

Finger Lakes Trail NEWS

Summer 2008



www.fingerlakestrail.org

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President's Message

Our Common Ground

David S. Marsh

A long distance trail system, and in our case, the Finger Lakes Trail (FLT), is a very unusual recreational facility. There is no single owner of the entire trail; however, many have a feeling of ownership for it. Those who own the land that the trail crosses possess only the piece of the trail they share with trail users. Trail maintainers might feel a sense of "ownership" for their portion as it represents hard labor, a source of pride, and enjoyment. The Finger Lakes Trail Conference (FLTC) does not legally own the FLT since it does not have title to the land that embraces the trail; however, we certainly feel a strong sense of responsibility for it and consider it part of "our family." There is no fee for the use of the trail. The material composition of the trail is truly organic and in that sense it certainly belongs to the earth. There is no man-made material used to surface the trail tread, except of course where a road or bridge is used. The only carbon that the trail emits is that produced by the earth's matter and in many cases it is surrounded by vegetation that actually absorbs carbon. The trail therefore is a recreational facility that requires no alteration to meet future sustainable living desires. While the trail itself is clearly no act of nature, when humans do their job well, nature is featured not fractured.

The FLTC relies on many individuals and clubs across the state to perform the human job of supporting this recreational facility. This informal management structure is every bit as unusual as the facility itself. In this regard, the FLTC Board of Managers acts as a sort of planning, standard-setting, coordinating, and promoting organization. Supporting clubs participate in setting trail standards through their representation on the FLTC Trail Management Committee, chaired by the FLTC V.P. of Trails. These clubs do much more than perform trail maintenance, as

they take turns sponsoring FLTC events such as the Fall Campout and Spring Weekend. The relationship between the FLTC and supporting clubs is not a legal affiliation, although we have often referred to clubs that maintain a section of the FLT as "affiliates." Rather, the relationship is one of voluntary cooperation resulting from a mutual appreciation for this wonderful recreational facility that is available for their members and the public at large. The FLT is Our Common Ground. We share much more:

1. Our members enjoy outdoor activities and often they hold memberships in more than one of our organizations.
2. These same members enjoy the many trail systems that New York State has to offer, and therefore, collectively we provide for their enjoyment in various ways including organized events and trail maintenance.
3. We seek to preserve trail systems in a natural environment for the enjoyment of our members.
4. Supporting club organizations maintain a significant portion of the FLT.
5. All of us must attract volunteers to do the work of our clubs.
6. Attracting, maintaining, and increasing membership is a critical activity.

There are many who will benefit if all of our clubs continue to be healthy, including club members, New York State residents, and the FLT. A prescription for good health, we believe, includes an understanding of each other's priorities, sharing each

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Club Presidents Council

Photo by Gene Bavis

Are you a Finger Lakes Trail groupie?

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



FINGER LAKES TRAIL NEWS

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Mission Statement

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

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And on the back cover...

Trail Towns: Naples, by Georgianne Vyverberg



Ray Kuzia

Foxfire Lean-to privy — a privy you can love (see cover caption below)

Cover: The cover photo picturing the Firefox Lean-to in western Cortland County was taken by trail builder and maintainer Ray Kuzia on an overnight stay there in August 2007. Ray and his trail buddy "Java Joe" Dabes have built and maintained miles of trail in the Virgil area for thirty years (see page 29). Ray and Joe are rightly proud of the Foxfire Lean-to. Says Joe, "It is widely acclaimed as a beautiful lean-to in a beautiful spot, by all that have visited it. ... Not to brag, but I did the detailed design for this, after traveling around the state visiting lots of FLT lean-tos. Most FLT previous lean-tos were for chimpanzees—no head room—I'd get up in the night and bang my head—Ouch! All lean-tos built since then have been my design (Shindagin Hollow, Robinson Settlement, and this year Paradise Garden). And the A-frame privy behind Foxfire designed by Ray—folks have sent me emails asking for the plans and materials; they loved it!"

WOW and THANK YOU! The Spring Weekend was GREAT! Our hosts were Jim and Sigrid Connors and the members of the Cayuga Trails Club. Attendance was 186 which I believe tied a previous record for a Spring Weekend...and that one was our 40th Anniversary. Congratulations to those who received awards. See details on pages 6 and 7.

We look forward to seeing everyone at the NCTA Annual Conference which will be held in Cazenovia in August. Details on pages 12-15. Please note that this will take the place of our Fall Campout which usually occurs in September or October.

Looking ahead, please save the following dates: May 8-10, 2009, at the Frost Valley YMCA Camp in the Catskills, to be hosted by the Triple Cities Hiking Club, and October 16-18, 2009, at Camp Turner in Allegany State Park, hosted by the Foothills Trail Club. So we'll be near both ends of the trail in 2009.

I am happy to report that our membership has grown by about 100 over the past year. We are currently still processing membership renewals. If YOU have not renewed yet, please do so soon. Second notices have been mailed and third notices are in the works. Our membership gains could be lost if a large number of our members don't renew. To help us reach our membership goals there are two things you can do: 1. Keep your membership current. (Have you considered Life Membership?) 2. Tell your hiking friends about the FLT and encourage them to join. Another organization recently held an "each one, get one" campaign. If only 10% of our members recruited one new member, we'd exceed our yearly membership goal. How simple is that? Thanks in advance for your help.

We've had some inquiries about membership cards. Some people love them and others say "I don't need another card to carry around in my wallet." For FLT purposes you don't need one; we know who our members are, so we won't ask you to prove it.



From the Desk of the Executive Director

.....
Gene Bavis

However, occasionally stores such as EMS offer deals to "club members" so having the card might get you a discount. Because we do bulk mailing of membership renewal packets, each envelope must be exactly the same (except for the addressee). In other words, we can't put two membership cards in one and only one in another. Therefore we only mail one card, but we do indicate on the back of the renewal form that we'd be happy to send you a second card IF you request

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

it. For that matter, extra membership cards, window decals, brochures, etc. are always available by contacting us by phone or email.

As always, I want to thank ALL of the wonderful VOLUNTEERS who do so much for our trail and our organization! Without you, none of this is possible. □

*Gene Bavis, Executive Director
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HELP WANTED: Marketing Representatives are needed for (1) Canandaigua (Ontario County), and (2) Elmira, Horseheads (Chemung County). Responsibilities include identifying and visiting locations in your designated area at which to leave FLTC brochures. Included here would be town/village clerk's office, recreation centers/health clubs, camps and campgrounds, Boy and Girl Scout offices, sporting goods stores, hotels/motels/B & B's, nature centers, libraries, and college outdoor clubs.

Contact Phil Dankert, Marketing Subcommittee Chair, for more details if you are interested. pdankert@twcny.rr.com or 607/257-2578 (home)

Our sincere thanks for gifts in memory of:

Hudson Close

from

Anonymous

Ed Sidote

William Hankins

Correction

Apologies to recent end-to-enders Marilyn Beckley and Suzanne El Rayess, the authors of the clever end-to-end crossword puzzle in the Spring 2008 issue. Their by-line was inadvertently left out. See page 26 of this issue for the solution to the puzzle.

by Irene Szabo

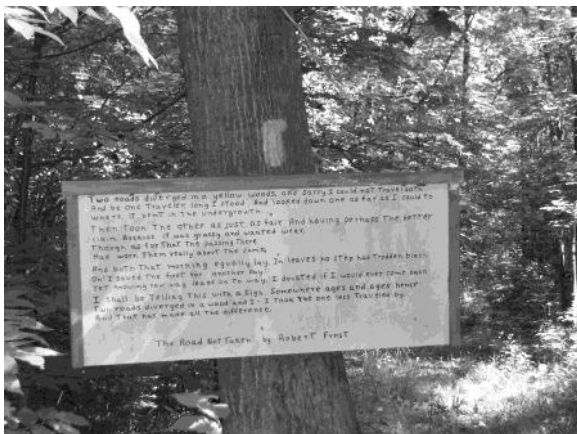
Robert Frost

This was the property known as Morning Glory Farm, owned by Bill and Ellen Garrison. I first met Ellen in 1987 while backpacking the Bristol Hills Branch, when I had lost the ill-marked trail coming out of the Great Dismal Swamp north of their house. When she saw me walking the road with a big fat pack on, she called out from her porch to find out if I were lost, or needed water. Neither, as it

I did, and he did. Even into the early '90s that cemetery was bordered by a falling rock wall, and was choked with 10-inch diameter aspens and brush, but Bill, part of a county-wide effort by a collection of geezers who love history to reclaim old cemeteries, cleaned out this one kitty corner from his backyard. Now it features a tidy stone wall, a partially-new iron gate, tidy lilac bushes among roses, with existing memorial stones standing again, among newer wooden name signs. A massive bank of daffodils greets April hikers who pass by, and one of Bill's characteristic hand-painted signs shares a piece of *Thanatopsis*, with its

In 1999 we awarded the Garrisons the
Erv Markert Distinguished Service
Award, reserved for people outside

(Continued on page 37)



Photos by Jacqui Wensich

“The Road Not Taken” by Robert Frost. One of Bill Garrison’s characteristic hand-painted signs.



The Evangeline Shelter in winter — the Hilton of shelters



Notes from the FLT Archives: Mona and the Girl Scouts

Georgeanne Vyverberg

On a blustery day last February I drove to Newark to meet Mona Rynearson. Over tea in her neat and trim house full of plants we talked about the FLT and her work in the early '60s with a group of Girl Scouts from Seven Lakes Council. Newark is a good 75 miles from the Bristol Hills Trail section near Prattsburgh where her girls worked at building and maintaining about 15 miles of trail.

I started by asking Mona just where her love of the outdoors and hiking originated. Her parents, she explained, were both an influence. Her father grew up in northern Wisconsin and had his own hunting cabin in the wilds at the age of 14, and her mother was an avid gardener. Mona was born and grew up along the Niagara River and so water and boats and hiking were as natural as breathing. She was an active

Girl Scout herself but she and her husband had three boys. Wanting to work with Girl Scouts, she became an active member of Seven Lakes Council. There she met Ginny Greenough and Mary Years. They did a lot of hiking and backpacking with the girls and soon they thought that the girls were up to a bigger challenge.

In 1961 she heard about Wally Wood's idea of building a hiking trail across the state. She was one of the people at that very first meeting at his home in Fall 1961. She approached the Girl Scout Council asking if they would give permission for the Girl Scouts to take over a new section of this fledgling trail. Permission was granted and work began. At this time Wally Wood was steward of what was to become the Bristol Hills Branch and since he owned a bit of land in the southern tier, he naturally planned that the trail would go through that piece of property.

In July of 1962 the girls worked on a section of High Tor with the assistance of Ed Willis. Eventually the Seven Lakes Girl Scouts would build some 15 miles of Bristol Hills Trail from Prattsburgh to the State Forest above

Bean Station Road. This involved getting permissions from landowners who seemed only too happy to let Girl Scouts put a trail across their properties. In a 1968 letter to Wally Wood accompanied by maps of the trail, Mona reports that they are nearly finished with clearing and mostly need only to blaze the trail. They continued to care for this section well into the '70s. Several of the girls later became Scout leaders. Mona also served on the FLT Board of Managers as the recording secretary from 1970-1973.

While retired for some years from teaching science to 7th and 8th graders, Mona continues to keep busy. She has restored her small woodlot with native shrubs and plants, some of which she grows herself in her attached greenhouse. She has been a member of the Open Space Committee for DEC region 8 and is on the Board of Managers for Zurich Bog. She often leads hikes through that preserve which is a few miles from her home. This self-taught botanist longs to see alpine plants in Colorado and Wyoming and somehow I think she will. □



Above: Mona tying flags and Girl Scout Barb Wexler, probably 1970s



Georgeanne Vyverberg

Right: Mona Rynearson, 2008

Avoiding Our Two Left Feet

by Mary Kunzler-Larmann

In a NCTA Central NY Chapter newsletter, trail builder and landowner negotiator Mary Kunzler-Larmann wrote a wonderful piece of advice to both hikers and trail workers, aiming to keep us from stumbling into social gaffes that alienate our neighbors and permitting landowners. We all would do well to heed her advice.

New Surroundings....

In this rural valley where we are building new trail on a state-owned railbed, the old rail corridor bisects active farmland. The trail and trailhead parking areas are visible from, and often close to, homes and farm buildings. No longer will we be hidden in the seclusion of the woods! While the corridor is public land, in some instances the trail passes literally *in* a front or back yard. Our challenge is to make the trail as non-intrusive as possible to our rural neighbors and we must make ourselves aware of *their* perspectives.

A great deal of work needs to be done in developing parking areas and signage to direct the behavior of trail users. At the same time, we, as trail workers, will be most visible to local residents and what we do will “set the tone” for their expectations and impressions of the trail and the hikers who will follow us.

Trail Neighbors....Potential Partners?

I have met many of the adjacent landowners along the route and am making it my mission to talk to all of them. It has become clear that we need an understanding of the history of the valley...that the farms were there before the railroad, and that when the railroad was developed, “deals” for the purchase or “taking” of the land differed with each landowner...and, when the railroad ceased operations in 1967, the corridor was disposed of in varying ways as well. The result now is that the long neglected trail corridor cuts through family homesteads, separating farm buildings from fields, passing close to residences, and sometimes crossing roads at less than optimum

locations. This is also a landscape in transition: large, modern farming operations shoulder up to smaller, struggling farms and new housing construction, some of it fairly “upscale.” The latter portends rising taxes and pressures, real or imagined, of “new” people moving into the area who may have different values.

A New Trail Runs Through It....

Regarding a new trail in the valley, here are some of the concerns I have already heard from our trail neighbors: illegal or unsafe parking on roads, parking in private driveways, using private driveways to access the trail, trespass onto private land, littering, concerns about the safety of their children, and being prevented from their own traditional uses of the former rail corridor. In summary: not much optimism and many concerns! We must work proactively to make these landowners our supporters and not our adversaries.

We need to be especially mindful of the effects of our own actions, whether working on or hiking the trail. I offer the following comments:

Rural Parking Protocols & Safe Practice...

Highway Law: All vehicle wheels must be completely off the pavement.

Safety: Preserve good sight distance—do not park in a dip in the road, just over a hill, or on a curve.

Good Manners: Parking in front of or close to a house or farm buildings is viewed as poor manners and perhaps suspicious. Take care not to block a farm lane or access to a field.

Remember that our rural roads, especially town and county roads, were built during the days of the wagon & horse, NOT the automobile. In fact, if you look at a county or NY state map from the mid-1800’s, you will find that most of today’s roads existed then! In the last 150 years, nearly all that still carry traffic have been widened and paved. But improvements haven’t kept up with ever-increasing vehicle size and driving speeds.

Today large milk tanker trucks, fertilizer, grain, and log trucks, and very large farm equipment may be encountered on these roads. These vehicles often need the entire width of pavement (or more!) on their side of the road. There is no room for them to “move over” if you, or your vehicle, are partly on the pavement or too close to it. Add to this the high volume of traffic, often SUVs or large pickup trucks, traveling at very high speeds even on these country roads, and you have a dangerous mix! Today both the speed and volume of traffic are far in excess of what road design accommodates. If you have a door open into traffic, putting on your gear or getting equipment out of your vehicle, you can be killed or cause a serious accident.

Think before you park! Park where there is good sight distance, well off the pavement, and move to the passenger side or rear of your car to change footwear or unload gear. Just apply good common sense.

It is not proper to park in front of a house in the country, especially not at the edge of a lawn. Unlike most urban streets, there is no curb. A strange car, parked close to a lawn or house is viewed as an intrusion and possibly suspicious. You may be asked to move and, in any case, it will adversely affect how many country residents view our organization and hikers in general.

We need also to be aware of farm lanes and tracks (they may be faint) that indicate where a farmer is accessing a field adjacent to the road. If a hiker has left a car blocking field access, going off for a short time or the day, this can cause serious complications. The farmer cannot finish the chores or fieldwork intended, and may not even be able to turn large equipment around! Farming is a very hard life, and country people will show little patience with those who are unthinking. Please be aware of your surroundings at all times and considerate of our trail neighbors.

□

County Hike Series Continues West in Cattaraugus County

by Pat Monahan

“Hiking West: Crossing the Western Frontier” began the 2008 county hike series with 186 registered hikers. We have had between 116 and 133 hikers each month. Many people have been out on their own to complete a hike not done with the group.

The hike series started with exceptionally warm and dry conditions for April. The great weather streak was broken in May for the first time since leaving the Steuben series in 2007. Rain fell on most of the hikers and some even experienced lightning and hail before finishing the hike.

Pat Monahan, county hike leader, noted that the first 20 miles of trail from the Allegany/Cattaraugus border heading west was officially abandoned last October. The trail has been rehabilitated by more than 20 volunteers and approximately 250-300 hours of work on the trail—cutting, clearing, opening sight lines, and replacing blazes along the trail.

The hike series could not be possible without the many volunteers who make it very hiker friendly. We have new and returning hike leaders, sweeps, and sag wagon help, in addition to others who have done the pre-hike to be sure that the trail is ready for the series to use.

So far we have enjoyed state forest and private property across a gentle rolling landscape. That will soon end as we approach Ellicottville with many steep ascents and descents.

There is nothing better than to have happy hikers. This series has rekindled old friendships and sparked new ones. It is a pleasure to be a part of it. And as the saying goes, “Go take a hike!!” □

Photos by Jackson “Jet” Thomas



What’s this, Pat? Rain?

