

Finger Lakes Trail NEWS

Winter 2009



www.fingerlakestrail.org

Inside...

- ◆ Clar-Willis Trail Volunteer Award goes to Anne and Bill Brosseau - page 9
- ◆ Major trail improvements in Hammondsport area - page 14

...and much more!

President's Message

Pat Monahan

Winter 2009 got a head start on the calendar this year with a significant snow fall in Western New York and the Southern Tier on the same weekend as the "Fall Campout" on October 16-18 at Camp Turner in Allegany State Park. Many of us awoke to the beauty of trees still covered with leaves bent over to the ground with a heavy layer of snow. The tall, older growth was crackling under the weight of the moisture-filled flakes that were lying heavily on the limbs. For most, it was a "bonus". For others, it was a burden. Some of our Canadian friends at the weekend had come to see the beautiful fall foliage. It was a surprise for all of us to see white as one of the fall colors. Many thanks go to the Foothills Trail Club for hosting the weekend events. It gave all of us another opportunity to talk with old friends and find other like-minded people from across the state to appreciate the beauty of a quiet walk in the woods. We also learned of a challenge to all of us and to Ken Shaw from the Theatre of Youth based in Buffalo. Ken plans to thru hike the FLT as a way to support the arts and the FLTC. He calls it "Backstage to Backwoods—562 miles for the Arts". I encourage each of you to support the arts and Ken in your own way—along the trail, with your thoughts or with your checkbook—everyone wins with your support. You can find out more at www.theatreofyouth.org.

On a different note, I would like to personally thank each of you who has made a contribution to the FLTC over the past year. You may have volunteered your time, your talents and skills or given freely from your treasures. Most recently, thanks to all of you who have contributed to our annual appeal. Your financial support helps us to build, protect and enhance a continuous footpath across NYS. Forever! There is still time to do this in 2009 to reap a tax deduction!!

While you have settled into your winter routine, be it a winter hiatus in the warmer climates or enjoying the change of seasons in Upstate New York, the work of the FLTC continues. By the time you read this, the Board of Managers will have spent a weekend retreat at the Letchworth Conference Center envisioning what this organization will look like in two years—what will we need to finance this—what will we need in terms of staffing—how will this impact our membership and marketing strategies. We will study the strategic plan for the FLTC and make the necessary changes to actualize our vision. The 2010 budget will be discussed and approved to move ahead with many critical issues. I will report to you the results of the retreat in the next newsletter issue.



On the left, FLTC President Pat Monahan

As the winter moves on, we can look forward to a renewal in the woods around us while we enjoy the trail in a cooler season. Get ready to enjoy the bone-chilling winter months on the FLT (or the plush winter growth of the warmer climates). Read a good book. Curl up near the fireplace after a day of snowshoeing, cross country skiing or hiking the snow-covered trail. Sharpen your tools for the spring. Take a moment to consider how you can make a contribution back to the trail that you love. Spring will be coming. And by the way, why wait to "Go take a hike."

Steve and Rebecca Schiano Donate Trail Easement

Steve Schiano is a logger. Some of you may think that career is in conflict with his and maybe your ability to enjoy a hike in the woods. I can tell you that Steve, Rebecca and their kids have enjoyed hiking on the Finger Lakes Trail for many years, both on their own property and hiking further east and west from their wooded hillside west of Swain. Steve is always careful to maintain the trail when he is logging, both on his property and when working on other landowners' properties. He really appreciates the woods and all the benefits it can give people. He and Rebecca have shared their piece of the woods with the public for many years and have now made it a permanent treasure for the community.

Ron Navik
Vice President Trail Preservation
27 Edenfield Rd.
Penfield, NY 14526
ron.navik@frontiernet.net
585/377-1812

Join the FLTC Yahoo! groups e-mail list

The Finger Lakes Trail Conference's e-mail list is a discussion group hosted by yahogroups.com. Its purpose is to allow the subscribers (approximately 400 people) to communicate information to each other pertaining to FLT hikes and other FLTC activities, and to also allow subscribers to post general hiking-camping-backpacking and/or FLT-related questions that can be answered by any of the other participants.

The co-moderators who will oversee the use of this electronic mailing list and offer help with questions are: Larry Blumberg (lblumberg@stny.rr.com) and Jack VanDerzee (vanderze@ithaca.edu).

To join the group, send a note to one of the co-moderators, or go to the FLTC website (fingerlakestrail.org) and follow the instructions for subscribing.



FINGER LAKES TRAIL NEWS

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

Winter 2009

Volume 48 Number 4

Mission Statement

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

Alley Cat crew members, Dave Potzler (top L) and Pete Nye, put in steps using treated wood and galvanized rebar.

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Skip Lamay

FINGER LAKES TRAIL NEWS Volume 48 Number 4 Winter 2009

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

Editor
Jo H. Taylor
jhtaylor@frontiernet.net

Editing Assistance
Sharon L. Galbraith

End-to-End Update
Edward J. Sidote

Trail Medicine
Bob Michiel

Wildflowers
RWW Taylor

Walking through Time
Irene Szabo, Tim Wilbur

Natural Connections
John A-X. Morris

FLT Archives
Georgeanne Vyverberg

Invasive Species
Todd Bittner

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

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And on the back cover...

Favorite Trail Sections in Central New York, *Shackham Pond through Highland Forest*

Cover: Tamarack Lean-to in Danby State Forest near Ithaca (slated for replacement by an Alley Cat work crew next summer). Photo by Roger Hopkins.

Our thanks to the Foothills Trail Club who hosted our Winter (oops, I mean FALL) Campout at Camp Turner on October 16-18. Whoever was in charge of weather must have mixed up the weather order. Seriously, Annette Brzezicki and her "crew" did a GREAT job organizing hikes, programs, food and lodging despite the snow. THANKS!

Next year (May 21-23, 2010) we'll be at Alfred University for our Spring Weekend and Annual Meeting. This event will be hosted by the FLTC with major support from the Genesee Valley Hiking Club. Ron Navik is coordinating our efforts. Thanks, Ron! Details will be in the spring issue of the *FLT News* and will be posted on the FLT website early in 2010. In the fall (October 1-3, 2010) we'll return to Hickory Hill Family Camping Resort in Bath. Please put both weekends on your 2010 calendar. We'd love to have you join us for hiking and fellowship.

Thanks to all who have contributed to our Annual Appeal. The FLTC is proud to remind you that we ask you to consider donating only twice a year. Fortunately, a good number of people send in something extra for "the cause" and we've been able to balance our budget. As of this writing we have not yet reached our goals for the Annual Appeal or Membership growth, but we



From the Desk of the Executive Director

.....
Gene Bavis

are working hard to do so before December 31. As in the past, I urge you to encourage your hiking friends to join the FLTC. Since our membership year ends on March 31, anyone who joins now will have their membership last until March 31, 2011. Please pass that news on.

We are in the process of working on some exciting marketing opportunities. Jacqui Wensich is VP for Membership and Marketing, and Phil Dankert chairs our Marketing Subcommittee. We are seeking additional committee members to help us with projects. Some of the projects will require your input only via email or a phone call and perhaps taking on an assignment that you can work on at your own pace. Among our needs are people to staff events such as festivals and fairs. We hope to have a presence at more events this year than we have in the past. You should have some knowledge of the trail, but you don't need to know everything. We can coach you. The most important thing is a willingness to talk with people and

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

share the excitement of hiking and backpacking. We can also use people who are willing to lead hikes, especially hikes for beginners. While we have many people who enjoy the challenge of a 10-12 mile hike, there are MANY others who would love to hike 3 or 4 miles. We are looking to attract younger folks and families as well as retirees. Hiking can be for almost EVERYONE. If you are at all interested in helping promote the Finger Lakes Trail, please contact Jacqui, Phil or me for more details and opportunities. □

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

New Life Member

Michael Baker

Welcome!

New and Returning Members August through October, 2009

David Allen, Corning
Laura Baldwin, Nunda
Neil Belcher, Ithaca
Stephen Benedict, Ontario
Matt Branneman, Ithaca
Jennifer Burcroff, Norwich
James Carr, Buffalo
John Joseph Cobb, Syracuse
Mike Cunningham, Danbury, CT
Jeff Darling, Webster
Klaus de Waard, Avon
Matthew DePoint, East Amherst
Mark Dieffenbach, Syracuse
Cindy Dodge, Belfast
Milton M. Ebersole Jr., Central Square
Elizabeth Estes, Skaneateles
Francesco Fabiano, N. Syracuse
Debra Finn, Cortland

Jennifer Gleason, Bath
Sarah Gravino, East Aurora
Roy Hansen, Elmira
Paul Horst, Penn Yan
Patricia Hudelson, Cazenovia
Linda & Bradley Jones, Naples
Richard Kennedy & Theresa Taylor, Painted Post
Michael Kernan, Manlius
David & Janet Lafayette, Guilford
Maureen & Joseph Manning & Don DeVaul, Auburn
Eric Mastroberti, Spencer
Wayne Morse, Pittsford
Ruth Mudge, Skaneateles
Larry & Denise Mudge & Jen Bodie, Oxford
Teresa Mueller, Rochester

Wesley Nicoll, Millerton
Alex Ognibene, Hamburg
Vincent Pernice, Tabernacle, NJ
Angela Potter, Horseheads
Dorothy Rice, Afton
Denise Smith, Sardinia
Gayle Syty & Richard Piraino, Amherst
Gay Lynn Testut, Ithaca
Tom Trifoso & Carol Worden, Elmira
Kathryn Tunkel, LaFayette
Joshua Van Horn, Geneva
Carol & Gary Verfuss, Cincinnati
Ray Ward & family, Waynesboro, VA
Paul Warrender, Ithaca
James R. Weisbeck, Bloomfield
Raymond Yelle, Alfred Station

Faces of the FLT

Tom and Donna Noteware



Met: Through a mutual friend and were married in Laramie, Wyoming in 1967.

Donna, Tom, and Fiona

Residence: Since 1992 we have lived on Keuka

Lake near Hammondsport.

Occupation: We both are retired from teaching math, and Tom is retired from coaching football in Penn Yan.

Favorite outdoor pursuits: We canoe, cross-country ski, snowshoe, bike, spend time with our grandchildren, watch high school football games, and plan hikes for our Tuesday hiking group.

Other interests: Watching the daily changes of Keuka Lake and identifying ducks and birds from our window, introducing our grandchildren to the trail and reading.

How we "met" the FLT: When we moved to the lake, we were looking for a place to hike and "stumbled" onto a trail out of Birdseye Hollow. We attended several FLT meetings, and Tom bugged Howard Beye about giving us a section of trail to maintain. Shortly after getting our section on Map B2 between Ford Rd and Cty Rte 75, we became Regional Trail Coordinators of the Bristol Hills Branch.

Favorite sections of the trail: Besides the sections we maintain, we like Hi Tor, Mitchellsville Gorge, the views of Keuka Lake from Mt. Washington and the June Bug Trail, the Sugar Hill reroute and the Fiona Loop.

Memorable FLT experiences: Doing the first "GPSing" of the Bristol Hills and Letchworth branches. Tom organizing the rebuilding of the Evangeline shelter after the fire. Planning the Fiona Loop on the Faber Farm and getting permanent easements. Building the June Bug Trail with several scouts. Working on the Sugar Hill reroute during an unexpected thunderstorm.

New Forever Society Members

by Gene Bavis, Executive Director

Our two newest Forever Society members are Ken Shaw and Sally Bialy. If you attended the Fall Campout, you may have met them. They both joined the FLTC this past summer shortly after they contacted me about their plans to do an end-to-end hike on the FLT as a fundraiser for Theatre of Youth (TOY), a non-profit theater company for young audiences in Buffalo. They both attended the Fall Campout so that they could meet other FLT and Foothills members. Look for a feature story about their plans in the spring issue of the *FLT News*. We believe that this project will be a win-win situation for both TOY and the FLTC in terms of marketing.

The Forever Society, as you may recall, was started by Ed Sidote as we

celebrated his 90th birthday in the fall of 2007. The purpose is to promote trail preservation. To join the Forever Society, you must pledge a minimum of \$1,250 to be paid over a period of 5 years or less. The money goes into the Sidote Stewardship Fund. To date we have 37 Forever Society members who have pledged \$47,091 and paid in \$36,671. The other new 2009 member is Tom Babcock, who joined in March.

Thanks to all who have joined. If you have not yet joined, please consider it. For more details, please contact Jarret Lobb or myself. Remember that contributions to the FLTC should be tax deductible, but as always you should consult your tax advisor to make sure.

□



Marilyn Beckley, second from left, and Ed Sidote, on right, at the ALDA (Appalachian Long Distance Hikers Association) Gathering at Gettysburg College in Pennsylvania, October 9-11. Marilyn (FLT end-to-ender #240) arranged to have an FLTC display there and transported End-to-End Coordinator Ed Sidote (#3) to the Gathering. It was ALDA's 28th annual gathering. The Gathering featured more than 70 presenters and major displays.

History of the Finger Lakes Trail 1962–2002 Assorted Historical Highlights: Part 4 of 5 by Tom Reimers

"A Brief History of the Finger Lakes Trail" was written by Tom Reimers in 1992 to commemorate the 30th anniversary of the Finger Lakes Trail System. It was updated in 2002 for the 40th anniversary. The following article with minor 2009 updates is the fourth of five based upon these documents.

