell you how excited I am about our Fall Weekend. I anticipate a record-breaking crowd to celebrate with our "Energizer Bunny," Mr. Ed Sidote on the occasion of the beginning of his tenth decade. September 13 is his actual 90<sup>th</sup> birthday, so by the time campout comes around, we'll be about 3 weeks past the date. I hope YOU will be there to celebrate with us. See pages 14 - 19 for details.

As you probably know, membership renewal time occurs in March. Our membership year is still April 1 through March 31 even though our fiscal year changed to January 1 through December 31 beginning this calendar year. Renewal notices went out the second week of March, and most people have renewed promptly. If you were one of them, THANK YOU! As of May 17, there are still 265 who have not renewed. I expect that at least half of them will renew eventually, but second and third notices to those who



**From the Desk of the Executive Director**

.....  
**Gene Bavis**

fail to renew after the first round cost us money! On December 31, 2006, we had 1178 members. Our goal is to have at least 1237 on December 31, 2007 (5% growth). The bottom line is that we need to retain as many members as possible while recruiting as many new ones as we can. Right now it looks like we will need about 100 more new members before December 31 if we are to reach our goal. Your help is needed. Please keep your membership current, AND help us spread "the word" about this organization. Without member support, there would be NO FLT! As I said in a column last year, we hope to "grow" the organization so that the economies of scale will kick in. We want to be big enough to be efficient, yet small enough to give personal service.

I was asked to give a report at the Annual Meeting, and as I prepared that report, I was overwhelmed with the length of the list. WOW! We have done a lot in the past year or so. My bulleted list was about two pages long. If anyone would like a copy of that list, please contact me. □

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

*Welcome!*

**New and Returning Members February through April:**

Duard Bennett	Kenmore	Sarah Hoffman	Ilion	Kathy Ritter	Binghamton
Nancy E. Bergenstock	Prattsburgh	Roger Hopkins	Lansing	John Wm. Skawski	Ithaca
Gary Boser	Allegany	Karen James	Ithaca	Charles Smith &	Claudia Melin
Boy Scout Troop 656	West Valley	Paul Johnson	Melbourne, FL		Freeville
Bristol Views Bed & Breakfast	Naples	Elaine & Jay Josephson	Corning	Anne Sonne	Camillus
Dawn Burdick & Sherrie Reilly	Dansville	Shari Kersch	Alden	Connie Stocum	Bath
Vicky Bush	Livonia	Ray & Patricia Kneer	Cincinnati	David Tarasevich	Vestal
Ryan Castle	Lewisburg, PA	George Leedom	Massena	Joanne Terwilliger	Binghamton
Jessica Chittenden	Albany	Jon & Therese LeGro	Alfred Station	Roy Tocha	Hamburg
Laurence A. Cook	Prattsburgh	James L. Magavern	Buffalo	Dennis J. Uhlig	Sidney
Cub Pack 85	Cortland	C. Thomas & Emily M. McCall	Fairport	Justine Valentine	Hornell
Shirley A. & Brian Fleet	Bath	Charlene & Julian McCaull	Locke	Paul Verklan	Lockport
Dale Fox	Bainbridge	John P. McCrea	Jamesville	Joe Wertyschyn	Syracuse
Walter Freeman	Elmira	Peggy Naughton & Taylor	Hillary Brown	Emrys Westacott	Alfred
Margaret Fuoco	Reading, PA		Cuba	Patrick Wiley	Marathon
Jamie Gidley	Lockport	Melanie Okoniewski	Buffalo	Jeanne A. Williams	Ilion, NY
Girl Scout Troop 942	Hammondsport	Mary Margaret Ong	Liverpool	Channan P. Willner	New York, NY
Peter & June Gordon	Corning	Nancy H. Papish	Schenectady	Amy Wisniewski	Olean, NY
Sharon K. Greenwood	Hemlock	Nancy Perlman	Norwich	George D. Yanson	Pittsford, NY
Diane Griffin	Penn Yan	Marilee Pryor	Scottsville		
Kathy Hardiman	Olean	Mark & Sally Ramsden	Jordan		
		Kay Remmler	Zephyrhills, FL		

## Wildflowers along the Trail, #18: Symmetry

RWW Taylor

One of the special powers of the human mind is the ability to recognize and respond to symmetry. Who among us has not marveled, for example, at a perfect reflection of a woodland scene in some quiet mountain lake?

It is a matter of scientific debate whether species other than our own perceive and perhaps make use of symmetry in the world about them in pursuit of their life goals. It is easy, however, to observe symmetry in the forms of living things. All higher animal life is basically organized on the principal of bilateral symmetry, with individuals displaying generally similar left and right body sides. Microscopic organisms, in contrast, tend to feature radial symmetry (in either two or three dimensions). And plants, including wildflowers, make use of a wide variety of symmetric principles in developing the myriad of wonderful forms they have assumed over the ages during which they have differentiated, one from another.

To a mathematician, symmetry simply means a transformation that produces no observable effect; for example, a geometric shape in the plane that remains unchanged when each point of the object is reflected in a particular line is said to have a symmetry of reflection. A symmetry of rotation occurs when a shape can be turned about a given center by a fixed amount with no net change in appearance. Some shapes, such as the complex hexagonal forms occurring naturally in snowflakes, may possess both kinds of symmetry.

Symmetry in the real world in which living creatures exist generally involves three dimensions and more complex transformations such as reflections in planes and rotations about axes.

Often, too, we must be content with visualizing the effect of transforming a solid without actually constructing the resulting image the way we can with a shape drawn on paper. One last caution is that symmetries occurring in nature are always near symmetries, never mathematically perfect. The six points of an exquisitely formed snowflake may seem identical to the eye, but of course cannot be expected to match each other atom for atom.

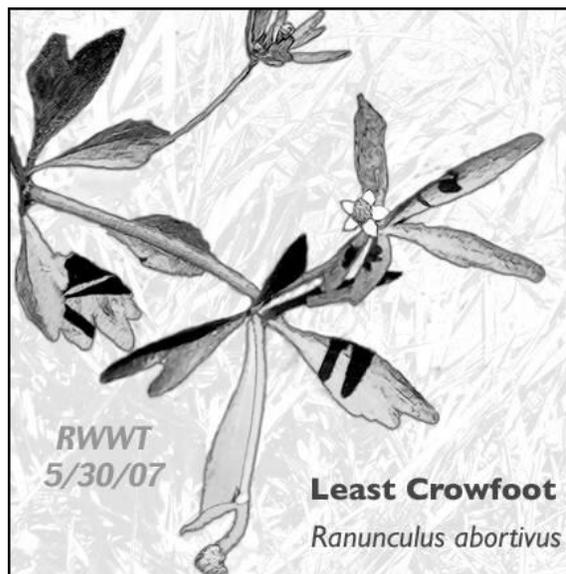
All that being said, symmetries in abundance can be observed in the world of wildflowers. Leaflets growing in opposite pairs along the midrib of a pinnate leaf, for instance, are a good example of a symmetry of reflection. Leaves growing in a neat whorl around a stem node may illustrate symmetry of rotation.

More striking symmetries occur in the intricate and varied structures that plants have evolved over time to serve their reproductive purposes, each separate species with its own particular structure. The conceptual unit of “flower” is the way we normally think of this aspect of plant life, and the field guides we study are often organized around the idea of flower shape—some shapes illustrated being immediately apparent to the eye as symmetrical,

others much less so. But, given a close look, even a flower described as “irregular” in shape—perhaps, for example, the small blossom of some member of the mint family found growing low alongside a pathway—will normally be seen to still be bilaterally symmetric, displaying equal and opposite right and left sides. This same symmetry of reflection can be observed in the few species of plants whose flowers may be described as having “two regular parts”.

The vast majority of wildflower species (excluding the composites) bear flowers consisting of several regular parts, however—normally either three, four, five or six parts. For some reason, five-parted flowers seem to occur in many more species than any of the other possibilities. An interesting and sometimes useful side observation is that normally monocots (plants with parallel-veined leaves) bear flowers with either three or six regular parts, while dicots (the rest of the flowering plants) account for the remaining possibilities. In any case, any flower with several regular parts will exhibit both symmetry of rotation and symmetry of reflection, contributing strongly to the visual attractiveness of the flower.

We don't know what leads nature to supply us with such marvelous examples of regularity in our daily lives—we can only appreciate it. Whether you are struck on a spring morning by the four showy, evenly-spaced bracts forming each single flower structure on an imposing dogwood tree, or whether it is the five tiny but regular petals making up the inconspicuous flower of a scantily-foliaged least crowfoot plant that happen to catch your eye, take a moment to appreciate the role of symmetry in the world about us. □





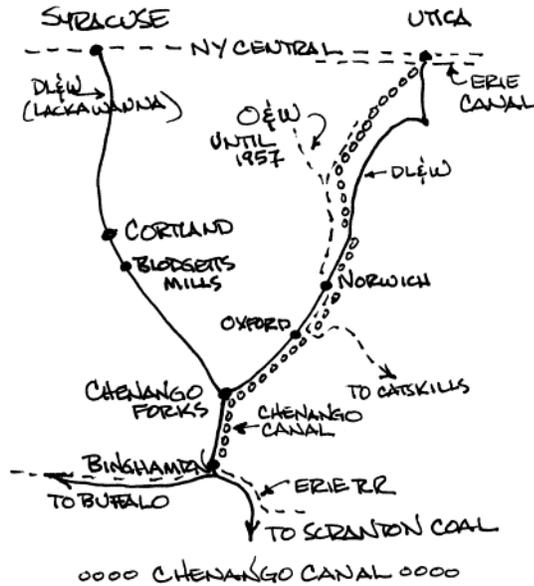
## Walking Through Time in New York: #17 in a series

### Chenango Valley, Part II by Irene Szabo

In 1829 New York Governor Martin Van Buren wrote a letter ... urging the government to protect the American people from the evils of railroads ... and to preserve the country's canals for posterity. "... 'railroad' carriages are pulled at the enormous speed of 15 miles per hour by 'engines,' which ... roar and snort their way through the countryside, setting fire to crops, scaring the livestock and frightening women and children. The Almighty certainly never intended that people should travel at such breakneck speed." Limestone Locks and Overgrowth, The Rise and Descent of the Chenango Canal, Michele A. McFee

Tim Wilbur introduced us to the Lackawanna Railroad paralleling the Chenango River in the last issue, and its current successor the NY Susquehanna & Western, which our trail crosses twice, once along the Tioughnioga River (map M-20), and at South Oxford along the Chenango, where another leg of the same railroad aims for Utica (map M-25). This latter valley is the spine of "Sidote-land," home of the Bullthistle Club, and center for many an FLTC spring weekend.

The Chenango River valley, I contend, had at one time and still has remnants of more industry and commerce than most similar parallel rural upstate valleys. Because it enjoyed the services of TWO early modes of transportation, some of its still-sleepy little towns do have some major employers. Hoping to repeat the success of the Erie Canal, a batch of north-south lateral canals were built during a brief frenzy 1830-40; each was briefly and only locally important, but most were declared legally defunct in 1877 by the state. The two longest, the Genesee Valley (a future article!) and the Chenango, opened up their tiny interior hamlets to



Map by Irene Szabo

wonderful opportunities, but it seems only the latter kept some of the charm alive.

As early as 1792 a survey was commissioned to lay out an east-west route for a road between the Catskills and "Catharine's Town," intended as a toll road. (The pole gate, or pike, was opened for a traveler after payment, on the Catskill Turnpike.) The western half of this is now NY 79 from Watkins Glen eastward, certainly a humpy affair tormented by all the heights and depths of our geography, much like the Finger Lakes Trail. Travel was slow, one wagonload at a time, so even the four to six-day journey for many tons of freight on a boat from Binghamton to Utica on the Chenango Canal was a great improvement. Passengers could get from Binghamton to Norwich in only twelve hours for \$1.50!

Greene and Oxford were already on the Turnpike so became crossroads villages with the addition of the canal traffic: hotels, taverns, and boat-building shops sprang up in response. Brisben, between these two, was for a time such a magnet for rowdy canal folk that the postmaster routinely wore brass

knuckles. Cabbages, bales of hops, cheese, butter and grain went outbound, and coal and hardware came into the valley. Northbound grain came back from stills at Hamilton and Bouckville as whiskey at 25 cents a gallon.

Whole families lived on canal boats, some wintering over in large rafts of boats in New York City harbors, and normally young boys led the mules twenty miles a day on the towpath. Mules may have been rested after ten miles but the boys were not. The canal also became part of village life, too, with summer swimming by men and boys a daily routine. We shall try not to think about the privy built

directly over a feeder branch at the Chittenango Canal Museum.

However, the Chenango Canal, like most of the other laterals, was ill-conceived because its whole route did not follow a low-land watercourse. From an elevation of 820 feet at the Susquehanna River at Binghamton it rose slowly through 40 locks over 74 miles to Bouckville on US 20, elevation 1126, but then it dropped to 424 feet to the Erie Canal at Utica over 23 miles using 76 locks! There was no passenger traffic north of Bouckville because one could walk faster than each of those locks could fill and empty. Keeping so many stone locks and wooden gates in good repair always cost more than tolls brought in, even without periodic natural disasters. For instance, 1000 soldiers departed Norwich for the Civil War in 1862 on ten boats (standing room only?) but the 456 who lived to return in 1865 had to disembark at Chenango Forks and walk over 30 miles home, or the injured were met by wagons, since a flood in March 1865 had ruined many riverside structures in upstate New York.