W. Wood Award to George Zacharek

by John Andersson

George Zacharek of Syracuse is the 2008 recipient of the Wally Wood Distinguished Service Award from the Finger Lakes Trail Conference (FLTC). He was honored at the annual meeting in Montour Falls on April 26, 2008 for his many contributions to the FLTC. George has been a very active member of the Onondaga Chapter of the Adirondack Mountain Club (ADK), the Central New York Chapter of the North Country Trail Association (NCTA) and of course the FLTC, including serving two terms (one currently) as an FLTC Board Member. He is a trail and outdoors advocate, donating time, energy, and ideas to help people learn about and use trails, especially the Finger Lakes Trail.

Bill and Mary Coffin, longtime supporters of the FLTC, NCTA and Onondaga ADK, first nominated

George for the award. Bill and Mary said "George is an FLTC member who has shown the best that can be seen with dedication, commitment, enthusiasm and long time support for over 17 years. He is a great idea man."

"His consistent work for many years has been promoting the FLTC at hiking and other outdoor events. He has created and manned exhibits and has widely distributed...FLTC materials at museums, libraries, schools and even barber shops. He personally recruits and promotes the FLTC."

One outstanding example of this is the FLTC exhibit at the DEC's lean-to at the New York State Fair. George personally staffed it every day the first year (2000) and then recruited other volunteers. True to George's modest attitude, he credits Ed Sidote for the idea. This extraordinary exhibit has become a major FLTC and NCTA



Jacqui Wensich

George Zacharek (right) receiving award. Recognitions Committee chairperson John Andersson at left.

annual publicity event for thousands of State Fair visitors who are genuinely interested in hiking and hiking trails.

(Continued on page 8)

2008 Erv Markert Distinguished Contribution Award

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

This year's award went to the NYS DEC Region 8 staff located at Bath. Even before former administrative Forester **Jim Peek** retired, the Bath office provided tremendous support to the Finger Lakes Trail. The names of seven current employees were painted on the crosscut logging saw that will hang on the office wall; three attended the ceremony; and **John Gibbs**, the new supervising forester, was there to help make the presentation. About the seven who were selected for special recognition:

Wildlife Technician Mike Allen has played the leading role in the Bald Eagle Restoration Project; but when "eagleman" is not tending his birds, he's supporting the FLT in the High Tor WMA (FLT map B-1), through which the Bristol Hills Branch Trail runs. Mike worked on a National Trails Day event and got a shelter built. He lets Howard know where the bears are and makes sure browse for wildlife is left in areas that must be logged.



Jacqui Wensich

Left to right: Mark Keister, Bill Meehan, and Gretchen Cicora

In Region 3, **Wildlife Biologist Scott Smith** helped write the definitive manual on nuisance wildlife control. Luckily for us, Scott transferred to the Bath office in 2005 to work with wetlands. Already, Scott has helped the Marshfellows revitalize the Queen Catharine Marsh Trail (QCMLT) by securing a bulletin board, figuring out

the trail to the Observation Tower, and working with the Army Corps of Engineers.

On his vacation days, **Forester Jim Bagley** often works with Forest Ranger Bill Meehan scouting reroutes. Most recently, Jim helped lay out the very

(Continued on page 18)

Zacharek ...

(Continued from page 7)

George and his family (6 children) enjoyed camping and hiking at Heart Lake. Displaying his wit, George said "I found out that ADK members could park for free at Heart Lake, so I joined!" He later learned of the ADK Onondaga Chapter and became a trail steward for the FLT in DeRuyter for nine years. He assisted in the search phase of 20 miles of new FLT and NCT in Central NY and with his positive attitude generated support for it at a time when many others were discouraged. He continues to be a consistent worker for the FLT and NCT maintenance of existing trail and construction of new trail mileage.

After working on the FLT, George decided it was time to join the FLTC. Not content with just joining, he was elected to the Board of Managers for 1996-99 and is serving again for 2007-10. In between he continued to attend Board of Managers meetings to learn and report on his activities. He also serves on the Advisory Board of the Central New York NCT, and belongs to Tramp and Trail Hiking Club of Utica and the Long Path North Hiking Club of the northern Catskills.

George was born in Syracuse and graduated from Eastwood HS. He is a Life Scout and enjoyed his time as a Sea Scout sailing on Onondaga Lake. He never moved far from Syracuse, saying "central New York is a beautiful area," except for two years service in the Army Air Corps, joining in 1944. He became a gunner, training in B17s and flying in B29s. Even peace time flying could be harrowing, as George recalls one memorable weather mission flying into a hurricane! His wife, Cindy, recently gifted him with a flight in an AT6, the same kind of plane he trained in over 40 years ago! George spent time at Clark AFB in the Philippines and recollects flying over the capitol city Manila on their independence day, July 4, 1946.

George is a photographer and with another serviceman set up a darkroom

behind the motor pool and developed film without charge. Today he serves many organizations including the FLTC as a video historian and has recorded many memorable events. He shows tapes on the Public Access Channel in Baldwinsville that he makes of the Lysander Town Board Meetings, his travels, and local events.

George "retired" 17 years ago after 18 ½ years with the Lennox plant, when they ceased operating in Syracuse. (He says he still buys Lennox furnaces, though!) He started in the stock room, moved to the planning department, and became a foreman, running two departments at one time. He held many jobs around Syracuse, with now defunct businesses, joking that he closed all of them down. He attended Alfred State and Syracuse University studying business.

George likes to promote health, especially for children. He likes to see children involved in outdoor activities. For several years he has arranged middle school student visits to join in

the work on the FLT and NCT and experience how hiking trails are built and maintained.

George likes to keep busy and meet new people, and hike in new areas. He jokes with new hikers that "hiking can be dangerous – you might meet somebody and fall in love!" He speaks from experience, having met Cindy while snowshoeing. They enjoy traveling together, and it is a treat to meet them.

George is also End-to-End # 132, completing the Finger Lakes Trail on July 2, 2001.

The W. Wood award is presented each year to the person or persons who have made outstanding contributions to the Finger Lakes Trail Conference. Wallace (Wally) Wood came up with the idea of a long distance footpath across New York State and founded the Finger Lakes Trail Conference. George Zacharek exemplifies W. Wood with his ideas and enthusiasm for envisioning the future of the FLTC. □

Join the North Country Trail Association

A Special Deal for FLTC Members!

Now you can join the North Country Trail Association for just \$16 per year! You'll get a subscription to North Star magazine, and the satisfaction of helping develop the North Country National Scenic Trail. To join, send this coupon to:
NCTA, 229 E. Main St., Lowell, MI 49331 or call 866-Hike-NCT

Name(s):

Address:

City, St Zip:

Phone (optional):

E-mail (optional):

☐ I'm enclosing a check for \$16 payable to NCTA

☐ Please charge my credit card (MasterCard, VISA or AmEx only)

Card #: _____ Exp.Date: _____

Name as it appears on card: _____

Signature: _____

It is great fun for conspirators to surprise a deserving person with a big award, especially if he wouldn't ever have suspected we all felt that way about his contributions. Tom Reimers was at least that flabbergasted when it was announced at the spring FLTC meeting that he was the recipient of only our third ever "Howard Beye Lifetime Distinguished Service Award." Previous honorees were Ed Sidote and Howard Beye, so it's for a rarified bunch of those who just "keep ticking" that the Board of Managers reserves this award.

Tom is basically a quiet, reserved soul afflicted with a hyperactive social and environmental conscience, which has poked him into undertaking many a large responsibility in order to advance projects he is passionate about. So the man who may have preferred to be a hermit has spent a lot of time in fairly public roles, out of a strong sense of duty and responsibility.

While his working career was spent as a professor in the Vet College at Cornell, he has undertaken more other "jobs" than most ever would. For instance, he was President of the Board of the North Country Trail Association 1987-90, overlapping his Presidency of the FLTC from 1989-92, a seeming overload that has never been repeated. None of us has ever enjoyed a crisper board meeting, kept strictly to agenda, and sometimes even ending early!

Ever since then, he has held FLTC Board seats, various Cayuga Trail Club officer positions, and has been a faithful trail maintainer since 1985, even shouldering the Cayuga Trail Chair job for a while. Probably the most visible job he undertook for the FLTC, affecting a thousand people four times a year, was his 10-year editorship of the *FLT News*. Tom took what had been a typed and copied several-page newsletter and turned it into an attractive ambassador for our trail. Back when personal computers were just beginning to become more common at home, Tom took classes to learn desktop publishing. The results were the cream paper editions we looked forward to from 1992-02, with

Honoring Tom Reimers

by Irene Szabo



Courtesy of the Finger Lakes Land Trust

good B&W picture reproduction, and color highlights.

The better the *News* got, the more people wanted to send in articles, so it slowly grew in size during that time. In your hands today is the next generation result of the major improvements begun by Tom, now a magazine often reaching 40 pages, with so many eager contributors that current editor Jo Taylor sometimes has to set articles aside for the future, a great measure of its importance to readers.

Less visible are some of the other big projects he dutifully undertook in the background. For instance, he wrote a history of the trail for our 30th anniversary in 1992, updated it for the 40th, and created a thorough Bed & Breakfast Guide that the FLTC sold for some years. Many major weekend events were organized by Tom, including the first time we hosted the North Country Trail annual meeting in 1995 at Watson Homestead in Steuben County. He put together our first slide show with script to help speakers make presentations all over the state, and was even brave enough to be our first webmaster! In other words, Tom has been a faithful volunteer for so long that some of his projects happened before many of you had even discovered the trail.

Meanwhile he has volunteered for many significant roles with the Finger Lakes Land Trust, often working on the laborious details of protecting lands in his typical steady, methodical, thorough way. That's one of the special things about Tom: if he undertakes it, we know it will be well done and on time! Gary Mallow, current Cayuga Trails Club trail chair, appreciates Tom's willingness to help him learn the ropes, including pitching in to work on thorny (indeed!) problem areas along their part of the trail. Gary complimented Tom's "low key way of making a difference."

Naturally he was given the Wally Wood Award back in 1998, and the occasion was memorable for many reasons, not the least of which was his typical bratty sense of humor. He couldn't resist making a petite flap out of the fact that I made the presentation to him while wearing a skirt. But I remember when he suffered his own sartorial frustrations: in 1990 as FLTC President he presented the Wally Wood to the late Ed Willis at our Saturday banquet in Bainbridge. Because Ed always was formal in tie, jacket, and fedora, Tom wore an unaccustomed suit himself. So naturally Ed Willis wore some old sweater that day and Tom looked like a kid from Nebraska just off the bus.

And he is, of course, a boy from Nebraska who got a job at Cornell, sold his bike within a week of seeing Ithaca's hills, then never left. One of his traits that I'll always remember isn't one that got him this stellar and rare award, but it reflects the man, and that is his tenderness and clear affection shown to many of the older members of his hiking club. Tom Reimers isn't a bit shy about showing sweetness and solicitation toward others. Of course, within this same complex elf lurks the same guy who used to send photograph postcards of pictures he'd captured of me in especially stupid positions, something I'm certain the Mt. Morris Post Office staff remembers him for, too. □

Hiking and Joint Replacement – A Very Good Mix!

by Dr. Thomas V. Smallman

Orthopaedic Surgery, Upstate Medical University, Syracuse, New York

A total joint replacement (hip or knee) is not the “kiss of death” for the active person. Just the opposite, the relief of pain, and improved function in the involved extremity can allow a safe return to a healthy, active lifestyle. After years of pain, and reduced mobility, a person can potentially use this freedom as a steppingstone to an improved quality of life. Hiking can become a cornerstone of this process.

Either beginning a hiking program for the first time, or returning to a well-established pattern, can be dangerous if one tries to do too much too soon... more about this later. For the moment, think of a total joint replacement as a mechanical part with a limited lifetime. This is the key concept. The parts are usually metal and plastic, or metal and ceramic. During the operation, the diseased joint surfaces are removed and replaced by precisely fitted implants which all have one fundamental characteristic. They inherently experience physical wear over time: the more intense the use, the more extensive the wear. The good news is that with modern implants the expected lifetime can be 10 to 30 years or more. Life for the thinking person thus becomes a balance between maintaining excellent function and activity without overuse.

So what would be the range of activities that would be recommended for you in your return to a full life after total joint replacement? Most surgeons and rehabilitation specialists would consider walking, low-impact aerobics, stationary bicycling, swimming, rowing and light weight lifting as ideal for fitness. In the long run in doing fitness exercises, one should start with 3 episodes of 30 minutes per week, advancing from there in a progressive manner to 4-6 episodes per week, each up to 60 minutes duration. For recreational activities options would include bowling, golf, dancing,



horseback riding, croquet, shooting, shuffleboard, and horseshoes. These lists are not all-inclusive; once again, consult your orthopaedic surgeon or rehabilitation medicine specialist.

Why is walking first on the list of preferred activities? There is abundant evidence that exercise in the form of sustained walking produces enormous health benefits and promotes a sense of well-being. Indeed people with obesity, hypertension, coronary artery disease, diabetes, osteoporosis, and low back pain often see improvement in their health condition, with a reduction in the need for medication. Weight loss can be expected with such a routine. Anxiety and depression can be improved and even cured by a walking program.

Hiking is a step up from walking. It is defined as a recreational activity involving extended walking for pleasure and fitness. Trails can be of variable difficulty, from a pleasant walk in a flat park-like setting to steep, and even mountainous slopes. In light of the statement in the opening paragraph that overuse produces excessive wear in the long run, how should one proceed either in taking up hiking for the first time, or in returning to a pre-existing hiking program after a joint replacement?

The first question one might consider after a total joint replacement might be: should you, given your unique health circumstances, consider a progressive

walking program with nature as your backdrop, and secondly, when is it safe to begin? In other words, just how healthy are you, and do you really want to do this. First and foremost, check with your orthopaedic surgeon or rehabilitation specialist. In most cases of primary total joint replacement, after the completion of a rehabilitation process of several months, your orthopaedic surgeon will encourage an active lifestyle, which may ultimately include hiking.

The key to the rehabilitation process is muscle strength, and limb flexibility; once these are restored, the recommended approach is a progressive return to desired activities, with hiking being an ideal option. Occasionally there may be mitigating circumstances such as pre-existing osteoporosis, or if the surgery was a redo of a failed primary total joint replacement. A more cautious approach in terms of activities may be advised in such instances.

At the start of the second paragraph of this article, I indicated that doing too much too soon could be dangerous. This has to do with the interface between the inert implant, and your living body: this has to stabilize over time, and your body itself has to recover from an operation that involves disruption of the region of the joint being replaced, and the stressful effects of anesthesia. You should plan on 6 months to recover from the operation, and 6 months to allow the implant to become stable and for your body to regain the strength and flexibility it needs to then allow you to undertake a hiking program of your choice.

So, when your physician gives the go-ahead to start walking after your total joint replacement, start out walking on the level a comfortable distance for you (but not more than 400 yards). For the first month, walk every other day, and add 50 yards each time you walk. In

(Continued on page 37)

Wildflowers along the Trail, #22: What do you call it?

RW/V Taylor

One of the more attractive flowers that might be spotted locally in springtime bloom is the low-growing moss pink (*Phlox subulata*), whose bright rose-colored blooms with dark centers, in crowded patches among tufts of moss-like foliage, are quite distinctive. This is a native plant, but is extensively cultivated as a ground cover and owes its widespread distribution across the US and Canada mainly to garden escape.

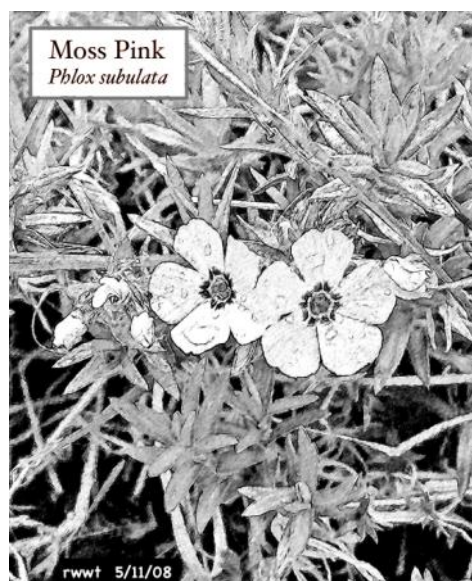
As with many wildflowers, moss pink is known by a variety of additional common names, including moss phlox, mountain phlox, ground pink, ground phlox, creeping phlox and flowering moss. The formal scientific name shows that it is related to the common garden phlox, although (to the untrained eye) the similarity in appearance is not great. The standard botanical reference Britten and Brown actually lists no fewer than 17 species of phlox growing across North America. Some of these, such as the wild sweet william (*P. divaricata*) that flourishes abundantly in the south-central states, are locally common. Other species are to be found only in specialized habitats, such as growing on nearly-inaccessible mountain ledges. The different species in this genus display a very wide range of physical appearance, reflecting adaptation over time to the varying environments in which the plants grow.

The name of the genus here actually goes back to ancient Greece; the word *phlox* means “burning”, and is etymologically related to, for example, the English word *flagrant*—one might infer that the name originally was applied to a more-brightly-colored flower than the ones we use it for today. The species name *subulatus* for moss pink is botanical Latin for “awl-shaped”, referring of course to the needle-like shape of the leaves.