The familiar FLT shoulder patch was introduced in the fall of 1964. Designed by William H. Davis of Rochester, New York, the patch is octagonal in shape with a beige background. The border and large "FLT" and the words "Finger Lakes Trail" are orange. The pine trees are dark green.

The FLTC Library began operation in March 1966. The first librarian, Susan Tucker, began accepting contributions of books on hiking, camping, climbing, and other outdoor activities. One of the first donations was an autographed copy of *My Wilderness, East to Katahdin* by William O. Douglas, former associate justice of the U.S. Supreme Court. The FLTC was declared tax exempt by the U.S. Treasury Department and the State of New York in 1966. This designation allowed for federal tax deductions for contributions, bequests, legacies, transfers, and gifts to the FLTC. In addition, state, county, and community sales taxes did not have to be paid on purchases by the conference.

The first statewide hike sponsored by the FLTC was held on October 19, 1968, on the Mt. Roderick section of the FLT near Cortland. The section was built by the Adirondack Mountain Club -Onondaga Chapter. Constant rain accounted for a poor turnout. Today, there are three regular FLTC-sponsored hikes each year: the Wallace Wood Founder's Hike in the spring, the Ed Sidote Hike (originally called the FLTC President's Hike) in the summer, and the Erv Markert Memorial Hike in the fall.

The FLTC board of managers formally established the FLTC Service Center on January 19, 1975, to do routine business and to guide conference officials in carrying out their duties. The first service center was in Wallace Wood's home in Rochester. From Wally's home, the Service Center moved to Ervin Markert's ranch in Pittsford in the summer of 1976. It moved again to the home of Howard and Dorothy Beye in Rochester in 1984. Finally, in April 2001 the FLTC Service Center moved into a new office at the Mt. Morris Dam within Letchworth State Park. The FLTC Service Center distributes maps and guide books, answers the many inquiries about the FLT System, and provides a home base for many other diverse functions for the trail and the conference.

In the spring of 1978, The Nature Conservancy deeded the beautiful Riemen Woods in Tompkins County to the Cayuga Trails Club. The FLT runs through the woods. This tract of land was originally purchased by The Nature Conservancy in 1969 with money raised by the conservancy, Cayuga Trails Club, and interested individuals. Henry and Marie Forbes of Irving, New York, donated to the FLTC a 1.3-acre parcel of land located along Sixtown Creek in the Town of Centerville in 1997. John Cobb from Snyder, New York, donated 45 acres of land northeast of Ellicottville to the FLTC in 1998.

The Wallace D. Wood Distinguished Service Award was established in 1984 to recognize annually a member or members of the FLTC who had made outstanding contributions to the FLTC. Mr. Wood, whose idea in 1961 became the FLT System, was the first recipient of the award in May 1984. Two additional FLTC awards were created by the board of managers in 1997. The Clar-Willis Distinguished Trail Volunteer Award is presented to

an individual or pair of individuals who have made a significant contribution over a period of time as trail workers. Harry Clar and Edward Willis, for whom the award is named, were two outstanding examples of great dedication and longtime service in the building and maintenance of many miles of the FLT System. The first recipient of the Clar-Willis Award was Ed Frank for all the work he had done on the Conservation Trail on behalf of Foothills Trail Club.

The Ervin Markert Distinguished Contribution Award is given to an individual, group, or organization in the public or private sector that has made a significant contribution toward improvement of hiking and/or hiking trails in New York State. Ervin Markert served as chairman of the FLTC trails committee for nearly 20 years. The first recipient of the Erv Markert Award was George Fraley of Naples, New York, for his extraordinary efforts to improve hiking and skiing access to Hi Tor Wildlife Management Area.

In 1991 Edward J. Sidote from Norwich, New York, started an annual cross-county hike series in Chenango County near the eastern end of the FLT. This series helped beginning and veteran hikers alike overcome logistical obstacles to hiking in remote areas. Transportation, hike leaders and sweeps, and greeters at road crossings were provided by series organizers. Early transportation consisted of volunteers' automobiles. By the time the series ended in western New York in Cattaraugus County in 1997, school busses were used routinely. These cross-county hike series were enjoyed by nearly 1,000 participants. Many of them became new FLTC and local hiking club members, trail stewards, and FLT end-to-end hikers. This series started again in 2002 in Chenango County.

(Continued on page 5)



The FLTC's Secret is out: "Hiking 101" ...

by Paul Hoffman

... was a success. In an effort to "spread the word" about hiking and gain new membership, the FLTC sponsored a learn-to-hike series. People new to hiking and people wanting to return to hiking were targeted, so this is why the general membership was not alerted to the series. The hikes took place the second Saturday of July, August and September. The first hike, taking place on the southern end of the Letchworth Branch Trail, was the easiest with modest elevation

changes. Pat Monahan, newly installed president of the FLTC, spoke to the group prior to the hike and then joined us for this inaugural "Hiking 101" series. Each subsequent hike became more challenging with the second hike, on the main FLT trail, going down through the gorge just west of Garwoods and ending in Swain. The final hike was six miles, almost all up hill, on the Bristol Hills Trail, to the awards picnic in Ontario County Park. Hikers were asked to bring a dish to pass with the FLTC

supplying hots, burgers, drinks and other supplies. Certificates and patches were awarded to all hikers completing the series. The FLTC's goal of exposing new people to hiking was accomplished and almost all the hikers joined the FLTC. As hike coordinator I could not have done this hike series by myself. The following people were invaluable to me and I cannot thank you enough. (If I missed putting your name here, please accept my apology. : Pat Monahan, Kim and Terry Meacham, Rhonda Peterson, Nancy Luger, Prattsburgh Bus Company, Alma Dunham, Gene Bavis, Irene Szabo and Jane Schryver. □

History of the FLT ...

(Continued from page 4)

In the fall of 1992, Ed Sidote, the third person to hike the whole FLT, began writing the "End-to-End Update" for the *Finger Lakes Trail News*. His updates continue today in each issue of the *News* and are anticipated by end-to-enders and other *News* readers. In that same year, J. Robert Muller, FLT end-to-end hiker #5, established the FLT end-to-end badges. To this day, each FLT end-to-end is presented with a custom-made "walnut" Formica name badge with an enamel FLT pin attached. The hiker's name, mileage,

date of completion, and sequence number are engraved on the badges. The first 11 badges were awarded on September 12, 1992, during the FLTC Fall Campout. By the end of 2009, more than 270 end-to-end hikers had completed their goals of hiking the whole FLT and had received their badges. Ed Sidote reported in the spring 2000 *Finger Lakes Trail News* that John Kubinski was the oldest male end-to-end at age 77, Mary Years was the oldest female at 75, Jed Bloom was the youngest male at 12, and Nicole Sweeney was the youngest female at age 10. In 1995 the FLTC Board of Managers authorized the

awarding of patches for people who hike all of the branch trails of the FLT System.

The American Hiking Society launched its first National Trails Day on June 5, 1993. The purpose of NTD, which has continued on the first Saturday in June since then, is to raise public awareness of hiking and hiking trails. For the first National Trails Day the FLTC cosponsored a series of hikes on the FLT System to foster a spirit of unity among the different hiking organizations in New York State and to demonstrate the FLTC's commitment to trails systems throughout the state and nation. □



Notes from the FLT Archives Don Doster Recalls the Early Years

.....
Georgeanne Vyverberg



1966 – Miss Paula Strain, president of the Finger Lakes Trail Conference, Don Doster of Hornell and Mrs. Jean Rogers of Wayland

Last issue's articles about Erv Markert and Paula Strain elicited a most interesting letter from Don Doster who is nearing 48 years as a member of the FLT. Don also served on the Board of Managers for two terms working on the Trails Committee. It was here that he met Erv Markert who put him in touch with Jack Freeman who was Trail Chair for ADK-Genesee. In 1975 the group had taken on the task of building trail right in Don's neighborhood of Hornell. The proposed trail went through mostly private land and the club had procrastinated, not knowing just whom to approach for permission. When Don offered to help and was readily accepted, he went right to work. It seems that many of these folks in Hornell were relatives, employers or friends. By the time a group from ADK-Genesee traveled to Hornell on a scouting trip in August 1975 Don had already scouted the proposed route and talked to landowners. By late October over five miles were blazed and an additional 1.5 miles flagged, some with the help of landowners Bud and Jean Hollands.

One story Don related involved working with Erv Markert at a Board of Managers meeting which ran late during a conference at Bowman Lake and involved Erv's wife Kathy. Kathy helped with registrations and their sons were always there hiking because the FLT was definitely a family affair with the Markerts. Erv apologized for going overtime because they would all be rushing home for dinner, but Kathy asked if anyone had a large cooking pot. Since Don was there with his camper he was able to produce such a pot and Kathy cooked up spaghetti for the... "well, not quite 5000".

Don served two terms on the Board of Managers from 1966-1970 and

therefore was on Paula Strain's Board, where he and Helen McBride were two thirds of what Don refers to as a nominating "comedy". They had filled all the vacancies except President. At that time according to the bylaws the next President was supposed to be someone who was currently on the Board of Managers. This was a small pool of possibilities so Don suggested that the candidate for Board president be someone who served on the Board either currently or in the past. This expanded the list considerably and to Don's mock horror he would be eligible! The bylaws for the presidential candidate were amended and are virtually the same to this day. When the nominating committee presented their report at the next Board meeting hosted by Carlton Wright in his Ithaca home, they somehow convinced Carlton to take the position as our third President. Don jokingly adds that it was probably so that they would leave!

Here are a few more comments Don made alluding to the photo from the last issue to which you might want to refer.

About **Charlie Embree**, Don relates "who could forget him?" Charlie was once with a hike group where they all trooped straight up a steep hill except for Charlie, who would go off to the left, turn back and talk to the group as he passed to the right, back and forth. At the top of the hill he told the group that his angled route made the climb less steep and easier and didn't encourage erosion like the rest of the group. From all the articles he wrote about trail building this story is SO like him. He made his own switchbacks even while hiking! He simply had to. Charlie once announced that for a large event he had lined up two large rooms for dorm-like occupancy. One room was to accommodate the single people and the other room was for the married folks. The more stories (and there are many) I hear about Charlie the more endearing he becomes to me and I understand the smiles that come across the faces of people who knew him whenever he is mentioned.

Fred Mohn, who was a free lance outdoor writer in Ithaca, was active in several outdoor organizations. He once mentioned that he handled postage by having a dedicated roll of stamps for each club.

Ralph Baker was an avid photographer and like Don is nearing 48 years as a Conference member. Ralph's photos often appeared in the FLTC newsletters and are some of the best from those years.

Now I have my own little story about Don. About 7 or 8 years ago I needed to finish up about 6 miles down near Hornell and I was told that Don would most likely spot my car for me. I called and made the arrangements. Included in the car spot was a tour by car of all the road crossings in my small journey. At the time I thought he wanted to make sure I did not get lost and was appreciative of his concern, but now I think it may also have been his pride in helping to build that section I was about to walk. Thank you, Don, for the memories and my car spot! □

Finding high-quality health information on the World Wide Web

by David Rothman

Editor's note: David is the Information Services Specialist and a valued resource at Community General Hospital in Syracuse. He is the co-author of a book for physicians about use of the Internet: "Internet Cool Tools for Physicians" (available through Amazon.com). David has an informative website:

<http://davidrothman.net>

—Bob Michiel

There's an old fallacy most of us are familiar with: "It MUST be true! I read it in a book!" Of course, this has now been replaced with a much more powerful and dangerous fallacy: "It MUST be true! I read it online!"

Given the ubiquity of today's World Wide Web and the tremendous faith many place in Google to lead them to the information they require, it may surprise many to learn that "Googling" for health information frequently isn't the best way to find the most appropriate information. Unfortunately, much health information that can be found online is outdated or simply wrong.

The most expert professionals in separating good online health information from bad are medical librarians. While it would be convenient to always have a medical librarian on hand to help you sift through online information, it wouldn't be very practical (as their upkeep is expensive). The Medical Library Association (MLA), however shares some of that expertise in a form anyone can use in their *User's Guide to Finding and Evaluating Health Information on the Web*:

<http://www.mlanet.org/resources/userguide.html>

A brief summary of the MLA's guidelines for evaluation of a Web site follows:

Sponsorship: Who created the site? A site created by a well-respected non-profit like The American Cancer Society is probably pretty reliable, as would be a site created by a respected



university or health institution like the Mayo Clinic, Johns Hopkins, or the Cleveland Clinic. Web sites whose addresses end in .gov are products of the federal government and Web sites whose addresses end in .edu are usually products of universities. This can be a handy clue to help indicate sponsorship.

Currency: How up-to-date is the site? Medicine changes very quickly these days, so pay close attention to any dates indicating how recently the Web site was revised to reflect the most recent science. If a site doesn't have dates indicating how recently the information was reviewed or revised, it may be best to assume that information is out-of-date.

Factual Information: Information presented as facts should actually BE facts and have citations/links to supporting information in the professional literature.

Audience: For whose use is the Web site designed? Was it written for people who are or aren't medical professionals? Is it appropriate for your purposes?