(Continued on page 29)



## Notes from the FLT Archives

.....  
**Georganne Vyverberg**

hiker because he was severely crippled. However he managed to get to most of the early annual meetings of the FLTC and encouraged young people to join and even paid for some of their memberships.

I had the delightful opportunity of speaking with Elma Bowen at the recent Spring Meeting at Swain. Elma was also an early supporter of the FLT and one of the organizational members of the Foothills Trail Club where she is still active. [See the article on the FTC on page 22.] She was the 7th President of the FLT and more recently my predecessor in the Archives. She shared many stories and memories of those early years. Thanks to her vibrant energy I inherited an orderly archive, which continues to fascinate me every time I delve into it. Thank you, Elma!

Jacqui Wensich has begun digitizing all the old photos and scrapbooks, and some folders onto compact disc. It is

hoped that eventually these will be available for research by anyone interested in the history of the FLT. This project of course will be lengthy, but certainly worthwhile and we will keep you posted as to the progress periodically.

Of course when I am looking for information on one subject I always encounter other gems of interest, and not surprisingly often these little snippets are from Wally Wood.

Here is one of them. In his President's message from the very first newsletter of April 1962 these are his words.

"Our problem is to protect, organize, scout, locate, construct, blaze, mark, use and publicize the trail. The general organization has been formed and the general route of the trail will soon be determined. The Girl Scout and Campfire Girls are making colored cloth strips for tying on trees when locating trail. May there soon be as many strips waving in the breeze as there are prayer flags waving in the winds in the Himalaya Mountains!" □

**R**ecently there has been an increase in Life Memberships and these include at this writing 26 Family and 96 Individual Memberships. There are also currently 3 Honorary Memberships.

In 1965 around a campfire during a Foothills Trail Campout in Allegany State Park Arthur DeMeyer of Jamestown, New York, inquired of Wally Wood whether the Board of Managers had thought about having a Life Membership level. The answer was affirmative and Arthur pulled out his checkbook and became the first member of this elite group. At the time of his generosity he was no longer a

### Life Member Update

The following have become Life Members in the past year.

#### Life Family Memberships:

Liz Place (joining Gene Bavis as a Life Family member)  
 Bill Fair & Jay Zitter  
 John & Patricia Fey  
 William & Nancy Holland  
 Phil & Tami Metzger  
 Jodee & Jeffrey Hunter  
 Paul Hoffman & Jane Schryver  
 Nancy Kleinrock & Steve Shaum  
 John Kerr & Colleen Liggett

#### Individual Life Members:

Scott Lauffer  
 Gail Merian  
 Lois Judd  
 John Wint

We now have 3 honorary life memberships, 26 life family memberships, and 96 individual life memberships.

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

The correct answer was: M-14, Sugar Hill Fire Tower

Folks who answered the correctly (numbers in parentheses after names are their end-to-end numbers):

Irene Szabo (#30)  
 Robert E. Rein  
 Mahlon Hurst  
 Sarah Hurst  
 Marilyn J. Breakey (#58)  
 Betty Yaples  
 Randy Ross



### must-read-story about why I'm sure of my guess for spring 2007 issue

Hi. I'm absolutely positive that this issue's mystery picture is located at the Sugar Hill Fire Tower near Watkins Glen. I'll never forget this place because after hiking to it and picnicking at its top on my 31st birthday, I drove to it the following morning to climb it at dawn. Unfortunately, I realized I'd locked my keys in my car so I started walking back toward Watkins Glen. (I was alone and didn't have a cell phone.) Worried about becoming dehydrated before reaching civilization, I put up my thumb only once to bum a ride off someone I knew couldn't harm me—a friendly looking man on a tractor. We rode about 5 miles into the nearest town that (believe it or not) actually had a locksmith at its main intersection.

Hope you enjoyed this true story.

Betty Yaples

## Sidote: a Life of Edward the First (and Only)

by Irene Szabo

*At 5 Clinton Street in Norwich, there is a sign over the garage doorway that says "Eddie Sidote." Clearly he has been in this neighborhood a very long time, and in fact we are invited to celebrate his 90th birthday with him during our fall campout in early October. So while we are noodling about the history of the Chenango Valley (Sidote Country) elsewhere in this issue, let's also visit a life of Ed.*

**A**sked why there are so many Italians in this upstate farming area, Ed explained that the first immigrant who came and got a job would send for more family members or friends, and pretty soon there were many Italians from the same original area in the Chenango valley. While many worked for the railroad, especially in track maintenance crews, little Eddie's family were among the skilled stone cutters who worked in local quarries.

However, Ed's grandfather was buried by a mistaken blast under tons of rock, so his grandmother faced a future with nine children and no workman's compensation, life insurance, social security, or welfare, so she fed, cleaned, and did laundry for 28 boarders! Ed's own father died shortly after returning from the Army in World War I, when Ed was only 18 months old, so Ed's mother, who now faced the care of one child and her own mother (now done with the 9 children and 28 boarders), took a job in a Norwich knitting mill. Before most of such jobs went to Asia, there were many local knitting mills, producing in this case T-shirts and sweat suits. Ed's mother worked there 49 years, his aunt 53!

Ed took typing and shorthand in high school, which probably saved his life in World War II, that and the timely application of an atom bomb. For five years before the war, he had worked in the office at the Norwich Borden creamery preparing shipping paperwork, then another shift doing the shipping itself, including several railroad boxcars of canned evaporated milk daily. When he tried to enlist in January of 1942, a month after Pearl Harbor, the discovery that he could type brought pressure to sign up for office work, something he wanted to

avoid. His yen to work at something different went nowhere (one major said to him, "What, you dying to get in mud?") so his Army years were spent working in induction centers and then overseas in medical supplies. However, his unit was ready to land on Japanese beaches in a planned invasion when the bomb stopped the war.

For sixteen years after the war he managed the office and project costs of a construction company that built highways and bridges. However, his mother fell ill in the 1960's so he could no longer move around New York to job sites. After years of accounting work at Norwich Pharmaceutical, while moonlighting doing taxes for clients, working for his mentor's business, Ed took over that business and did taxes for up to 500 clients. He ended his working years employed well into his seventies by the county office for the aging, helping seniors with taxes and other paperwork jungles, often by visiting them "out in the field," a part of the job he loved. He still says that everybody should take typing!

Ed wasn't lonesome for something to occupy his time once he retired, since he has been especially afflicted with a passion for the Finger Lakes Trail since 1977. Nope, it only SEEMS as if he were right there right beside Wally Wood in 1962. Before he discovered hiking trails, bunches of neighborhood kids would hike up into the eastern hills and cook hot dogs, and he had a great adventure camping out at Gilbert Lake State Park when he was nearly marooned by the flood of 1935, and he was a Scout troop leader in several locations, but a passion for hiking wasn't kindled until he accidentally bumped into Ed Garvey's book describing his adventures as the first through-hiker of the Appalachian Trail.

That was it. Trips to the Adirondacks were followed by his discovery of the FLT close to home. Pretty soon he and hiking partner Rufus Perkins realized they had hiked almost half of the main trail once they added neighboring counties to Chenango County's 72 miles, so the two of them spent weekends and vacations day-hiking the rest, and thereby became #'s 3 and 4 to finish the FLT in 1990 when Ed was a mere tot of 73.

Once he ran out of main trail to conquer, Ed's zeal turned to spreading that passion to others. Ever since he finished he has never stopped exhorting others to tackle that end-to-end goal themselves, lending people encouragement, sending them information, and setting up a network of "trail angels" who will help with the logistics of car-spotting. During and after several tours of duty on the FLTC Board and as its President, he tackled the remaining gaps in the main trail by working on some of them himself and poking others into similar projects. Again, his zeal must have worked, because during the 1992 thirtieth anniversary of the trail a ceremony was held to close the last gap!

Possibly his best idea ever for spreading the good news about the existence of the trail to local people was the cross-county hike series, which started modestly with car shuttles and "only" 115 registrants, but that great idea is now well into its second series across the whole state, during which literally thousands of new people have been introduced to the trail.

I'll confess that Ed and I smugly swore to one another around 1990 that neither of us would EVER get into that new-fangled computer crap, yet before another half-dozen years had passed, I was showing Ed how email worked on my own computer. He's still typing.

...and still helping senior citizens: both Ed and Harmon Strong attended our spring weekend at Swain, and although they are only a few months apart in age, I overheard Ed tenderly offering to carry Harmon's plate at the dinner buffet, since Harmon uses a cane now instead of a hiking stick. □

## Remembering Marguerite Lafayette, End-to-Ender #18 in 1993

by Irene Szabo

**R**eturning from trail work in Cattaraugus County this spring I drove through Franklinville, which reminded me of eating breakfast at the Maple Haven Restaurant there, back in the early 90's, with a bunch of women from Chenango County who were here in "the west" working on their end-to-end hikes. Marge Lafayette was by far the oldest of the group, but was still a strong hiker in her seventies and determined to finish the FLT, a few years after she had knocked off the Appalachian Trail.

Always impatient to get on the trail, she visibly chafed at every moment of morning daylight wasted while the rest of us gabbled. But considering she never learned to drive, she always had

to wait for the rest of us! Despite her dependence upon others to drive, including her husband, she was the leader of a group of weekday hikers who ended up adopting miles of trail east of Bainbridge.

For years the Tri-Town Hikers, all of them women "of a certain age," tended their section of trail faithfully, but clearly the primary inspiration was Marge's enthusiasm. Once Marge was forced by failing health to stop hiking, the group soon dispersed and new trail caretakers were recruited.

It's hard to absorb that we have lost someone this spring who was so recently energetically striding up hills and poking us along with her dry sense of humor. □

## Why Shinhopple?

Did you ever wonder about town names along the trail?

Shinhopple (Delaware County, FLT map M-29) took its name from the hobble bush that grows in abundance in the area. This plant was a flowering vine that was difficult to wade through as it tangled about the shins, hence the name.

*From Abbots to Zurich, New York State Placenames*, by Ren Vasiliev, Syracuse University Press, 2004.

Thanks to FLTC member Tim Wilbur for suggesting this book as a source of interesting tidbits for the *News*.

## TCHC National Trails Day Project

by Larry Blumberg

Under the direction of our FLT Trails Chair Mike Gebhard, the Triple Cities Hiking Club conducted a very successful "National Trails Day", working on the FLT here in the eastern part of the state on Saturday, June 2nd.

With about 20 people participating, including a small group of scouts that Mike recruited, we were able to divide into five distinct groups to work on selected sections of Maps 24, 25, 26, and 27 (from Bowman Lake State Park in Chenango County east into Delaware County).

Primary efforts focused on removing blowdown, freshening up the blazing, and beating sticker bushes and tall grasses into submission with the Club's NEW commercial-scale weedwacker purchased with profits from the FLTC Fall 2006 Campout that the TCHC hosted at Camp Amahami!

(I was a "lopper operator", mostly spending my time cutting away branches and new saplings which seemed to block the view of most every blaze... and I have the sore shoulders today to prove it, too!) □

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

*Eva Hager*

from

**Lenore Crandall**

*Marguerite (Marge) Lafayette*

from

**Mary Ann Nissley**

**Edward J. Sidote**

**Verna Soule**

**Aldine M. Knelly**

**David & Janet LaFayette**

**Edward Petrosky**

**Phyllis Petrosky**

**Joseph A. & Anne L. Petrosky**

**The FLTC is gratified to report the receipt of a bequest  
from the estate of Francis Jacobi who passed away  
November 21, 2006**

**We gratefully acknowledge a donation in honor of Mel  
Chapman by Cadence Business Systems, Framingham, MA**

Mr. Chapman took part in a research project and asked that his  
honorarium for doing so be donated to us.

Jacqui Wensich



Left: The “Birthday Boys,” Ed Sidote and Harmon Strong

## Ed Sidote Challenges Finger Lakes Trail Conference FLT Forever Society Established

by Jarret Lobb, Vice President Finance

“None of us will live forever, but we hope that the Finger Lakes Trail is here forever,” said Ed Sidote, who turns 90 this fall. In addition to mentoring End to Enders, Ed is currently President of the Bullthistle Hikers, a very active group he founded three years ago. Ed recently contributed shares of stock worth about \$1,250 to the Sidote Stewardship Fund (dedicated to trail preservation and improvement) and challenged others to make gifts to the Fund. “I don’t want any birthday gifts; what would I do with stuff at my age? It would be great if people would give to the Sidote Stewardship Fund.” A birthday party is planned for the Fall

Campout at Hickory Hill Family Camping Resort in Bath over Columbus Day weekend.