A flower that is often confused with phlox is the near-ubiquitous dame’s rocket (*Hesperis matronalis*) that

spreads its purple-and-white blooms through our woodlands and borders each spring. This plant is non-native, having been brought to America in the 17th century by early settlers as a garden flower, and is currently considered an invasive species in some states. Other vernacular names for this plant are dame’s violet, dameswort, damask violet, sweet rocket, dame’s gillyflower, queen’s gillyflower, rogue’s gillyflower, winter gillyflower, summer lilac and night-scented gillyflower. As a side note, the name gillyflower here properly refers to a carnation, and thus in this connection it is a misnomer. The word represents a corruption of Old French *girofle*, which itself is a serious corruption of Greek *karyophyllon*. And of course we have no way of knowing what yet more ancient word the Greek name may be based on—such is the way with etymology.

It is easy to tell dame’s rocket from phlox by its alternate leaf habit and its four petals (as opposed to five for phlox). As might be suspected from this last fact, this plant is a member of the widespread cress, or mustard, family. The name “rocket” (which is also applied to many other plants in the mustard family) is not related to our word *skyrocket*, but instead has descended over time from Latin *eruca*, meaning “cabbage”.



The formal species name *matronalis* clearly preserves the matronly sense of many of the common names, while the genus name goes back also to ancient Greece, being derived from *Hesperos*, the evening star, a word that is related to the English words *vesper* and—more fundamentally—*west*. The connection here is that (supposedly) this flower is most fragrant during the evening hours.

If you infer from these two examples that when it comes to scientific names for wildflowers the generic name tends to be more metaphorical in origin, possibly based on Greek roots, while the specific name tends to be more prosaic and businesslike and is usually Latinate in derivation, you would be right. However, it is the wealth of common names that have been applied to our inventory of wildflower species, names that vary according to region and circumstance, that is a treasure to be respected. This store represents a fascinating and important legacy of the English language. The range of these names is from rude description to half-remembered heritage to sheer poetic fantasy, and the names tell much about our history and culture. For the individual interested in pursuing this particular pathway, investigation and contemplation of wildflower names and naming can be a great source of pleasure. □

Join us in...

CAZENOVIA

New York



...following
in our ancestors' footsteps

Now is the time to register for the
2008 Annual Conference in Cazenovia, New York

Programs

As the NCT approaches the Adirondacks, it's perfect serendipity that we get to enjoy the music, humor, and historical tales that will be provided Friday night by Dan Berggren and Peggy Lynn. With dozens of albums between them, Dan and Peggy entertain, educate, and inspire with traditional folk roots, dynamic original songs, and striking harmonies.

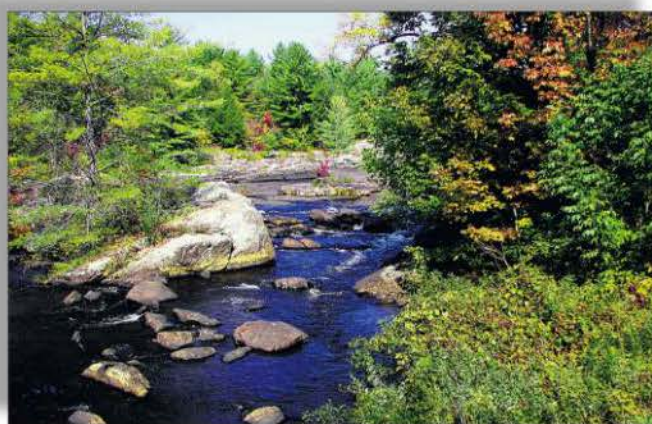
With her bluesy voice, Peggy writes and performs songs about the women and natural beauty of the North Country, while Dan's songs reflect the spirit and the hard-working people of the Adirondack region. Best-selling environmental author Bill McKibben says, "Dan is a throwback to the old role of the folk singer ... he's articulating things that need to be said right now."

On Thursday evening, following a tour of the seven states during Clare Cain's "State of the Trail", we will be treated to an irreverent but enlightening romp through Erie Canal history by Irene Szabo, with illustrations comparing then and now; Irene guarantees you'll leave with a new view of the significance of transportation history from the oxcart onward. Saturday night, after

Your hosts, the NCTA Central NY Chapter, the Adirondack Mountain Club (ADK)- Onondaga Chapter, and the Finger Lakes Trail Conference, invite our readers to come see all the NEW trail added since NY last hosted this event in 2001. Come walk with us along the North Country Trail in central New York, from hilltop views to streamside meanders, through dark hemlock forests and across a whimsical outdoor art park, and savor special long walks with history.

For example, we follow miles of railroads now forty years gone and surrounded by woods where once grist mills, country flag stops, and creameries dotted the wayside. The NCT route also continues north and east toward the deep mysteries of the vast Adirondacks along several canals...the famous Erie and one its feeders, the Black River...preserved routes of vital manmade waterways monumentally responsible for unleashing expansion westward from the coast.

Hikes and tours are designed to showcase all the variety of trail types the NCT offers in a wide circle around Cazenovia College, where we will stay, eat, and enjoy workshops and programs.



Come experience the beauty of the Black River (near Forestport) and the surrounding Adirondacks in New York's north country.



Steam locomotive at Cazenovia Station in the late 1940's.

annual NCTA awards, John A.-X. Morris will bring us "Seasons on the Trail: Natural Connections on the Finger Lakes Trail, from Precocious Peepers and Mimicked Monarchs to Squiffy Squirrels and Chattering Chickadees."

His slides will illustrate a small part of the natural history found along the Finger Lakes Trail during the four seasons including the frogs and flowers of spring, the birds and butterflies of summer, the leaves and lycopods of autumn, and the icicles and insects of winter. Interesting, tasteful, and tasteless tidbits gleaned from observations, research, and folklore will be included. John's column in the *FLT News* is the only nature column sure to rate belly laughs every single time.

Cazenovia College

Those of us who came to Cazenovia in 2001 know why we have chosen to return, but if you thought the food was wonderful last time, just wait till you see the offerings now. Their cafeteria ALWAYS has vegetarian and vegan items, some of them recipes from the famous Moosewood Cafe in Ithaca, and special needs are considered, also: gluten-free entrees along with choices for the lactose intolerant are normal fare. There are even dorm room choices this time, following recent renovations: traditional dorm rooms are the base price (bring your own fan!), while suites in an air-conditioned building are only \$9.00 more per night. College vans will also ease the logistics of some hikes.



Cazenovia Station (today), on the North Country Trail.

Other Places to Stay

Lincklaen House <http://www.Lincklaenhouse.com>
Cazenovia, NY, Next to campus

Country Bumpkin Bed & Breakfast
<http://www.countrybumpkinbb.com/>
Cazenovia, NY, 5 miles from campus

Notleymere Cottage Bed & Breakfast
<http://www.notleymere.com/>
Cazenovia, NY, 1.3 miles from campus

Cedar Valley Campsite
www.cedarvalleycampsite.com
Morrisville, NY, Camping 11 miles from campus

Craftsman Inn <http://www.craftsmaninn.com/>
Fayetteville, NY, 9.4 miles from campus

Workshops

**August
5 - 7**

**Pre-Conference
Trail Building Training, Camping**
Phone the NCTA Office to Pre-register.

**Thursday
1:00**

**Outreach Events For
Maximum Visibility**

2:30

Twigs & Found Treasures
Make your own with twigs, etc.
(After this one, don't miss the fabulous
twig sculptures scattered about the
woods at Stone Quarry Art Park!)

**Friday
10:00**

**Undesirable Trail Uses
& How To Manage Them: ATV's etc.**

**1:30
3:30**

**Chapter Leadership & Health
DR Mower Repairs & Maintenance**

**Saturday
9:00**

**Trail Building
Maintenance**
With NCTA Director of
Trail Management, Clare Cain
(all day)

**August
11 - 12**

**Post-Conference
Sawyer Training**
Must pre-register with
NCTA office by phone.
Rooms available
at College.



Guided Hikes, Trips & Tours

Times given are planned departure from the parking lot.

THURSDAY

- A 12:00 Hills & Hedgerows Hike: 6 miles.** Through forests, easy stream crossings, short climbs, views, on CNY Chapter Link Trail southward.
- B 12:00 Pond Hopper Hike: 4.5 miles.** Mostly downhill through State Forest, past pond and many streams, old cemetery and foundations, with views, on Map O-1, NCT/FLT Onondaga Trail.
- C 1:00 Erie Canal Odyssey Driving Tour:** Along remnants of old Erie Canal, with brief walks at wayside parks to see aqueducts, bridges, a canal town, and a working lock, with history nut as your guide.
- D 12:30 You & UTM/GPS Hike: 4 miles.** Easy walk, slowly through Tioughnioga Wildlife Management Area (spelling test follows) on flagged NCT/FLT route to demonstrate use of UTM with GPS or compass. Bring your GPS or especially a compass.
- E 1:00 Swamp Tromp Hike: 2 miles.** Easy walk on DRY path through swamp flora, guided on loop off NCT railbed walk by loop's designer, a state forester. Discussion of trail design for users with disabilities.

FRIDAY

- F 8:30 Gateway to the Adirondacks Sampler Hike: 4+ miles.** 3 hour round trip drive to Black River Canal Trail. Walk past historic lock, museum with replica canal boat, sometimes through State Park gorge. Easy, level. This is NCT approach to the Adirondacks.
- G 9:00 Paddle, Pack, and Ponds Canoe Trip & Hike:** Easy AM paddle in glacial kettle hole pond between two steep ridges, followed after lunch by hike **2.4 miles** Up 650 ft. past waterfalls on Onondaga Trail to spectacular overlook of pond below. May opt to canoe only, with your own car. Bring your canoe, or if unavailable, we can borrow a few with advance notice.
- H 9:00 Finger Lakes Waterfalls Driving Tour:** All day. In college van to several famous waterfalls near Ithaca, with short walks to each, some level, some climbing. Each is a photographer's mecca, and one, Lick Brook, is on the trail. **Additional fee.**
- I 9:30 Over the Hill Hike: 7+ miles.** Moderate to strenuous, with climbs to wonderful overlook on Onondaga Trail that takes the NCT from the main FLT toward the CNY Chapter.
- J 9:30 Hillside Railroad & Waterfall Hike: 7 miles.** Walk on NCT directly from Cazenovia along forested abandoned Lehigh Valley RR bed, along scenic Chittenango Creek, passing several amazing CNY Chapter construction projects. Mostly level, ends at breathtaking Chittenango Falls State Park.
- K 9:30 Wiltsey Glen Hike: 7 miles.** On the main FLT/NCT, only moderately hilly for this area. All forested, long descent through Wiltsey Glen's dark gully, plus several handsome hemlock-shrouded streams with hopping rocks. Ends at junction with the Onondaga Trail.
- L 9:45 Central NY History Driving Tour:** All day. Visits to the Chittenango Canal Boat Museum on the Old Erie Canal (**small fee**), the Salt Museum in Syracuse, a tram ride around Onondaga Lake, and a visit to Middle Ages Brewery for tasting.

SATURDAY

- M 9:00 Highland Hill and Dale Hike: 8 miles.** Steady graded climb through new part of Onondaga Trail, new Map O-2. Crosses two glacial ridges with views then descends to DeRuyter Lake.
 - N 9:00 Erie Canal Bike Tour: 25 miles.** Drive yourself and your bike, or carpool to the Chittenango Canal Boat Museum. Then ride the level towpath eastward past historic artifacts and across one working lock gate on the modern Canal, to Rome's Erie Canal Village, most of it an NCT Connector Route. We'll bring you and your bike back from Rome. Bike can be borrowed with advance notice. **Additional Museum Fee.**
 - O 9:15 Ravines & Summits Hike: 6 miles.** South end of Onondaga Trail, strenuous hills, climb from old cemetery and remnants of Lehigh Valley Railroad (yes, the same one to Cazenovia) up, up, up to junction with main NCT/FLT. Great overlook at top.
 - P 9:15 Trail in the Making Hike: 8 miles.** Strenuous Skyline Trail, considerable elevation changes and some bushwhacking on this incomplete trail. Includes a nature trail, old foundations, waterfalls, and a stunning view. Round trip walk.
 - Q 9:15 The Every Which Way RR Route Hike: 6+ miles.** One of the newer sections of the CNY Chapter's NCT route on abandoned railbed with views, creek and wetlands on either side of dry-footed route, and a scenic ravine along Canastota Creek. Mostly level except short steep downhill and climb up 72 step stairway built by Al Larmann's Retiree Brigade.
 - R 9:30 Twin Hike A: 5 to 8 miles.** (For an 8 mile hike, take the optional roadwalk.) New Map O-2 between two ridges, including one mile bushwhack between certified segments. Some climb. Onondaga Trail.
 - S 9:30 Twin Hike B: 2 miles.** Shorter option, modest climb, same nice views as above, but break out sooner.
 - T 9:30 Cedar Swamp and Savannah Hike: 7 miles.** NCT here is dry railbed through Nelson Swamp, across Chittenango Creek bridge to include segment led by wildflower expert, then 1.4 country roadwalk to Stone Quarry Hill Art Park. Long views from Art Park, then trail wanders through forest full of whimsical sculptures. Bring camera! Finally descend to Cazenovia on NCT.
 - U 9:45 Cazenovia Area Wonders Tour:** Mansion and gardens of Lorenzo State Historic Site, Chittenango Falls State Park with its 167-foot waterfall, and Stone Quarry Hill Art Park. Modest walking. **Additional small entrance fees.**
- ### SUNDAY
- V 9:45 Pond Hopper Two Hike: 6 miles.** Moderate full day hike, northern Map O-1, mixed forests and rolling hills. Mostly downhill; Onondaga Trail.
 - W 10:00 Streams & Ravines Hike: 4 miles.** With moderate climb, Map O-1, includes Hemlock Glen Lean-to, Enchanted Hollow, Mossy Falls, and old fire tower site at 2000 ft elevation.
 - X 10:00 Highland Forest History Hike: 3 miles.** Map O-2, easy with vistas, then down to DeRuyter Lake, past park visitor's center and farm museum.
 - Y 9:45 Trenton Falls Hike: 2 miles.** A unique opportunity to view a series of four waterfalls from a mile-long path with kiosks relating the history of the Barneveld in its heyday. Trail is on private land open to the public only four times a year, when the power company opens the dam to enhance the waterfalls. Round trip.

2008 Annual Conference * Registration Form * Aug. 7 - 10

Please Join Us
in Cazenovia!

A separate Registration Form is required for each person attending the 2008 conference.
You may make copies of this form.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-Mail: _____

REGISTRATION FEES (There is no child's rate)

Full Conference Registration \$30.00 \$ _____

Per Day Registration \$15.00 _____ days x \$15.00 = \$ _____

Friday Finger Lakes Water Falls Driving Tour \$18.00 \$ _____

Lodging & Meals If You Are Staying On Campus: Daily Rates

I plan to stay ☐ Thursday ☐ Friday ☐ Saturday

(Please multiply number of days you will stay x your daily rate)

Single, Room & Board no A/C _____ days x \$54.00 = \$ _____

Double, Room & Board no A/C _____ days x \$45.00 = \$ _____

Single, Room & Board with A/C _____ days x \$62.00 = \$ _____

Double, Room & Board with A/C _____ days x \$60.00 = \$ _____

Linen charge, includes pillow (you may opt. to BYO) \$10.00 \$ _____

Friday Benefit Dinner/Program (not incld. w/daily rate) \$30.00 \$ _____

I'd like to share a Double room with:

(Name) _____

Meals If You're Not Staying On Campus:

Thursday Dinner \$9.00 \$ _____

Friday Breakfast \$4.50 \$ _____

Friday Lunch \$6.50 \$ _____

Friday Benefit Dinner/Program \$30.00 \$ _____

Saturday Breakfast \$4.50 \$ _____

Saturday Lunch \$6.50 \$ _____

Saturday Dinner \$9.00 \$ _____

Sunday Brunch \$4.50 \$ _____

Total Conference Costs \$ _____

☐ My check to NCTA is enclosed.

☐ Please charge my registration to:

☐ Visa ☐ Discover ☐ Master Card ☐ American Express

Card Number _____ Exp. Date _____

Name as it appears on card (please print) _____

Signature _____

To help us plan better, please indicate which of the following activities (see page 6) you plan to attend:

☐ 9:00 a.m. Friday Canoe Trip "Paddle, Pack and Ponds"

☐ 9:00 a.m. Saturday Erie Canal Bike Tour

Enter the letter codes and descriptions of your hike or tour choices below. (Please refer to hike/tour schedule on page 6)

Code Day & Time Hike/Tour

Code Day & Time Hike/Tour

Code Day & Time Hike/Tour

Code Day & Time Hike/Tour

Code Day & Time Hike/Tour

Code Day & Time Hike/Tour

Send Your Registration By Mail:
NCTA, 229 E. Main Street, Lowell, MI 49331

Send Your Registration By Fax: (616) 897-6605

Sign-up By Phone: 866-HikeNCT (445-3628)

Waiver: Please read and sign the following: Those persons enjoying the North Country Trail (NCT) and/or activities sponsored by the North Country Trail Association (NCTA) or any chapters/clubs conducting activities on behalf of, or in support of the NCTA, 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 NCT 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 _____

Conference Registration opens May 19, deadline is July 21.