If you don't have the time to evaluate every site you come across, consider trying an alternative that leverages the expertise of medical librarians to make your Web searching easier. A Google Custom Search Engine created at Community General Hospital of Greater Syracuse searches *only* sites recommended for healthcare consumers by the National Library of Medicine, and

by the Consumer and Patient Health Information Section (CAHIS) of the Medical Library Association:

<http://tinyurl.com/ybvj778>

If you'd like to access this search tool from a mobile device like an iPhone, try this URL:

<http://tinyurl.com/yh9ufze>

The single best Web site for reliable consumer healthcare information is probably MedlinePlus

(<http://medlineplus.gov/>),

a service of the National Library of Medicine (NLM). MedlinePlus not only has a lot of its own excellent content, but also has links to other Web sites with current, authoritative information. MedlinePlus can currently be navigated reasonably well on most mobile browsers, but the NLM indicates that a free application for the iPhone will be released in December 2009 to make MedlinePlus truly mobile-friendly.

Another excellent site produced by the federal government is HealthFinder, a product of the US Department of Health and Human Services:

<http://www.healthfinder.gov/>

WebMD offers a free mobile application for the iPhone and the iPod Touch that includes an excellent, long section on First Aid topics including allergic reactions, bites and stings, bleeding, broken bones, bruises, burns, chest pain, and CPR:

<http://www.webmd.com/mobile>

(Please note: This application requires a network connection. If you do not have a 3G or Wi-Fi signal, you will not be able to access this information.)

The Medical Library Association also provides a list of its "Top Ten" most useful consumer health information sites:

<http://www.mlanet.org/resources/userguide.html#5> □

Fall Campout or “Winterfest” at Allegany State Park

The Foothills Hiking Club hosted the 2009 Fall Campout at Camp Turner in Allegany State Park October 16-18.

The big surprise was the weather—more than six inches of snow in places! Friday’s Mt. Tuscarora/Firetower hike was challenging thanks to the blow-downs. All of the hikes reported much bushwhacking and wet snow, but we all seemed to enjoy our hikes and our stories of wet boots and parkas. After a nice meal with plenty of choices and fresh foods, hiking pole goddess Lindy Smith gave a fun, useful, informative presentation that included why you need to use poles and how to clean and adjust them.

Saturday morning, the hikers departed after feasting on a delicious pancake breakfast. Because of the early winter weather, some hikers chose to visit around ASP while others tied up their laces, donned extra socks, and took to the trails. The beautiful Administration Building was a popular place to visit. Thunder Rocks, with its house-size boulders, was amazing under a canopy of snow. Delicate Bridal Falls was easy to walk to and to enjoy. It was strange to see trees in full leaf with so much snow on them.

Many participants met in Camp Turner’s Community Room to share stories, play cards and visit before Saturday’s delicious evening meal, prepared by the Camp Turner chefs. Pat Monahan, President of the FLTC, welcomed the participants and recognized Foothills’ contribution to the conference. Sigi and Horst Schwinge received their FLT branch trail patches and Conservation Trail patch, and Vicky and Paul Gaeta were recognized for completing their second end-to-end hike. Tom LeBlanc, naturalist, field biologist and nature photographer, shared park experiences and stories through his PowerPoint show. Tom lives in Allegany State Park year round.

Sunday’s baked omelet breakfast was enjoyed by all. The weather decided to turn for the better for Sunday’s hikes. After the other participants departed, the FLTC Board of Managers stayed until 1:30 p.m. for a meeting. There were some beautiful views on the way out of the park of the foliage in peak form.

Foothills did their hiking club and conference proud.

— Jacqui Wensich



Roger Hopkins

Hike #8 on Saturday



Jacqui Wensich

Lindy Smith gave a presentation on the why and how of using hiking poles.

Naturalist Tom LeBlanc shared Allegany State Park experiences and stories.

*Check out his blog,
www.monarchbfly.com.*



Jacqui Wensich

FLT's Clar-Willis Trail Worker Award Honors Bill and Anne Brosseau



Li-Hua, ADK-ON

Bill and Anne Brosseau are presented with the FLTC's Clar-Willis award by ADK-ON Chapter president, Jon Bowen

If only every trail sponsoring club had a dedicated pair like Bill and Anne! Hiking clubs and Adirondack Mountain Club local chapters often tend long sections of FLT miles, usually by means of section stewards combined with group work parties to tackle special projects. However, if you have hiked many miles of the FLT, you know that maintenance quality varies from mile to mile. Even the best-intentioned club doesn't always know when a segment has been let go by the steward, since there is typically no mechanism for checking the quality of every mile, at least not until hiker complaints start trickling in.

The ADK Onondaga Chapter, however, is blessed with Bill and Anne, who routinely walk miles of the chapter's 100 miles, doing a little maintenance, stocking register boxes with fresh tablets, replacing registers, and reporting sections in need of repair or plain old trail care. Thus they act as the eyes for ADK-Onondaga Trail Chair Tony Rodriguez, letting him know of problems. Best of all, they keep the whole length of the chapter's trail freshly blazed, a great gift indeed for all those stewards who really don't like the slow, patient work required to paint good blazes. In truth, there are very few trail volunteers who LIKE to paint blazes!

In 1997 the chapter embarked on a big project to replace their previous nailed plastic blazes with painted ones, over all those miles. The Brosseaus volunteered to undertake the whole job, with Bill leading to pull out old nails and collect crumbling plastic, then scrape trees whose bark required it. Anne followed with her brush and a bucket of latex paint. Thus at their own pace, they eventually reblazed the whole long trail from Interstate 81 to NY 26 near South Otselic, all of Maps M20, M21, and most of M22. In addition, the Onondaga Trail, which has grown in recent years to two maps long, had to be reblazed in blue to match the rest of the North Country Trail.

Now 80 and 78, they still get out on the trail several days a week, weather permitting, to continue their blazing and monitoring work. In addition, Bill joins many work parties for clean-ups or building new trail for needed re-routes, so typically compiles over 300 hours of volunteer work per year. They were active in the 1960's when the chapter was building their original miles of trail, but then moved away after Bill retired at 58 when Agway started eliminating older employees. They travelled and volunteered at national parks, worked for the ADK at Lake Placid doing lodge maintenance (and volunteer trail work, of course!), and even tried Florida for a while.

"Then we returned to where we belong," Bill said. Anne loves wintertime, and they couldn't get used to Florida's heat and humidity, so they restarted their volunteer career with the Onondaga Chapter in the late 90's. All of us who walk these central miles of the Finger Lakes Trail owe them gratitude for such dedication to quality trail, and wish every club had the good fortune to have such helpful members. □

— Irene Szabo

Fall Campout Heroes: the Foothills Volunteers

Kathy Boni, Carolyn Celeste, Geri Ciprich, Kathy Clerkin, Susan Collier, Elaine Evanovich, Donna Flood, Kathy Foote, Donna Frantz, Ellen Gibson, Charles Goodrich, Pat Haynes, Kathy Laynor, Kate Matthews, Lucy McCabe, Sarah McCann, Dee McCarthy, Jeanne Moog, Barb Morrissey, Frank Occhiuto, Linda Parlato, Cheryl Peluso, Ben Petryszak, Carol Racey, Mike Schlicht, Bob Schmidt, Shari Senefelder, Cheryl Slesinski, Denise Smith, Gayle Syty, Noel Varela, Sandy Warner

Trail Stewards: *Gene Cornelius, Donald Keipper, Jack Luzier, Linda Parlato, Cheryl Peluso, Ben Petryszyk, Mark Potzler, Roy Tocha*

Fall Campout Chair: *Annette Brzezicki*

Map and Track Prices to Increase

by Lynda Rummel, Director
Trail Quality

At its October 18th meeting, the FLTC Board of Managers approved increasing the prices for which FLTC maps and electronic track data will be sold. The increase will go into effect March 1st, 2010. Joe Dabes, Mapping Supervisor, and Don McClimans, Joe's "understudy" and backup, have updated the maps and track with the many changes that occurred this season, so up-to-date maps and GPS track/data are now available, at current prices.

In 2006, we replaced our hand-drawn black and blue maps with GIS-based waterproof maps on which the GPS'd track of the trail is shown. This is the first price increase since then. Two factors were key to this decision: (1) the increase in production costs, and (2) the discrepancy between our prices and those charged by comparable trail organizations for their maps. The FLTC Office provided Trail Quality's

"... with this increase, our high-quality maps are still the lowest priced, compared to prices charged by other comparable trail organizations..."

Maps and Guidebooks Committee with data on production costs, and Dabes was asked to research the prices charged by other trail organizations.

Increased Production Costs

The FLTC Office established that since 2006, the cost of production materials (toner and Rite in the Rain® paper) used for the maps has increased as much as 17%. Increases in the costs of postage, labor, and replacement parts, plus wear and tear to the printer, which has been used to produce over 9,300 maps, have also pushed up production costs.

Prices Compared to Others

Since trail organizations differ significantly in the number of trail miles they maintain and for which they produce maps, the size of their membership base, and the degree to which they receive financial support from some parent organization or agency, a common metric of "price per mile of trail" was used to compare prices. Using this metric, Dabes established that our current prices were significantly below the lowest prices charged by five comparable trail organizations. In fact, it required a 25% increase to put our prices into the same ballpark! Yet with this 25% increase, our high-quality maps are still the lowest priced (admittedly, just barely, but still the lowest!), compared to prices charged by the other comparable trail organizations in the group.

FLTC Maps

Starting March 1st, 2010, FLTC map prices will be as follows:

Individual Maps		1 – 3 Maps	4 – 10 Maps	11+ Maps
Nonmembers	Price Approved	\$ 2.35	\$ 1.88	\$ 1.50
Members	Price Approved	\$ 1.88	\$ 1.50	\$ 1.20

Map Sets		Complete Set (52)	Main Trail Only (33)
Nonmembers	Price Approved	\$55.90	\$39.60
Members	Price Approved	\$44.72	\$31.68

FLTC GPS Track/Data

As before, purchasers of the GPS track/data: (1) *must* buy the GPS track/data with a full map set if he/she has not purchased a full map set in the last 14 months; (2) *can* purchase updated GPS data at a 20% discount within 12-14 months, and a second updated GPS track/data at a 20% discount within another 12-14 months; and (3) *must* purchase the GPS track/data with a full map set if a full map set has not been purchased in the last three years.

Starting March 1st, FLTC GPS track/data prices will be as follows:

GPS Track		Track w/ 52 Maps	Track w/o Maps
Nonmembers	Price Proposed	\$ 81.25	\$ 31.25
Members	Price Proposed	\$ 65.00	\$ 25.00

Favorite Trail Sections in Central New York: Onondaga Trail

Shackham Pond through Highland Forest , FLT Maps O1, O2

by Mary C. Coffin

Continued from the back cover...

Squirrels and their cone piles abound. Stone piles are evident from the agricultural days. The trail crosses several little step-over streams as it progresses to the dryer upland where mature maples, beeches and other deciduous trees take over. This area was logged in 2006 but most of the trail route was protected. A quiet hiker may hear flickers, woodpeckers and songbirds or even flush a wild turkey.

Eventually the route crosses Rowley Hill Road, an extension of Morgan Hill Road, and follows a little stream as it cascades over limestone ledges. There are two stream crossings that can be managed in hiking boots. After the second crossing a row of stately old maples suggest an old property line or road and just up the hill to the right is the corner of an old foundation. It is hard to believe that this forest was probably a cultivated field or pasture during my grandfather's day. The trail continues around a cirque-like bowl and exits Morgan Hill State Forest and enters private land. It crosses two bridges over a drainage ditch and passes through young, wooded areas with lots of grouse and song birds in the tall understory. Deer just love this old field habitat. At one point the trail ducks out into a field overlooking the village of school and church steeples of Fabius in the valley below. This diversion is just for the bucolic view. Intermittently the trail is protected by puncheon board walks as the ground is squishy with boot-sucking mud. It finally descends to the Fabius Brook valley and follows a temporary road walk (Bardeen Road and Cowles Settlement Road) across the scenic valley to the next ridge. For a shorter hike spot a car on the shoulder of Bardeen Road.

From the Cowles Settlement Road trailhead the trail enters Highland

Forest Onondaga County Park. There is good parking here on the wide shoulder. Elevation is gained slowly on gentle curves at a 10% incline gradually up 400 feet. The NCT/FLT joins the park's Main Trail with red markers as well as NCT blue, and heads north to the Skyline Visitor Center. The Fabius Historical Society maintains a small pioneer and farm museum by the park road crossing just south of Skyline. It is well worth the stop. The displays show just how difficult it was to farm this exposed ridge and how the area looked before the farms failed and the forests were restored. Skyline Lodge provides a great view of the Limestone Creek valley to the north, bathrooms, and a place to get in out of the cold. Hot drinks and snacks are available all winter.

The trail continues southeast on the park's main trail before ducking off on its own, crossing the ski and bike

trails often and the power line, and drops 600 feet along 10% switchbacks to DeRuyter Lake. Skiing is not recommended on this section of the trail but there are miles of groomed ski trails in the park. There is a parking lot on the Dam Road where we hope you spotted a car.

Accumulated mileage: Shackham Rd. Access = 0 mi, Shackham Pond/cemetery = 0.1, Onondaga One Cross Rd. = 0.6, Rowley Hill Rd. = 1.7, W. Keeney Rd. and Bardeen Rd. = 4.0, Cowles Settlement access to Highland Forest = 5.5, Pioneer Museum = 8.0, Skyline Lodge = 8.4, West Lake Rd and Dam Rd. access = 10.6 miles. □

This is the third of four articles by Mary Coffin on her favorite walks in the four seasons. Mary, VP East for the North Country Trail Association, was the 2009 winner of the FLTC's Wally Wood Award.