In response to Ed’s challenge, the FLTC Board of Managers has established the “FLT Forever Society” to provide encouragement and recognition to those who can and are willing to contribute significant funds for FLT trail preservation. A minimum contribution of \$1250 is required to become a member of the Society in recognition of Ed’s original challenge, with no maximum on contribution amounts. Annual pledges accumulating to at least the minimum may be made over a five-year period if the donor

chooses. Contributions will be deposited into the Sidote Stewardship Fund and used for FLT preservation. Donors will be recognized annually in the Finger Lakes Trail News.

Ed’s longtime friend and hiking companion Harmon Strong is also turning 90 and has previously made a substantial contribution to the FLTC. So please join the “Birthday Boys” in contributing to the Stewardship Fund. All donors to the Sidote Stewardship Fund as a birthday present to Ed (for any amount) will be presented with a commemorative neckerchief as attire for the Saturday Night Party and Ed, Harmon and all those matching the \$1,250 gift will be inducted into the “FLT Forever Society” as founding members during the party with fanfare and hoopla.

Please send your contributions (make a separate check payable to the Finger Lakes Trail Conference) along with your Fall Campout registration indicating that it is for the Sidote Stewardship Fund. Should you have any questions about contributing or the FLT Forever Society, please contact Gene Bavis (Executive Director) at [gbavis@rochester.rr.com](mailto:gbavis@rochester.rr.com) or 315/986-1474, or Jarret Lobb (Vice President Finance) at [fltboard@lobbonline.com](mailto:fltboard@lobbonline.com) or 585/383-1938. □

## An Excel Spreadsheet to Track Your FLT Miles

	A	B	C	D	E
1	End to End Log Across the Main Finger Lakes Trail				
2	Created by “Java Joe”				
3	Map	Access Point-Junction	Stages	Map Cum.	Total Cum.
4					When, Who, & How
5	M1	1-Start at PA border	0	0	
6		2-Cross Wolf Run Rd	4.2	4.2	
7		3-Cross Coon Run Rd	4.3	8.5	
8		4-Cross ASP 3	1.9	10.4	
9		5-Cross ASP 1	5.1	15.5	
10		6-Left at blue trail junction	2.4	17.9	
11		7-Straight at orange trail junction	0.5	18.4	
12		8-Left off Bay St. Rd onto ASP2	3.5	21.9	21.9
13					
14	M2	1-Left off Bay St. Rd onto ASP2	0	0	
15		2-Right on Sunfish Run Rd	2.6	2.6	
16		3-Cross Sawmill Run Rd	3.5	6.1	
17		4-Cross W. Branch Bucktooth Rd	3.3	9.4	
18		5-L on E. Branch Bucktooth Rd	1.8	11.2	
19		6-Cross Rte 353	4	15.2	37.1

It was impossible for John Andersson to list all of the many contributions to the FLTC made by this year’s Wally Wood Award winner, Joe Dabes. (See the article on page 9). “Java Joe” also created a handy spreadsheet for tracking your progress along the FLT (last revised 2006). Entering any comment in the “When, Who, & How” column automatically adds the miles to the “Completed” column, totals the miles at the bottom of this spreadsheet, and updates a pie chart showing “% Completed”.

Available at [www.fingerlakestrail.org](http://www.fingerlakestrail.org). Click on “Plan a hike” then scroll to the bottom and you will see “A form to track your hikes.”



Gene Bavis

*Joe Dabes, right, with FLTC President David Marsh*

## **Wally Wood Award goes to “Java Joe” Dabes**

**by John Andersson**

“Java Joe” Dabes, of Dryden, was recognized with the Finger Lakes Trail Conference Wallace D. Wood Distinguished Service Award, the highest award given by the FLTC, in Swain on May 5, 2007, for his many contributions to the FLTC. Joe has been a very active member of the Cayuga Trails Club (CTC) and the FLTC, including serving two terms as an FLTC Board Member. He is a trail advocate, donating time, expertise, and money to the system, and learning and applying new technology to the trail’s benefit.

“Java Joe” first learned of the FLTC in the early 1970’s when he moved back to the area after eight years studying and working in California. Joe grew up on a farm in the Groton area between Ithaca and Cortland, liked the outdoors, and was active in Boy Scouts. He was graduated from Groton High School, earned a B.S. in Chemical Engineering from R.P.I. and a Ph.D. in Chemical Engineering from the University of California at Berkeley. His interests turned to teaching, and an opportunity at the Tompkins Cortland Community College led him to develop his career teaching physics and math. Joe notes that in the first few years of his teaching, TC3 occupied his old high school building. As leader of the TC3’s

Outings Club, he picked up the CTC’s “Guide to Hiking Trails in the Finger Lakes Region” and thought that the FLT only went from Dryden to Watkins Glen! He soon learned that a trail existed in Virgil—but only on paper. He became the trail sponsor, and with Ray Kuzia and the TC3 Outings Club, went out and built it. At one time he and Ray maintained 17 miles, but now they are down to about 10. He became so convinced of the trail’s value that he bought land in Virgil and donated a trail easement to the FLTC.

He got turned on to running in 1978, and has run 150 marathons and ultra marathons. Although active with the Finger Lakes Running Club for many years, he got more involved with hiking in the past few years as his body protested against running so much. After he retired from teaching, an ad for a mapping supervisor for the FLTC grabbed his attention. Seeking a challenge, he learned ArcView, THE mapping tool, and asked to convert all the FLT maps to ArcView. He contributed \$3000 of his own to make that happen, and he has enjoyed it immensely, spending thousands of hours bringing all 51 of the FLT maps into the 21st century and hiking miles and miles of the FLT, plus numerous re-routes, wearing a GPS unit. He has

recently requested and gotten tax map parcel information for all counties and overlaid the FLT on the tax parcels, which will be a great aid in identifying and communicating with landowners.

In 2005, the Finger Lakes Trail Conference awarded Joe the Clar-Willis Distinguished Trail Volunteer Award for his extensive trail work over many years. Besides building the trail in Virgil, with his long-time trail pal Ray Kuzia, he has spent many work weeks with the FLTC, including building at least three lean-tos. Ed Sidote credits him with helping to close six gaps in the original FLT, creating miles of new trail over the years, and remaining Trail Steward for nearly thirty years on the FLT in the Virgil area.

Not only has Joe been a tireless trail worker, but he also shares his knowledge about backpacking, storytelling and the Finger Lakes Trail. He has organized and led hikes, cross-country ski trips and trail runs on the Finger Lakes Trail with a number of hiking groups and organizations. He has gotten great publicity for the FLT by hiking the complete FLT six times (number seven is coming up!). Joe became End to End #2 when there were lots of road walks because permission across land hadn’t been found yet. He used his fourth end-to-end as an FLT fund raiser, raising hundreds of dollars, and personally donating a dollar a mile.

Joe, who with his wife Kathy now hikes in Florida and New York, continues to work to improve the trail system. He is a strong advocate for more loop trails as he believes people will use and enjoy them more than hiking out and back.

The Wally Wood award is presented each year to a person or persons who have made outstanding contributions to the Finger Lakes Trail Conference. Wallace (Wally) Wood envisioned a long distance footpath across New York State and founded the Finger Lakes Trail Conference. Joe Dabes follows in Wally Wood’s footsteps with his valuable work with the FLTC over four decades. □

***The Sidote Birthday Bash***  
***FLT Fall Campout, October 5-8, 2007***  
***Honoring Ed Sidote on the beginning of his 10<sup>th</sup> Decade***  
***At Hickory Hill Family Camping Resort, Bath, NY***

*This event is being hosted by the FLTC. We believe that you will want to take part in the festivities. In addition to the group hikes and evening programs, we will be having workshops and a lot of FLT fellowship. Following is a schedule of events. The FLT Store will be open during social times and before and after meals and programs in the Activity Hall.*

*Friday, October 5*

<i>11 AM</i>	<i>Check in begins</i>
<i>Noon &amp; 1:00 PM</i>	<i>Hikes begin. Meet at the main entrance of Hickory Hill Family Camping Resort.</i>
<i>5:30 PM</i>	<i>Social Time at the Activity Hall (bring your own beverages, munchies provided)</i>
<i>6:30 PM</i>	<i>Chicken Barbeque</i>
<i>7:30 PM</i>	<i>Speaker: Anne Terninko, Professor of Environmental Conservation and Horticulture, speaking on black bears</i>
<i>9:00 PM</i>	<i>Campfire</i>

*Saturday, October 6*

<i>7:30 – 8:30 AM</i>	<i>Breakfast Buffet</i>
<i>9:00 AM</i>	<i>Hikes begin</i>
<i>9:00 AM – Noon</i>	<i>Workshop: The Basics of Trail Maintenance</i>
<i>9:00 AM – Noon</i>	<i>Workshop: Digital Photography</i>
<i>Lunch on your own (pre-order bag lunches if desired)</i>	
<i>1:30 PM – 2:30 PM</i>	<i>Workshops (see list)</i>
<i>2:30 PM – 3:30 PM</i>	<i>Workshops (see list)</i>
<i>3:30 PM – 4:30 PM</i>	<i>Workshops (see list)</i>
<i>5:30 PM</i>	<i>Social Time at the Activity Hall (bring your own beverages, munchies provided)</i>
<i>6:30 PM</i>	<i>the BIG Banquet</i>
<i>7:30 PM</i>	<i>Program begins ...All about Ed Sidote, the FLT “Energizer Bunny”</i>
<i>9:30 PM</i>	<i>Campfire</i>

*Sunday, October 7*

<i>7:30 – 8:30 AM</i>	<i>Breakfast Buffet</i>
<i>9:30 AM</i>	<i>Hikes begin</i>
<i>9:00 AM – 1:00 PM</i>	<i>FLTC Board of Managers Meeting</i>

*Lunch on your own (pre-order bag lunches if desired)*

*There is no formal program scheduled after Sunday noon, but you are welcome to stay over and enjoy the campground, area attractions and trails. Suggested activities and self-led hikes will be available for you.*

***Finger Lakes Trail Conference, 6111 Visitor Center Rd., Mt. Morris, NY 14510***

## **Lodging Options**

Hickory Hill Family Camping Resort has a number of rental units in addition to their camping and RV sites. Most of these have been built in the past 2 or 3 years. We have ALL 24 structures **reserved until 7/30/07** at which time we will release any that are not spoken for, SO it is important that you make your reservations with us prior to that date. After that, they will most likely go to people who are on Hickory Hill's waiting list.

Here are your choices if you wish to stay at Hickory Hill:

- Pitch your own tent in our group campsite. Cost: \$10 per adult per night, children \$5.
- RV site with water and electric. Cost: \$39 per site per night
- Single bed in a cottage or lodge.\* Cost: \$30 per person per night
- Share double bed in a cottage or lodge.\* Cost: \$25 per person per night
- Rent a cottage (has queen bed, double bed, double sofa bed, full kitchen, bath/shower, cable TV).\*\* Cost: \$125 per night for up to 6 people with 2-night minimum.
- Rent a lodge (has queen bed in loft, double bed, double sofa bed, 2 bunks, full kitchen, bath/shower, cable TV). \*\* Cost: \$150 per night for up to 8 people with 2- night minimum.

**Note: email or call Gene Bavis before selecting lodging in a cottage or lodge to check availability.** Tent and RV spaces are plentiful. ([gbavis@rochester.rr.com](mailto:gbavis@rochester.rr.com) or 315-986-1474). A reservation will be held pending receipt of registration form.

Microwave, coffee pot, pots, pans, and dishes are supplied in cabins, cottages and lodges. **YOU** supply pillows, bed linens, blankets, and towels.

\*With the single or share-a-double-bed options, you will be given space in a cottage or lodge with others. We will do our best to honor requests as to who you will be sharing the unit with. Make that request on the registration form under "other requests." Those sharing a double bed, please register together on one form.

\*\*With the rent-a-cottage or lodge option, we would like ONE person (the "group leader") to handle the reservations for your group. That person is responsible for telling us who will be occupying the structure with you. Payments may be made by individuals within the group, but the "group leader" is responsible for making sure that the total cost is covered. You may have up to 2 extra people in your cottage or lodge, BUT you must supply your own cot or sleeping mat. The cost for each additional person is \$10 per night.

Numerous motels and B&B's are available in Hammondsport and Bath within 5 or so miles of Hickory Hill. This is the peak of fall foliage, so if you plan to make a reservation at a local motel or B&B, we urge you to do it ASAP. Check the following websites or contact the FLTC Office for a list.

<http://www.bathnychamber.com/>

<http://www.hammondsport.com/>

<http://corningfingerlakes.com/>

<http://www.fingerlakes.org/>

Note: Checks should be made payable to the Finger Lakes Trail Conference. Separate checks would be appreciated for donations to the Sidote Stewardship Fund, Membership, and Campout Registrations.

**Finger Lakes Trail Conference, 6111 Visitor Center Rd., Mt. Morris, NY 14510**

## Meals

Hickory Hill Family Camping Resort will be catering meals for us. Those who need special considerations (including vegetarian options), please make note on your registration form.