This registration form is also available at www.fingerlakestrail.org



Walking Through Time in New York:

#21 in a series

The Lehigh Valley RR Cortland to Canastota

by Irene Szabo with contributions from Tim Wilbur and Dick Lightcap

Seldom are hikers attuned to the clues around them of past history and land uses: most often we walk right past old hedgerows or open-pasture wide-spreading trees hidden in plain sight in the current muddle of forest trees. Me, I'll confess that I completely missed the railroad embankments first time I walked the Onondaga Trail.

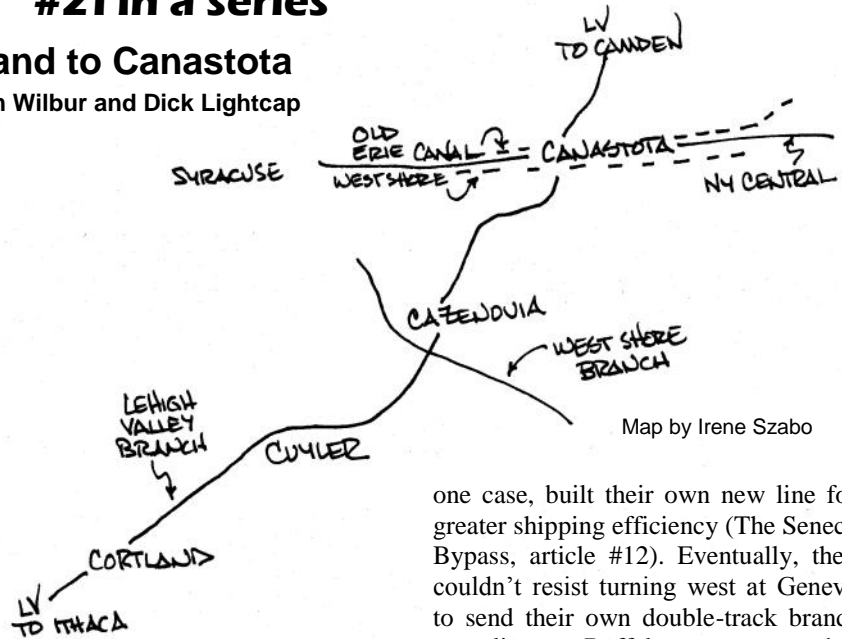
On Map O-1, back in 1996 before there was a Map O-2, I dropped down from the main trail onto the Onondaga, northbound past the country cemetery outside Cuyler and passed right through eight-foot embankments on either side, without a moment's curiosity wondering what they were. What a mindless dolt. They once supported the Lehigh Valley Railroad over this dirt road to the cemetery, carrying the tracks on a level tangent toward a tiny station in the village. Even the fence posts there, holding up FLT and NCT signs, are reclaimed railroad ties. Next the trail turns right onto a village street paralleling the built-up embankment, and we pass another set of abutments on either side of a home's driveway. Just past the corner where the trail turns left to cross the flat valley is a tiny wooden freight and passenger depot, currently owned by the Cuyler Historical Society and built in 1872.

And THAT used to be our only trail encounter with the branch of the Lehigh Valley Railroad that ran from Ithaca to Cortland to Canastota and beyond until as recently as 1967. Now new Map O-2 shows the growing Onondaga Trail being built by the ADK-Onondaga Chapter aiming for the new trails of the Central NY Chapter of the NCTA, so now we cross the railbed once again on Webber Rd. where farm junk fills the old right of way near New Woodstock, which has turned its tiny Lehigh Valley Station into a museum with a caboose outside.

Whoa, Irene and Tim, haven't we read of the Lehigh Valley before this, on Map 18 southeast of Ithaca in the Willseyville area (article #5, summer '04), northeast of Burdett and Seneca Lake on Map 15 (#12, spring '06), and on the Conservation Trail near Corfu in Genesee County (#6, Map CT8, fall '04). How could one railroad be in so many places? (And there are three more LV articles coming!)

Well, it could be, and was. The LVRR was basically an eastern Pennsylvania line that started out to carry the products of its own coal mines to customers, and seeking new outlets for coal became its primary goal. By the late 1800's the Lehigh Valley had established a huge northern outpost at Sayre, PA, just below Waverly, NY, a little east of Elmira, with locomotive and car maintenance shops employing up to 1700. Not only did they want to expand northward up every available valley into NY for more customers, but they had their eyes on the Canadian market across Lake Ontario, where north shore rail ramps dumped coal into boats for shipment across the water from North Fair Haven.

The ambitious LV bought up existing small local lines that typically were foundering for lack of capital, and in



one case, built their own new line for greater shipping efficiency (The Seneca Bypass, article #12). Eventually, they couldn't resist turning west at Geneva to send their own double-track brand-new line to Buffalo, to capture that market, but with the clever hindsight available from our easy chair on this historic timeline, we see that this late railroad into town was at a disadvantage. Remember that the trail crosses four lines (two ghosts, two active) in one day's hike a little east of Buffalo on Map CT-8 (article #6), all of them major railroads intent on participating in the huge Buffalo commerce.

The main Lehigh Valley line in NY came through Ithaca to Geneva, then turned west, and only this route carried famous name passenger trains like the Black Diamond and the Maple Leaf. Thousands of Cornell students travelled from points east on the fancy "varnish;" in fact, Cornell Red and black were the LV colors. The rest of the country branches that the LV bought up, however, featured less dashing fare. A typical local on the branch heading northeast from Ithaca toward Cazenovia stopped at every tiny station, dodged cows on the tracks, and carried one combination passenger, package, and mail car in addition to its freight loads, most probably coal and milk.

While coal may have provided the original inspiration for expansion

Walking through Time ...

northward, back when many houses heated with it in huge octopus furnaces in the basement, carrying milk to cities turned into a profitable business before roads improved from seasonally horrid rutted agonies. Only thus could back country farmers sell extra milk production for cash, and trackside creameries sprouted all over upstate. Furthermore, ice houses became another ancillary business, where trackside ponds were “mined” in late winter for huge blocks of thick ice,

stored in thick-walled warehouses for icing the insulated cars used to carry milk cans.

Not far northeast of New Woodstock on Map O-2 the LV approached Cazenovia, but first crossed another rail line just south of the village, this a branch of the West Shore that ran southeast from Syracuse to Earlville. If you arrive in Cazenovia from the west, you won't be surprised that the remarkable ridge immediately west of Cazenovia Lake had to be pierced by a 1600 foot tunnel. This very railbed also

gives the North Country Trail a mile or two of dry-foot walking through Nelson Swamp, southeast of Cazenovia, where your hike's guide will surely take you off into the woods to show you the tiny shack remnant where a farmer once cooled his milk cans to await the train. The West Shore branch stopped running here in 1950.

Back on the LV, the next clear evidence of her passage is right on Main Street, where a photographer's studio occupies the train station, with a nicely restored caboose out front. You can see recent and 1940's versions of the same spot in the NCTA Conference registration pages herein. The NCT walks a few village blocks until this station, where we get onto 2.3 miles of resurrected railbed owned by the Cazenovia Preservation Foundation, where a delightful walk under dark hillside trees above tumbling Chittenango Creek, once lined by mills, has been greatly enhanced by drainage repairs made by the CNY Chapter. North of that section the trail is currently intermittent, on and off private land, until it reaches a long segment that NYS Parks bought some time ago.

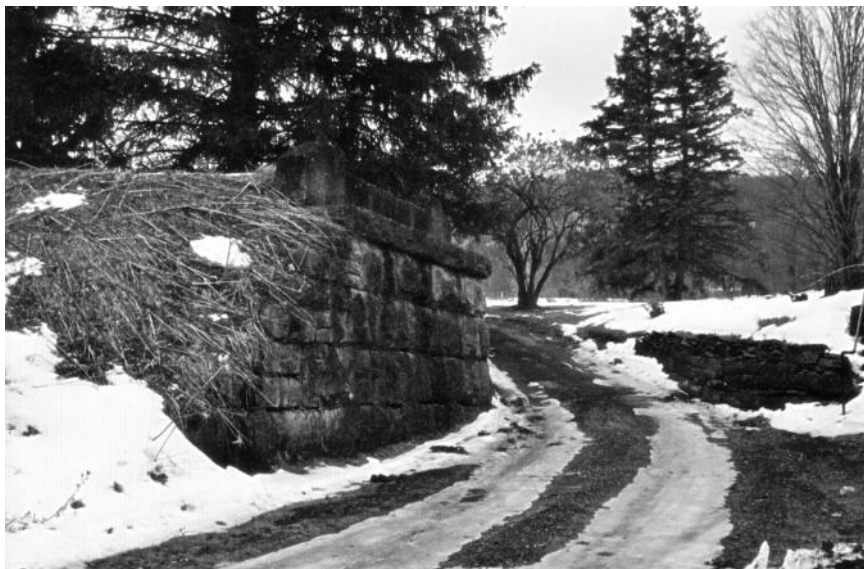
The Office of Parks, Recreation, and Historic Preservation never did anything with the property for some decades after the rails were taken up in 1967, until the ambitious CNY Chapter of NCTA obtained permission from Parks to open the railbed as the route of the NCT, and began extensive drainage repairs to fix clogged culverts and erosion from illegal ATV usage. Almost eight miles of Park property provide a surprisingly delightful trail as we approach Canastota; where once open countryside surrounded the tracks, now at least four miles of the route are carved into a forested hillside.

Abruptly at Canastota the Lehigh Valley's peaceful bucolic line ran into the frantically busy east-west transportation corridor that defined so much of upstate NY. In fact, that gradually descending line reflected the change from rural to city more abruptly than normal one winter day in 1950,

(Continued on page 32)



Irene Szabo



Irene Szabo

Above: Trailhead signs on map O-1, entry to cemetery lane at Cuyler, with remnants of embankments on either side. Below: Stone abutments carrying same railroad over driveway to next house north along trail route.

(Continued from page 7)

difficult relocation on the west side of Goundry Hill (M-13). The terrain on that hillside is especially rough and the slope is 40%-plus, yet Jim clung to the hillside long enough to lay out eight long switchbacks with 10% grades.

Just this past winter, **Forester Joel Fiske** helped relocate the trail from Monterey/Sexton Hollow east (M-13), around a new gas well road. Over the years, he has kept us informed about upcoming logging operations and provided advice regarding the forest conditions that might affect reroutes. He always tries to take our ideas into account, while at the same time patiently reiterating the DEC's mandate and explaining why a particular patch of trees will have to be logged.

Forest Ranger Bill Meehan is a master of effective persuasion. He works with all the landowners around the forest edge to make sure there are no timber thefts, dumped cars, illegal hunts, or ATV incursions. He has paved the way for us to approach several landowners when we needed to connect sections of state land (M-13, M-14). Bill even introduced us to a landowner with whom he had a long-standing disagreement over ATV riding. That landowner then not only allowed us to cross his land to access the trail but also helped us by towing in our puncheon timbers. Bill made sure that Corbett Hollow Road was reopened to the public and that the surrounding community accepted the Buffalo Youth Corps (M-13), and he even helped supervise the corps. Another time, he straightened out a hunter who was using the trail despite the landowner's No Hunting signs; as a result, the landowner did not oust the trail. Bill is also vigilant about keeping the horseback riders and bike riders off our new, dedicated footpath through Sugar Hill SF (M-14).

Forester Mark Keister has worked with Irene Szabo for many years, and Irene credits Mark with teaching her most of what she knows about forest ecology. Mark is especially good about involving us early in the process and

now sends us the contracts, so we know what the plots and plans are, get an early start on configuring reroutes, and can see that he has written trail protection into the contract terms. He has even had loggers pile unwanted pine logs so that we may peel and use them for puncheons if the timing works out (M-12 – M-14).

Forester Gretchen Cicora inspects and approves every relocation and piece of new trail that we want to build. Gretchen provides orthographic images with topographic lines, and sketches alternative routes. Then, as she did with the reroutes up Goundry Hill (M-13) and through Sugar Hill (M-14), she goes over every inch of the final choice, down to making us go around a small patch of blueberries because they will be good food for deer. Most recently, she arranged for gas well

workers (instead of us!) to build the reroute around a new gas well road once she and Joel Fiske laid it out. When I checked it, she allowed me to make one significant change, which was to alter a switchback leg so its grade would be 10% rather than the 15% she and Joel had flagged. Tim Wilbur just hiked that reroute and gave it an unsolicited A+. Gretchen is working also with Pat Monahan and Pete Flezar on our part of the Great Eastern Trail. She made sure it's included in the agency's plans, reviewed proposed routes and suggested alternatives, and has already walked some of the flagged route. But what I love most is hearing from Pat that *Gretchen* is making *them* toe the line and is insisting that switchback grades not exceed 10%. □

Betty A. Lewis

1927-2008

Betty A. Lewis, age 80, formerly of Ithaca, New York, died on April 17, 2008, in Truman, Minnesota. She was FLT end-to-end hiker #36 and completed her end-to-end hike on December 18, 1994, in the company of co-hikers Cliff (#34) and Doris (#35) Abbott. Betty was the editor and publisher of "Guide to Trails of the Finger Lakes Region" published by the Cayuga Trails Club for many years.

Betty was born on October 21, 1927, in Watonwan County, Minnesota. She received a B.S. degree in chemistry in 1949, M.S. degree in 1954, and a Ph.D. degree in 1957, all from the University of Minnesota. After college, she continued working at the University of Minnesota teaching and

doing research in food carbohydrates. In 1968 Betty moved to Cornell University in Ithaca, New York, where she was professor of chemistry. Betty was among the first to do research on dietary fiber. She continued to teach and do research until 2006.

In her spare time, Betty loved to travel to national parks, go bird watching, and establish and hike trails in the Finger Lakes Region. Betty is survived by one brother, two sisters-in-law, and several nieces and nephews.

(Information in the second and third paragraphs of this article is from "The Ithaca Journal," April 22, 2008)

—Tom Reimers



Left to right: Wildflower columnist Bob Taylor, "FLT News" editor Jo Taylor and FLTC President David Marsh

Excellence Recognized—Excellence Rewarded

The Finger Lakes Trail story is a work in progress, and with every season's appearance there is a new chapter in the history of this trail; the trail's culture, evolution, experiences of its "family" of users, and interesting natural setting right down to the smallest speck of life. That story is told wonderfully and colorfully in every issue of the *FLT News*. I know that I am biased, but I do not know of another outdoor organization that produces a publication that can match the quality of our "journal" while achieving the important objective of promoting the FLT.

Publishing the *FLT News* is no small task. While we are certainly fortunate to have a "stable" of talented, dedicated, and knowledgeable writers, the final product results from maintaining a motivating environment, creatively fitting all of their work together accompanied by pleasing pictures, and, meeting the publisher's deadlines. The FLTC Board of Managers feels privileged to have such a talented and dedicated editor in Jo Taylor. She says that she "loves the job". We love Jo's work (and Bob's too) and to express our appreciation, a family life membership in the FLTC was presented to Jo and Bob Taylor at the Spring Weekend. You may have met Jo for the first time in the spring *FLT News* "Faces of the FLT" column, and you routinely meet Bob Taylor in every *News* issue through his excellent wildflowers series. While this gift may not be large in dollars, we believe it communicates that we are grateful that Jo and Bob are a part of our family and we want them "for life".

David S. Marsh
President, FLTC Board of Managers

Editor: I'd like to take this opportunity to thank all the people whose contributions have been essential to the success of our magazine, starting with my predecessor as editor, Tom Reimers, who set the standard. A big thanks to everyone who has written for the "News" or contributed photos, or suggestions. Please keep them coming. I look forward to your contributions and your emails. Thank you to Sharon Galbraith who has helped with the editing from time to time. And Bob and I thank the Board for the honorary life membership. We've always intended to be part of the FLTC for life.

—Jo Taylor

Faces of the FLT

Gary Mallow



Age: Middle

Birthplace: North Buffalo

Residence: Newfield, NY, six miles south of Ithaca

Occupation: Baker, Wegmans Food Markets

Favorite outdoor pursuits: Hiking, birding, backpacking, AHS Volunteer Vacations

Other interests: Land Trust, backgammon, science fiction and murder mystery DVD's, reading, progressive politics, meeting a few friends for a beer

How I "met" the FLT: This is a bit foggy. I hiked around the area for years, occasionally saw the FLT signs and was vaguely aware that something called the Finger Lakes Trail existed. Eventually I wanted to meet some of the people involved, maybe get involved myself, and found a Cayuga Trails Club brochure in a trail register.

Relationship to the FLT: Trails Chair, Cayuga Trails Club

Favorite section of the trail: The section below Todd Road that runs along the upper creek in Connecticut Hill Wildlife Management Area.

Memorable FLT experience: This is tough, there are so many characters, curmudgeons and, uh, let's say unusual people in the hiking community, and among our landowners and allied organizations, that I never really know what's coming next. However, building the Tug Hollow Creek bridge, and then rebuilding it the next year, was something else. It was pretty satisfying to see a group work together for a common purpose.

Challenges Come In Bunches, Success Achieved

David DeForest, Catskill-East Regional Trail Coordinator, reports we have secured **Kevin Millar** of Owego as the new Trail Sponsor for 6.2 miles of trail on map M-30 between NY Route 206 and Holliday & Berry Brook Road as well as 10.6 miles between Mary Smith Hill Road located on map M-30 and the east end of Alder Lake on map M-31. In addition, Kevin will be sponsoring the two side trails to Little Pond Campground, a total of 2.5 miles located on map M-31. This trail was formerly sponsored by the Catskill Outdoor Education Corps at Delhi College, which was cut from funding by the AmeriCorps program this past fall. All sections of trail in the Catskill-East Region now have Trail Sponsors.