Join the North Country Trail Association

A Special Deal for FLTC Members!

Now you can join the North Country Trail Association for just \$23 per year! You'll get a subscription to North Star magazine, and the satisfaction of helping develop the North Country National Scenic Trail. To join, send this coupon to: NCTA, 229 E. Main St., Lowell, MI 49331 or call 866-Hike-NCT

Name(s):	
Address:	
City, St Zip:	
Phone (optional):	
E-mail (optional):	
<input type="checkbox"/> I'm enclosing a check for \$23 payable to NCTA	
<input type="checkbox"/> Please charge my credit card (MasterCard, VISA or AmEx only)	
Card #:	Exp. Date:
Name as it appears on card:	
Signature:	

From the Mail...

Tick Removal Tip: Maybe not such a good idea!

I noticed the short note on tick removal on page 28 of the Fall 2009 *Finger Lakes Trail News*. Just wanted to pass along my experiences from going to Lyme Disease seminars for those in the medical field. The directive was always NEVER use soaps, oils, heat, etc to get a tick to "back out on its own". The tick will expunge its bodily fluids to the human host in the process. This increases the risk of diseases being transmitted.

With Lyme Disease becoming more common in many places hikers should be vigilant!

John Gibbs
Regional Forester, Region 8
Bath Sub-Office
7291 Coon Road
Bath NY 14810

Editor: Forester Gibbs uses flat tweezers to remove ticks. For more information about Lyme disease and removing ticks, refer to the Centers for Disease Control and Prevention website at www.cdc.gov/ncidod/dvbid/lyme and more specifically

www.cdc.gov/ncidod/dvbid/lyme/ld_tickremoval.htm

Re: "Walking Through Time in NY", #24, PA & Sodus Bay RR by Tim Wilbur. [Summer 2009]

I am the person who did the fieldwork and drew the maps for the 1976 revision of "A History of Railroads in Tompkins County" by Hardy Campbell Lee, revised (in 1976 and again 2006, published by the History Center of Ithaca) by my brother Winton Rossiter. In 1975-1976 I traced the P&SB completely in the county, mostly on some delightful winter rambles when the railroad grades are easiest to see.

Tim Wilbur is correct in locating the P&SB near the Hines Road FLT crossing; however, the P&SB grade crossed Hines Rd. just a bit S of the FLT and thus is about 50 m west of the road where the FLT crosses it heading west. The hiker crosses the line of the grade at the back of the first property line off Hines Rd. Indeed it is not visible in this section, as the grade was built very low (the P&SB was a very low-budget enterprise), probably almost at ground level here. However, if the hiker goes W on the FLT for 200 m and then N 200 m from the FLT to the next small creek (which parallels the FLT on the right, going uphill, a bit further up the hill) s/he will come to the grade of the P&SB crossing the small creek. A small section has been washed out since 1873 (when work stopped) but the rest is clearly visible. My 1976 foldout map with the book shows this clearly. Most of the "spotting points" of the P&SB and other railroads still

exist as described, although of course 33 years more weathering have passed (as my body clearly tells me!). The closest good view from a public road of the P&SB near the FLT is a large cut heading S from Millard Hill Rd., about halfway up the hill from Fish Kill. The creek crossing mentioned above is at 42.4057N, -76.6120E on the WGS84 datum if you want to navigate to it by GPS or find it in Google Earth (an excellent resource for a bird's eye view of railroad grades). The crossing with the FLT is very near 42.4038N, -76.6098E.

The P&SB route, although not feasible financially due to Ithaca's opposition, would have been a much easier grade than the route down into Ithaca and up the hill again to Trumansburg and Geneva. The summit at North Spencer is approximately on the same level as Newfield and Enfield. A similar situation can be seen with the Fall Brook RR (later the New York Central's line from Lyons south through Geneva and Corning to the Pennsylvania coal fields) which the FLT crosses under at the upper end of Watkins Glen State Park on M-14. This does not descend into Watkins Glen village (known as Jefferson at the time of completion, 1872). So the grade is gradual and steady from Beaver Dams downhill to Dundee and provided a perfect route for Pennsylvania coal heading to the upstate cities and Lake Ontario for trans-shipment.

Finally, as to Tim Wilbur's theory that the lack of trackage rights in 1872 dealt the death blow to the P&SB, I had never heard this, and would be interested in the source. The Lehigh Valley did not control the Geneva, Ithaca & Athens until 1876, although they had some financial interest in it. My impression was that the panic of September 1873 had finished off the already precarious finances of the P&SB, since their bonds could not easily be second-mortgaged.

Regards,
David Rossiter
Life Member FLTC



Letchworth Branch Trail Features Accessibility Rating Signage

by Irene Szabo

Over the last several years Parks and Trails NY, an Albany-based advocacy organization, has paid for courses to train volunteers to “assess” trails according to a system of measurements and parameters designed to describe trails to potential users without deciding FOR those users if they would find it easy or too hard. Having universal assessment standards gives us far more reliable ways to describe a trail than using subjective and ultimately useless terms like “easy” or “moderate.”

The ultimate beneficiaries of such information at trailheads are those whose capabilities are different from those of us accustomed to hiking whatever geography brings our way, even those who use wheelchairs or walkers. And as we age, we more able-bodied hikers will shift gradually into the group with less capability!

A good half-dozen FLTC volunteers have taken the Universal Trail Assessment Course and stand ready to provide the systematic description required before, say, new trail is opened on public land, rather than waiting until trained agency personnel are available.

Another benefit of this training can be shared at trailheads with either brochures or signage. We are happy to report that a partnership grant from the US Army Corps of Engineers at Mt. Morris Dam has enabled us to provide a classy metal sign describing the relatively easy (old-speak) next four tenths of a mile of the Finger Lakes Trail's Letchworth Branch southward from the Dam Visitor Center parking lot.

This parking lot receives a high rate of visitation from potential users of every stripe, from those who come only to look over the edge at the dam, or look at displays inside the Visitor Center explaining both the construction and the function of the dam, to intentional trail users on foot, on bicycles in the

permitted season, or on cross-country skis or snowshoes. With a high incidence of purely casual users, then, this is a perfect place to offer real information to people trying to decide if this is a difficult scary trail ahead, or something they can handle, even with a wheelchair.

This stretch of trail is typically five to six feet wide, and must have been a farm lane along the edge of the gorge before World War II. It is almost level except for one very short hill with a slope about 3%, along well-drained hard dirt, and offers several good views into the canyon. The “assessed” portion ends only when the remnant lane peters out and the trail returns to the more typical skinny, winding pathway, where spaces between trees can be as little as 30”, occasional mud appears, and more significant climbs are encountered, like much of the rest of the 26-mile Letchworth Branch Trail.

Obviously there is no point in assessing typical backcountry hiking trail since topography usually dictates what the path can be like, seldom level in upstate New York. However, there are attractive segments of even the cross-



Thomas Wenzel, Army Corps of Engineers park ranger and grant administrator, with our new sign after installation at the Dam Visitor Center parking area trailhead, two miles down the park road off NY 408 just south of Mt. Morris.



state Finger Lakes Trail that could be enjoyed by almost any user, so we wish we could afford more signs like this one. Even the southern end of the Letchworth Branch, where it is simultaneous with the nearly level railbed/canal towpath of the Genesee Valley Greenway, could offer several segments of up to a couple miles that can be reached from crossing roads. □

Rebuilding Mt. Washington

Lynda Rummel, Project Manager

"Some may see glamour in the work of establishing new sections of the trail, and rightfully so. But I see equal glamour in maintaining and caring for the existing portions of the North Country Trail as showplaces of trail management that win the praises of hikers. A National Scenic Trail should be no less."

-- Tom Gilbert, Superintendent, North Country National Scenic Trail

A decade ago, Tom and Donna Noteware, Howard Beye and I helped the Hammondsport Scouts build two switchback legs midway up Mt. Washington (Map M12, east of Access 6, NYS 54), part of the section that the troop maintains. These improvements helped, but most of the climb remained unimproved, rugged, and very steep until this past September, when the season's third Alley Cat crew tackled the mountain and constructed a total of 28 switchback legs, with grades as close to 10% as was possible, to replace or rebuild parts of the old trail that in places had grades as steep as 40%.

From the base of the mountain up, the trail must climb a narrow ridge that has ravines on both sides and must gain some 450 feet in about a third of a mile. This topography left no option but to stack short switchback legs atop legs—what Bill Menke, past Trail Foreman for the NCTA, calls a zipper—with "climbing turns" or steps where the trail reverses directions, to help gain elevation quickly but relatively easily.

Amazingly, it took the crew just three days to rebuild the climb up Mt. Washington. When Quinn Wright and I had inspected the project after it had been rough-flagged, we figured it would take two weeks to complete, and at that time, I was estimating "just" 18 switchback legs. The perfect weather helped, but it was still hard work, requiring the use of mattocks, Pulaski's, sledgehammers, loppers, and hand- and chainsaws, to cut the trail into the hillside. Every volunteer, from age 20 to age 80, worked hard; we older folk were especially grateful to have the assistance of five students from RIT who had been recruited by their professor, Bob Kremens.

We found rocks on the hillside and in the ravines that could be used for steps; but simply carrying them up the steep slopes was tricky. Early in the week, Gerry Benedict slipped while carrying a rock and got a cut that required five stitches, but others picked up where Gerry left off. When work at the primary site neared completion, Tom and Donna Noteware identified another site

nearby that needed work, and Pat Monahan, Georgianna Binder, and Barb Navik went to work flagging switchback legs. Halfway through the third day, most of the crew moved to the new site and roughed out another 8 switchback legs. The last day, the crew tackled the new access trail to the Kanakadea Lean-to (M11) that had been flagged by Steve Catherman and Ron Navik. The crew cleared and built new trail on the sides of three ravines.

Many crew members stayed at the Reginald Wood Memorial to Scouting building in Hammondsport, where they had to make their own breakfasts and lunches but were treated to hot,

(Continued on page 24)

Elma Bowen, Early FLTC President

Foothills Trail Club recently lost another of its Founding Members, Elma Bowen, who was also an active member of the Finger Lakes Trail Conference.

Elma Bowen was integral to trail building for the Conservation Trail and logged countless hours building and maintaining trail until a few years ago. An avid hiker well into her 80's she walked some 5000 miles on her beloved Conservation Trail as well as trails across the country. She served as the leader and organizer of many of those journeys. Those who knew her note that she was knowledgeable as a naturalist and eagerly pointed out flowers and birds to any interested fellow hikers.

Elma served as President of Foothills in 1971 and from 1988-1991 and again in 1994. Elma joined the Finger Lakes Trail Conference in 1967 and served on the Board of Managers as Vice President from 1969-1971. She was President from 1975-1976. It was after her tenure on the BOM that she took over the archives and held

that position until the Office moved to Mount Morris. As today's archivist I can attest that she kept meticulous files. Luckily I had a chance to talk to her at a Conference meeting at Swain a few years ago and of course we talked "shop". She had some really fun stories to tell about the different Presidents and trail builders she had known.

Elma in her personal life had a long career as a metallurgist in companies in the Buffalo area. In a brief biography written for the *Finger Lakes Trail News* to profile candidates for the Board of Managers she stated that she enjoyed bird watching, rock collecting, embroidery and gardening and was an avid reader. Elma was 89 when she passed away on November 5, 2009.

— Georgeanne Vyverberg

We thank Kalista Lehrer of Foothills for sharing the tribute she wrote for their newsletter, which provided information and inspiration for this article.

Wildflowers along the Trail #28: Inconspicuous

RWW Taylor

The purpose of a wildflower is not to please, but to propagate. These are, of course, not necessarily incompatible accomplishments, and many species of wildflowers achieve their goals by putting on a show—perhaps to attract the insect, bird or animal life necessary to carry out the pollination and seed dispersal that will bring another generation in another season, perhaps in some cases simply to warn hungry predators away from unwise browsing. But the displays of brightly-colored petals, sepals and bracts in an endless variety of forms that achieve this purpose also benefit all of us who are able to observe and savor the scenery.

There is not room on the stage for everyone, though, and the constant struggle for survival as a species has also led to development of many a quiet alternative strategy for securing a private piece of the busy biosphere we inhabit. Some wildflowers get along in this world just by being small, too petty in size to attract the attention of potential harvesters and able to find unnoticed homes in odd crannies and idle corners. Other species may keep their stature alongside their more showy cousins but instead disguise their agenda of growth and propagation in some clever way or another. In some cases the strategy is to simply eschew bright hues. No yellow, white, red, blue or purple for these blooms, just nondescript shades of green and brown. Thus we have the striped hood of the jack-in-the-pulpit, the exquisitely-formed, often-unnoticed greenish-brown flowers of the helleborine, and the spiky green flower clusters crowding the axils of the various species of nettles and nettle-like plants that flourish in damp locations.

Some of these less conspicuous flowering structures are easily recognizable by sight for what they are despite the lack of eye-catching color. Others, however, are likely to puzzle individuals noticing them for the first time. Who has not, on occasion,



Three-seeded mercury, *Acalypha rhomboides*

wondered quietly to themselves “Is that really a flower?” The centuries of careful observation and study whose fruits we enjoy as our scientific heritage, recorded in textbooks and field guides, will in most cases provide an answer to the curious observer. But close attention—open eyes and an open mind—are called for.