Breakfast Buffet on Saturday and Sunday \$8.00 per person

Cold cereals, muffins, bagels, juices, assorted fruit, scrambled eggs, sausage links, bacon, French toast or pancakes, milk, coffee, tea

Lunches \$6.00 per person

Turkey, Ham, Beef or Veggie sandwich, fruit, brownie or cookies, trail mix

Friday Dinner \$10.00 per person

Chicken Barbeque with roll and butter, salt potatoes, cole slaw, and beverages

Saturday Buffet \$17.00 per person

Roast beef, chicken breast, meat balls, ziti, mashed potato, vegetable, tossed salad, pasta salad, beverages, and birthday cake

## Refund Policy

- Full Refund until July 30 (minus \$2 handling charge)
- After July 30, NO refund on lodging unless we can find someone to take your reservation.
- Registration and Meal Refunds will be made until September 15 (minus \$2 handling charge).
- After September 15 ANY refund would be subject to finding someone to take your reservation.

## FLTC Membership “Deal”

If you are NOT currently a FLTC Member, PLEASE consider becoming one. Since our membership year runs from April 1 – March 31, first time members attending the Fall Campout may take advantage of the following “Fall Campout Introductory Offer.” Individual membership for \$15.00 through 3/31/2008 OR \$35.00 for membership through 3/31/2009. Add \$5.00 to individual prices for a Family Membership. Please write a separate check for membership dues.

## The “FLT Forever Society”

This weekend is special for the FLTC. We are honoring Ed Sidote as he begins his 10<sup>th</sup> decade. Ed’s 90<sup>th</sup> birthday is September 13, 2007, but he doesn’t want any gifts. Instead, he would like to see donations to the Sidote Stewardship Fund. As you probably know the Sidote Stewardship Fund is for trail protection. About half of our trail is on private land, and most of the agreements are informal. As time goes on we hope to obtain more permanent easements, especially in areas that connect two sections of public land. That may require us to purchase some of these lands. We don’t intend to become long term landowners, but purchasing land and then reselling it with easements in place will take some cash.

We hope you will contribute to the “cause” in Ed’s honor. Any amount is welcome, but the Board of Managers has established a special group. It is called the “FLT Forever Society.” Individuals or Groups who donate \$1250 or more to the Sidote Stewardship Fund will be recognized as members of this special group. Ed is member #1 since he recently donated stock valued at over \$1250 to the FLT. Donations may be made over a period of time (up to 5 years), but we’d like you to make your intentions known (a pledge) as you begin the series of donations toward this end.

All donors to the Sidote Stewardship Fund as a birthday present to Ed (for any amount) will be presented with a commemorative neckerchief as attire for the Saturday Night party. Please write a separate check for donations.

## ***Hike Schedule***

### Friday 10/5/07

1. *M-11, Access 2 to 7. 8.4 miles. Hike one of the newest re-routes on the Southern Tier section of the FLT. 1.5 miles re-routed off busy Knight Settlement Road through lovely hardwoods with spectacular views of the surrounding hills. Strenuous, but worth it for the views! Leaves the campground at 12 noon*
2. *M-12, Access 5 to 6, Mitchellsville Creek Gorge. 3.1 miles. Hike down along a hemlock-lined ridge in the park-like setting of this privately owned gorge. Hike will finish by walking through a working Finger Lakes wine vineyard and smelling the concord grapes in season. Easy. Leaves the campground at 1pm.*
3. *M-12 & B-3, campground to B-3 access 18. 6.8 miles. Hike from campground on the main FLT trail, along southern beginning of Bristol Hills Branch, traveling through serene section of this branch trail and passing lovely views and ponds. Moderate. Leaves the campground at 1pm.*

### Saturday 10/6/07 All hikes leave the campground at 9 am

4. *M-10, Access 7 to 3. 9.2 miles. Lovely mixed hardwood and pines. Hike with several beautiful fall views of the Canisteo Valley. Moderate to strenuous with several significant ascents and descents.*
5. *Keuka Outlet Trail. 6.5 miles. Hike along this unique, historically significant canal trail. Walk along an old railroad bed and view several defunct mills and locks with 2 striking waterfalls. [www.keukaoutlettrail.net](http://www.keukaoutlettrail.net) Easy.*
6. *Bike option on Keuka Outlet Trail. 14 miles from Dresden to Penn Yan and return. Self guided. Easy*
7. *Short hiking option on Keuka Outlet Trail. 3 miles. Hopeton Road to Seneca Mills Falls. Shorter version of hike 2, including the high points of mills and waterfalls. Very Easy.*
8. *M-12, Access 6 to campground. 10.1 miles. Hike starts through Finger Lakes wine vineyard and travels up along ridge of the serene hemlock-lined Mitchellsville Creek Gorge, walking through nice hardwood stands and ending back at either the campground, or continuing on to Access 1 for an additional 0.9 miles. Moderate to strenuous.*
9. *B-3, Access 18 to 16. 7.9 miles. Hike through lovely Pigtail Hollow and Urbana State Forests, including the Huckleberry Bog Interpretive Trail and the 2-story Evangeline Shelter. Moderate.*

### Sunday 10/7/07 All hikes leave the campground at 9:30 am

10. *Rattlesnake Hill. 8 miles. Hike through sections of the Rattlesnake Hill State Wildlife Management Area on M-8. Unique multiuse area without the aforementioned rattlesnakes! Moderate.*
11. *M-13, Access 2 to 1. 2.4 miles. Hike past several old foundations and relax on a memorial bench under towering old trees. Reflective walk. Easy.*
12. *M-12, Access 11 to 6. 9 miles. Climb Mt. Washington on this hike, which is not for the faint of heart! View Keuka Lake through the fall's colored leaves. Coupled with the full hike #8 (to access 1), this hike will complete Map M-12. Strenuous.*
13. *B-1, Access 2 to 5. 9.7 miles. Enjoy several outstanding views of the fall colors in the Naples Valley from lookout points on this section of the Bristol Hills Branch Trail. Several significant elevation gains. Moderately strenuous.*
14. *B-3, Access 12 to 16. 5.9 miles. Coupled with Hikes 9 and 3, will complete map B-3. Moderate.*

***Finger Lakes Trail Conference, 6111 Visitor Center Rd., Mt. Morris, NY 14510***

## Workshops

1. *Basic Trail Maintenance* – Learn the basics of building and maintaining trails. This workshop will begin with basic instruction followed by some hands-on application. (3 hours)

2. *Digital Photography* – Learn the basics of photography using your digital camera. Practical instruction first, followed by application of principles and a critique session. (3 hours)

**One hour workshops on Saturday afternoon (schedule to be developed, so please indicate your interest.)**

3. *Map & Compass Basics*

4. *GPS Basics*

5. *Orienteering*

6. *Geo-caching*

7. *Helpful Hints for End to Enders*

8. *Hiking and Yoga*

9. *Selecting a Proper Backpack*

10. *Backpacking Stoves*

**Plans for the Fall Campout are still evolving, so please check the FLT website for updates on workshops and other activities that may become available.**

## The Memory Book

We will be presenting Ed with a “Memory Book.” We know that he’d love to read some of your memories and stories about him and the trail, serious or funny. If you have pictures or other materials that we can copy, please submit them (we will scan and return them).

Please fill out and attach this information to your registration. Not only will it be helpful for the memory book, but it may be used in the Saturday evening program.

Name \_\_\_\_\_ Please check below any that apply.

End to Ender # \_\_\_\_\_  Branch Trail End to Ender # \_\_\_\_\_  Aspiring end to ender

Trail Maintainer (current or past)  Alley Cat participant  FLTC Land Owner

FLT Officer  BOM  Agency (DEC, etc.) \_\_\_\_\_

Club affiliation(s): \_\_\_\_\_ Other:

If applicable: Detail your first meeting(s) with Ed Sidote.

Year: \_\_\_\_\_ Your recollections:

The registration form is also available at [www.fingerlakestrail.org](http://www.fingerlakestrail.org).

## Fall Campout Registration Form

(for one or two people; if you have more than 2 in your group, please use another form)

(Due by 7/30/07 if requesting lodging or 9/15/07 otherwise)

Name(s) \_\_\_\_\_ Phone # \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Email address \_\_\_\_\_

**Registration Fee** (member \$6, non-member \$8) total \$ \_\_\_\_\_

**Lodging:** staying the following nights: Friday Saturday Sunday (circle all that apply)

\_\_\_ tenting (\$10 adult/night, \$5 child/night \_\_\_ RV site (\$39 per site/night)

\_\_\_ single bed (@\$30/night) \_\_\_ shared bed @\$25/person/night

\_\_\_ part of group sharing cabin, cottage or lodge (group leader \_\_\_\_\_)

\_\_\_ cottage (\$125/night, 2 night minimum) lodging total \$ \_\_\_\_\_

\_\_\_ lodge (\$150/night, 2 night minimum)

If you are the group leader for a cabin, cottage, or lodge, please list the people

occupying it with you: \_\_\_\_\_

**Meals:** Check (one check for each person) each meal that you wish to take part in, and circle choices as appropriate.

\_\_\_ Friday night Chicken BBQ (\$10/person) Check here \_\_\_ if vegetarian option is requested.

\_\_\_ Saturday Breakfast Buffet (\$8/person)

\_\_\_ Saturday Lunch (\$6/person) circle choice: turkey ham beef veggie

\_\_\_ Saturday Night Buffet (\$17/person) Check here \_\_\_ if vegetarian option is requested.

\_\_\_ Sunday Breakfast Buffet (\$8/person)

\_\_\_ Sunday Lunch (\$6/person) circle choice: turkey ham beef veggie

Total amount for meals \$ \_\_\_\_\_

**Total amount** (registration + lodging + meals – previous deposit of \$ \_\_\_\_\_ ) \$ \_\_\_\_\_

**Donation to the Sidote Steward Fund** (optional, separate check appreciated) \$ \_\_\_\_\_

**Membership "Deal"** (optional, separate check appreciated) \$ \_\_\_\_\_

Special requests: \_\_\_ vegetarian meals \_\_\_ other: \_\_\_\_\_

**Hikes** I (we) would like to take: # \_\_\_ # \_\_\_ # \_\_\_ and/or **workshops:** # \_\_\_ # \_\_\_ # \_\_\_ # \_\_\_

(If this form is for more than one person, please make it clear as to who is signing up for what. See listing of hikes & workshops)

### Please Read and Sign the following:

Those persons enjoying the Finger Lakes Trail (FLT) and/or activities sponsored by the Finger Lakes Trail Conference (FLTC) or any clubs conducting activities on behalf of, or in support of the FLTC, accept full personal responsibility for their own well being, or, for the well being of a minor when acting in the capacity of parent or guardian. Further, users of the Finger Lakes Trail accept and understand that hiking is a rigorous activity often conducted in rugged outdoor conditions subject to variations in weather and terrain conditions which may involve the risk of injury or death, and, that we are fully responsible for our own safety and selecting activities that are consistent with our physical capabilities.

Print Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Mail checks payable to Finger Lakes Trail Conference, 6111 Visitor Center Rd., Mt. Morris, NY 14510

## Erv Markert Award Goes to Our Benefactors at the Mt. Morris Dam

by Irene Szabo

The Trail Conference bestows its Erv Markert Award, named for our longtime early *News* editor and trail chair, on a person or group which helps our trail, even though the recipient may not be a hiker or a directly related organization. So this year it was high time we honored the U.S. Army Corps of Engineers for hosting our trail and service center at their Mt. Morris Dam property.

The northern terminus of the Letchworth Branch of the FLT used to be the Hogsback Overlook parking spot a mile south of the Mt. Morris Dam along its entrance road. When the Genesee Valley Greenway opened its first trail segment in 1992 along the old canal and railroad bed in the village of Mt. Morris, however, the proximity begged for a connection between the two trails.

Dam superintendent Bud Sinnott welcomed our trail extension through the federal reservation within the state park, even before there was any recreational component to this Corps of Engineers site. Within a decade Bud retired, but not before plans were underway to build his dream of an interpretive visitors' center. When the fascinating Center opened, the heavily-used yellow-blazed trail continued through the parking lot and on through bush and dark forest two miles downhill to the Greenway below.

The new visitor center at the dam was a fun place to visit, so one day I was loitering there, babbling with its first manager, Dina Dreisbach. She happened to ask, "Do you know any not-for-profits who need office space? We're going to bulldoze the old superintendent's house if we don't find an appropriate tenant."

The rest is charming history: we surprised Dorothy Beye by moving the office out of her home, where it had been for seventeen years, ahead of her requested schedule, while the Board gulped hard twice, then hired its first part-time employees, Gene Bavis and Gert Hauck. The FLTC celebrated our fortieth anniversary in 2002 by hosting



Photo by Gene Bavis

*Tom Wenzel with the plaque that was given to the Corps of Engineers*

the spring meeting in Mt. Morris, which included a ceremonial hoo-dow at the trail-sign totem pole in the vast lawn in front of the new office, attended by such leading lights as the Board of Directors of the North Country Trail Association!

River or lake water plus soil samples from all seven states of the 4600-mile North Country Trail were deposited in a planter at the base of the sign pole. Blaze-colored signs aim every which way from the pole, inviting visitors to head down the Letchworth Branch (yellow) to the main trail (white), and from there to the Catskills or Allegany State Park, or to the Greenway "downtown," or up the orange-blazed Conservation Trail to Niagara Falls, or even to continue on the blue-blazed North Country Trail all the way to North Dakota.