Our Regional Trail Coordinator from the Catskill-Central Region, **Mike Gebhard**, has signed on **Rick Roberts** of Hamden, NY, to take on 33.8 miles of trail from the junction of County Routes 47 & 27 on map M-27 to the Trout Brook Trail at Campbell Brook Road on map M-30. Except for 5.3 miles of trail in the Bear Spring Wildlife Management Area, all of this is located on roads. The major concern with this section is to try and get as much trail as possible off the roads. Rick has already started making contact with several landowners who seem receptive to having the trail on their land. This section of trail has for several years been without full sponsorship. With this new Trail Sponsorship the Catskill-Central Region has now achieved full trail sponsorship.

On the Bristol Hills Trail, **Tom and Donna Noteware** report they have secured the services of **Keith and Annette Toasperm** of Penn Yan as Trail Sponsors for the 3.8 mile section of trail between the Italy Turnpike and Sweeney/Ford Road. This trail is located on map B-2. We recognize with gratitude, for a job well done, the former Trail Sponsor **Richard Starr** of Macedon, who was the caretaker of this section of trail for the last fourteen years.

With the above new Trail Sponsorship we now have all 800 plus miles of the Finger Lakes Trail System with an active Trail Sponsor. This is a significant accomplishment which would not have been possible without the active work of our Regional Trail Section Coordinators and the response by the many who have stepped forward to take on the important job of Trail Sponsor, be it a trail club, Scout unit, small group, individual or family team.

Currently we have as Trail Sponsors 12 adult clubs/groups, 6 Scout/youth groups and 55 individuals, families and small teams.

Although we now have full sponsorship for the entire trail system several of our clubs are in need of folks who would be willing to work with a club as a Trail Steward or Trail Worker. If you are interested in helping in this manner,

Trail Topics



Howard S. Beye,
Chair
Trail Management
Committee

please contact me at the FLTC Trail Operations Office at 585/288-7191 or at fltc@frontiernet.net. I will put you in touch with clubs near your home. Or, if you know people in one of our local clubs, contact them directly.

Alley Cat Trail Crews for 2008

For those of you who may not know what the FLT Alley Cat Trail Crews are all about, let me give a quick explanation. These are trail work crews, made up of from 8 to 12 adults who will be living at a base camp site and others who will commute from home to the base camp each day. Youth 16 or older can attend with a parent or adult guardian. All persons, regardless of current skills, are welcome to join a crew. You should be in reasonably good physical condition to perform manual work. We share in the food preparation and clean up. The food and lodging are provided at no cost. Transportation from base camp to work sites is provided, as well as transportation, for those requiring it, to and from the airport, train or bus station closest to base camp. All crew members must be members of the Finger Lakes Trail Conference.

Schedule for crews in 2008:

Crew #1 June 9-13, Pike, NY, Camp Sam Wood, Barlow Cabin. Map M-4. Trail improvement work on Bob Emerson's section of trail on map M-6 and on the Genesee Valley Hiking Club section between maps M-7 and M-9 to improve crossing of gullies and tread work. Work also will include the Letchworth Trail map L-2, near Portageville, to repair trail in the slide area. Currently (mid May), we have the following signed up for the crew: Mark Hittle, Ben Petryszak, Bob Kremens, Bob Emerson and Howard Beye. We still can use six or seven more crew members.

Crew #2 July 21-25, Holland, NY, Base camp at Holland Community Center. Map CT-6. Trail improvement work on map CT-6. The work will be to make travel easier through several gullies by reducing slope, trail side-hilling and adding steps where necessary. Planning on working on the crew as of mid May are: Mark Hittle, Ben Petryszak, Bob Collins, Bob Schmidt, Mary Domanski, Annette Brzezicki, and Howard Beye. This crew could run to 15 members each day. Last year many workers commuted from the Buffalo area.

Crew #3 August 18-22. Map M-22 Mariposa State Forest to build a replacement lean-to for the present Paradise Garden Lean-to. This project will probably require a weekend ahead of construction to prepare the site for a new lean-to. The base camp will be using trail tents. Signed up, as of mid May, for the full week are Ben Petryszak, Raymond Sergott, Horst Schwinge, Bob Collins, Bob Emerson, Tony Rodriguez, and Howard Beye. We expect help from a Boy Scout Troop from DeRuyter which has a member doing this as his Eagle Scout project. We still need about four more FLTC members on the crew. If you would

like to work on the advanced party for this project, please call or send an email to the FLTC Trail Operations Office 585/288-7191 or fltc@frontiernet.net The exact period for the advanced party has not been established but will fall between July 7th and August 15th During that period, removal of the existing lean-to will take place and moving in the logs, large timber and floor and roof boards will be accomplished.

Crew #4 September 15–19 Taylor Valley State Forest, Chenango Day Use Area. Located on Map M-21. The base camp will be using tents with a large pavilion for cooking and eating. The project will be assembling and installing a 60-foot, open-web steel truss bridge. A prior work session will be required to construct the foundations for the bridge, to assemble truss members into the bridge structure and to put a finish coat of paint on all metal parts. We currently

have the following planning to be on the September 15th to 19th crew: Mark Hittle, Bob Collins, Ben Petryszak, Raymond Sercott, Horst Schwinge, Bob Kremens, Peter Nye, and Howard Beye. If you would like to sign up for the advance work crew, please call or email the FLTC Trail Operations Office. Dates for the advance party have not been finalized but will be between September 2nd and 13th.

Interested persons may request an announcement and application, which are available from the FLTC Trail Operations Office at fltc@frontiernet.net or 585/288-7191. Since food and lodging space is being provided for those staying overnight, please indicate the nights you will be staying. We will provide your evening meal and breakfast unless you indicate differently. If you are commuting, you are welcome to sign up for as many days as desired. □



HELP WANTED: A Little Lawnmower Time

I have several sections of trail through bushy tracts slowly filling in from previous lives as cleared fields, and they are kept passable by one annual mowing once the muddy spots are dried up. However, I have two others in lush lowlands which need mowing at least monthly in order to keep the route clear and the walking there enjoyable, but that need dictates that I travel over an hour each way to those sites, more often than normal trail maintenance would dictate.

Gas prices send me looking for the following helpers:

Map M-4, east of Ellicottville, Cattaraugus County, our property on NY 242 has barely a half-hour of mowing needed but the field walk from road to stream desperately needs mowing every three weeks in the early half of the season. It is easy to unload your mower in our little parking area created by local BOCES.

Map B-3, north of Bean Station Rd., south of Prattsburgh in Steuben County, a field walk that had been kept clear by Bill Garrison (see our farewell to the Garrisons), almost an hour of mowing (and my time estimates are based on my 22" cut trail mower), again here needed every three weeks from early May until things slow down mid-summer. Terrible thistles at the lower end will rake hikers' legs if you don't keep them down.

If you can offer help with a shorter drive than mine, please contact me so we can coordinate our efforts.
Irene Szabo 585/658-4321 treeweenie@aol.com

New Map of the Spanish Loop Trail (Cortland County)

At long last, the full-size map of the Spanish Loop Trail (SLT) system is available online from the FLTC Store at www.fingerlakestrail.org. Parents hiking with children will especially appreciate having a copy of this map with them. Indeed, the SLT has long been promoted as being a "family-friendly" trail, with several short return loops available if children should lose their enthusiasm during the hike. The SLT includes a stunning variety of terrain and features, including a Norway spruce forest, a tree farm, two modest waterfalls, a bivouac/picnic area, a viewpoint that overlooks Daisy Hollow, a recovering logged area, some mossy, attractive springs, and a tiny, frog-filled pond. Wildflowers are plentiful, including daffodils, polygalas, and lady slippers. Parents dealing with children will appreciate the convenience of carrying just one sheet of paper that shows the various trails clearly in large scale, including the Irvin Trail, Cristina Creek Falls Trail, Eric's Path (connector trail), and the Tiny Pond Spur Trail. Sure beats having to carry a book and small-scale map of the FLT's M-19! And the map's back shows a highly detailed mileage log and trail description, for which there simply is no room on the crowded back of map M-19. Credit for the map's creation should go to Joe Dabes, whose mapmaking skills are simply superb. Thanks, Joe!

Alex Gonzalez
SLT Sponsor
FLT Sponsor for part of M-19

End-to-End Update

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

End-to-End Hikers

No one has completed the trail since the last issue; one hiker was close, but weather conditions intervened. Susan Collier sent me a list of 11 hikers who plan to finish on the last day of the County Hike Series in Allegany State Park. If you did not give her your name, please let me know so I can mail you the application for end-to-end patches and the hike record form. My goal for 2008 is to have 25 End-to-Enders finish. With so many finishing at the end of the hike series we should be able to accomplish this.

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

David Thurkins, Painted Post
Scott Bahantka, Painted Post
Tim Sweeney, Binghamton
Susan Thomas, Endicott
Joseph Carson, Newton, MA

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

Quinn Wright
Alan Herdzck
Kathy Eisele
Janet Muir
Roy Dando
Laurie Dando

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

David Acenowr	Scott Lauffer
Scott Bahantka	Jerry Lazarczyk
Tom Bryden	Gina Mushynsky
Joseph Carson	Will Roden
Ann Cascarino	Don Sutherland
Cory Davis	Tim Sweeney
Tyler Davis (son)	Susan Thomas
Sarah Hurst	David Thurkins

Car Spotters Addition

David Thurkins, Painted Post, Map M-13

Car spotters are desperately needed from Walton to Claryville at the east end of the trail and also from Ellicottville to Allegany State Park toward the western end. Please consider volunteering. I assure you that you will enjoy it. Contact me for the Car Spotter Questionnaire or see our web site www.fingerlakestrail.org.

The complete current list containing contact information can be obtained from the FLTC Service Center (585/658-9320) or by emailing Gene Bavis (gbavis@rochester.rr.com) or from me.

Hiking Partners Needed

Carl Luger, lugercj@yahoo.com for eastern section, Chenango County to Claryville
John Prentice, countroads@yahoo.com, Tioga County
C D Speak, cdspeakd@yahoo.com

New Bed & Breakfast in South Otselic

As I write this, an octagon-shaped house adjacent to the post office and across the road from Church Hill Rd. in So. Otselic (Map M-23) is being remodeled into a B&B. A hiker will walk past it on the way to the general store. The name is Octagon Guest House (www.octagonguesthouse.com, 315/653-7271), and the 2008 rate is \$40 per night. The owner is willing to pick up and return guests to the trail.

Recommended Books from the FLTC

If you are hiking the main trail, I urge you to purchase a copy of *Helpful Information for End-to-End Backpackers and Hikers on the FLT (revised 2008)* as it is arranged by maps and has helpful information regarding post offices for mailing your food boxes, recommendations for hotels, motels, B&Bs, and good restaurants, DEC Forest Rangers and Sheriff Dept. phone numbers, considerable information about the trail, and much more. Don't leave home without it.

At the 2008 Spring Outing I purchased a copy of *Go West Old Man, 45 Days on the FLT*, Jim DeWan's 1994 description of his thru-hike, and re-read it for at least the sixth time. It brought back a lot of memories.

Both of these books are available for purchase from our website.

NCT/FLT Meeting in Cazenovia

I am looking forward to seeing at least 75 End-to-Enders at the joint NCT/FLT meeting in Cazenovia. This is a great facility, so try to come. I hope to see you there.

Happy Hiking!

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

My Seven End-to-Ends

by "Java Joe" Dabes

Why seven end-to-ends? What would motivate any soul to do the main trail over and over, instead of seeking new challenges? Read on, dear readers, for the numerous reasons.

Generally I backpacked the eastern and western thirds of the state and day hiked or ran the trails in the middle near where I live. However, my fourth end-to-end (E2E) was entirely backpacking. When backpacking I have no hesitation in stopping at houses to ask for water. No one has ever refused me water, and I've had many interesting conversations with these folks near the trail.

First End to End:

My friend Ray Kuzia and I had backpacked the whole FLT (so we thought), all the way from Watkins Glen to Caroline back in the mid 1970s. This was a distance of about 75 miles. But then a surprise – I looked in the beginning of our hiking guide, the Cayuga Trails Club Guide to Trails of the Finger Lakes Region, and there was more to the FLT! Amazing! We had to find out more about this. And we did. After contacting FLT Trails Chair, Erv Markert, we discovered a yet-to-be-built section of trail near us in Cortland County near Virgil. With the help of a few friends and the sporadic help of the now defunct Tompkins Cortland Community College Outings Club, we managed to lay out and build nearly 11 miles of new trail in about 5 years.

I bought a complete set of the FLT maps and noticed that more than one-third of the trail was not yet constructed. But wow, it stretched from Allegany State Park to the Catskills! Wouldn't it be fun to hike the whole thing, whether it was complete or not?

So, on July 12, 1979, my wife Louise (now deceased), young daughter Cheryl, and two of our Gordon Setters dropped me off at the Pennsylvania trailhead after we tented overnight in Allegany State Park. Destination:



Left to right: Completing their end-to-end hikes, John A-X. Morris (third time), Ed Sidote, Joe Dabes (seventh), his wife Kathy Brennan (first), and companions Pumpkin and Riley.

Watkins Glen. My backpack weighed 56 pounds with a week's food and I started out wearing leather hiking boots. On map M-5, because of ugly blisters, I switched to the flimsy running shoes I was carrying and tied the leather boots to my pack. I wore the running shoes for the rest of the trip. How naïve I was then! Now my backpack weighs 15 to 23 pounds, and I wear Gortex running shoes. Thank God for ultra-light gear.

Most vivid memories about the first end-to-end hike:

Map M-5, camping out on an abandoned RR bed. I got up in the morning to the clacking of stones in the creek below. I poked my head out of tent and there was a raccoon in the creek harvesting crayfish.

Map M-6. I was walking up a railroad

grade very close to NY 19A from Fillmore to the Whiskey Bridge. I was bearded, 40 years old, but looking younger, and with a backpack. A farmer on a tractor drove up, stopped, stared down at me and said, "Now that summer's here, you ought'a be working now!" He sped off before I could tell him I was a college professor on vacation, not a hippie bumming around the country!

Fourteen days after starting I arrived in Watkins Glen to finish this backpacking segment. I called Louise from a pay phone and was picked up by Louise along with friends John and Carol Morris. We enjoyed a picnic in Watkins Glen State Park with plenty of beer (glad I didn't have to drive).

(Continued on page 24)

End-to-End Album

My Seven End-to-Ends ...

(Continued from page 23)

From 1979 to 1984 I lost focus on my FLT E2E as I got caught up in training for and running numerous marathons. But in July 1983 I started out in the eastern part of the state on another backpacking trip from east to west. I lost the trail between the Cannonsville Reservoir and Dry Brook Road (M-27) as the blazes simply stopped in the middle of nowhere. I had forgotten my compass, but somehow I made it to Dry Brook Road and went to a nearby house to ask where the Finger Lakes Trail is. They had never heard of this trail. So despite no compass (and no sun out) I headed east through the woods and fields. Nearly three hours later I reached a spot that looked most familiar. I had hiked in a circle! Disgusted, I then walked roads to Beale's Pond where I camped for the night. Now I wear a watch with built in compass and carry a Garmin GPS unit.

I finished my first E2E in July 1985, the second person to do so.

Second E2E, for a friend:

Not only was I now caught up in the running scene, but I also wanted to be able to run with my backpacking gear. I quickly became a fanatic about ultra-light gear. I managed to fit all my new gear into a day pack and fanny pack with 1 lb. bivy sack, tiny tarp, 7 oz. air mattress, 2-3 days food, a liter of water, etc., for a total weight of only 17 pounds. In July 1985 I headed out on a "run packing" trip around the state, mainly running roads, but also some trails in the Catskills and more than half of the Northville-Placid Trail. Leaving from Virgil, NY, I ran and walked 360 miles in 14 days for an average of 26 miles a day.

Almost every Sunday morning I would run 15 to 23 miles with a group that met at 8:00 a.m. at Cornell University. On one such run I told Ed Hart, an Ithaca ophthalmologist, about my "run packing" on the Northville-Placid Trail. He quickly said "I want to do

that!" We took a trip to CampMor in New Jersey to buy his gear. In 1987 we "run packed" the Northville Placid in six days, resupplying in the middle. Ed said "That was fun; let's do the Finger Lakes Trail!" So we started in 1988, mainly "run packing." We took five years (3 to 6 days each summer) and finished our E2Es (#8 and #9) in June 1992. In 1994 I "run packed" with Ed for the last time—the Northville-Placid Trail, again in six days.

Third E2E, preparing for the fourth:

In 1999 I had just retired and wanted a goal. I decided my goal was a backpack through-hike of the FLT in record time: 23 days or an average of nearly 25 miles a day. But first I had to finish my third E2E and check out how far I could go in a day with my gear. I had decided to hike, rather than run, as a running friend, Peter Palmer, had just set a record for the Appalachian Trail, but he walked the whole way (averaging more than 40 miles a day, but not backpacking). I finished my third E2E #113 in June 2000.

Fourth E2E, fast:

This was to be the big one, a through backpack of the FLT in just 23 days. I planned each day's backpack and campsite. I packed tin canisters with three days of food each and hid them at places along the trail across the state. At 5:30 a.m. in late June 2000 my wife Kathy dropped me off at the Pennsylvania NCT trailhead.