A good example of a wildflower “hiding in plain sight” is the not-uncommon Three-seeded Mercury (a cool common name if there ever was one!), a native plant that grows in areas of disturbed soil from Texas to Nova Scotia. This small plant—ranging in height from a few inches up to perhaps two feet, is a member of the spurge family, though it lacks the poisonous milky sap characteristic of many plants in this family. Alternate common names include mercuryweed and copperleaf, the latter name referring to a tendency for the foliage to sometimes turn reddish in the fall. For the most

part, however, this plant rarely displays any coloration other than green in any of its parts. The scientific name for the species of this plant found in our local area is *Acalypha rhomboides*. The genus name here was assigned by Linnaeus based on a perceived resemblance of the leaves to those of the nettle plant, from the Greek word *aklephos*, “nettle”. In this particular species the long-stalked, coarsely toothed leaves are somewhat diamond-shaped, or rhomboidal, leading to the specific name.

Three-seeded mercury is most easily recognized by the crowded cluster of many-lobed bracts in the leaf axils, almost entirely hiding the tiny flowers. Each plant bears, separately, both male and female flowers, cross-pollinated chiefly by wind, blooming from June through October. Look sharp the next time you pass a weedy spot along the trail and you may just see a specimen or two busy at its job of propagating. □

Great Eastern Trail Work "Party"

Text and Photos by Jackson "Jet" Thomas

I was one of the "Egyptian slaves" hauling rocks in large feed bags from Agway. Thankfully, the rain stopped at about 11:30 or so; otherwise we could have worked the entire day in the rain.

We hiked in about six minutes from the parking area to reach the bridge, which was being built as an Eagle Scout project. The scout, Mike, and his father added the ramp at the western end and finished grading the eastern end while the rest of us fortified the eastern bank of the stream with rocks of varying sizes and muddy gravel shoveled from

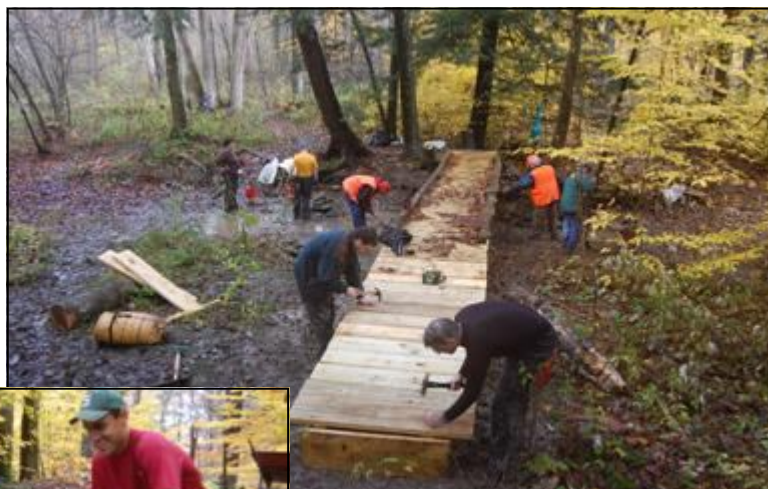
the stream bed so that spring flooding will not wash out the bridge (we hope!!).

We had to hike about four to five minutes up the trail to reach a wash where rocks were exposed, load our sacks or the two wheelbarrows, and then carry our loads back to the bridge. I made five trips before lunch and 10 to 15 trips after lunch from both that location and the stream bed downstream from the bridge. I estimate that I carried between one-quarter and one-half ton of rocks on

my back, whereas the two guys using the wheelbarrows must have moved between one-half and one ton of rocks (and possibly even a little more).

Two Rochester Institute of Technology students who have worked with Pat before arrived in mid-afternoon shortly before we quit at about 4:00. They finished fortifying the eastern bank by adding another layer of larger stones in front of what we had done.

What a project! And this wasn't even the actual trail, but a spur trail to the parking area on CR 26. □



The bridge is the Eagle Scout project of Mike Parken, pictured here with his father, Peter Parken.

Article removed at author's request

Article removed at author's request

Wally Wood Nominations Requested -- Urgent!

Deadline: December 31, 2009

The Wallace D. Wood Distinguished Service Award is the highest annual honor given by the FLTC to a volunteer who has contributed extraordinary quality and quantity to the ongoing health of the trail system and its organization. Pairs of people who have worked miracles together have also received this award. Nominations go to Irene Szabo, Chair Recognitions Committee, treeweenie@aol.com, 6939 Creek Rd, Mt. Morris, NY 14510, 585/658-4321, with a copy to the FLTC Service Center, FLTCoffice@frontiernet.net, 6111 Visitor Center Road, Mt. Morris, NY 14510.

Article removed at author's request



Steve Catherman
Director of Trail Maintenance

Trail Topics

How to Contact Trail Management

Steve Catherman, Director of Trail Maintenance
 7399 CR 89
 Bath, NY 14810
stevec@roadrunner.com
 607/569-3453

Lynda Rummel, Director of Trail Quality
 96 Esperanza Drive
 Keuka Park, NY 14478
ljrassoc@roadrunner.com
 315/536-9484 (H)
 315/694-1244 (C) (Jan-Mar & trail crew work weeks only)

Quinn Wright, Director of Crews and Construction
 3 Roberts Ave.
 Buffalo, NY 14206-3031
wrightquinn@hotmail.com
 H 716/826-1939, C 716/818-6990, Fax 716/826-1786

Ron Navik, Vice President Trail Preservation
 27 Edenfield Rd.
 Penfield, NY 14526
ron.navik@frontiernet.net
 585/377-1812

New Trail Sponsors and Steward

Greetings to new FLTC members **Ken Shaw** and **Sally Bialy** from Buffalo, who have agreed to take over the sponsorship of 2.3 miles of trail on Map M4 east of Ellicottville in Cattaraugus County. Their new trail extends eastward from the intersection with the orange-blazed Conservation Trail to the western border of the property donated by John Cobb to the FLTC in 1998. Ken and Sally, who joined the FLTC as Forever Society members (see page 3), are planning to hike the FLT end-to-end next summer as a fundraiser for their Theatre of Youth organization (www.theatreofyouth.org), Good luck, Ken and Sally!

Warren Johnsen, from South New Berlin, has recently adopted 2.3 miles of the Campbell Mountain Trail on Map M30 in the western edge of Catskill State Park. This section begins at Campbell Mountain Road and follows the trail marked with blue DEC disks over Campbell Mountain (elev. 2461'), past the lean-to of the same name, and ends at

NY 206 (Cat Hollow Road) after crossing a stream that feeds the Pepacton Reservoir. Thank you, Warren!

Hammondsport Central School music teacher **Tom Mitchell** has taken over as Scoutmaster for Boy Scout Troop 18, and, as such, has assumed responsibility for the 3.7 miles of trail between Access Point 6 (NY 54) and Access Point 7 (Winding Stairs Road) on Map M12. Luckily for Tom and the scouts, Lynda Rummel's Alley Cat crew has just completed an extensive system of switchbacks, and stone and wooden steps up the steep first leg of this section of trail. Have fun, guys, and enjoy the views of Keuka Lake!

Dave Potzler and the Foothills Trail Club would like to announce that **Dick Swank** has come on board as their newest trail steward. Dick is now maintaining 2.2 miles of the Conservation Trail on Map CT4 near West Valley between Access Point 3 at Roszyk Hill Road and Access Point 4 at Felton Hill Road. Welcome aboard, Dick!

Trail Angels, or how I came to meet two hikers from Israel

Trail Angels, or car-spotters, as they are less affectionately known, volunteer their time to assist hikers in completing sections of trail without having to backtrack to their vehicles at the end of their hike. The Angel agrees to pick up the hiker at a prearranged time and location at the end of his hike and drive him back to his starting point and waiting

STILL WANTED!

Volunteers to sponsor the following sections of Finger Lakes Trail

On Map M30 in Catskill State Park, there is a 3.2 mile stretch of the Mary Smith Trail marked with red DEC disks that begins at Holiday and Berry Brook Road, climbs to the top of Mary Smith Hill at 2942', encompassing an exceptional view to the southeast, and then descends to, you guessed it, Mary Smith Hill Road.

Also in the Catskills, on Map M31, a Sponsor is still needed for 4.2 miles of the red Touch-Me-Not Trail between Barkaboom/Big Pond Road and the east end of Alder Lake at the junction with the yellow -marked Mill Brook Ridge Trail.

If either of these sections of trail interests you or you want to find out more about, please contact Steve Catherman at 607/569-3453 or at stevec@roadrunner.com.

vehicle. Conversely, the hiker will “spot” his vehicle at the end point of his hike and the Angel will pick him up and take him back to his intended start point. FLT End-to-End Coordinator Ed Sidote maintains a list of these Angels, and upon hearing of my new position as Trail Maintenance Director, jumped at the chance to add my name to his list.

In September, I had my first opportunity to fulfill my obligations as an Angel when I got an email from Irene Szabo, passing along a request from two hikers to be picked up at the southern end of the Bristol Hills Trail in Mitchellsville. Upon making contact with the two hikers, Assaf and Amit, I learned that they were from Israel and here in the United States on business. They were staying with Assaf’s sister in Rochester, and were planning on hiking the Bristol Hills Trail end-to-end over the course of four days. My job was to pick up the hikers at the end of their trek and drive them to Bath where they would catch a bus back to Rochester.

When I arrived at the Newton Road trailhead on Map M12 on Sunday to pick up Assaf and Amit, they were tired, hungry and looking forward to a hot shower. They had backpacked the entire 54-mile Bristol Hills Trail in less than 4 days and in less than ideal weather. Still, they were in good spirits as we drove to the bus stop, and I quizzed them a bit on how they came from Israel to be hiking on the FLT, and what their impressions of our trail were.

Assaf told me that they discovered the Finger Lakes Trail on the Internet, and planned their hike in the vicinity of Rochester, where his sister lives. Although the weather was damp and cloudy most of the days they were hiking, they remained impressed with our trail, especially how green everything was. In Israel, there are hills and mountains, but apparently they are not nearly as vegetated as ours here in upstate New York. The pair intends to explore more of the FLT, and possibly venture into the Adirondacks or the Catskills on their next visit to New York.

At the drop point, I exchanged email addresses with Assaf and Amit and asked them to send me photos from their hike. I also asked them if they would consider writing a short article about their FLT experience for our newsletter. To date, I haven’t received an article, but Amit did send me an email invitation to view his FLT web album, and here (above right) is one of the photos from that album.



Assaf and Amit, Bristol Hills Branch hikers from Israel



TQ

Lynda Rummel
Director of Trail Quality

Second Class of Certified Sawyers Graduates

Another class of FLT trail builders and maintainers completed their levels 1 & 2 sawyer certification on September 12th and 13th (see photo on next page), bringing to 30 the number of sawyers who will be able to buck and limb downed trees, handle spring poles, and cut down hung-up trees for trail maintainers working on public lands next season. The instructor was again Bill Lindloff of Bill Lindloff’s ProCuts, who puts on an outstanding course. Having now taken two courses from Lindloff and observed a third, I believe that Lindloff’s course, which was always excellent, gets more relevant to trail maintenance every time he teaches it. The September course was especially outstanding, anticipating, as it did, the strong wind- and microburst-damage that sawyers had to clean up in October. Thanks to the National Park Service for paying for the instructor and the participants’ personal protective equipment (PPE), a cost of more than \$3000 per weekend.

(Continued on page 22)

Sawyer Lingo

buck - to saw a downed tree into short lengths

limb - to remove the branches from a downed tree

spring pole - a sapling bent over by another tree, creating high tension in the bend of the tree. When a spring pole is released it can whip upwards creating an extremely dangerous situation for the sawyer.



Sawyer class Sept. 12-13, 2009. L to R, front row: Richard Gastauer, Bill Lindloff (instructor); middle: Deb Borer, Dan Wrightsman; back row: Don Feola, John Schmitt, Joe Borer, Scott Bowen, Scott Sellers, Richard Swank, Bob Emerson.

(Continued from page 21)

Chainsaw Certification Coordinator, Marty Howden, is scheduling two courses for 2010 and is working on securing funding. If you're interested in attending, please contact Marty at howser51@yahoo.com.

Marty has also been busy helping to implement one of the key parts of the FLTC's Chainsaw Policy, which is to ask sawyers to work outside their home areas and to work especially on the NCT part of the trail (if and when they can). After hearing from Deb and Joe Borer that their section had been severely damaged by a microburst in late September that left uprooted trees, broken and hung-up tree trunks, and piles of limbs all over the trail, Marty put out a call for help on the FLTC e-group. Along with Deb, Joe, Marty, and Lynda, sawyers Bob Emerson, Paul Hoffman, and Dave Potzler responded. Short relocations flagged by Forester Victor Anderson were cleared, debris was removed from the rest of the trail section, and the approximately 3-mile stretch from just west of the Bush Hill State Forest/Cattaraugus County Forest line to Stebbins Road (FLT Map M5) was reopened in no time. If you are one of our certified sawyers, kindly tell Marty Howden (howser51@yahoo.com) and Lynda Rummel (ljrassoc@roadrunner.com).

[@roadrunner.com](mailto:ljrassoc@roadrunner.com)) when you work outside your home area. If you are interested in obtaining the services of a sawyer, please contact the regional coordinator for the area, who will have the list of sawyers currently certified.

One of my long-term projects, as Trail Quality Director, is to find *or create*, with Lindloff's help and Bob Emerson's notes, a small notebook that contains key concepts, techniques, and positions, to which sawyers can refer when they have not used a technique for a period of time. To this end, I will continue to observe and photograph the course. If you have notes that you can contribute to this project, please contact me (Lynda Rummel) at ljrassoc@roadrunner.com.