Since then, the Corps has continued to foster partnerships with many local organizations in order to expand their recreational offerings at the dam visitor center. The Friends of the Genesee Valley Greenway share space in our "office building", and both trail organizations enjoy permanent displays in the lobby of the visitor center. Because we pay only heat, but no rent, while the Corps takes care of our build-

ing like a good landlord, we "repay" them with programs designed to bring more visitors to the center. Not only do we continue to tend the trail through that location, which brings hordes of visitors in season, but for the last four years we have assembled a squad of volunteers who offer different kinds of walks emanating from the visitor center twice a month, year round.

Then last fall we embarked on a new project, described in our last issue, to render three-eighths of a mile of the Branch Trail south from the parking lot more accessible to all users. The Corps contributed machinery and personnel, their contractor dumped a full truckload of chipped river-bottom debris, and FLT volunteers and Groveland prisoners supplied the primary labor to spread those woodchips down the trail in order to cover exposed bumpy roots that had become an impediment on this heavily used piece of trail with great gorge overlooks.

Now we have just received our first Challenge Cost Share from this partner. Much like those we have received for years from the National Park Service which cover material costs for projects along the North Country Trail, this cost-share will pay for signs. Application was made last fall for signage expenses to demonstrate to all potential users the exact conditions ahead for this three-eighths of a mile we are trying to render more accessible, and we can now proceed with the project.

So we thank the Buffalo District of the Army Corps of Engineers for being such helpful partners to the FLTC, not only in our trail enhancement projects, but especially as hosts of our office and service center. Our situation would be radically different if we had to pay commercial rent for office space! Tom Wenzel, Project Assistant, accepted the award on behalf of the Corps on Saturday night at Swain at our big May weekend, with the thanks of his supervisor, Patricia Hixon, Park Manager. □

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Article removed at author's request

## **Emerald Necklace Hike Series—September 2007**

by David S. Marsh, FLTC President

**W**hile many hikers are now enjoying the FLTC annual hike series, this year titled “Hiking West: Crossing the Genesee”, another hike series on the FLT is being planned for September 10 through 15, 2007. This bonus series is sponsored by the Finger Lakes Land Trust to bring attention to their Emerald Necklace Project. The series will run essentially between the Finger Lakes National Forest in the west (Satterly Hill Road on FLT map M-15) and a point just a little northeast of Hammond Hill State Forest in the east (NY Route 38 on FLT map M-18).

This route passes through a number of State lands, or the “Emeralds” of the necklace. The mileage of the daily segments ranges from 9.9 miles to the longest leg of about 13 miles for a total of 78 miles for the series. Activities planned for the week also include a series of lunchtime speakers to educate participants about the natural resources of this area.

The Finger Lakes Trail threads its way through the Emerald Necklace, connecting the Finger Lakes National Forest, Connecticut Hill Wildlife Management Area, Robert Treman State Park, Buttermilk Falls State Park, Danby State Forest, Shindagin Hollow State Forest, Potato Hill State Forest, Robinson Hollow State Forest, and Hammond Hill State Forest.

The Land Trust plan is “... to identify, preserve, and manage lands that, when strung together and added to the existing public holdings, will make a bright green necklace of pristine forest arcing below the south end of Cayuga Lake”. The Trust recently kicked off its protection efforts with the acquisition

of 115 acres hosting a key segment of the trail between Robert Treman State Park and its Sweedler Preserve at Lick Brook.

The Finger Lakes Trail Conference is working with the Finger Lakes Land Trust and other organizations, including the Cayuga Trails Club, to support this project. The Project’s success will ensure the FLT’s continued existence and also safeguard the natural beauty of the lands surrounding the trail and a heightened level of protection for our natural environment. We are excited to be working with organizations that will help us reach our goal of protecting the FLT forever.

I would also think that many of our FLTC members will be excited about this additional opportunity in September to hike with enjoyable company through some beautiful countryside while supporting the Emerald Necklace Project. More details about the hike series will be posted on the Land Trust web site in the near future: [www.fltc.org](http://www.fltc.org). You may also find more about the hike series and the Emerald Necklace Project by calling the Land Trust’s Ithaca office at 607/275-9487. □



### **Are you a Finger Lakes Trail groupie?**

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

## FLTC Policy for Dogs on Trails of the FLT System

The following policy of the Finger Lakes Trail Conference, approved by the Trail Management Committee on February 24, 2007, is intended to provide all users of the FLT System the opportunity to enjoy their time on the trail and not have to deal with unwelcome dogs. Further, the policy is intended to ensure that dogs which hikers bring on the trail on private land are under their control at all times. Because of dogs running free, and in some cases their masters chasing them on private land, we have had complaints from our landowners. In at least in one situation it has led to the trail route being closed by the landowner.

Therefore, we support all regulations which apply to dogs being taken on public land managed by the Office of Parks, Recreation and Historic Preservation, Department of Environmental Conservation and US Forest Service, as well as other public land managed by counties, cities, towns and villages. All state parks that the FLT System goes through, except Allegany State Park, require pets to be on a leash of no more than 6 feet when on the trail. In Allegany State Park and all state forests, it is required that pets be kept under control, and be restrained on a leash when other people approach. If you are hiking with a dog in other public land, you are responsible for knowing the regulations that apply.

On private land, dogs should be kept on a leash at all times when hiking on trails of the FLT System.

## Trail Topics



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

Appropriate notices of this policy shall be placed on future signs which contain hiking regulations and other printed material related to use of trails in the FLT System.

## Standards for Blazing Trails

The Blazing and Signs Subcommittee of the Trail Management Committee (TMC) submitted a report at the February 24, 2007, TMC meeting to improve blazing and to bring blazing across the entire system under the same standard. In time hikers should see improvement in the density of blazes installed (not enough or way too many), size standardization (2 by 6 inch), correct color, use of double blazes to indicate turns, and painting out blazes no longer needed because of a route change.

The change that hikers will see that needs some explanation is the new double blaze to indicate a change. I will not go into all the various methods currently being used, but suffice it to say some will be around for some time as we move to the new standard. The configuration of the new standard double blaze is a 2x6" vertical blaze near the center of the tree plus a second identical blaze placed above the first, but offset horizontally in the outgoing direction of the turn. The vertical spacing between blazes is nominally 1-2" and the offset nominally 2".

## Moving Trail off Road

The FLTC was contacted by a landowner, David Morse of Corning, who is the owner of land on map M-10 located on the north side of Spencer Hill Road. Mr. Morse has offered us the opportunity to move about a mile of trail off the road.

## Still Waiting for Adoption

**Catskill-Central Region.** Individual trail sponsors are needed for the following trail sections:

Map M-28, 29 From NY Route 10 to West Trout Brook Road (8.1 miles of which 6.5 miles are on road)

Map M-29 From West Trout Brook Road to the junction of West and East Trout Brook Roads (3.8 miles)

Map M-30 From parking area on Campbell Brook Road to Campbell Mountain Lean-to (3 miles)

If you are interested in more details or would like to apply for a section, contact Mike Gebhard, area coordinator: 607/693-4118 [mvgebhard@hughes.net](mailto:mvgebhard@hughes.net)

**Catskill-West Region.** Individual trail sponsors are needed for the following trail sections:

Map M-27 From NY Route 8 to Dry Brook Road (3.3 miles)

Map M-27 Blue side trail to Oquaga Creek State Park (1.9 miles)

To volunteer or ask questions, contact area coordinator Jim DeWan: 607/775-3001 [goshawkbait@aol.com](mailto:goshawkbait@aol.com)

**Finger Lakes National Forest.** The FLTC is still looking to find several people who would be interested in becoming trail stewards for small sections of the 11.9-mile Interloken Trail located to the northeast of Watkins Glen. They would work under the Hector Ranger District of the Finger Lakes National Forest, which has been the trail sponsor since the trail was built in the 1960s. They would receive instruction and assistance with tools and other supplies. To learn more about this opportunity contact Chris Zimmer, Finger Lakes National Forest, Ranger District Office 607/546-4470 [czimmer@fs.fed.us](mailto:czimmer@fs.fed.us). If you do take on the job, please let the FLTC Trail Operations Office (585/288-7191, [fltcf@frontiernet.net](mailto:fltcf@frontiernet.net)) know of your assignment.

This project has been turned over to Bill Coffin, Chair of the Routing Trail Off Roads Subcommittee of the Trail Management Committee. From the top of Spencer Hill there are views of up to 50 miles. Bill Coffin will be working with Section Coordinator Irene Szabo and Trail Sponsor Paul Smith to take advantage of this fine opportunity to improve the trail route in this area.

### **New Trail Steward and Trail Sponsors**

The Foothills Trail Club has added two new trail stewards. **David Potzler** of New Falls will tend the section on map CT-4 between the main FLT/Conservation Trail junction and Roszyk Hill Road, and **David Keiber** of Darien Center has adopted the section between Sinn Road and Getman Road on map CT-7.

Watkins Glen-West Coordinator, **Lynda Rummel**, reported that **Peter Nye** of Hammondsport has taken over as trail sponsor for the section located on map M-13 between County Road 16 (AP-3) and County Road 17 (AP-4) formerly sponsored by **Phyllis Younghans** and friends of Fairport. Peter formerly had a section of trail on map M-11. A special thank you goes to Phyllis and her helpers for the fine work they did on this section for the last 16 years.

Genesee-East Trail Coordinator, **Irene Szabo**, is pleased to announce that the section of trail between the junction of Turnpike and Hughes Roads and Gay Gulf Road on map M-11, formerly sponsored by Peter Nye, has been taken over by new trail sponsor, **Carrie French** of Avoca.

Catskill-West Trail Coordinator, **Jim DeWan**, reports he has been successful in securing two new trail sponsors for trail in his area. **Dale Fox** and **Dennis Uhlig** from

Bainbridge are now the trail sponsors on map M-27 from the Summit Parking Area to NY Route 8. Further east on map M-27, **JoAnne Terwilliger** and **Kathy Ritter** of Binghamton are the new trail sponsors for the trail between Dry Brook Road and County Roads 27 and 47.

*(Continued on page 22)*

### **Volunteers Needed For 2007 Alley-Cat Trail Crews**

The FLT Alley-Cat crews are trail work crews, which are made up of from 8 to 14 adults. Youths 16 and older can participate if a parent or guardian will also be on the crew. All persons, regardless of current skills, are welcome to join a crew. You should be in reasonably good physical condition to perform manual work and to walk in to work sites. We share in the food preparation and clean up. Food and lodging space are provided at no cost. Dishes and silverware will be provided. We provide the work tools and transportation from base camp to work sites, as well as transportation for those needing it to and from airports, train or bus stations. All crew members must be members of the Finger Lakes Trail Conference.

We have space available in both of the two remaining crews:

**July 23-27 at the Holland Community Center in Holland, NY**, on map CT-6. We will be tenting at the Center with cooking and eating inside. Workers staying nights will need to bring a tent. Work will consist of reducing steep trail slope and widening the tread width on three major gullies between Vermont Street and Carpenter Hill Road. As of May 21, there are six men and one woman signed up.

**September 17-21 in Taylor Valley State Forest, near Chenango, NY**, on map M-21. We will be tenting at the Chenango Camping Area and using the picnic shelter to prepare food and eat under. Work will be stabilizing a creek bank using gabion baskets and preparing the foundations for the new 65-foot bridge across Chenango Creek. As of May, there are four men and one woman signed up.

Interested persons should request an announcement and application from the FLTC Trail Operations Office at [fltcf@frontiernet.net](mailto:fltcf@frontiernet.net) or 585/288-7191. Since food and lodging space are being provided, preference is given to those who will be staying for the entire week, but if room is available, shorter periods of participation are possible. Individuals interested in working on a crew, but commuting each day, are welcome to sign up for as many days as desired.

### **Leadership and Planning Opportunities!**

**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 [fltcf@frontiernet.net](mailto:fltcf@frontiernet.net)

**Trail Projects Planner:** This individual will 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. The assignment does NOT include actual conduct of those projects, but will involve canvassing stewardship groups for project needs annually.

## Trail Topics ...

(Continued from page 21)

Bristol Hills Trail Coordinators **Tom and Donna Noteware** report that **Pamela McCarrick** of Naples has changed jobs and moved to Hiddennite, NC. Pam had been the trail sponsor of the trail on map B-1 between Access Points 6 and 6A since 1999. During the summer she also covered other trail in High Tor Wildlife Management Area. Replacing Pam is long-time trail worker **Laurence Cook** of Prattsburgh.