For six days I kept on schedule backpacking 10 to 12 hours each day. But I was having foot problems, not blisters, but bloody sores. I now blame this on no sock liners, scratchy wool socks next to the skin, and non-Gortex running shoes that gave me wet feet most of every day. Kathy met me at the EconoLodge in N. Hornell, which is right on the trail. We spent the night there, but the next morning I knew I could not go on.

It took about a month for the foot sores to heal. Then I was out on the trail in 3-to-6 day backpacking stages, finishing

the trail in June 2001 as #131, for a total of 23 days.

Fifth E2E, burgers and beer tour:

By traveling so fast on my fourth and previous E2Es, I had missed much of the local nearby attractions, like the local restaurants and bars. So this trip was to be a "burgers and beer" tour of the trail, along with samplings of chicken wings. Yes, I know these are not healthy foods. I usually eat healthy low fat foods and lots of whole grains, but after a hard day of backpacking or hiking, burgers and beer hit the spot.

M-3: I backpacked into Ellicottville and enjoyed the all-you-can-eat spaghetti and meatballs at the Gin Mill on Monday night for \$4.95 and sampled some of their 12 draft beers. Then on to the Ellicottville Brewing Company and their delicious brews, including their 10.1% Imperial Pale Ale. Yum! Glad I didn't have to drive to Murphy's House Lodge that night.

M-24: Many burgers and beers later, Kathy and I were at our favorite trail wayside, "The Outpost," near Bowman Lake State Park, famous for their burgers: baby, mama, papa, and Homer. (Homer is the owner and an entertaining character.) Only order the baby burger as the others are way too big. I asked Homer why his prices are so low (\$1.85 for the 1/3 lb. baby burger) and he explained "We like taking your money, just not all at once." I finished in October 2003 as #167.

Sixth E2E, GPSing the FLT and cross county hikes:

After I took on the FLTC mapping supervisor position, I needed to GPS the approximately 200 miles of the eastern FLT that are not part of the North Country Trail. I did this in a couple of backpacking trips. Also I agreed to lead the medium fast groups for the Tompkins and Schuyler cross county hikes. So why not do a little bit more and finish the whole trail once again? I finished as #198 in October 2005.

(Continued on page 26)

#242: Mahlon Hurst

“Ten!” shouted my daughter Sarah as I fell for the tenth time. She was keeping count of how often I had fallen in 562 miles of hiking.

Late 2004 found me in Italy Hill State Forest bushwhacking with some friends. I was told to go north until I hit a trail with orange blazes and follow it down hill to a barn on Italy Valley Road—my introduction to the FLT Bristol branch trail.

I found a small yellow brochure in a register box that had the Mt. Morris Office phone number. I called for information and ended up buying a set of maps and a one-year membership.

My first hike on the white blazes was on December 15, '04 with my wife Eleanor, who definitely needs a big thank-you for all her patience and support during the next three years. Also along were daughters Sarah and Ruth.

That cold winter day, coming off Mt. Washington in Hammondsport, the white blazes' bug bit me. I started day hiking and snowshoeing the central sections that winter. I hiked mostly alone or with a friend.

In May of '05 my daughter Sarah went along to do an overnight backpack in Allegany State Park. From then on I had a hiking partner. After hiking about 100 miles she entered her name as a wannabe E2E hiker also.

We hiked once a month, day hiking the middle, overnights in the west end and four days at a time in the Catskills. We did not meet many people on the trail as we mostly hiked weekdays.

Some memories we have of following the white blazes are:

M-1 Stoney Brook Lean-to, seven porcupines feasting and arguing politics all night.

M-2 Missing the trail on Indian land and walking an extra mile.

M-3 The Hills of the Western Wall.

M-4 The only landowner we met on the whole trail—Tim and Judy Raab on Fancy Tract Road—offering us



After 1,186,944 steps, Mahlon Hurst completed the FLT on November 11, 2007. Shown here with his wife and two of his daughters.

water on a hot day. Also the only pink ladies slipper.

M-5 We met a man looking for his dogs.

M-6 Mud, mud, mud. Wading across Sixtown Creek with snow on the ground. Brrr, ice cold feet.

M-7 The Genesee River was high and wild beneath Whiskey Bridge.

M-8 Took blue trail in the middle of February—too much ice in the gully.

M-9 Penn Hill Road with views over Hornell should be mentioned.

M-10 Cunningham Creek was high. We crossed on cables on the last day of '05.

M-11 Glad to know the trail is now off Knight Settlement Road.

M-12 Our first main trail hike on Mt. Washington. Also the lovely Mitchellsville gully on shoeshoes.

M-13 Indian Trail Tree.

M-14 Ruffed grouse attack but could not find chicks.

M-15 Saw a prothonotary warbler at the Texas Hollow Pond.

M-16 Went the wrong way for one mile on a wet snowy day.

M-17 The Sweedler Nature Preserve. Wow.

M-18 Found a register entry, “My dad made me climb this tree infested hill and weedwack all the briars on it.”

M-19 Saw our first Goshawk near

Carpenter Hill Road. The Foxfire Lean-to is nice. I lost my water filter there.

M-20 Finding a sapsucker nest on Mt. Tego.

M-21 Early spring—we saw tiny baby grouse.

M-22 We're in Sidote Country. Does the sun ever shine in Chenango?

M-23 Slept in Perkins Pond Lean-to. Listening to coyotes after hiking in the rain all day.

M-24 Waking at Ludlow Creek Lean-to on a cold frosty morning.

M-25 After 1,186,944 steps I finished at Walker's Corners.

M-26 Walked Rt. 206 due to hunting season closures.

M-27 Bear tracks. Papa bear, mama bear and baby bear.

M-28 Road walk, on and on and on. Saw a pot-bellied pig on Rt. 10 and Walton Mt. Rd.

M-29 Had three daughters along making this a special day. We found a ring-necked snake road-killed.

M-30 From Rt. 206 to Beech Hill Rd, rain, rain, rain, cold, foggy. Hills, Hills, miserable—but a “fine and pleasant misery.”

M-31 Alder Lake, the most beautiful place I slept.

(Continued on page 26)

#242: Mahlon Hurst ...

(Continued from page 25)

M-31A Balsam Lake Tower. We stashed our packs in the ferns for the hike up.

M-32 Wading in the Neversink. Brrrrr.

Was I a hiker before this trail? Well-I-I I hiked the seven-mile Outlet Trail in Penn Yan end-to-end. So go for it. If I can do it, you can too.

What next? I don't know. If our plans hold out I will be with Sarah at the Claryville end when she finishes in June '08. Maybe I'll start over and give Joe Dabes some competition. No, that won't happen. I'll probably go back and visit the nicest places with my wife on short day hikes.

I would like to thank all landowners and maintainers for making these memories possible. Following is a poem written by daughter Susan, who is not a hiker.

My Papa

He's liking his hiking
Though he is a man fully grown
He's leaving believing
That we can go on our own.

He's walking and talking
To Sarah who's trudging behind
They're loaded, on goaded
By what they today just might find.

The brooklets and nooklets
That make up a part of the trail
He's liking his hiking
O'er mountain, through valley
and vale.

The rocks and the knocks and
The shoes that leave blistery feet
You wear them, endure them
Until your long trek is complete.

He's huffing and puffing
This mountain to finally scale
He's winning, he's grinning
Oh – isn't life great on the trail.

Solution to Our FLT E2E Crossword Puzzle

Amoeba (Marilyn Beckley #240) and Spinner (Suzanne El Rayess #241)



The puzzle appeared in the Spring 2008 issue.

My Seven End-to-Ends ...

(Continued from page 24)

Seventh E2E, for Kathy:

"Hey Kathy, do you know you are more than 50% done with an E2E of the FLT just by tagging along with me on many of my hikes?" "I'm not interested," she said, but later relented. And in late May 2006 we were off on a four-day backpacking trip in extreme western NY with our Golden, Ginger. Fun, heat, losing the trail (found again using my GPS unit), dehydration, and even a couple of ticks at a campsite in Bucktooth State Forest (M-2) added to the excitement.

The Catskills: for Kathy a most excruciating ordeal in August 2007 with heat, defoliated trees (gypsy moth caterpillars), and steep climbs. She said "Never again!" Hiking much of this along with our friend John Morris helped.

Kathy, John, and I finished in October 2007 at the FLTC Fall Campout as #233, #234, and #235. We were joined for our final 2.4 mile hike by Ed Sidote and Jacqui Wensich as well as our Golden, Riley and Pumpkin.

With so many end-to-ends the trail has become a dear friend to me. At nearly every spot along the way I can recall fond memories. I must thank all the landowners and trail volunteers who made this trail possible.

What's next? Probably I will do the branch trails in 2008 for the second time and recheck the GPSing of these. Then hopefully a through-hike backpack trip in 2009 with my buddy John Morris. None of my previous trips have been through hikes. It would be pretty cool to do this when I am age 70. □

Life Members

John M. Andersson	Ithaca	Helen & Chris Haller	Pittsford		Ocean Park, ME
Mark Banker	Holley	Richard E. Harrington	Richford	A. Anthony Rodriguez	Syracuse
Eugene R. Bavis & Elizabeth Place	Walworth	Thomas A. Hawkins	Springville	Laurie A. Root	Norwich
Donald G. Beattie	Commerce, MI	Mrs. Ruth Herzog	Canandaigua	Fred N. Rose	Tully
Lyman Beecher, Jr.	Penn Yan	Mark & Susan Hittle	Lewiston	Larry R. Ryan	Bath
Dawn L. Bennett	Syracuse	Paul Hoffman & Jane Schryver	Dansville	Betty Schaeffer	Rochester
Judith M. & Jeffrey Bennett		William J & Nancy J Holland Family	Bergen	Joan Schumaker	Dalton
	Rouses Point			David I. Schwartz	West Henrietta
Thomas Berryman	Ashland, KS	Roger Hopkins	Lansing	David M. Seese	Montrose, PA
Dr. Susan Black	Hammondsport	Theodore L. Hullar	Tucson, AZ	Steve Shaum & Nancy Kleinrock	Trumansburg
Jon & Kathy Bowen	Baldwinsville	Jodee & Jeffrey Hunter	Springwater	Edward J. Sidote	Norwich
Jeffrey Brisky	Franklinville	Leona Jensen	Penn Yan	Stephanie Spittal	Silver Springs
Helen D. Brooks	Rochester	Robert Jeuck	Binghamton	Eugene H. Staiger	Almond
Andrew Chadwick	Apalachin	Milton A. Jones	East Greenbush	Phillip Stanton	Waterloo
Mr. & Mrs. Jan Chadwick		Lois Judd	Payson, AZ	Harmon V. Strong	Rochester
	Vero Beach, FL	John L. Kerr & Colleen Liggett	Springwater	David A. Sundean	Edinboro, PA
William S. & Mary Coffin	Chittenango	Mark R. Kerxhalli	Penfield	Irene Szabo	Mt. Morris
Susan S. Collier	LeRoy	Ray Kuzia	Newark Valley	RWW & Jo H. Taylor	Rochester
David & Adele Cook	Rochester	Scott E. Lauffer	Port Crane	Constance Thomas	Ithaca
Dr. John H. Cooley	Dundee	Jeremy D. Lefort	Schenectady	David L. Thurber	Teaneck, NJ
Mary Coykendall	Rochester	Kalista S. Lehrer	Newfane	Colleen Townsend & Harold Stapleton	Sherburne
Anthony & Marilyn Destefano		Luise Levine	Geneva		
	Gaithersburg, MD	Richard J. Lightcap	Manlius	Jerry Valdez	Ojo Caliente, NM
James E. DeWan	Kirkwood	Edwin C. Lindskoog	Penfield	Jack Van Derzee	Trumansburg
Mary Z. Domanski	West Seneca	Jarret J. & Barbara Lobb	Pittsford	David & Amy Vangellow	Naples
Joseph A. Donovan	Auburn	Ernest & Heide Mahlke	Laurens	Joseph A. Vieira	Painted Post
Mike & Jan Douglass	Cortland	John & Linda Malcolm	Fredonia	Lydia "Korbi" Wade	Fairport
Lisa Druke	Fayetteville	David S. Marsh	Canandaigua	James P. & Holly S. Watson	Little Valley
David & Nancy Drum & J.T. Drum		Kenneth & Donna Mathis	Bloomfield	William Weikert	Williamsville
	Hammondsport	Charles McLellan	Lawrenceville, NJ	Scott Weitzel & Vicky Cartwright	Hornell
Clarice Dziekonski	Hilton	Chris McLellan	Hilton	Jacqui Wensich	Pittsford
Thomas Dziekonski	Hilton	David H. McNitt	Pittsford	Timothy & Nancey Wilbur	Shortsville
William P. Ehling	Syracuse	William Meehan NYS DEC	Forest Ranger	John R. Wint	Macedon
Bill Fair & Jay Zitter	Cortland		Dundee	Mr. & Mrs. Paul Woolverton	Keaau, HI
F. Gregory Farnham	Fayetteville	A. Gail Merian	Norwich	Quinn Wright	Buffalo
Merwyn & Frances Fenner	Afton	Phillip & Tamira Metzger	Norwich	Victor & Nancy Yates	Pittsford
John & Patricia Fey	Fayetteville	Robert R. Michiel, MD	Manlius	Susan Yee	Rochester
Harold & Dolores Finley	Canandaigua	John A-X. & Carol Morris	Dryden	Dr. Ann G. T. Young	Rochester
Gilbert Fix	Rochester	Steve E-M Morris	Bethlehem, NH	Joan H. Young	Scottville, MI
Lois Fogelsanger	Ithaca	August Mueller	Vestal	Phyllis Youngmans	Fairport
Norman Foley	Watkins Glen	J. Robert Muller	Rochester	George A. & Cynthia Zacharek	Baldwinsville
Henry D & Marie L Forbes	Irving	Donald C. Nelson	Warsaw	Daan Zwick	Rochester
Virginia Ford	Naples	Susan Newman	Surprise, AZ		
Donald L. French	Hornell	Wilfred D. & Maria E. Oliver	Lakeville		
Paul L & Theresa V Gaeta	Cuba	Mark T. ONeil, Jr.	Malvern, PA		
Lewis & Kathleen Gersh	Unadilla	Linda Parlato	Collins		
Teresa J. Giarosso	Syracuse	Ernie Patrikis	New York		
Gladys Gifford & Alvin J. Schuster	Buffalo	Rhonda L. Peterson	Almond		
Mark Goldfield & Mary Hatch	Brooklyn	Paul R. & Dolly Raymond	Ontario		
Jennifer A. Grant & Keith Waldron		Robert Reese, Jr.	Williamsville		
	Geneva	Thomas Reimers	Ithaca		
David Grotke	Snyder	Mark J. & Lourdes Reist	North		
David M. Gwinn, MD	Gina Nania	Tonawanda			
	Rapid City, SD	Thomas F. Rienholtz	Rochester		
Herbert B. Haake	Endwell	Rev. David & Patricia Robinson			

Article removed at author's request



Robert Kuzia

Long-time trail buddies “Java Joe” Dabes and Ray Kuzia have been maintaining trails in the Virgil area of Cortland County for THIRTY YEARS. Ray’s brother Bob has chronicled their adventures in a series of comic strips created for them over the years.

Welcome!

New and Returning Members February '08 through April '08:

Jacob Amidon	Clifton Springs	Larry & Jennifer Hopper,	Katie & Erin	Heidi Rothfuss	Wolcott
Michael Anceravige	North Pole, AK		Perry	Dave & Jean Schurman	Trumansburg
Scott Bahantka	Painted Post	Lorren Hotaling	Greene	R. Gregory Sears	Auburn
Robert & Susan Ball	Westmont, NJ	Kirk & Joyce House	Bath	Joan Shuknecht	Elba
Sharon Barnes	Black Creek	Daniel Human	Lockport	Dick Spade & Carol Schleigh	Rochester
Steve Bayne	Port Orange, FL	CJ Jensen	Waterloo	Joseph Striano	Bath
Frank Bianco	Summerfield, FL	William F. Jones	Rochester	Daniel Sullivan & Pam Baetzhold	
Gary D. Borek	Amherst	Doug Karan	Hornell		East Otto
Bonnie Breed	Moravia	Tom Kather	Alpine	Stephen Swensen	Baldwinsville
Eric Brown	Horseheads	Joanna Kaufman	Pittsford	James Tarantino	Buffalo
Nihal Burak	Conesus	JoAnn Kish	Lancaster	David Thurkins	Painted Post
Eric Byers	Cazenovia	Carol Kobrin	Lockport	Regina Toomey	Williamsville
Robert Chatterson	Marion	Diana Leigh	Canandaigua	Mike Tribuzzi	Orchard Park
Thea & Larry Clarkberg	Ithaca	Jack Luzier	Great Valley	Kenneth D. Wallace	Castile
Janice Clements	Rochester	Kelly Makosch	Ithaca	Daniel John Wilson	Spencerport
Nancy Cook	Painted Post	Lance Margeson	Horseheads	John L. Yates	Buffalo
Jim Craft	Canandaigua	William Meehan	Dundee	Nate Yost	Ontario
Joan Dionne	Buffalo	William Melious	Windsor	Michael Zick	Endwell
JoAnn Doerr	Buffalo	Steve E-M Morris	Bethlehem, NH		
Bonny Eberly	Binghamton	Karen Neubecker	Canandaigua		
Kathy England	Rochester	Mark, Joyce & Meiling	Norfolk		
Daniel Fergus	Ithaca		North Hornell		
Peter R. Fernandez	Doylestown, PA	Sam Olmstead	Binghamton		
Willie Mae Hampton	Birmingham, AL	Marilee Patterer	Black Creek		
Bruce Hanat	Fairport	Cindy & Ron Prober	Rushville		
Dennis Hayes	Arkport	Eugene Renner Jr.	Rochester		
Steven Hayner	Lockport	Stacy Romaine	Clifton Springs		
Harold J. Herring	Reading, PA	Arthur Rondeau	Warminster, PA		

Lessons from the Master: Ed Sidote

by Bob Michiel

The author, Dr. Bob Michiel, is the editor of the long-running Trail Medicine column.

