

Finger Lakes Trail NEWS

Spring 2011



www.fingerlakestrail.org

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President's Message

Pat Monahan

Winter has lasted longer than usual in my hometown of Corning, and I am looking forward to a new beginning—spring. I certainly enjoyed my winter hikes with all of the winter gear—layers upon layers of clothes for those single digit temperatures, snowshoes for the fresh foot of powder, and crampons for the steep ups over sheer ice. Like I said, it is time to move on to a different season—spring. I'll be packing lighter layers, gaiters, and some plastic garbage bags to fill in for waders on those raging creeks that are draining the melted snow from the hillsides. Welcome to mud season out on the trail. It is wonderful to enjoy the beauty of being outdoors in Upstate New York.



While you may have been spending time close to the fireplace and getting ready for some warmer weather or maybe enjoying warmer climates, the FLTC has been busy behind the scenes preparing for another year—2011. In addition to the 2011 construction season along the trail that our Director of Crews and Construction has organized (see article by Quinn Wright on page 22), I want to update you on several issues that were discussed at the Board's annual retreat in November 2010 at the Letchworth State Park Conference Center. This is a weekend spent to position the FLTC for the future by discussing issues in depth. The main topics at this retreat included updating our strategic plan, membership and marketing strategies, and succession planning for our organization's leadership as we prepare for our current Executive Director's planned departure in 2012.

The most critical aspects of our updated strategic plan included:

- The importance of trail preservation in the form of additional trail easements.
- The addition of an Information Technology (IT) Committee to help position the FLTC with appropriate hardware, software and applications for internal and external use by its various users.
- The importance of trail construction along the Crystal Hills Trail as part of the Great Eastern Trail.

- The identification of three major trail improvement projects.
- The ability to locate funding for trail improvements as fiscal resources become scarce and more competitive.

Membership and marketing discussions focused on the following:

- Current and future marketing strategies—our best practices.
- Suggestions to strengthen business partnerships.
- Initial discussions about the FLTC Golden Anniversary in 2012.

We also discussed what organizational leadership model would best serve the organization and its membership for the future. After much discussion, the Board decided to continue with a part time executive director with a focus more towards representing the FLTC to its many publics. We will also be adding a part time office manager position to oversee the day-to-day routines of the office. The current Board structure will remain unchanged.

Funding our mission will require the Board to continue to be conservative in its 2011 budget, to look for additional funding sources and business partners, and to utilize membership and marketing strategies that will encourage a steady increase in membership. As a Board, we also had a very lengthy discussion about raising dues. Our dues have remained the same since 2001. After much debate, the Board felt it was time to raise dues effective July 1, 2011 in order to fund our mission. The increase is small and will keep us moving forward to serve you in the best way possible.

During the month of March we will launch our annual membership drive. It is my belief that the FLTC is a well respected organization that has stayed true to its mission "to build, protect, enhance and promote a continuous footpath across New York State. Forever." Renew your membership and be part of our future.

As the weather becomes nicer, tie up your laces, add the gaiters and "Go take a hike!!"



Join the FLTC Yahoo! groups e-mail list

The Finger Lakes Trail Conference's e-mail list is a discussion group hosted by yahoo groups.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

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Mission Statement

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

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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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James, the youngest of the Bullthistle Hikers of Chenango County, checking out the Ed Sidote bench at last November's dedication. Photo by Warren Johnsen.

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And on the back cover...

Trail Town: Ithaca, by Jim Connors

Cover: Sam Gardner is a 25 year old from the Upper Peninsula of Michigan, who wants to show people that they can do whatever they put their minds to. His trek will consist of hiking the four longest hiking trails in the US back to back. He began January 1, 2011, from Crown Point, NY, hiking the North Country Trail. In mid-February he was passing through the Ithaca area where Roy Dando took this picture. Roy and Laurie Dando, themselves long distance hikers, and a number of other FLTC members provided him with help, good food, companionship and a welcome night off the trail. He calls his trek "The Initiative" and his website is [theinitiative site.com](http://theinitiative.site.com), where you can read his daily journal.

I am proud to report that the Finger Lakes Trail Conference ended 2010 "in the black." All of our income categories exceeded the budgeted amount except "membership," but the good news is that the total income for all categories was above budget by over \$11,000. The category that exceeded its budget by the largest percentage was the Sidote Stewardship Fund for trail protection. Over \$11,000 was donated to this fund during 2010 (\$6,000 over budget). Donations to our Forever Society are included in this. I wish to thank all who made contributions in 2010.