### Trail Trouble-Shooter

If you are out hiking the FLT System and like to observe conditions along the trail, being a Trail Trouble Shooter

might be something you would like to get involved with. The purpose is to put a few new sets of eyes out on the trail to observe things that others quite familiar with the trail may not even notice. You even get to tell us what areas you liked the best. We provide a simple report sheet that you complete as you hike the trail. You can hike any place you desire. Before you start out let Howard Beye at the Trail Operations Office know where you plan to do your hikes and we will send you, free, up to three maps which will cover the areas you select. When those hikes are completed and the report sheets are sent in, we will provide more maps if you wish. Contact Howard at 585/288-7191, [flt@frontiernet.net](mailto:flt@frontiernet.net) or mail a request to Trail Operations Office, 648 Helendale Road, Rochester, NY 14609. □

## Foothills Trail Club and the Conservation Trail Celebrate 45 Years

The 45th Anniversary of the Buffalo area Foothills Trail Club and the Conservation Trail was celebrated at the trail club's annual dinner in April. The club built and maintains the Conservation Trail, a branch of the FLT that runs from Allegany State Park north to Niagara Falls.

Founding members Lil Beverage, Elma Bowen, Marie Hayes, Ethyl Hittle, Walt and Tina Iggulden, Anita McDade and Ralph Mahler joined in the celebration. In recognition of their efforts, each of the founding members was presented with a copy of the 45th anniversary edition of "A Guide to the Conservation Trail", just completed by Mary Domanski.

As a "thank you" for the new guidebook, endless hours of work on the trail and with the trail's private landowners (now 141), the club surprised Mary Domanski with a rhododendron for her garden.

Elma Bowen and Walt Iggulden were presented with North Country Trail shirts with their names embroidered on them in recognition of all the work they did as stewards on maps M-2/CT-2 and M-3/CT-3. They were stewards on those sections when they became part of the North Country Trail.

Irene Szabo of the Finger Lakes Trail Conference spoke about the new Trail Worker Patches. The Bronze Burdock Patch, the highest level, for 1000 hours of trail work, was awarded to founding members Elma Bowen, Marie Hayes, Ethyl Hittle, Walt Iggulden, and Sylvia Smith.

Mr. James DeVantier, a new landowner on Irish Hill Road (M-3/CT-3) was present for the evening, which celebrated the future of the trail, as well as the past, present and future of the club.

—Annette Brzezicki, Foothills Trail Club

*Photos by Donna Frantz*



*Richard Gastauer and Elma Bowen admiring the trail worker patch*



*Walt Iggulden and Elma Bowen receiving their North Country Trail shirts. Mary Domanski in back.*

# Diabetes and Hiking

Lewis Johnson, M.D., C.D.E. and Karen Kemmis, P.T., D.P.T., C.D.E.

*Dr. Johnson is a cardiologist and Certified Diabetes Educator with an interest in diabetes and preventive cardiology and Dr. Kemmis is a physical therapist and Certified Diabetes Educator. Both are affiliated with the Upstate Medical University Joslin Diabetes Center in Syracuse, NY.*

**E**xercise and other physical activities, along with diet and medications, are key components of diabetes management. The benefits of exercise, such as hiking, for someone with or at risk of diabetes can not be over emphasized. This article will discuss the benefits of hiking for people with diabetes and guidelines and safety precautions.

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert food into energy. There are two main types of diabetes. Type 1 diabetes, which used to be called “juvenile-onset”, occurs when the pancreas stops producing insulin. Type 2 diabetes, formerly called “adult-onset”, results from a combination of insulin resistance (the body fails to use insulin properly) and insulin deficiency. Of Americans with diabetes, about 90-95% have type 2 diabetes. Pre-diabetes, which used to be considered “borderline diabetes”, is when a person’s blood glucose (BG) levels are above normal but not high enough for the diagnosis of diabetes. There is an epidemic of obesity in this country and it is the major risk factor for the development of type 2 diabetes in children, teens and adults.

There are many benefits from exercise for an individual with diabetes. Physical activity lowers BG, improves insulin resistance, and helps with weight loss and weight maintenance. If a person weighing 150 pounds hikes for about 1 hour, he or she will burn over 400 calories. More calories are burned by a person weighing more than 150 pounds and less by one who



weighs less. Physical activity also helps to delay or prevent the onset of type 2 diabetes. Other benefits from exercise related to diabetes include lowering of blood pressure, LDL (“bad cholesterol”), and triglycerides and increasing HDL (“good cholesterol”) thus reducing the risk of heart disease and stroke.

Current physical activity guidelines for a person with diabetes are to perform cardiovascular exercise, such as walking or hiking, at a moderate pace, 30 minutes or more on most or all days of the week. Resistance exercises are also recommended with the person performing strengthening exercises to the major muscle groups (about 8-12 exercises), 2-3 sets of 8-10 repetitions with a resistance that cannot be moved more than 8-10 times, at least twice a week with 36 to 48 hours rest between sessions. If you have certain diabetes complications such as retinopathy (eye problems), neuropathy (nerve abnormality, which commonly predisposes to foot problems), or coronary heart disease you should have a discussion with your health care provider to determine if a particular exercise is safe for you. This may also be a good time to ask your health care provider if a cardiac stress test is indicated.

People with diabetes are at increased risk of developing heart disease. The best way to prevent heart disease is weight reduction, regular exercise, avoidance of smoking, and control of

blood glucose, blood pressure, and cholesterol.

However, there are precautions with activity that should be followed by a person with diabetes. Hypoglycemia, or low BG, can occur if there is a mismatch between physical activity, food and/or medication. If a person is more active than usual while eating the same amount of food and taking the same medication, he or she can develop hypoglycemia. A person with diabetes who uses insulin or oral medication that helps the body produce more insulin should have a pre-exercise BG over 100-120 mg/dl. If BG is lower, the person should consume carbohydrate to raise the BG prior to exercising. Some good sources are: fruit juice, bread, crackers, regular soda, raisins, glucose tablets or skim milk. While hiking, a person with diabetes should always have carbohydrate available for immediate consumption if he or she feels symptoms of low BG. Typical symptoms are sweating, shaking, weakness, headache, and difficulty concentrating. A medical identification stating the person has diabetes should always be worn and others should know the person has diabetes. BG should be checked prior to, during and after exercise. Always drink plenty of liquids to avoid dehydration.

Neuropathy, or nerve damage, is a chronic complication of diabetes that affects millions, causing burning, pain and decreased sensation in the feet. Decreased circulation is another common problem. Each of these problems increases the risk of foot injury and infection. Proper footwear, including well-fitting shoes and boots, and socks that wick away moisture, will decrease the risk of foot complications and should be worn during all weight-bearing activities such as hiking. A person with diabetes should do daily foot checks, inspecting the feet for anything that looks abnormal which might lead to infection or open wounds. If the person suspects

*(Continued on page 29)*

## Weather smiled on the Spring Weekend



*Crossing Slader Creek*

One hundred and twenty eight people enjoyed the great hiking weather for the 2007 Spring Weekend in Swain May 4, 5 and 6. Many hiked some new trails, some got a head start on the Cross County Hike Series and some completed the entire Letchworth Branch Trail. Friday night, Craig Braack, Allegany County Historian shared his presentation on “The Beautiful meandering Genesee River” and made us all feel great to be a part of the world around us. Saturday night, Kevin Flynn showed us what it takes to get to the top of Mt Everest, including some scary footage shot from his helmet camera as he crossed crevasses and climbed vertical ice walls. The story was very exciting for those of us who didn’t have to go through what he did, and the pictures were fantastic.

— Ron Navik, Genesee Valley Hiking Club



*Nancey and Tim Wilbur*

*Visiting the cabin newly opened for use by hikers thanks to the generous permission of the landowner*

*Photos by Jacqui Wensich*

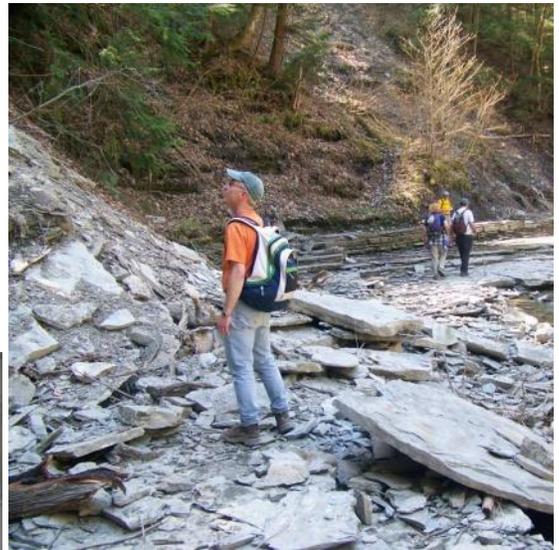




*The Sweep*



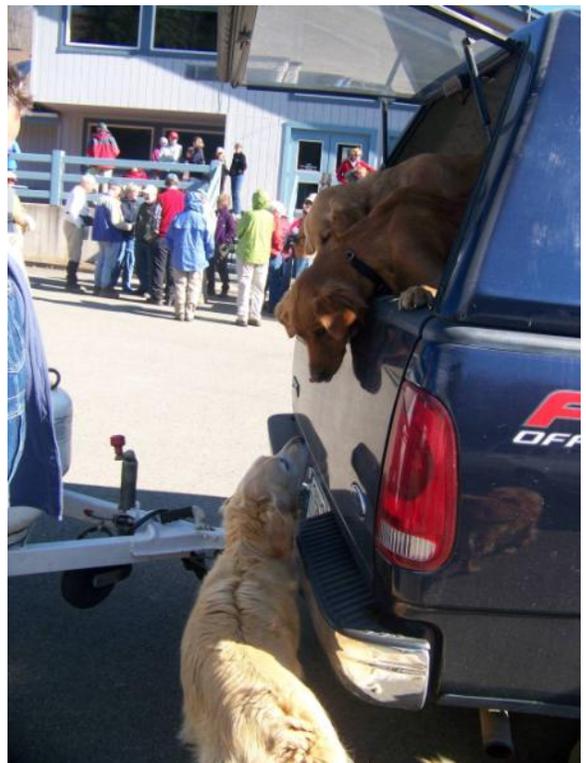
*Ed Sidote enjoys some quiet time with a good book.*



*Hike at Stony Brook State Park*



*Mt. Everest climber and Saturday evening speaker Kevin Flynn signs a copy of his book.*



# **End-to-End Update**

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

## **End-to-End Hikers**

The following hiker completed the FLT main trail at the Spring Outing in Swain:

#224 Lawrence T. Lepak

Larry is President of the Triple Cities Hiking Club and might be the first employee of the Dept. of Environmental Conservation to complete the FLT.

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

Quinn Wright, Buffalo

Cory (father) & Tyler (son) Davis, Belmont

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

Susan Collier

Bob Collins

Sigrid Connors

David Cook

Cory & Tyler Davis

Greg & Beth Dean

Mahlon & Sarah Hurst

Ken (Big Mully) Lewaine & Co. (Donnie Mac, Eric L.,

Mike the Hike, Billie Joe, Philly Joe, and Mikey

Tightshoes) They are from New Jersey and

Pennsylvania.

Quinn Wright

My apologies if I overlooked your report. Some of the above hikers are planning on completing their end-to-end hike as a tribute to my 90th birthday. I appreciate their efforts very much.

## **Car Spotter Additions**

Joy Gilmore, Map M-8

Tina Pabst, M-24 through M-27

Greg & Beth Dean, M-23 & M-24

Roberta & Joe Knoll, M-25

Joyce Starr Cain, M-26, & M-27

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](mailto:gbavis@rochester.rr.com)) or from me.

## **Claryville General Store is Moving**

I attended the Claryville Firemen's Pancake Breakfast on May 13th and learned that an attorney has purchased the former Blue Hill Inn & Motel. It is being completely remodeled inside and out to accommodate a grocery store, pizzeria, and restaurant serving breakfasts, lunches, and dinners. I peeked through the windows and the kitchen equipment is all new stainless steel equipment. After the store/restaurant is up and running they will restore the motel units as they need to be refurnished and probably

redecorated. Chris and Jane, owners of the Claryville General Store, will operate the new facility. Parking will be greatly expanded as the fences have been torn down. Chris expects to have a beer license also. Be sure to stop in the new facility to sign the trail register and to enjoy one of Chris's excellent sandwiches. At this time, opening date is set for end of June. This modernized facility should prove a boon to Claryville and also a tremendous help to end-to-end hikers.

## **Masonville General Store**

Next time you go through Masonville I urge you to stop and see the wonderful job Kendal Craig and Andrew Pastore have done with this former General Store. I was very impressed as it is a grocery store, gift shop, and coffee and sandwich shop serving ice cream and soda pop, and has a clean, modern, toilet facility easily accessible. Stop by for a chat with Kendal and Andy and see this very unique General Store. They are hiker-friendly and plan to stock more hiker items.

## **Penguin Ice Cream Stand**

Due to serious illness the owners of the Penguin Ice Cream Stand at the intersection of Rte. 8 and Shears Rd. south of Masonville will not re-open the stand this season. It is up for sale. The daughter of the former owner/operators opened a new restaurant in Sidney and is doing very well on a year-round basis. She has the machine for the 51 varieties also. I visited the new restaurant in Sidney in May and it is a beautiful restaurant with all new furnishings and equipment.

## **Other Notes from the Eastern End of the Trail**

The CFI Steel Manufacturing Co. in Corbett is closed permanently, so water, showers, and parking are no longer available there.