People in their 80's, 90's, and beyond who are active and functional are special—they know something that most of the rest of us don't. As a physician, I feel that I can learn from them. With these thoughts, I spoke with FLTC End-to-End Coordinator Ed Sidote one Saturday afternoon this past November at Ossie's Restaurant in Norwich.

Ed was born in Norwich 90 years ago and grew up during the Depression. He said he was an only child. He referred to himself as one child too many. He was brought up by his mother, as his father died when he was 18 months old. His Uncle John was a surrogate father. There is a history of longevity in his family, with an aunt who reached 102, and his maternal grandmother who lived until 87. Ed said his grandmother stayed alive until her grandchildren returned from WW II. He was active as a child doing jobs to help his mother. He would walk up to the golf course, 3 miles each way, to caddy, earning 20 cents for nine holes. He worked with cousins at other jobs, such as digging a trench 4 feet deep on one end and 9 feet deep on the street end for \$15. While not a fortune, \$15 was not trivial during the Depression, even split 3 ways. He did not participate in organized sports, but he and his friends would go outdoors and play games, baseball, and stickball. His family helped provide sustenance. Two uncles hunted and fished, providing meat. His maternal grandmother raised chickens for meat and eggs and made bread. There were abundant fruit trees, and much canning was done.

Ed liked to walk and hike when growing up. He and his friends walked on trails on East Hill and would sometimes cook hotdogs. On his first camping trip at age 18, at Guilford Lake, he and a friend were almost stranded in the flood of 1935. He told

his Aunt and Uncle John that he thought they would be all right despite torrential rains, and then the tent collapsed and Ed's credibility was swept away by floodwaters. They forded streams, which had grown 3-4 feet deep, and made their way back to Norwich. His Aunt and Uncle John came after them in a row boat in a thunder storm, which he thought was heroic.

He never planned on going to college because he felt he had to work to help his family. While in high school, he took business courses and he volunteered to take shorthand dictation for a prominent athletic coach. The coach helped him get a job after graduation for Borden Co., where he worked in the office and plant for 5 years before enlisting in the U.S. Army. In the Army, Ed served in Recruiting and Induction in Central New York, then was Chief Clerk to the Chief Medical Officer. He made an unsuccessful bid to be transferred to Glider Pilot training and then ended up in X-ray School. He later served in the Pacific in New Guinea, the Philippines, preparing for invasion of Japan near the end of World War II. He noted that if President Truman had not authorized use of the atom bomb, and invasion of Japan was necessary, he probably would have died. Ed smoked a pipe and cigars during the war. He drank beer occasionally, but was referred to as "One Beer Sidote." While in high school he had worked in a bar from 5 p.m. to 1 a.m. as a substitute short order cook (for \$1), and he saw the bad effects of excessive alcohol.

After the war, he found he could go for several days without smoking and stopped. He then gained weight, reaching 211 pounds. He started exercising and went to the YMCA, losing 40 lbs. He also limited meat consumption. He says weight control, along with exercise and medication, helps him maintain a good blood pressure.

After World War II, Ed did not

consider college because he did not take high school courses such as math and language. He is somewhat regretful because he thinks he would have been a good teacher.

In 1977, after reading a book by Ed Garvey about the Appalachian Trail containing a reference to the FLT, Ed became active in the FLTC. The FLT and FLTC has been a major focus of Ed's life since that time. He walks 3 miles daily, up and down Polkville Hill.

What is the key to Ed's longevity, health, and productivity? Nothing special and at the same time something very special. He has been blessed with a good genetic makeup, and has capitalized on this by not engaging common and seductive behaviors that can negate this benefit. He watches his diet and is physically and mentally active. He takes a few medications to control blood pressure and reduce the risk of vascular problems. He has limited exposure to toxins such as tobacco and alcohol. He has a positive outlook about life and people although he is concerned about young people and their inactivity, obesity and attendant health problems. Ed feels that if younger generations do not stay healthy and maintain an interest in the outdoors, there will not be people to enjoy and maintain our trails. He is a man who has taken advantage of opportunities as they have presented themselves, who has turned negatives into positives, who has learned from life and has not succumbed to adversity, who is passionate about trails, hiking and snowshoeing, and who is motivated by and in turn motivates numerous friends and acquaintances. □

Walking Through Time ...

(Continued from page 17)

when a snowplow car being pushed ahead of the train broke loose and ran away down nine miles of track. Rocking along at more than 60 miles per hour, the uncontrolled car flew off the rails when it hit the sharp turn where LV interchanged with the mighty four-track NY Central main line. Nobody died. The LV also had to cross those tracks with a bridge in order to continue northward to Camden, then bridge the Erie Canal, AND cross the West Shore, too!

Today the Thruway carries cars and trucks just north of town, while the onetime 4-track main line is here reduced to two CSX tracks, now elevated above the streets to avoid dangerous at-grade crossings. The West Shore is only a memory, and the current canal was moved well north of here back in 1918. Canastota no longer has a train station or even freight sidings. However, the Old Erie Canal State Park, which preserves a 36-mile segment of the 1840's enlarged version of the original route from DeWitt to Rome, presents a watered section of the old canal through the village, part of the 36-mile towpath trail, and several new interpretive signs courtesy of the area's new National Park Service designation as the Erie Canalway Heritage Corridor. Even the little Canastota Canal Museum has enlarged its collections noticeably since last time we visited there with the NCTA in 2001.

The NCT hops onto the towpath eastward all the way to the Erie Canal Village in Rome, for a mostly peaceful country walk, occasionally dotted with remnants of old canal structures, plus the added treat that we walk atop the gate of a working lock on the modern Erie Barge Canal to get across! The reconstructed canal village at Rome is a treat in itself, featuring mule-drawn boats on a re-watered piece of the old canal, and a working village from an earlier time. □

Outreach: Scouting and the FLT

Scouting has been a part of the Finger Lakes Trail Conference since its inception.

Recently, Howard Beye and Jacqui Wensich presented a new "Scouting and the FLT" PowerPoint show to Boy Scout Troop 133 of Churchville. Assistant Scout Master Gary Mosbruger made the arrangements. The scouts were receptive and eager to learn about the many possibilities for hiking and trail work.

Girl Scout Cadettes from Troop 85 of Brighton also viewed the scouting show. Later that week, Ron Navik met

them at the Mt. Morris Dam Visitor's Center. Co-leaders Laura Mares and Margaret Kaminsky drove the scouts to the Hogsback overlook where they learned how to maintain trail. The girls worked on a mile of trail including two blow-downs. Several hikers passed by, thanking them for their efforts.

Presentations for groups are available through the FLTC Office. Shows are tailored to the group: scouting and youth, hiking and conservation clubs, or any group that would be interested in learning more about the Finger Lakes Trail.

Jacqui Wensich



Hudson Close: A Dear Friend of the Trail Passes

by Irene Szabo

Life member Hudson Close of Elmira fed his passion for hiking only one day a week, since he persisted in keeping his Horton's Paint store open six days a week long after most people had retired, or, he confessed, long after his accountant thought the effort worthwhile.

Hudson played a major role nonetheless in plugging the third-from-last gap in the main Finger Lakes Trail, so of course I wish I'd paid this tribute a few years earlier. In 1989 there was no Hammondsport area Map M-12 published yet, so a strange assortment of folks jumped in to work on creating trail northward from South Bradford through Birdseye Hollow, most of it in state forest with only a tiny bit of private land to cross. I'll confess I lovingly called them the Old Fart Irregulars, since these folks in their 60's and 70's convened many weekends over the summer of '89 to build that trail: Terry Giarrosso, Ed Sidote, Bob Muller, and Hudson Close, driving to northeastern Steuben County from Syracuse, Norwich, Rochester, and Elmira, respectively. Notice three eventual recipients of the Wally Wood Award in that foursome! Occasionally they were helped by local young bucks Steve Catherman and his friend John, but they did most of the cutting, snipping, and blazing for several miles.

Hudson would come up from Elmira faithfully every Sunday those weekends they'd work, even after ground bees swarmed both Bob and him, giving each a dose of swollen stings. Sometimes I could join them, and always noticed that Terry was remarkable for her ironed white blouse and pink sweater, unaccountably remaining clean through a day of being useful in the woods, while Hudson was always exceptionally natty in crisp khaki pants and shirt. In the woods, the man always looked like Marlin Perkins or a park official.

Not only did he devote every Sunday to either a hike or trail work on others'



Irene Szabo

Left to right, Terry Giarrosso, Hudson Close, and Joe Donovan, end-to-ender #11, on the occasion of Phyllis Younghans and Susan Yee finishing their own end-to-end trek, 10/23/94

sections. but he also donated untold gallons of paint to both the FLT and various trails in northern Pennsylvania. I still have a little white blaze paint from Hudson, and one more gallon of a special mix he made for the Bristol Branch, a homemade concoction in dark orange mixed with a little polyurethane to make it last years longer. So when you walk the FLT in Steuben County or the Susquehannock Trail in nearby Pennsylvania, at least wonder if the paint wasn't a present from Hudson Close.

Yet he always apologized repeatedly for his inability to adopt his own trail section, due to his six-day work schedule. That was the consummate

gentleman he was, always polite and considerate. For instance, one time when a work party was clearing then-new trail from NY 226 eastward toward Axtel Road (now Map M-13), and some people were whacking out major swaths with power weed whackers while others were bent over laboriously snipping out every little stem from the new path, Hudson snorted impatiently about the latter, "That's girls' work!" He was immediately embarrassed that he had said that, blushed mightily, and busied himself with power-whacking some more offending brush.

I adored him for making that accidental outburst, especially because he was so horrified by it. □

Answer to the Spring "Name that Map!" quiz

Foxfire Lean-to (M-19, Cortland County). Correctly answered by:

Grant Denis
Warren Johnsen
Henrietta Foster
John A-X. Morris
Don Keipper
Larry Blumberg
Mahlon Hurst



FLTC Spring Meeting Reflections

by Sigrid Connors

Planning for the 2008 Spring Annual Meeting was *déjà vu* for Jim and me: best-laid plans in 2005 were never enough to anticipate every snag, nor were they this time, but the spirit of the annual gathering prevailed once again. The Cayuga Trails Club (CTC) served as host to perhaps the largest spring gathering, with 186 registrants enjoying their visit to the Montour Falls New York State Academy of Fire Science. Fifty-two attendees were accommodated in either the Spartan but spacious double rooms or men's dorms and most registrants had the pleasure of enjoying the bountiful meals designed to satisfy even the hungriest fire fighter.

We learned that in its early years the Academy served as a minor seminary where young men completed high school in preparation for the priesthood and spiritual salvation. In more recent decades the Academy continued the focus as a learning center but this time with devotion to the salvation of life and property. While the Academy staff was busy teaching swift-water rescue and techniques in extinguishing gas-fed flames, conferees enjoyed a full weekend conference agenda.

Blessed with warm and mostly sunny skies, hikers met for fourteen diverse traversals up and down the hilly terrain of Schuyler and Tompkins Counties. Cornell University Professor Emeritus Peter Marks co-led a "Forest History Walk, Look and Learn Hike" with CTC President John Andersson, followed by an intriguing evening presentation which included the conditions leading to wolf trees and how to spot the differences between a primary and secondary forest. (If it has hummocks and wallows you are most likely walking on land that has never been plowed.)

Those residing in the Academy had a unique wake-up experience of fire alarms calling for a 6 a.m. exit from the building due to a student's steamy

shower. Fortunately we were able to quickly return to enjoy the freshly brewed coffee and a breakfast for champions. After a full day of hiking and some local wine touring, Saturday's Annual FLTC Business and Board of Managers meetings led by FLTC President David Marsh drew many back to the fold. Prior to the dinner, conferees had a chance to catch up with old and new friends, buy raffle tickets in support of Ed Sidote's Forever Society and to browse and purchase items from the ever-expanding FLTC inventory overseen by Executive Director Gene Bavis, Liz Place, and Stephanie Spittal.

Saturday evening brought torrential rain leading to some challenging parking conditions, but once all vehicles were in their appropriate location and the dinner queue lessened, all enjoyed the delicious dinner and strawberry shortcake. After the award presentations Kevin McGowan of the Cornell University Laboratory of Ornithology captivated us with the wit, wisdom and complex social structure of the familiar but uncommon crows at the evening's special presentation.

Hikers may not have lingered long on the trail due to the black flies, but the beauty of the landscape, and the skillful and cheerful hike leaders and sweeps made for a memorable weekend. □



Conference organizers Jim and Sigrid Connors



Good food, good company



Left: Hikers find a wolf tree.

Right: Forest history expert Peter Marks' talk included the conditions leading to wolf trees.



Guest speaker Kevin McGowan of the Cornell Laboratory of Ornithology

George Zacharek



"Forest History Walk, Look and Learn Hike"



Moss phlox up close

Photos by Jacqui Wensich, except as noted

President's Message ...

(Continued from inside front cover)

club's organizational experiences to learn best practices, and helping each other to reach our respective organizations' objectives. A proposal was made that "the FLTC and its affiliates should give formality to a body to be named the Club Presidents Council to recognize, strengthen, and perpetuate relationships through changing club leadership." It is helpful here to note that Webster's definition of a "council" is "an assembly or meeting for consultation, advice, or discussion." There is also an interesting regional historical example of independent groups finding Common Ground for cooperation in the federated council of the tribes of the Iroquois Confederacy. Through their council they found strength that was greater than could be achieved individually by their tribes.

The objective of the Club Presidents Council is to "preserve and protect the FLT by maintaining and strengthening relationships with and among affiliated clubs." The council construction was proposed to include "Club presidents, board chairpersons, trail chairpersons, and executive directors (appropriate club leaders are also invited to attend)." The first meeting of this new group was held on March 22nd, and, while there is much to decide regarding methods of communication, frequency of meetings, and subject matter of interest, I believe we have made an important stride forward. Cooperative efforts began even before the first meeting when I asked Council members to support the extension of the North Country National Scenic Trail (NCNST) through the Adirondack Park and many wrote letters to the DEC urging approval. The formation of the Council also helps to achieve one of the FLTC goals listed in the spring issue of the *FLT News*, and that is to "Strengthen relationship with affiliated clubs that will bind the organizations and facilitate establishing common objectives for the trail." The member organizations of the Club Presidents

Council are listed on page 40 of this issue.

The Cayuga Trails Club's recent hosting of the FLTC Spring Weekend in Montour Falls is a very current example of the kind of support the FLTC receives. This was a very successful weekend with 186 registered in attendance enjoying summer-like weather, a diverse selection of hikes, fascinating and informative speakers, and outstanding food presented by the N.Y. State Fire Academy staff. The organization of the weekend was completed and precisely executed by the competent and experienced Jim and Sigrid Connors. On behalf of the FLTC Board I extend our sincere appreciation to the Connors and Cayuga Trails Club for all of their efforts. If you weren't there, you really missed a great time, but you do have the opportunity to join many hiking enthusiasts in a similar event when the North Country Trail Association holds its annual meeting in Cazenovia August 7 through 10. (See pages 12-15 for more information.)

The FLTC held its Annual Meeting and Board Meeting during the Spring Weekend, and I was very pleased to report that the FLTC is financially sound (thanks to you), physically fit (thanks to all of the trail work), and, well connected. The FLT network is connected to other major trail systems, including the NCNST (all the way to North Dakota), and we are progressing very effectively to connect with the new Great Eastern Trail at the Pennsylvania border (and then all the way to Florida). There were some changes in the Board composition to report: Officers departing: Jay Zitter, VP of Membership and Marketing, and Kathy Cronin, Board Secretary. One new officer was appointed: Roy Dando, Board Secretary. Board members departing: Dawn Bennett and Scott Lauffer, both having served the maximum two terms. New Board members: Jon Bowen and Bill Coffin. Board members elected for a second term: Terry Meacham, Linda Cruttenden, and Jacqui Wensich. I extend my sincere appreciation to Jay, Kathy, Dawn, and Scott for their very important contributions, dedication,

and efforts and a big thank you to the returning and new Board members as they join with us to "...protect the FLT forever."

Well, so much for the creations of man. We have cast off winter's blanket, the birds have amazed us with their navigational skills once again without the use of GPS devices, spring wildflowers have appeared and moved on to better things, and it is time to soak up some of that summer warmth. George Gershwin, in his piece titled "Summertime," from the opera *Porgy and Bess*, portrays that carefree and easy spirit of the season:

Summertime and the livin' is easy...

One of these mornings, you're goin' to rise up singin'

Then you'll spread your wings and you'll take to the sky...

It reminds me of those days many years ago when my school exams were over, the weather was beautiful, and there did not seem to be a care in the world (for a seemingly long time of two months). Well, it's time to break loose from the frustrations of our national and state affairs for a while, rise up "singin'" and seek the pleasures of our Common Ground, the Finger Lakes Trail. Why not enjoy the season by hiking on the FLT, and, while you are at it, take a young person along to share your enjoyment and appreciation of the trail and nature's gifts. Remember, the trail ends only in your mind. □



Trail Towns: Naples ...