On the topic of membership, we did end the year with more members (1384) than we had a year ago (1372), but we did not make our 5% growth goal. We continue to strive for 5% growth in 2011, so our goal for December 31, 2011 is to have at least 1453 members. YOU can help by renewing your membership in April and by telling your friends about the FLT and FLTC. The most effective recruiting is "word of mouth." It's probably obvious, but the long-term health of the Finger Lakes Trail Conference is based on making sure we have enough people to maintain both the trail itself and the organization. We currently operate with three part time staff members and over 700 volunteers.

The Finger Lakes Trail Conference is beginning to plan for our 50th



From the Desk of the Executive Director

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Gene Bavis

anniversary celebration in 2012. VP of Membership & Marketing, Jacqui Wensich, is chairing the 50th Anniversary Committee, so if you have ideas to share please pass them on to Jacqui (jwensich@rochester.rr.com) or contact me. We would like to create a special 50th Anniversary logo, so I encourage those of you with artistic talent to send your sketches to the FLT Office ASAP. If we get something from you that the committee likes, we will provide a prize to you. The deadline for submissions is May 15.

While the Finger Lakes Trail Conference is not a hiking club, we do offer some programs to promote our trail. Each year we have a Spring Weekend and a Fall Campout. We also have four "named hikes" that honor some of our founders or other heroes. They are Wally Wood, Erv Markert, Ed Sidote, and Howard Beye. Please see our website and the pages of this magazine for announcements of these events. We also offer a County Hike Series. This year our hikers will cross Cortland County in seven hikes. Since

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

we do a different county each year, this program has helped many people earn their end-to-end patch. Lastly, we instituted a new hike series in 2009. We've called it "Hiking 101" or our beginner hike series. This program is designed to help novice hikers get started. It's also suitable for people who enjoy a less rigorous hiking experience. If you have questions about any of these programs, please check the website or contact the FLT Service Center.

Thanks to all of the volunteers who make this great trail a reality! □

Gene Bavis, Executive Director

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"Where's Waldo" Donations Fund TCHC Equipment Purchase

Generous hikers in last years' Chenango Hike Series contributed \$588 to the "Where's Waldo" pot, a hike series tradition started a few years ago. The entire amount was set aside to be used on the FLT in Chenango County.

Series coordinator Jon Bowen received this thank you note from Roy Dando of the Triple Cities Hiking Club: "Just wanted to thank you and let you know I just picked up the DR string trimmer that the hike series funds paid for. It is an awesome looking machine and will make the trail a much nicer place to walk. The TCHC is also very appreciative of your help with this donation."

Hiking 101 and 201 Series

The annual Hiking 101 Sampler Series for the novice hiker is returning this year but with a twist. During the 2010 Sampler Series we found participants enjoyed the 4-5 mile hikes, but many were interested in challenging themselves to additional miles. So for the 2011 series we will be offering both the freshman Hiking 101 for the novice hiker interested in 5-6 mile hikes and sophomore Hiking 201 for those looking for hikes in the 7 mile range. Both hikes will be on the same trail, with Hikers 201 being dropped off at the first trailhead and the Hikers 101 dropped off down the trail a couple of miles.

Dates will be May 15 and then the last **Sunday** of the months of June, August and September (skipping July).

Hiking 101 is intended for the beginner/entry level hiker, so please pass the word to all your friends who have always wanted to hike, but just didn't know how to get started!

Hike details and registration will be available soon on the FLT website.

D-lights of Hiking

by Rose A. Giammarco, M.D.

Dr. Rose Giammarco is a kidney specialist in the Division of Nephrology at the Upstate Medical University and Veterans Administration Medical Center in Syracuse. I met Rose when I came to Syracuse as a medical intern the 1974. I had the pleasure of re-acquaintance this past year when she gave a wonderful Power Rounds talk for the Upstate Department of Medicine about Vitamin D. .

— Bob Michiel, Trail Medicine editor

Sunlight strikes the uncovered, unscreened arms and legs of the summer hiker. Those UVB (ultraviolet B) photons from the sun bring not only pleasure but also good health by photolyzing in the skin a precursor of vitamin D. Another precursor is quickly made and this one travels to the liver where it is converted to 25 hydroxyvitamin D₃ (25OH D₃), the major circulating vitamin D metabolite. The final processing to make activated vitamin D for calcium metabolism occurs in the kidneys and from there is delivered by the blood to the intestine where it works to increase calcium absorption for healthy bones.

Vitamin D came to be discovered because of the bone disease rickets, which was prevalent in 16th century industrialized England. Rickets is a state of defective mineralization of the growing long bones but also affects skull, pelvic bones, muscles etc. (Before the introduction of Caesarian sections in England, women with severe rickets of the pelvis could not give birth to live infants since the babies could not make it through the birth canal.) Vitamin D was found to be the cure for this sunlight-deficiency disease, whether vitamin D was produced in the skin by UV light from the sun or by a mercury lamp or ingested in the form of cod liver oil.