Contrary to rumor, tent camping is still possible at the Peaceful Valley Campground (Downsville). However, the B&B in the main house is no longer operating. Log cabins are still available.

## **Excerpt From a Trail Register Notebook**

"Breakfast is bacon!! Nothing gets me started like Bacon in the morning. Basted, roasted, toasted, nibble it, chew it, bite right through it. Wobble it, gobble it, wrap it around a couple of chickens and I'm ravished." Cindy and Jill, 08-11-05

*Happy Hiking!*

Edward J. Sidote

5 Clinton St., Norwich, 13815-1903

607/334-3872

*[ejsidote@frontiernet.net](mailto:ejsidote@frontiernet.net)*

**Ken Alton, End-to-End Hiker #222**

**Patrick Fava, End-to-End Hiker #223**

**O**n December 17th I began what my hiking partner Patrick Fava and I would call an “Odyssey of Epic Proportion”. That phrase would become embedded in my mind over the next 25 days, step by step.

Ever since I joined Boy Scouts I have been a camper and a hiker. My scoutmaster was an extraordinary woodsman and survival expert of solid character, an ideal scoutmaster and teacher. He taught Patrick and me most of what we know about the outdoors and survival and inspired a passion for the outdoors. Sadly he died in September 2006. About the same time we decided that we were going to thru hike the Finger Lakes Trail and dedicate the hike to our scoutmaster. Now we were hiking not just for ourselves, but also for a cause.

We knew that thru hiking the Finger Lakes Trail during the winter months would definitely have its share of difficulties. There are two categories of difficulties that I struggled with: physical and mental.

The physical bit of the hike was hard, but not nearly as hard for me as the mental part. The first day of the hike I developed hot spots on my feet and I was simply exhausted. After a week of hiking I had blisters under blisters on my feet and my knees throbbed with pain every step I took. The muscles in my legs, back, and shoulders felt tight and knotty. My legs often cramped up periodically during the day and I had to stop to stretch them in order to keep moving forward. All these things were just part of the hike, part of hiking and I knew that these would be my demons. I was going to have to deal with them and overcome them to move forward.

But, like I said, for me, the hardest part was not physical but the psychological punishment and stamina required. There were ups and downs on the trail; there were things that raised our spirits high and things that brought them down to the depths. Jokingly we compared our morale to the hills that we were hiking because we would hike up only to come back down. There is just so much out there,



*Ken Alton (# 222) and Patrick Fava (#223)*

Photo by Ed Sidote

**I** first heard of the Finger Lakes Trail from my hiking friend Ken Alton. As Eagle Scouts with the Boy Scouts of America, we both have a strong love and respect for the great outdoors. We acquired this from our Scoutmaster Weldon Hilchey, who, sadly, passed away in September of 2006. When Ken told me of this trail that stretched across most of New York State, I thought of my scoutmaster who told us, “We could find ourselves anywhere we dreamt of being, as long as we acted.” I then said to Ken, “It would be a great honor to hike the Finger Lakes Trail for our scoutmaster because he taught us so much about the wilderness and, more importantly, about life.” At that moment we both decided that we were going to hike the Finger Lakes Trail and nothing was going to stop us.

Both Ken and I have always dreamed of hiking the Appalachian Trail once we have graduated from college. This was the perfect time for our “warm up”, to get the basics down and the kinks

out before the long arduous journey of the Appalachian Trail. On December 17th we were dropped off at the western end of the Finger Lakes Trail in Allegany State Park. Twenty-five hiking days later, we reached the end in the Catskills, where we found out from Mr. Ed Sidote (FLTC End-to-End Coordinator) that we were the first two End-to-Enders to thru-hike the Finger Lakes Trail in the winter months.

My favorite times during our hiking experience included meeting lots of different interesting people. Going through towns or seeing a gas station picked my spirits up while I was out there. We didn’t encounter a single hiker on our 25-day hike so it mentally made us stronger when we saw “real live” people at gas stations or in towns. Most of all, I enjoyed the great outdoors, the unusually warm weather, my friend Ken, sleeping in the lean-tos, no stresses of the real world, and how everything just seemed to work out perfectly like someone was watching over us throughout our entire hike.

*(Continued on page 28)*

*(Continued on page 28)*

## End-to-End Album

### Ken Alton ...

(Continued from page 27)

especially when you are alone in the woods, which can bring you down if you let it. For instance, if you allow it, the physical pain can affect your mind and make you weak pulling you further from your goal by slowing you down and making you feel hopeless. Another example is, and this happened many times to us, hiking all day trying to reach a town so you can get food only to get there and find that the store closed 15 minutes before you arrived. It doesn't seem like much, but those things can hit your morale hard, very hard in some cases.

If you find yourself hiking in the woods for any amount of time, you might realize that the worries that you have at home or at school are gone. You don't worry about politics, money, relationships, grades, jobs, etc. Now I'm not saying that we didn't have worries out there, but our worries were things that I called "real life worries". We worried about where we would sleep, how we would eat and get water, the weather, staying warm and dry, and our safety. To me these things are healthy worries so long as you don't worry too much because worrying will do you no good. So it's safe to say that we tried very hard to relax and enjoy what we were doing without worrying about unnecessary things.

I realized how truly blessed a life I actually live. I think it's important to know that, too. It's not just the big things either, like having food, water, and shelter; it's the small things like being healthy. There is so much that I have to be grateful for. One of those things is having the opportunity to hike the trail and take a trip like I did.

Hiking makes me happy and I had a wonderful time hiking the FLT. I learned and experienced so much out there. It never fails to amaze me how much you can accomplish and what you can do if you just try. I don't mean trying until it becomes uncomfortable. I mean you try until you can't try anymore. With an attitude and a mentality like that there is nothing that you can't do. That gives me along with everyone in this world hope.

Throughout the entire hike we were aided by many individuals whom some call "trail angels" and that's exactly how I would describe them. Whether it was bringing us food, pointing us in the right direction, or giving us a shelter during a cold night we want to thank everyone. A few people that I want to specifically thank are firstly, the Fava family, my own family, Melody Meek, Paul Marcellus, Bill Brunning, Dell Jeffery, Mike Dean, and lastly, but certainly not least, Mr. Sidote. I want to give a special thanks to him for his help in planning, his immense knowledge of the trail, and for everything else that he has done for us and so many other hikers. □

### Patrick Fava ...

(Continued from page 27)

My experience of hiking the Finger Lakes Trail wouldn't have been possible without the help of Trail Angels: Melody Meek, Philip Fava, and William Fava of Batavia, Pod (last name unknown) of Pike, NY, "Bean Sprout" of Ithaca, Forest Ranger of the Catskills Dell Jeffery and Mike Dean of Claryville. A sincere thank you goes out to both Ken's family and my family as well for putting up with us and to the landowners who let us hike across their lands. I would especially like to thank Mr. and Mrs. Paul Marcellus of Watkins Glen and Mr. Bill Brunning of Claryville for their wonderful hospitality. Last, but certainly not least, I would like to send my deepest thanks to Mr. Edward J. Sidote. It wouldn't have been possible without him. His knowledge, helpfulness, and kindness were overwhelming. Thank you from the bottom of my heart for everything you've done for us. □

### FLTC Business Members

Cheshire Inn	Laura Moats	Naples, NY	desk@cheshireinn.com	585-721-2924
Downsville Motel	Al Carpenter	Downsville, NY	alsport@catskill.net	607-363-7575
Map Shop	Northfield Common	Pittsford, NY	mapmaniac8@aol.com	585-385-5850
Kevin A. Lane, Esq.	Sliwa-Lane Law Offices	Buffalo, NY	klane@sliwa-lane.com	716-877-4246
Holiday Valley Resort	Jane Eshbaugh, Mktg. Dir.	Ellicottville, NY	www.holidayvalley.com	716-699-2345
Bath Veterinary Hospital		Bath, NY	bathvh@usadatanet.net	607-776-7685
Finger Lakes Running Company	Ian R. Golden	Ithaca, NY	rube76@hotmail.com	607-275-3572
William G. Becker & Sons, Inc.	Brian W. Becker, Mechanic	North Java, NY	bwbecker@starband.net	
1871 Benjamin Hunt Inn	Drusilla M. Welshans	Watkins Glen, NY	info@benhunt.com	607-535-6659
Bristol Views Bed & Breakfast	Henry & Barb Owens	Naples, NY	howens49@rochester.rr.com	585-374-2693
In Motion Events (Bicycle Touring)	April Amodei & Al Hastings	Auburn, NY	inmotionevents@aol.com	315-406-6213

*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](http://www.fingerlakestrail.org)



*Built-up railbed completely washed out beneath tracks, south of Brisben. Swollen streams crashing down eastside hills burst across the road and tracks last June, undermining tracks in some places, burying them in dirt and rocks in others.*



*Fading trail sign noting FLT crossing of the Chenango Canal.*

## **Walking through Time ...**

(Continued from page 4)

This cycle of disrepair was repeated across upstate, hurried along by the growth of that year-round competitor, the railroad, so the legislature officially abolished a host of canals, including the Chenango, effective 1878. The ditch entering Binghamton was filled in and became State Street, while nearby towns like Port Dickinson and Port Crane kept their legacy alive in name only. Occasional weedy damp lines can be perceived by drivers along NY 12,

## **Diabetes ...**

(Continued from page 23)

a problem, he or she should have an examination by a physician or podiatrist.

If you have or are at risk for diabetes, exercise is good medicine but you do need to take a few extra precautions. The health benefits of hiking can be enormous, including the prevention of developing diabetes, and blood glucose control and the prevention of heart disease in those with diabetes. Hiking may also be a good opportunity to bring along kids and teens to foster healthy habits to help prevent the development of obesity and diabetes. □

Chenango Valley State Park includes a remnant of the canal, every village still has a Canal Street, and the FLT crosses the old canal on a short road walk just before the South Oxford Bridge, map M-25. There is a fading sign on the north side alerting hikers to its tree-filled presence, and the swale remaining of the canal prism is obvious in the neat lawn on the south side.

Ironically, one engineering feat of its original 1836 design has kept seven miles of the Chenango Canal alive and maintained by the state as part of the Barge Canal System: maintaining enough water at summit level to supply the locks required a system of reservoirs and feeder canals, which still serve to supply the current Erie Canal at Frankfort through Oriskany Creek.

Notice that milk was not listed among the ladings of canal boats. While cheese and butter could endure a trip of many days to Utica, Albany, and down the Hudson, the luxury of fresh milk in distant cities had to wait for the speed of trains with refrigerated cars. Once steel tracks replaced the canal as the primary artery in the valley, Chenango Forks, Pecksport, and Richfield Springs supplied blocks of ice cut from winter ponds and stored in fat-walled insulated warehouses, and dairy production began to rule rural commerce.

Norwich, birthplace of Gail Borden, who made a commercial success of

condensed milk, featured one of the most ornate Borden creameries of the many large plants which dotted upstate. Both the Lackawanna and the Ontario & Western railroads served this creamery, since the O&W intersected our valley's primary railroad at Norwich. Throughout that town, the right of way of the long-gone O&W (abandoned entirely in 1957) can still

*(Continued on page 30)*



*Preserved crossing guard shanty at Norwich Lackawanna station, now City offices. When I was eight years old, my grandfather was driving in New Jersey where we had manned elevated gatekeepers, too, one of whom must have been napping because he brought down the gate so abruptly that he broke Grandpa's windshield, but did indeed stop us just in time.*



*Faint dip of canal route in roadside yard, South Oxford bridge road, FLT route.*



*“Norwich Pharmacal” painted legends survive on “warehouse 20” behind Lackawanna freight station, now City Court. How many of us can remember our mothers putting Unguentine on our injuries?*

## Walking through Time ...

(Continued from page 29)

be seen, but even the obvious tracks of the Lackawanna’s successor, the NY Susquehanna & Western, are quiet today.

The Susie-Q has little incentive to repair the many severe washouts near Brisben and Greene caused by 2006 floods, since they have no on-line customers except along the northern half, from Sherburne to Utica. The tracks at Sherburne still bring grain hoppers to Chenango Valley Pet Foods, while Kenyon Press, like many another customer for one-ton rolls of paper, is active trackside. The once vital knitting mill industry from Norwich to Utica is evidenced now only by a Spinners Street and a modernized tenant building called Cotton Mill Warehouse. At least the charming village of Sherburne has made use of the old canside structures, while further north the three-story brick Waterville Knitting Mills are crumbling trackside, as viewed from Canning Factory Road. However, our hiking club friends are probably sad to note that the Bullthistle Inn in Sherburne is dark with moss growing on its disintegrating porch roof.

Drivers on US 20 passing a turnoff for Sangerfield may not notice a railroad bridge overhead, but large feed and fertilizer plants, competitors Agway and Richer, are still served by the old

Lackawanna rails on either side of the highway, big modern reflections of the feed/coal/lumber businesses that once graced every town along the way.