(Continued from the back cover)

There is so much to do and experience in Naples. Here are a few more suggestions; most are within a short walk of the center of town and just a short way off the BHT.

Reservoir Creek Golf Course offers a 9-hole course with some of the best views around and they have a really great menu in the clubhouse.

Naples Creek is the site of a Trout Derby every April 1st and fishing is good there and in many creeks in the surrounding hills. You might want to check out Suttons where they have been manufacturing fishing lures on Main Street for 140 years, making it the oldest business in town.

There are eateries to suit nearly every palate and pocketbook. In addition to

those already mentioned these include The Naples Hotel, The Redwood, The Grainery and Bagel Shop and new to town is China City. If you have a sweet tooth, Buttercups Bakery has fresh coffee and some of the best sweets around.

I want to mention the centrally located Naples Library for a couple of reasons. It's a great library and it has something in common with the Bristol Hills Trail. Some of its benefactors, who were also instrumental in its beginnings, were also involved in the development of the Bristol Hills Trail. Antone Long, Jan and May Chadwick and Heintz and Dottie Altman had both the physical and intellectual well being of the town in mind with their efforts.

After you have hiked the Bristol Hills Trail, come back and take your pick of hikes up the gullies and hills for waterfalls. Hi Tor Wildlife Area Man-

agement has some 15-20 miles of trails in addition to the Bristol Hills Trail that winds through it. Conklin Gully, a short distance north of town and also part of Hi Tor, offers some incredible views of the Naples Valley and Canandaigua Lake, making it well worth the strenuous hike. Back in town find Grimes Glen with its accessible waterfalls and the site where Dana Luther found the famous fossil tree from Devonian times which is now displayed in the State Museum in Albany. Mr. Luther, a geologist, lived in Naples, and his house is one of those on the Landmarks Tour.

Last, but certainly not least, visit Joseph's Wayside Market for the best produce available from local farmers and gardeners. One can stand there and look up at the hills and beauty and really understand just how much this small town has to offer in so many ways. Come visit soon. □

Trail Medicine ...

(Continued from page 10)

the second month continue to add distance, according to how you feel, never more than 50 yards more per session. If you are feeling stress, or undue fatigue, cut back to a distance that is comfortable for you. In general, try to improve your fitness level overall by doing stretching exercises, other activities that stimulate your heart and lungs, such as rowing or swimming, and finally a program for lifting weights to improve your upper body strength.

A useful motto for the thinking person who is undergoing the aging process is: motion is life. Your musculoskeletal system is a living, self-maintaining machine that has the potential to improve over time provided that it has the correct stimulus. The stimulus is exercise. A total joint replacement gives a new lease on life for the joint involved. Once you have undergone an appropriate rehabilitation, then you can safely consider hiking as an activity to keep you feeling young. □

Garrison Farewell ...

(Continued from page 3)

our normal hiking community who help our trail significantly. They drove all the way to Downsville in the Catskills to accept the award at our spring meeting, and Bill brought down the house with his acceptance speech, complete with quotations of poetry. The man always had a great way with words, and obviously a vast memory for even such tangled tortuous texts as Evangeline, so it was especially heart-breaking, probably most of all to him, when he had a stroke a few years later. The most lingering effect of the stroke was a loss of word memory, a cruel blow to a man whose eloquence had been memorable.

And why am I reminiscing thus in the past tense? It's hard to swallow, but the delightful Garrisons decided to move away this spring to stay with their daughter in Connecticut. When Bill had his knees re-tooled past the age of 80, I worried, but he flourished with his new ones and kept mowing the trail in the vast field walk north of Bean Station

Road, to my great relief. It's a lush-growing field, and requires mowing for comfortable walking way more often than I can get there, plus has a nasty thistle field at the bottom, so I've been eternally grateful for his maintenance there.

In fact, embarrassing to confess, I had added that field to my adopted trail segment, gaily assuming that I'd keep it up when Bill couldn't. Well, damn, the future is here, and she is already tired. Each spring it takes me noticeably longer to get back into shape, while the definition of "shape" morphs annually. But those two remained incredibly energetic, growing garlic, apples, flowers, cider, and pickles for sale, so we all assumed we'd last forever.

Bill and Ellen, I miss you both, and FLT hikers will miss those welcoming touches you provided for years. Back to my mower, but who will keep up those hand-painted spots of poetry in the forest? □

Aug 2nd - 3rd

Overnight on the Interloken Trail

Kim Meacham - meach@infoblvd.net or 607/324-0374

Sharon Galbraith - Sharonbillgal@aol.com or 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, August 1st and 2nd**. We will hike the entire 11.9 miles of the trail on Saturday, the 2nd, and Sunday, the 3rd. 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 on Sunday shuttling to the northern terminus at Parmenter Road and hiking to the campground, roughly 6 miles each hike. **Those not staying at the campground, please meet 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 500 ft. 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 Saturday and Sunday, and breakfast for Sunday. We will supply firewood for a campfire each night, charcoal, hot 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*, 607/546-8566 (within easy walking distance of the trail and the campground), or stay at one of the motels or B&B's in Watkins Glen.

Pigtail Tour Woodswalk

Pigtail Hollow State Forest, Steuben County, Town of Wheeler
Bristol Hills Branch (Map B-3), south and east of Hungry Hollow Rd.
Jointly sponsored by Finger Lakes Trail Conference and NYSDEC
September 14, 2008, 1:30 p.m.

Hosts: Irene Szabo, Finger Lakes Trail, Mark Keister, Senior Forester, NYSDEC, Charles Hemphill, Senior Partner, Hemphill Logging, Genesee, Pa.

The story according to Mark:

The year was 1998; I had recently returned to state land management after a 17-year detour. Senior Forester Stan Martin was showing me the changes since my career shift from state land in 1980. One of many stops was an uncompleted harvest of red pine on Pigtail State Forest. Stan said, “Just so you know, there’s another 140 acres of unthinned red pine up the hill with serious health problems. Not only that, but the FLT runs right through it!” How bad can it be, I asked? “Well it’s not good, a beetle is causing some mortality, the stand has never been thinned, we’ve never done a pine sale with that much pulpwood, and did I mention the FLT goes right through it!”

I’m not sure who called Irene, Stan or I, but Irene knew exactly what we were talking about. We discussed the options available to deal with the situation, and the end result was Irene’s cue to proceed, “Let’s do this before I’m too old to deal with the pricklers!” (This is an exact quote.) The rest is history... without giving away all the details, one of the largest sales of red pine in NY (and mostly a clearcut) that I am aware of was underway. A total of 1.124 million board feet of sawtimber plus 5177 tons of pulpwood resulted.

Irene and I are STILL friends, so please join us for a walk... ten years later. There is lots to see and talk about. We have before and after pictures, we are ready to discuss what went well, and what mistakes were made (see front cover of the most recent winter issue of the *FLT News*), the science behind the decision to clearcut, how the wood was harvested and where it ended its journey to finished product.

Details to follow. Parking plans await pending improvement to logging road to the interior of the harvest, so final arrangements will be on the FLT website and shared with the e-group, or call/email either Mark Keister or Irene Szabo for final directions. mjkeiste@gw.dec.state.ny.us 607/776-2165 x35, or treeweenie@aol.com 585/658-4321

FLTC Annual Spring, Summer, and Fall Hikes

The primary purpose of these hikes is to honor these FLT “icons” for whom they are named by increasing awareness of the Finger Lakes Trail system within the greater hiking community. Wally Wood was the founder of the FLT; Ed Sidote is of course alive and well, a past president from years ago who is now serving as the FLT's end-to-end hike coordinator; Erv Markert was another early FLTC pioneer and president.



Thirteen hikers enjoyed the May 10th Wally Wood (Spring) Hike on the Bristol Hills Branch Trail. Above: Sara Randall, 11-year-old daughter of an FLT landowner on Map M-8. Photo by Jacqui Wensich.

Ed Sidote Hike (Summer)

Saturday, July 26, 2008

North Pharsalia

(FLT Map M-23,- Chenango County)

Hike leader - Claire Ders, 315/653-7776,

claireeders@yahoo.com

Meet 8:30 a.m. at the parking area at Fred Stewart and Center roads

Or meet at 8:00 a.m. at Ho-Jo's Motel in Norwich to carpool with Ed Sidote

This loop hike will be seven miles through the beautiful New Michigan State Forest in the Town of Pharsalia over gently rolling terrain. The loop starts at the meeting point and is completed by heading south on the main FLT and returning via the blue-blazed trail to Plymouth Lean-to, where we will be stopping for a snack break. Hike will take place rain or shine.

Looking forward to a great turnout for Ed's special hike!

Erv Markert Hike (Fall)

Saturday, October 18, 2008, 9:00 a.m.

Dabes Diversion Loop plus Virgil Mtn. Loop (FLT Map M-19, Cortland County)

Classification: Moderate

Hike leader - John Morris, jaxmbird43@aol.com, 607/753-7256

This year's annual Erv Markert Fall Hike is a 9.15 mile figure-eight over rolling hilltops and through mixed hardwoods and conifer plantations. A sunny day will afford fine views of autumn colors from atop Greek Peak. A rainy day will afford soggy views. At the Geological Survey on Virgil Mountain, an explanation of why it is no longer the highest point in Cortland County will be proffered. Lunch will be at the Foxfire Lean-to, about 6.5 miles into the hike. There are wet stream crossings, so be prepared!

Directions: See FLT map M 19 or DeLorme, pp 61 & 47.

Easiest Way: Use your vehicle GPS unit (Garmin Street Pilot or similar), choose “intersections”, for city type “Cortland”, for road intersection type “Bleck” and “Hauck Hill”, and press “Go” button.

From the north, exit I-81 at the McGraw exit. Take Rte. 11 south for about 7 miles to a right-hand (west) turn onto **Rte. 392**. Drive about 7 miles, past the Greek Peak ski area, and to a left-hand (south) turn onto **Van Donsel Rd.** [If you reach the 4-way stop, you've gone a tad too far.] Proceed up the hill for about 1.1 miles. Turn right (south) onto Bleck Rd. and drive about 0.9 miles. Park at the intersection with Hauck Hill Rd.

N 42° 29.312'; W 76° 10.626'

From the south, exit I-81 in Marathon. At the end of the ramp, turn left (west) and drive a couple of tenths to the traffic light. Turn right (north) onto Rte. 11 and drive about 4.1 miles to a left-hand (west) turn onto Rte. 392. Follow directions above.

From Dryden. Drive east on Rte. 392 for about 6 miles to the 4-way stop in Virgil. Turn right (east). Drive about 0.2 miles and turn right (south) onto Van Donsel Rd. Follow directions above.

Hollenbeck's Cider Mill is about 0.05 miles to the west of your entry on Van Donsel Rd. They have excellent cider, fresh apples, a fine selection of cheeses and chocolates, and incredible fruit pies. On weekends you can buy fresh, hot, just-made doughnuts. Bruce Hollenbeck, the owner, supported the Fall Foliage Hikes I did with middle-schoolers for twenty years.

Club Presidents Council

The Club Presidents Council is composed of regional organizations that find strength and support through association. If you wish to join, volunteer for trail work, or participate in the activities of these organizations, contact may be made through the telephone numbers or websites listed.

Buffalo Area

ADK Niagara Frontier Chapter	www.adk-nfc.org
Foothills Trail Club	www.foothillstrailclub.org

Rochester Area

ADK Genesee Valley Chapter	www.gvc-adk.org
Genesee Valley Hiking Club	www.fingerlakestrail.org/gvhc.htm

Syracuse Area

ADK Onondaga Chapter	www.adk-on.org
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Ithaca and Elmira

ADK Finger Lakes Chapter	607/936-3988
Cayuga Trails Club	www.cayugatrailclub.org

Corning Area

Three Rivers Outing Club	607/962-5157
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Binghamton Area

Triple Cities Hiking Club	triplecitieshikingclub.org
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Chenango County

FLT-Bullthistle Hikers	www.bullthistlehiking.org
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Eastern NY

ADK Mid-Hudson Chapter	www.midhudsonadk.org
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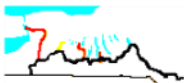


A gift to the Finger Lakes Trail Conference helps to protect and preserve the Trail forever. Gifts may take several forms, such as MEMORIALS, HONORARIUMS, and PLANNED GIVING. Information about how gifts may be designated and/or for a brochure explaining the Planned Gift options may be obtained confidentially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



Larry Blumberg

NAME THAT MAP!
So, you hiked the FLT or
parts of it. Let's see how
observant you were!
Send your guess to:



jwensich@rochester.rr.com

Can you place the barn on the right? **Hint:** The bears above it are on the SAME map. Send your guess to Jacqui Wensich at jwensich@rochester.rr.com. The answers will appear in the next issue of the *News* along with the names of those who sent in correct answers.

The answer to the Spring quiz can be found on page 33.



Tim Wilbur

FINGER LAKES TRAIL CONFERENCE

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Finger Lakes Trail Conference, Inc.

Calendar of Events

July 21-25 Alley Cat Crew at Holland Community Ctr.
See Trail Topics, page 20

July 26 Annual FLTC Ed Sidote (Summer) Hike,
North Pharsalia (M-23). See page 39.

August 2-3 Overnight on the Interloken Trail. See page
38. (Not an FLTC-sponsored event)

**August 7-11 North Country Trail Association Annual
Meeting, Cazenovia.** This will take the place
of the Fall Campout this year. See p. 12

August 15 Deadline for fall issue of the *Finger Lakes
Trail News*.

August 18-22 Alley Cat Crew to replace Paradise Garden
Lean-to (M-22). See Trail Topics, page 20

Aug. 21-Sept. 1 New York State Fair Display, Syracuse

September 14 Pigtail Tour Woodswalk, Pigtail Hollow State
Forest, Steuben County, Sponsored by FLTC
and NYSDEC. See page 38.

September 15-19 Alley Cat Crew bridge project, Taylor Valley
State Forest. See Trail Topics, page 20.

September 27 FLTC Board Meeting

October 18 Annual FLTC Erv Markert (Fall) Hike, Dryden
area (M-19). See page 39.

October 31 Deadline for the winter *Finger Lakes Trail
News*.

**May 8-10, 2009 FLTC Spring Weekend at the Frost Valley
YMCA Camp in the Catskills, to be hosted
by the Triple Cities Hiking Club.**

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:

Family \$30

Student (full-time; give Pathfinder \$45

permanent address) \$15 Trailblazer \$75

Youth organization \$15 Guide \$100

Adult organization \$35 Life (individual) \$350 (family) \$500

Business/Commercial (includes a listing on the FLTC website) \$75

Trail Towns: Naples

by Georgeanne Vyverberg

The Bristol Hills Trail, a 55-mile-long branch trail of the Finger Lakes Trail system, descends into the historic town of Naples via Mt. Pleasant Street. At certain times of the year the flats south of Canandaigua Lake are visible. Originally the home of a large settlement of Seneca Indians, it now is the site of one of many vineyards owned by Widmer's Wine Cellars. In early 1790 the first settlers arrived by crossing the frozen lake and were greeted, fed, and sheltered by those first inhabitants of what became known as Nundawao Indian Landing. The small settlement grew and progressed through several name changes before becoming Naples in 1808. These included Watkinstown after one of the first settlers and Middletown because it was half way between Canandaigua and Bath. A popular eating and drinking establishment of that name still exists at the south end of Naples.

In the last few decades the Finger Lakes area of New York has become a destination for vacationers and day trippers and Naples is one of the focal points. There is something for everyone here—from hiking the trail to browsing Artizanns, a gift shop which features artwork and crafts by nearly 200 local artists.

Those with an interest in history can readily obtain a map of Naples landmarks and take a self-guided walk through town. The tour includes 20 remaining buildings, some of which were built shortly after the first settlers arrived. Most are true showplaces and many are examples of the architecture of their times. Other landmarks are The Pioneer Cemetery which was originally a Seneca burial ground and the town square given to the town to be used for religious, recreational, and educational purposes. Both of these landmarks are passed while hiking the Bristol Hills Trail down Mt. Pleasant Street. Another not so historic landmark, but just as important, is Bob's and Ruth's restaurant adjacent to the square and a popular place for hikers to stop for ice cream before climbing the hills of Hi Tor out of town.

Naples is of course synonymous with grapes. Growing them, eating them, making them into pies and wine... Since 1961 the Great Grape Festival entices nearly 100,000 visitors over two days for a juried art show and plenty of really great music. Many of the estimated 70,000 grape pies offered for sale every year are sold this weekend. Naples' reputation as the Grape Pie Capitol of the world can be traced back to 1959 when Irene Bouchard began selling grape pies out of her home bakery. Since then she has sold some 300,000 pies.

Georgeanne Vyverberg



Town Hall, 1872 (restored 1990), with Hi Tor in background

Georgeanne Vyverberg



View from the trail on Mt. Pleasant Street with Widmer winery in foreground and Hi Tor in distance

Since 1964 The Bristol Valley Theater (BVT) has been putting on plays that rival Summer Theater anywhere, with professionals drawn both regionally and nationally to its stage. Since 1992 BVT has made its home in the center of town in a church purchased and renovated by the Friends of BVT. The theater is also used into the fall and presents a diverse slate of events.

(Continued on page 37)

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

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