Signs and Sign Posts

Recently, the FLTC Office staff inventoried the trail signs, Carsonite signposts, and decals that had been moved to the FLTC Office from the late Howard Beye's home office. As a result of the inventory we are ordering more of two signs that may be used on private property (with the landowner's permission, of course). The yellow and black "Posted" sign says the landowner allows hiking on the trail but hunting, trapping, bike riding and a number of other activities are prohibited. The white and black sign, which can be used when the landowner does not wish to post his/her land against hunting, trapping or fishing, says no horses, bikes,

Trail Topics, continued...

snowmobiles or motorized vehicles are allowed on the trail. When you see these signs, remember that they apply to the *public's* use of the land and the trail; the landowner, of course, may hunt his/her land or ride horses on it, and so forth.

The inventory also revealed that we were short on Carsonite posts and the decals that go on them. A Carsonite "post" is that flexible strip of brown fiberglass that one often sees at our trailheads and at trail crossings. One drives the pointed end into a pilot hole in the ground using a special (and quite heavy) pounder. These posts may be used on both public and private lands. Depending on the policies of the specific land where it is located, the Carsonite post will host two to four decals that first identify the land manager (e.g., the NYS DEC or OPRHP, if on public land) and then identify the trail as the FLT and NCT and then indicate the activity (hiking) that is allowed on the trail. Particularly in areas where there are trails for other types of users, these standard decals may be followed by up to four more decals that show explicitly which activities are not allowed (e.g., no bikes, no horses, no snowmobiles, no ATV's).

Although these posts have been available for quite a while, there are many locations where they could and should be posted but haven't been. Our field-tested explanation for this is that it is just dang hard to pound in these posts in the glacial till that we find so often along our trail. Well, we have some good news: We don't have to try to pound in these posts anymore. Instead, we can get (and have ordered) 39-inch lengths with no point, that can be attached to a convenient tree or fence post or to one of those green fence posts available at most hardware stores. We've also ordered more of the decals that can be put on these posts.

So, trail maintainers, listen up: Please cast your eye over your trail section and see whether you need to put up a Carsonite post or two. Places where they should almost always go include the trailheads at roads (along with the yellow and green FLT sign), the boundaries between private and public lands (especially facing the public land), and at intersections where trails for other types of users cross the FLT.

The Carsonite posts and decals that are appropriate for the location can go on private or public lands, but check with your private landowner before erecting these signs, and remember that public lands differ somewhat in their rules, so if you are not sure, send an email to Steve Catherman at stevec@roadrunner.com or Lynda Rummel at ljrassoc@roadrunner.com. As Director of Trail Maintenance, one of Catherman's jobs is to be the FLTC's point person for agreements and arrangements with the NYS DEC, the NYS OPRHP, and the Finger Lakes National Forest. As Director of Trail Quality, one of my jobs is to help make available and encourage the use of correct signage.



Cc

Quinn Wright

**Director of Crews
and Construction**

Mt. Washington Conquered!

No, not THE Mt. Washington, but the FLT's Mt. Washington on Map M12, just outside of Hammondsport. This magnificently successful project was planned and organized by Lynda Rummel. Lynda spent nearly 80 hours just planning and laying out the switchbacks that reduced the difficulty of the climb up Mt. Washington. But, that's just the beginning of the satisfying results of this project. Earlier this year Lynda showed me the intended work for this first of possibly three Alley Cat projects to complete this endeavor. Since neither Lynda nor I anticipated a large turnout of volunteers for this trail relocation, Lynda made plans for installing switchbacks on the middle third of the hill. I had no reason to disagree and felt that her plans were manageable over a five day period.

In the months preceding the project there were only four volunteers (including Lynda and me). We were a little worried that we wouldn't even get that much work done. But, slowly and steadily the volunteers kept coming; it was almost a torrent of volunteers during the two weeks prior to the start and we ended up with a total of thirty-three workers (and that doesn't count the people who prepared the wonderful dinners that were enjoyed each evening).

In a day and a half all of the planned work was done! I'll leave it to Lynda to tell the story (see her account starting on page 14).

Crossing Cheningo Creek in Taylor Valley State Forest

People used to say, "There used to be a bridge here." Then there was another bridge. And again people would say, "There used to be a bridge here." And again and again this refrain would be repeated. After years of bridge construction, bridge destruction, and bridge replacement, the refrain will have to change to, "There used to be a bridge here and now there are stepping-stones." FLT Map M21 (Cortland County) will need to be changed to read that there is now a stone crossing.

Bob Younger, Bob Kremens and Howard Beye spent many hours developing plans for a "final" bridge replacement. However, full funding and a plan acceptable to the DEC never fully materialized. The DEC's Richard Pancoe offered the concept of large stepping stones as a better

Trail Topics ...

(Continued from page 23)

alternative than a bridge for hikers to cross Cheningo Creek. In the times of very high water there remains the alternative road walk. In July of this year members of ADK-ON, Bill Coffin, Tony Rodriguez, and FLTC members, Steve Catherman, Bob Kremens, David Marsh, Pat Monahan, Lynda Rummel, Bob Younger and I met with Richard Pancoe to discuss his proposed concept for crossing the stream. It was agreed at that time to scrap the idea of a bridge and to install the stepping stones.

The DEC offered to supply the equipment and the labor if the FLTC would provide the materials. After consulting with the National Park Service and receiving their permission to use the monies from the partial funding for the bridge replacement we agreed to purchase the materials. In August I met with the quarry superintendent, Gary Eno, of Hanson Aggregates and selected the stones. Since the DEC was doing all of the work, all of the State permitting requirements were handled by Richard Pancoe—what a relief. At the end of September, the DEC crew, Wayne Lanning and Mitch Smith, installed the stones.

The DEC took pictures and sent them to me—the water was low. On October 3rd, ADK-ON members, Bill Brosseau Sr., Bill Brosseau Jr., Tony Rodriguez, Jim Wade, and I met at the crossing. It had rained heavily the day before and the water was flowing over the beaver dam and perhaps one to three inches over the stones. Tony and I had no difficulty traversing the stone crossing. The stones were very stable and the roughness of the stones made the crossing slip-free and comfortable. The ADK people commented that, other than in the springtime, the water level was the highest that they had ever seen. □

Mt. Washington ...

(Continued from page 14)

delicious dinners donated and served by volunteers from the scout house board, the Lakeland Rovers (a hiking group based in Canandaigua), and the Nowhere Group, based in Hammondsport. The BBQ dinner celebrating the crew's accomplishments was held at the Noteware's home on Keuka Lake and was attended by members and friends of the Powell family, owners of the land on which the trail runs from NYS 54 east up the mountain, as well as the tired crew.

A huge thanks to the following individuals who side-hilled new trail and rebuilt old at three sites during

the Alley Cat work week or who did the administrative and preparatory work (contributing an unofficial total of nearly 900 hours): Tom Babcock, Gerry Benedict, Gene Binder, Georgianna Binder, Annette Brzezicki, Steve Catherman, Bob Collins, Dave Drum, Bob Emerson, Anna Higgs, Mark Hittle, Jim Kersting, Bob Kremens, Skip Lamay, Annette Long, Dave Marsh, Joe Matus, Nate McCorkle, Pat Monahan, Barb Navik, Ron Navik, Shellie Northrup, Donna Noteware, Tom Noteware, Pete Nye, Melanie Okoniewski, Lori Orsley, Dave Potzler, Lynda Rummel, Wendy Stevenson, Christopher Tomkins-Tinch, Quinn Wright, and Alexander Yerstafer. Also, a big thanks to the volunteer chefs. Lastly, a huge thanks to landowners Gary "Red" Wilson and the Powell family, who allow the trail to cross their lands and permitted us to improve this stretch of old trail.

Note to Tom Gilbert: I have to say that the work did not *feel* glamorous, but what glorious feelings of triumph and satisfaction when the project was not only completed, but was done so quickly that switchbacks could be finished off at two other sites.

□



Quinn Wright

Tony Rodriguez testing the new Cheningo Creek crossing.



Lynda Rummel

New steps on the steep trail up Mt. Washington near Hammondsport. When the crew ran out of pressure treated wood, they used black locust and stones for steps.

Hiking the Catskills, Delaware County Completed!

by Jon Bowen , Hike Series Coordinator

The final hike of the 2009 cross county hike series was the most eventful. The trail climbed 5 peaks during the 9 ½ mile hike with elevation gain/loss, length and energy expenditure equal to climbing some of the Adirondack high peaks.

The day started at 8:30 a.m. with the bus leaving Big Pond at the Delaware County line. Shortly afterward the bus was flagged down by one of our hike leaders who had arrived late to our staging area. Meanwhile, three of our group arrived early and began hiking on their own at 8 a.m. After the bus left, another car with two people arrived. They decided to drive to sag wagon #1 and meet their group as they hiked through. A while later, another car arrived with three hikers whose car's brakes had failed on the way to the hike. They were fortunate to avoid an accident and were further fortunate to have their car repaired immediately. They decided to meet their group at the second sag wagon. Although they missed the first 5 miles, they added the next 3.5 miles of trail in Ulster County. Another hiker arrived even later. He had had an altercation with a guardrail on Interstate 390. He returned home, got another car, drove to the hike and finished the entire trail. How's that for dedication!

The hike was strenuous, steep in places and slippery causing several people to fall. No serious injuries but numerous scrapes and bruises. The

first hikers reached the end of the hike a little over six hours after they started. The first finishers waited patiently for the remaining hikers at the picnic in Little Pond Campground. The picnic had to start without the final hikers who finally finished at 6:45 pm, just beating darkness. Ed Sidote presented awards for the end-to-enders. Delaware County patches, designed by Nancy Bergenstock, and certificates designed and printed by Paul Hoffman, were given to the 60 people who completed the hike series by October 3.

Participants were very generous with "Waldo". They donated \$213.35 for trail maintenance which was doubled by three people, plus another pledged a \$200 donation. The entire series raised \$1325.43 for trail maintenance. Thanks for your generosity!

The 2010 hike series in Chenango County (home to Ed Sidote) will be much less physically demanding with no mountains to climb. Most of the Delaware County hikers are already looking forward to the next county. □



Descending the "chute" at Cabot Mtn.

Photos by Jackson "Jet" Thomas

Below: The Delaware County Patch!



New end-to-enders, L. to R.: Arnie Fisher, Ralph Lynn, Candy Dietrich, End-to-End Coordinator Ed Sidote, Paul and Vicky Gaeta (2nd end-to-end hike), Emory Morris, Kate Maginnity. Not pictured: Teresa Blenis, because her group was still on the trail.

End-to-End Update

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

End-to-End Hikers

The following hikers completed the FLT main trail since the fall issue:

- #274 Althea Heider, McGraw
- #275 Kathleen Maginnity, Interlaken
- #276 Charlie Ferguson, Lancaster
- #277 Ann Keller, Franklinville
- #278 Vicky Gaeta (2nd Trip), Cuba
- #279 Paul Gaeta (2nd Trip), Cuba
- #280 Ralph Lynn, Norwich
- #281 J. Emory Morris, Brockport
- #282 Candy Dietrich, Hammondsport
- #283 Arnie Fisher, Williamson
- #284 Teresa Blenis, Norwich
- #285 Gerry Benedict, Newark
- #286 Will Roden, Apalachin
- #287 Mary Ann Cascarino, Apalachin
- #288 Donald Sutherland, Endicott

Nine of the above finished by participating in the Delaware County hike series. Larry Newman lacked just four miles to finish with the hike series due to a knee problem.

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

Larry Newman Diane L. Smith

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

Scott Bahantka Jerry Lazarczyk
Bob Collins Larry Newman
Jeff Keenan

I apologize if I unintentionally omitted your name. Please let me know.

Completed the branch trails on 09-29-09:

Gerry Benedict, Newark

I received branch trail progress reports from the following hikers:

Rich Breslin Phil Dankert

There have been no recent additions to the branch trail list that I know of. Let me know if you have started hiking the branches. See our web site for a branch trail hike record and patch application.

Car Spotter Additions

Teresa Blenis - Maps M23-M27
Candy Dietrich - Maps M6-M16
Arnie Fisher - Maps B1-B3
Robert Collins - Maps M1-M5
J. Emory Morris - Maps M6, M7, L1, L2

I lacked car-spotter forms for the last three end-to-enders. You can get a form from me. We need car spotters for both the eastern and western ends of the FLT. Please volunteer. I assure you that you will enjoy it. Requests for car spotters should be addressed to the FLT Office:

FLTinfo@fingerlakestrail.org

Trail Registers

I have received information from end-to-enders that trail registers are decayed, doors missing, register hanging from a tree or on the ground, notebooks full or missing. I have six trail-register boxes coming soon I hope. Also check with Steve Catherman or our Service Center for a new register box. Trail registers are important in locating hikers in case of injuries or family emergencies.

Excerpt From a Trail Register Notebook

10-08-07: First time here. What a beautiful place (Ludlow State Forest Lean-to). Nice and clean today. Gorgeous day for Columbus Day.

Signed, Pat Lacotta and dogs Betsy and Buster.

Note: The FLT traverses the Lacotta property a little east of the lean-to.

I hope to see you at the Chenango County Hike Series being organized by Jon Bowen of the ADK Onondaga Chapter. The details will be available in 2010.