The towns closer to our trail and home to Bullthistle Club members may not have trains to listen for any more, but Norwich especially has preserved some of the historic structures of the old days when up to eighteen trains a day, both freight and passenger, steamed in this valley. For instance, every east-west village street which crossed the tracks had a gate which was tended by an employee before electric signals brought crossing gates down automatically (well, usually...). On East Main Street in Norwich is a crossing gate shanty, elevated in order to give

the guard a good view, lovingly preserved trackside at the City offices now housed in the 1902 brick Lackawanna passenger station. City Court resides in the freight station a block south, with the old Norwich Pharmacal building rising behind. That business gave rise to Proctor and Gamble, and pharmaceutical companies still provide a lot of the jobs in Norwich.

What Hurricane Agnes didn’t wreck in June 1972 may now have been sent into history by the nameless flood of June 2006. The Chenango River sometimes takes back what it has given to those who live in the land of the bullthistle. □

## FLTC at the Mendon Ponds ADK Expo

There was a huge turnout for the June 9th ADK Expo at Mendon Ponds Park near Rochester. The weather was PERFECT.

Volunteers staffing the FLTC booth were:  
 Tim Wilbur (2 shifts)  
 Gene Bavis  
 Ron and Barb Navik  
 David Marsh  
 Georgeanne Vyverberg  
 Linda Cruttenden  
 Ken Reek  
 Jacqui Wensich



*Tim Wilbur on duty*

Jacqui Wensich

### **FLTC Annual Ed Sidote Hike Saturday, July 28 at 9:30 a.m.**

Chenango County (FLT map M-23)

Information: Ed Sidote, 607/334-3872,  
[ejsidote@frontiernet.net](mailto:ejsidote@frontiernet.net)

This year TWO hikes will be offered.

Clair Ders will lead you on the first hike, which is a 6-mile loop hike starting and returning to the Ders' Farm, to include the Rufus Perkins Lean-To, named in memory of Ed's long-time hiking partner, Rufus Perkins. Rich Breslin will lead the second hike, which will be a 3-mile hike, and will also include the Lean-To. The meeting place for both hikes will be at the farm at 9:30 a.m. (769 County Rd 42).

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### **2007 Bristol Hills Branch Trail Hike Series**

**Note: This is not an FLTC-sponsored event.**

Information: Sharon at [Sharonbillgal@aol.com](mailto:Sharonbillgal@aol.com), Betty at [bettyhs@frontiernet.net](mailto:bettyhs@frontiernet.net) or Kim at [meach@infoblvd.net](mailto:meach@infoblvd.net).

The 55.5 miles of the Bristol Hills Branch Trail will be hiked over a 5-month, 6-hike, car-shuttle series, finishing in September with a picnic at Ontario County Park. Hike leaders/coordinators are Sharon Galbraith, Betty Schaeffer and Kim Meacham. Note: These hikes will be on SUNDAYS, meeting at the designated access at 9 a.m., and hiking as one group.

#### **July - NO HIKE**

The remaining hikes are:

**August 12** Map B-2 Dunn Road to access 7 Brink Hill Road. Meet at parking area BRINK HILL Road and shuttle to north Dunn Road - 9 miles

**September 29 and 30** Map B-1.

**Sept 29** Access 7, Brink Hill to Access 4, Seman Road. Meet at parking area SEMAN Road and shuttle to Access 7-10.5 miles (with an ice cream stop at Bob & Ruths!)

**Sept 30** Access 4 to access 1 in Ontario County Park. Meet at the parking lot by Jump Off in Ontario County Park and shuttle to access 4, Seman Rd- 8.1 miles, with picnic to follow.

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### **FLTC Annual Erv Markert Fall Hike, Saturday, October 13, 9 a.m.**

Abbott Loop Trail, M-17

Classification: moderate. 8.7 miles.

Hike Leaders: Sigrid ([sconnors@twcny.rr.com](mailto:sconnors@twcny.rr.com)) and Jim Connors ([jconnors@twcny.rr.com](mailto:jconnors@twcny.rr.com))

This year's Annual Erv Markert Hike will be on the Abbott Loop Trail in the Danby State Forest, just south of Ithaca. This pleasant and scenic loop trail takes the hiker through mixed hardwood and pine forests, and will offer some fine views of the fall colors, including the spectacular overlook at Thatchers Pinnacles.

Please meet Sigrid and Jim at 9 a.m. at the junction of the Abbott Loop and main trail, on Michigan Hollow Rd. For those coming from the Ithaca area, follow 96B South (Danby Road) through the hamlet of Danby. Michigan Hollow Road will be the first right just past the town line, with the trailhead approximately 2 miles from 96B. For those coming from the south, again take 96B North past Candor and Willseyville. You will find Michigan Hollow on your left approximately 1 mile past Curtis Road.

### **Third Annual Interloken Overnight**

**Note: Not an FLTC-sponsored event.**

**September 14 - 16.**

Information: Kim at [meach@infoblvd.net](mailto:meach@infoblvd.net), 607/324-0374 or Sharon at [sharonbillgal@aol.com](mailto:sharonbillgal@aol.com), 585/872-0327.

Join us again for our annual weekend hike on the Interloken Trail in the Finger Lakes National Forest, just northeast of Watkins Glen. **We have reserved the Potomac Group Campground for the FLTC Friday and Saturday, Sept. 14<sup>th</sup> and 15<sup>th</sup>.** We will hike the entire 11.9 miles of the trail on Saturday and Sunday. We reserved the campground for Friday for those of you who would like to camp an extra day and not have to rush around Saturday morning. We will "officially" start Saturday and Sunday mornings from the Potomac Campground; hiking from the campground to the southern terminus at Burnt Hill Road on Saturday with a car shuttle back to the campground, and then shuttling to the northern terminus on Parmenter Road on Sunday and hiking to the campground, roughly 6 miles each hike. **Those not staying at the campground, please meet us at 9 a.m. at the campground.** The campground, as well as the surrounding area, is very nice, and by no means does everyone camping have to hike the scheduled hikes.

The Potomac Group Campground is "primitive" and has NO WATER and NO ELECTRIC, but there is a covered picnic area with a large grill, a campfire area, and vault toilets. There is a large grassy area for group camping, but also smaller, more private camping areas, as well as several areas near a wildlife pond. You CANNOT DRIVE to the sites, but must park in the parking area, and carry your gear and food approximately 1/8mile to the camping area.

Please bring WATER, your camping gear, a DISH TO PASS for Saturday night, place settings, your own drinks (adult beverages or otherwise), your own dinner for Friday, a hiking lunch for Sat. and Sun., and breakfast for Sunday. We will supply firewood for a campfire each night, charcoal, hots and veggie sausage and rolls. Those of you who would rather sleep in the comfort of a true bed can make reservations at the nearby *Red House Country Inn* (within easy walking distance of the trail and the campground 607/546-8566) or stay at one of several motels or B&B's in Watkins Glen.



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

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

### FLT Regional Club List

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

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



Jacqui Wensich

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



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

Can you place this scene from along the trail? Send your guess to Jacqui Wensich at [namethatmap@fingerlakestrail.org](mailto: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 Spring quiz can be found on page 5.

**FINGER LAKES TRAIL CONFERENCE**

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585/658-9320  
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FLTinfo@fingerlakestrail.org

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**Paul Hoffman** • 226 Main St, Dansville, NY 14437 •  
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**Irene Szabo** • 6939 Creek Rd, Mt. Morris, NY 14510 •  
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gyverberg@frontiernet.net

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

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

- July 13-20 .....Appalachian Trail biennial gathering at Ramapo College, Mahwah, NJ (www.ramapo2007.org)
- July 23-27 .....Alley Cat Crew #2. Holland Community Center (western NY).
- July 28 .....FLTC Annual Ed Sidote Hike in Sidote Land (Chenango County). See page 31.
- August 2-5 .....North Country Trail Assoc annual meeting, Bemidji, MN (www.northcountrytrail.org)
- August 17 .....Deadline for submitting material for fall issue of *Finger Lakes Trail News*. See box on page 1 for instructions.
- September 10-15.....Emerald Necklace Hikes, sponsored by the Finger Lakes Land Trust. See page 19.
- September 17-21.....Alley Cat Crew #3. Taylor Valley State Forest (central NY).
- October 5-8.....**FLT Fall Campout 2007**, Hickory Hill Campground, Bath. See pages 10 - 15.
- October 13.....FLTC Annual Erv Markert Fall Hike. Abbott Loop Trail. See page 31.
- November 17 .....FLTC Board Meeting

**Also on the FLT System although not official conference-sponsored events:**

- Bristol Hills Branch Series. Contact Sharon (Sharonbillgal@aol.com), Betty (bettyhs@frontiernet.net) Kim (meach@infoblv.net). See page 31.
- September 14-16.....Annual Interloken Overnight, Finger Lakes Natl Forest. Hike the Interloken Trail (12 miles) over two days. See page 31.

**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 Dec. 31 will be applied to the next membership year.)

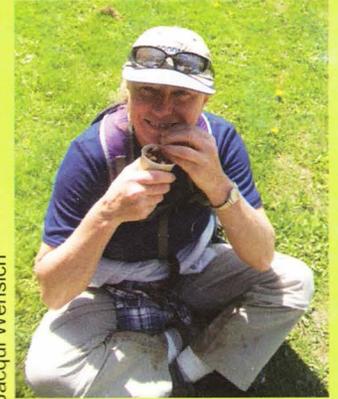
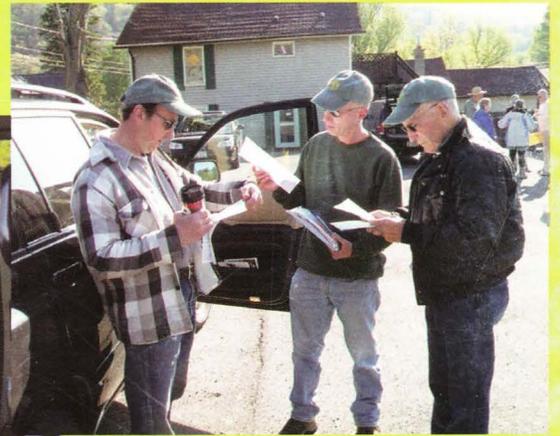
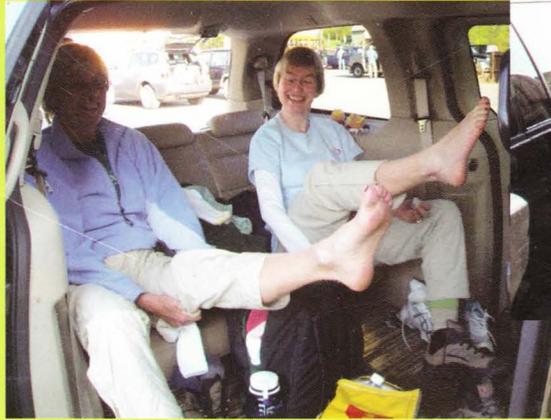
Individual .....	\$25	Contributing: receives enamel pin
Family.....	\$30	designating contributing level
Student (full-time; give permanent address) .....	\$15	Pathfinder (emerald) \$45 Trailblazer (ruby) \$75 Guide (diamond) \$100
Youth organization .....	\$15	
Adult organization.....	\$35	Life (individual)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

# Hiking West: Crossing the Genesee

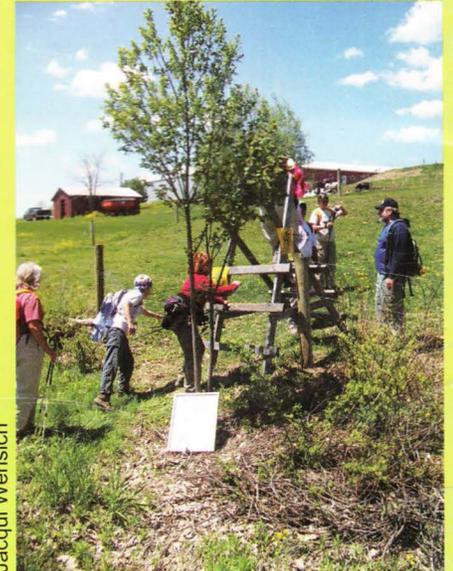
by Pat Monahan, Hike Series Leader

The 2007 county hike series through Allegany County is off to a very bright start in April and May with warm temperatures and mostly blue skies!! There are approximately 170 hikers from across New York State signed up for the monthly hikes (63 miles total) beginning in April and finishing with a picnic in September. In April, we hiked less than a week after a major snowstorm left the ground covered with over a foot of snow. After the melt, the hikers "enjoyed" the melt off (some would call it mud), a beautiful hike through the Bully Hill State Forest and "found" Waldo (a ceramic snake hidden on the trail).

During May, the hikers continued the hike through the Klipnocky State Forest. The word of the day was "Watch your step," through the rock fields, cow pastures and over the stiles with barbed wire and an electric fence underneath. To date we have logged 2588.75 hiker miles over 22.55 miles of the trail. We continue hiking west in June and July heading through the many gullies and ravines in the Swain area on our way to Whiskey Bridge to cross the Genesee. We have left the Susquehanna watershed and just entered the Genesee watershed with all of the streams heading north from the headwaters in Gold, PA. Enjoy the trail and hope that someone tells you to go take a hike.



Jacqui Wensich



Jacqui Wensich

Photos by Jackson "Jet" Thomas, except as noted.

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