Happy Hiking!

Edward J. Sidote

5 Clinton St., Norwich, 13815-1903

607/334-3872

ejsidote@frontiernet.net



Paul and Vicky Gaeta, 2nd time End-to-End Hikers

The Branch Trails of the Finger Lakes System, a hike that began 15 years ago

by Abe Allen

It was on June 17, 1994 that I finished the main Finger Lakes Trail. Around this time, I came upon a note in the *Finger Lakes Trail News* offering a patch that year to anyone who completed the 52-mile Bristol Hills Branch. It seemed natural to walk it. My four-day hike started at the southern end. The trail took me through woods and old farmland. I passed a pretty pond and trekked beneath beautiful pines. At a trail register, I read an entry by Wanda Kurdziel, who has long-distance hiked over 16,000 miles. She noted that the Bristol Hills Branch was in better shape than the main trail, an impression that I agreed with. Moving along, Granma's Camp looked like an excellent place to bivouac.

I continued to have good trail, beautiful hiking, and fine weather. There was nice walking along a river before the ascent of High Tor. The trail followed a road for a while, then went through a Scout camp, and climbed. I passed a beaver pond and came to the "jump off". Here is one of the best views on the trail. The footway soon ended at Ontario County Park. I had seen three groups walking in a single day on the BHT. Interestingly, that was more people than I saw on the entire 544 miles of the main FLT. The trail was a little gem.

Late that year, I corresponded with Bob Muller about the Conservation Trail. Based on his encouragement I decided to complete the entire system. However, it was not until 2004 that I returned. On the last day of July, my wife and I hiked the Queen Catharine Trail. This 9-mile circular trek is named for and passes the gravesite of a famous Seneca Indian Chieftain. The footway follows, for the most part, an abandoned rail line and dirt road. The trail was neglected and in poor

condition. It was easy enough, but an unimpressive hike.

Two days later, I was on the Interloken Trail, which runs through the Finger Lakes National Forest. There is some nice woodland walking, pleasant pasture land, and picturesque ponds on the route. There was also a lot of mud. Attempts had been made to diminish its impact, but they were not nearly enough. At one point, I grabbed a tree to get around a muddy spot, slipped and fell anyway, and managed to get a locust thorn embedded under my thumb for my efforts. Fortunately, all this occurred near a creek, so after some first aid and cleaning, I was on my way. The muck notwithstanding, the Interloken was a rather enjoyable day hike.

The Letchworth Trail is a 25-mile branch that follows the east side of the Genesee River gorge. The path runs mostly among hardwoods with some pines. It did not follow along the gorge as one might expect though it did occasionally touch it, mostly in the northern part close to Mt. Morris. When the park was established, farms in the area were bought up and their remnants linger, foundations of old homesteads, deteriorating fences, and farm dumps. The trail has numerous convenient access points, is in good condition, and provides enjoyable walking.

The Onondaga Trail, for years, was a 21.3-mile spur trail just southeast of Syracuse (unfortunately, there is currently a 7-mile road walk on the southern section). It was a satisfying trek, one of the highlights being Tinker Falls Rim, a scenic gorge with an overhanging ledge. By 2009, this trail had been extended to 45 miles and I returned to walk the recently added portion. The new route was a pleasant surprise, the footway well-used and well-maintained. The second day

afforded a half-mile bushwhack opportunity as an alternative to a four-mile road walk. My mileage for the day jumped from 9.6 to 14.4 in fifteen minute's time. At the end of that day, the OT abruptly stopped, connecting to the Link Trail. This development left me momentarily confused, but then I continued on the Link to Holmes Road.

There remained the 177-mile Conservation Trail. The first (southern) 56 miles of the CT from the Pennsylvania line to Fancy Tract Road shares the main trail, so I'd done that. Bob Muller had cautioned me ten years earlier, when I had inquired about conditions on the Conservation Trail. He wrote, "Some sections needed maintenance and blazing, but in general, I accepted the trail conditions (as) an addition to my adventure and enjoyed the challenge. I'm not a hiker who enjoys trail hiking equal to a walk-in-the-park."

Walking south from Niagara Falls, the first 50 miles were predominately bike paths and rail trails, with a few local parks. Past the NY State Thruway conditions rapidly deteriorated. The trail was seldom used, poorly maintained, and frequently there was no treadway. Briars tore up my legs and in one section, I walked through a swamp. However, the main problem was inadequate marking. Sometimes, I walked on faith alone. I simply had to hope that my intuition was correct and the footpath would emerge. I came to a huge field, maybe fifty acres, and searched for clues as to what the proper direction was. A road portion (recently relocated) was so sparsely blazed that I was plain lucky when a resident pointed out where the CT departed the pavement and

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Allen, Branch Trails ...

(Continued from page 27)

followed a tree line that divided two meadows.

At Hunters Creek Park, conditions improved again. I was very impressed with the work done in the Vermont Hill area. Steps and stairways had been built in the numerous gullies the hiker crosses. My sense of euphoria faded, particularly between Felton Hill and Riceville Roads. I was baffled several times as to where the trail went, peering intently through the forest for any indication as to where the path could be. In addition to the wretched passage, there had been seven inches of rain and extensive flooding the previous week obliterating, in some places, what traces of footway there may have been. Presently, I came upon Dave Potzler and his two sons. Dave currently coordinates maintenance for the southern half of the CT and was responsible for the fine work that I'd encountered the previous two days. He also explained the mystery of the many black (camouflage) blazes that I had encountered on that earlier portion. They had painted out all the old blazes and painted all new markings. (I'd been a little surprised as the trail appeared to be marked in orange and black. It's the only time I've ever come across reblazing done this way.) The trail is fortunate to have Dave as its steward. He said the Felton Hill stretch was the worst section of the CT and they were reopening it.

I completed the Conservation Trail at its junction with the main FLT. According to wood lore, a hiker accepts that trail as it is—sound wisdom for those who take on the challenge of hiking the branch trails. Those who tramp them will be often be on a “road less travelled” and those who complete them will have demonstrated skill and perseverance. That, in itself, is a reward and accomplishment. □

FLTC Co-Secretaries Complete a Second End-to-End Hike in Six Weeks

Roy and Laurie Dando

With the completion of our second end-to-end hike this past summer we, more than ever, want to thank the landowners. Each time we left a road walk and entered the woods onto privately owned land, we were grateful. We also want to thank the trail stewards for their tireless dedication to keeping the trail comfortably walkable. Each time we left a section of trail that was a bit overgrown and entered a more tame and trimmed section, we were grateful. Having worked with the Finger Lakes Trail Conference Board of Managers as Co-Secretaries we have seen the unbelievable amount of time and effort put in by so many people to make sure the trail exists, as the motto says, forever, as a footpath across New York. We have come to realize that keeping the trail comfortably walkable, as well as financially and politically viable, is an enormous task.

Our first end-to-end was a section hike that took us the better part of four years to complete. We were in awe of what New York State had to offer. The network of State Forests and DEC roads New York offers is unbelievable. If not for that hike, we probably would never have been exposed to the many different and beautiful areas of the state. We are currently section hiking the Branch Trails of the FLT simply because we keep having rewarding experiences discovering new places within New York. We decided that a thru hike of the FLT would be worthy as a second end-to-end hike only 2 years after completing the first for many reasons.

1) We have desired the experience of some kind of thru hike for quite some time now. Time constraints, and maybe



physical and mental constraints, prevent us from tackling the longer trails such as the Appalachian Trail, Pacific Crest Trail or North Country Trail. With our time as teachers limited to two summer months, we felt that the 562 miles were within our scopes.

2) We believed that seeing the trail from day to day, moving in the same direction would bring a different, and perhaps, more satisfying hike.

3) With only a few towns along the way we would have to sleep in our tent or one of the many shelters most evenings. Even after six weeks of these accommodations we never got tired of sleeping in the great outdoors. As a matter of fact, most of the nights that we had any trouble sleeping were when we were in town for re-supplying.

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Roy and Laurie Dando ...

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We had so many interesting experiences that it would be impossible to relate them all in such a brief article. A few highlights though: During the first mile we found two \$1 bills on the side of the road. Someone was paying us to hike! We met a woman who lived right next to the trail with the name "Gail Trail". That is an awesome name! One day we walked by a table on the side of the road with fresh baked goods on it. Three dollars bought us more cinnamon rolls than we could eat. Can you imagine our luck with that one? There was much wildlife of course, but we found much humor watching the farm animals along the way. Horses, cows and pigs... OH MY, were there many. Sometimes they were playful with each other, sometimes with us. Sometimes they were curious and other times oblivious. We walked through and by many cemeteries. There were markers for Civil War Veterans as well as stones signifying as many as 8 children dying within one family inside of a single decade. We could not imagine the grief. We interacted with families of skunk and raccoon. We were scared of the skunk family but the raccoon family was scared of us. Must have been the hiking poles I was waving at them while their heads were in our food bag hanging in a tree. After a particularly long and tiring day we pulled into Campbell Mountain Leanto and found that someone had left a six-pack of Budweiser cooling in the stream. We were good stewards of the trail and emptied the liquid from the cans before crushing them and carrying them out to the next garbage receptacle. When we walked the half mile off trail to Portageville we figured there would be a grocery store in town. There was not so we had to buy four days worth of food at a gas station/convenience store. I am not sure which was healthier, the food purchased there or the pizza and beer we consumed at the bowling alley next to the store? While we were in town the driver of a

Voortman bakery van took pity on us and donated as many cookies to our trip as we could carry. We took too many and ended up using a few packages as part of the tip in the restaurant. We walked through a thunderstorm while being pelted with dime-size hail. The reward for that was one of the nicest rainbows we have seen. When we reached Moss Hill Lean-to, we found a box hanging in it with our names on it. It had been left there by FLTC President Pat Monahan as encouragement to finish the trip. Boy was that an awesome find. Thanks, Pat!

The trip to the start at the western terminus was exciting to us. The nerves one gets when embarking on a long journey make things exciting. We took a cab to the Greyhound station in Binghamton and caught the 2 PM bus to Olean. This was the last stop on the driver's route. He said we were nuts to want to walk all the way to the Catskill Park. He even offered us a FREE ride there if we desired. I guess he doesn't understand that some people actually like to walk places. We then had to figure out how to get to the trailhead. No cab company had ever heard of Willow Bay Campground just south of the PA/NY border. Finally we convinced our driver to just head west and we would lead him there. When we arrived he did not even know what to charge us. It was a long drive and he was very accommodating so we estimated it at \$100. A bit steep, but we were not to spend much money for the next six weeks.

The towns we stayed overnight in were: Ellicottville, Hornell, Hammondsport, Ithaca, Cortland and Bainbridge.

To get from the trailhead to Ellicottville in a driving rain storm we phoned a cab company out of Salamanca and a half hour later we were at the Telemark Motel. We like to rent the A-frame cabin that they have whenever we are in the area. We first stayed there while walking on the Conservation Trail two summers ago. We did not spend much time in the

town proper but did find it very nice with friendly folks to talk to. When a gentleman spent a few minutes inquiring about our trip, we asked him for a ride to the trailhead and he was pleased to help us out.

Our stop in Hornell was a bit disappointing. The trail had been rerouted onto the road from behind the Econolodge where it had always been and our favorite room was already booked. We also did not feel up to par that night so dinner at the Club 57 restaurant was not as enjoyable as it could have been. After the trip was over we noted that we never felt ill on the trail but at each rest town, our minds must have allowed our bodies the chance to feel poorly. Mind over body is sometimes an extremely potent concept.

We love Hammondsport and enjoyed our time there although it was brief. We were married at Bully Hill Winery 10 years ago to the week that we were passing through. We treated ourselves to a nice dinner at the Village Tavern Restaurant on the village square. As an anniversary present to ourselves we noticed a young Marine having dinner with his family so we picked up the tab as a thank you for his service. Our son is in the Army and has had people do that for him in the past. It made him proud. After breakfast in the morning the owner of the café offered to drive us the two miles back to the trailhead. We could not refuse...very nice and outgoing of her.

We did not stay in Watkins Glen as we would have a rest in Ithaca in a few days. If the timing were different, it appears that Watkins Glen would have been an awesome spot for a few days of R&R. In Ithaca we stayed in our tent in Treman Park for the evening. This is a very nice facility, but we had a few interesting moments. Upon reaching the office we were told we could not simply walk in and register for a site. We had to do it on the phone. We used our cell phone to call the number they provided. We were told we needed to make reservations for two nights and

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End-to-End Album

We started as casual day hikers in the Allegany region ...

by Ann Keller and Charlie Ferguson

We started as casual day hikers in the Allegany region. It was a pleasant way to enjoy nature while getting exercise. We used local tourist maps and a commercially published WNY map to locate the trails. Before we knew it we had completed the FLT up to Letchworth State Park and some shorter stretches in the Finger Lakes region. At that point, having found out about the FLTC, we thought it would be fun to explore more of the trail. Exploring the back roads of NY was as much fun as actually hiking the trail. We also discovered two core principles of hiking: 1) how easy it was to get lost on poorly marked trails, and 2) looking for trailheads may take longer than the actual hiking. So we soon planned for a longer time than we could ever use and tried to remember to take trimmers for cutting back overgrowth which obscured blazes and trail.

We attended our first FLTC campout in Bath in 2003. We bought maps and off we went further east. We continued and refined our day-hike method for the remainder of the trail. It took us several years and we finally finished on September 7, 2009.

We sighted a bear and her cub on a trail in Allegany State Park. We saw the cub first and immediately backed off slowly on the trail. The mother bear stood on hind legs and sniffed the air, but did not charge. A few minutes later after foraging a few feet along the trail she and the cub scurried off into the woods and we continued on. Other wildlife spied along the trail included eagles, osprey, otters, deer aplenty, colorful salamanders, snakes, frogs, insects, grouse, turkey, woodpeckers, wildflowers, chipmunks, squirrels, woodchucks, mushrooms and many more species too numerous to recount. New York is truly a diverse state with multitudinous rivers, creeks, ponds, glacial lakes and gorges, waterfalls, hilltop meadows with breathtaking



*Charlie Ferguson and Ann Keller
Bowman Lake State Park*

panoramas, funky back roads, interesting and friendly people, stone walls, canals, railroad routes, bridges and tunnels--all that requiring the sustenance of regional cuisine and microbrew. On the other end of the trail at Alder Lake we had another fascinating encounter with a bear. Walking in from the east after one of the longer hikes, we came around the lake, noting the loons and otters splashing in the water. Suddenly Ann said, "There is a bear!" We stopped dead in our tracks. The bear, which apparently was standing on hind legs feeding off bushes, as we could see only its head, must have seen us at the same time Ann saw it. In an instant it ran off up the hill, away from the trail, to our relief.

The hiking trips were like a walk back in time as we learned about local lore and historically significant events that dotted the areas along the trail. Some of the most enjoyable stretches of trail included portions near Ellicottville and West Valley, Portageville to Dalton and west of Watkins Glen. We started using the new maps in the Connecticut

Hill area and what a difference that made. Other beautiful areas included Treman State Park, Danby State Forest, Shindagin Hollow State Forest, Kennedy State Forest, Taylor Valley State Forest, Bowman Creek, Beech Hill State Forest, and Beech Hill Rd. to Balsam Lake Mt.

We would not have had the opportunity to finish the trail or had such a rich experience if it were not for the numerous people who advised and assisted us along the way, especially those who offered car-spotting on the eastern, more remote areas of the trail, some whose names we cannot remember. Those of you who did trail maintenance are the best! However, the people that stand out as being the most helpful include but are not limited to Ed Sidote, the Blivens, the Deans, Mike from Al's Sport Store in Downsville, Gary Klee, Arlene, and Eric and his wife. The list is too long to note all of the wonderful people we met in our journey.

See you on the trail,

Charlie & Ann

Franklinville, NY

Roy and Laurie Dando ...

(Continued from page 29)

they had to be made more than one night in advance. We were stupefied! Finally, a more seasoned veteran of the park staff took over and said it was ok for us to stay. Go figure. Our friends, the Flynn family from Binghamton, picked us up for the evening. We did laundry in Collegetown while eating our favorite pizza of all time at The Nines restaurant. If you haven't had their deep dish pizza, you haven't lived yet. They took us to Wegmans to re-supply for the next week before dropping us back for what we hoped to be a good night's sleep. Well, it turned out that the Grassroots Music Festival was going on in Trumansburg that weekend. The party goers got back from their fun at 1 AM and proceeded to party until 4 in the morning. There isn't much that will keep a tired hiker from sleeping, but that did it. That night, especially, we missed the peace and serenity of the trail.

The walk into Cortland was the longest 16-mile walk ever. Nothing about it was unpleasant, but I had read the map wrong. For the better part of the day we thought we had 16 miles to walk when it turned out to be 22 miles. At our speed (2 mph on average) that added 3 more hours of walking that day. We had a nice surprise at the motel though. Our son Ray got a short leave from his

job as a drill sergeant in the army at Fort Knox. He drove up with his wife and our granddaughter Melanie for a short two-day visit. He picked us up and we spent those two days with them.

We actually spent two nights in Bainbridge as we were in need of a mental and physical rest. We dubbed it the "trail town" of our hike. Walking into town we stopped at the Pine Ridge Grocery Store and had the best and most reasonably priced roast beef sub ever. Maybe we were just hungry?? The bulk food section had awesome prices and novel selections that we hadn't eaten over and over during the past five weeks, so we purchased most of our food for the upcoming week right there. A definite must stop for anyone hiking through Bainbridge. We found the Susquehanna Motel to be very nice, convenient (right on the trail) and affordable at \$45 per night. There is a convenience store right across the street for snacks, newspapers, coffee and beer. Why would anyone desire a beer toward the end of a mid-summer hike? The laundromat was right across from Jerry's Tavern so a great dinner could be had while the doing laundry. The diner for breakfast was right across from the well-stocked supermarket. The post office we used for our second and final supply box was also right on the trail. All of the people we met while walking through town were very hospitable and friendly.

The trip back home from the eastern terminus was different also. After staying our final night out in the Fall Brook Lean-to we did our road walk to Claryville and stopped at the Blue Mountain Café for a rest and some food. We purchased a bottle of merlot for the end of hike festivities when we finished eight miles later, and left most of our gear there as we would be passing by later in the day on the way out of town. The mostly uphill eight miles was filled with conversation about how the trip went and what it would feel like to get back into the routines of everyday life. Upon reaching the terminus and celebrating with a kiss and a glass of wine we waited for Mike and Jake Flynn to come to our rescue once more. Sitting in the Denning Road parking area we wondered how many hikers had sat, or would sit exactly where we had just completed our six-week hike? We could almost feel the souls of other hikers whose hikes had expired there and the energy and anticipation of those souls whose hikes had begun from this point. □

Answer to the Fall "Name that Map!" quiz

Fall's *Name That Map!* photo was a ski fence near Swain on Map M8. Those correctly identifying the map were:

Melissa Cohen
Joe Deaton
Jack VanDerzee
Nancey Wilbur
Tim Wilbur
Marilyn Beckley
Suzanne El Rayess



**Our sincere thanks for
these gifts:**

In Memory Of

Louise Loscavio

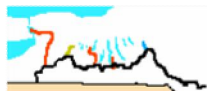
from
Ed Sidote

A Tribute In Honor Of

Jarret Lobb

from
Monroe Muffler Brake

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 scene on the right?
The answer to the fall issue's Name That
Map is on page 31.

Photo by Marilyn Beckley



Trail Condition Reports

Please send trail condition reports to both the FLT Office (fltooffice@frontiernet.net) and the Mapping Supervisor Joe Dabes (kabjnd@msn.com). Trail condition reports are posted on the FLTC's website as soon as possible, so be sure to check the website *before* you go out hiking.



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

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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Thank You



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Donor of land boundary research and property information for the Finger Lakes Trail and the North Country National Scenic Trail

FINGER LAKES TRAIL CONFERENCE

6111 Visitor Center Road,
Mt. Morris, NY 14510
585/658-9320, fax: 585/658-2390
www.fingerlakestrail.org
FLTinfo@fingerlakestrail.org

FLTC Staff

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

Stephanie Spittal, Office Manager
FLTinfo@fingerlakestrail.org

Jennifer Hopper, Accounting/Database Assistant
FLTinfo@fingerlakestrail.org

Officers

Pat Monahan, President • 141 West 5th St, Corning, NY 14830 • 607/936-8312 • pmonahan@stny.rr.com

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

Jarret Lobb, Vice President Finance • 14 Locke Dr, Pittsford, NY 14534 • 585/383-1938 • fltboard@lobbonline.com

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

Roy Dando, Secretary • 601 University Ave, Endwell, NY 13760 • 607/785-3141 • rdando@verizon.net

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

Board of Managers

Terms Expiring 2010

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

Cheryl Peluso • 3168 Howard Rd, Hamburg, NY 14075 • 716/648-9027 • cherylp17@verizon.net

Georgeanne Vyverberg • 8964 Atlanta-Garlinghouse Rd, Naples, NY 14512 • 585/455-2015 • gvyverberg@pls-net.org

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

Terms Expiring 2011

Jon Bowen • 1626 Gunbarrel Rd, Baldwinsville, NY 13027 • 315/638-8749 • jkbowen@gmail.com

Bill Coffin • 328 Deep Springs Dr, Chittenango, NY 13037 • 315/687-3589 • wmscoffin@twcny.rr.com

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

Ray Recchia • 3155 State Route 206, Whitney Point, NY 13862 • 607/692-2584 • rrecchia@frontiernet.net

Sigi Schwinge • 212 Tilden Dr, East Syracuse, NY 13057 • 315/437-6906 • sigischwinge@aol.com

Terms Expiring 2012

Patricia Haynes • 6543 Donlen Drive, Ellicottville, NY 14731 • 716/699-6056 • phaynes508@roadrunner.com

Roger Hopkins • 163 Asbury Rd, Lansing, NY 14882 • 607/257-9778 • roger@naturalhighs.net

Phil Metzger • 120 Thompson Creek Rd, Norwich, NY 13815 • 607/334-2407 • pmetzger@frontiernet.net

John A-X. Morris • 2449 Gee Hill Rd, Dryden, NY 13053 • 607/753-7256 • jaxmbird43@aol.com

Ken Reek • 3090 Griffin Rd, Churchville, NY 14428 • 585/293-3241 • ken@kmrconsulting.com

Finger Lakes Trail Conference, Inc. Calendar of Events

- January 29, 2010 Deadline for submitting material for spring issue of the *Finger Lakes Trail News*.
- April 3 Trail Council Meeting in Canandaigua (tent.)
- April 24 Annual FLTC Wally Wood (Spring) Hike. Details will be in the spring issue.
- May 21-23 FLTC Spring Weekend at Alfred University, Alfred, NY. Save the date!**
- June 3 National Trails Day**
- June 25-July 2 Alley Cat Crew, Tamarack shelter, Danby SF, near Ithaca
- July 24 Annual FLTC Ed Sidote (Summer) Hike.
- August 2=6 Alley Cat Crew, Tinker Falls trail reconstruction, Map O1, near Cortland
- September 12-17 Alley Cat Crew, Beals Pond shelter, Map M25, near Masonville
- October 1-3 Fall Campout, Hickory Hill, Bath**
- October 16 Annual FLTC Erv Markert (Fall) Hike.
- Hike Series dates for 2010, Chenango County: April 10, May 8, June 12, July 10, Aug. 14, Sept. 11 and 25

Please check the FLT website (www.fingerlakestrail.org) for up-to-date calendar information.

In the interest of legally protecting those landowners who have permitted us to build our trail across their land, the Finger Lakes Trail System will be closed on all private lands for 24 hours on **Monday, February 1, 2010.**

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

Favorite Trail Sections in Central New York: Onondaga Trail

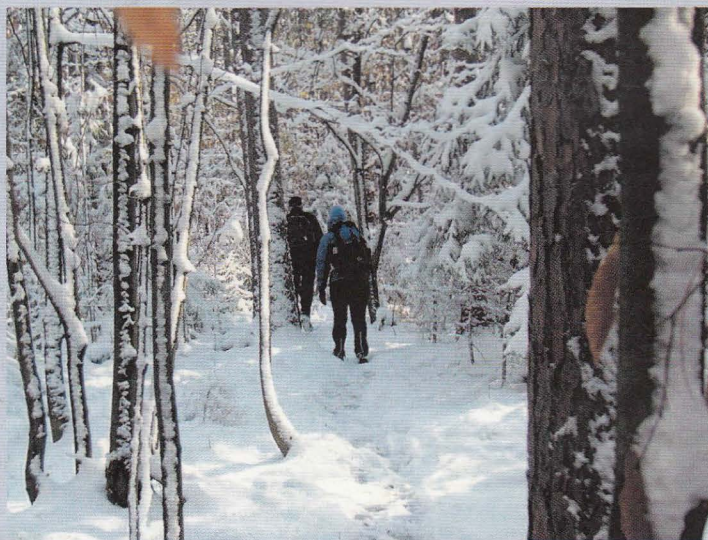
Shackham Pond through Highland Forest , FLT Maps O1, O2

Text and photos by Mary C. Coffin

This favorite section of trail, located southeast of Syracuse, has ponds, old foundations, vistas, a pioneer/farmer museum, a county park visitor center and lots of animal habitats. It provides great snowshoe opportunities as well as many skiable sections for winter adventures and wildflowers in the spring.

If we start where the Onondaga FLT/NCT trail crosses Shackham Road at the northern trailhead one can park on the wide shoulder and hike east to beautiful Shackham Pond. This is in Morgan Hill State Forest. The DEC dammed up the pond years ago but the beavers have added their work. The two outlets which cross the trail may be a bit wet depending on the beaver activity and time of year. The beavers are active on this pond and often sighted. Fishermen also enjoy the pond. Sometimes a great blue heron is observed. The pond is surrounded by grouse habitat enhanced by the Wildfowlers, an organization dedicated to the conservation of game bird habitat. Unfortunately, the bamboo-like Japanese knotweed has invaded too. Human history is as evident as natural history. As you approach the pond you will note the Hodgson family cemetery with huge hemlocks pushing over the 19th century graves. The dates in the early 1800s are eroded away and no longer distinguishable.

As the FLT/NCT leaves the pond it turns north with glimpses of the pond still in view. The forest here is comprised of mixed hardwoods with some conifers and very little understory. Hiking is still quite level. It is very pretty any time of year. After the trail crosses the DEC Onondaga One Cross Road it turns east again and the forest is dominated by conifers (spruce and red pine) from old plantations.



Morgan Hill State Forest



Rowley Hill Brook

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