As hunter-gatherers living in an area where the sun's rays penetrate all year long, early hominids did not experience vitamin D deficiency. With emigration



to places where the sun's rays are not so direct, and with eventual industrialization, smog, and indoor work limiting access to the sun, rickets became a major problem, especially in infants and children.

Rickets has made a comeback even in the United States, especially in darker skinned individuals (melanin pigment in the skin is a potent sunscreen) but also in lighter skinned ones (sunscreen use, more daytime hours spent indoors). Breast fed babies now, in contrast to early hominids, are Vitamin D deficient unless their mothers ingest 4000 units of vitamin D daily (the dose recommended by scientists who study D requirements for pregnancy and lactation).

For many years the main importance of vitamin D was felt to be calcium absorption and bone health. It was thought that the kidney was the only organ that made the most active form of vitamin D, the form that reacts with the vitamin D receptor (VDR). But the vitamin D receptor, we now know, is ubiquitous. It occurs not only in tissues that regulate calcium (intestine, bone and kidney) but in every tissue in the

body: skeletal muscle, brain, colon, breast, prostate, pancreas, heart, skin, blood cell lymphocytes, mediators of the immune system, etc. All these tissues have the enzyme needed to make the active form of vitamin D for their local use for intracellular processes (e.g., regulating cell differentiation) that have nothing to do with calcium absorption. Their homegrown form is the same as that made by the kidney for export to the intestines and bone to regulate calcium.

Insufficient sun exposure leads to inadequate circulating vitamin D₃ (25OH D₃). Hence these tissues cannot make the active form of vitamin D and become more susceptible to various diseases and problems. Common vitamin D deficiency related problems include bone and muscle disease or dysfunction, colon, breast, prostate, ovarian and esophageal cancers, autoimmune diseases such as type 1 diabetes, Crohn's disease, rheumatoid arthritis and multiple sclerosis, cardiac disease and high blood pressure, infections such as tuberculosis, and even urinary tract infections.

In central and western New York, sun exposure cannot produce enough vitamin D through the months of November to March because of the increased tangential nature of the sun's rays and low levels of UVB radiation (even some summer days in this area can have low UVB). (Holick, in the New England Journal of Medicine states that, without sun exposure, children and adults require approximately 800 to 1000 IU of vitamin D₃, cholecalciferol, a day.) Unless you can spend the winter months hiking in sunnier climes, take your vitamin D. □



Thanks to Our Trail Landowners

Please accept the appreciation of the Board of Managers of the Finger Lakes Trail Conference for your continuing permission to route the path through your property. Even if your trail's caretaker didn't say so directly yet this year, know that we all are grateful for the privilege of enjoying your back woods, streams, and fields. On behalf of all hikers and FLTC members, we acknowledge that, without your generosity, we would simply never have a continuous trail across upstate New York.

If you would like a copy of our trail map in your property's neighborhood, please ask the FLTC Service Center, FLTinfo@fingerlakestrail.org. 585/658-9320

An Appreciation of John Cobb

The Finger Lakes Trail Conference owns more than forty acres on Map M4, east of Ellicottville in Cattaraugus County, because landowner John Cobb liked Howard Beye's great suggestion that he donate the property to the FLTC in order to stem the annually increasing taxes there. While John and his children had enjoyed the hill for both summer getaway fun and hunting season trips, the grown family wasn't getting there much anymore. So this place became "Cobb's Forty-five," a trail loop with parking area and trailhead bulletin board on NY 242, and a bivouac spot at the top of the hill's loop in dark maple and cherry forest.

John Cobb died in January 2011, but it's never too late to appreciate yet again what a gift he gave us. In 1998 he earned an income tax deduction for the value of the property. The FLTC does not pay property taxes there because it is maintained for public benefit; however, we could sell it some day with a trail easement on it.

In the summer of 1999, the blue loop trail was added by Foothills Trail Club and other FLT volunteers, while bog bridging was added by Boy and Girl Scouts from Lancaster and Franklinville, respectively. Materials were paid for by a Greenways Grant from Kodak.

In 2002, a rather fabulous footbridge was built during an Alley Cat week over Devereaux Creek, long a chal-

lenge to hikers in that valley, with materials paid for by a Challenge Cost Share from the National Park Service because the main trail here is also part of the North Country Trail. July 2003 brought the addition of an improved parking area, with labor, machines, and materials compliments of the BOCES school nearby. Students used the school bulldozer and dump truck, plus fill from the school's gravel pit, to create a hiker's parking lot, plus brought bigger rocks in to stabilize the bank under our bridge. Since then Ellicottville Boy Scouts have done several projects to keep that bridge safe from rising waters due to beaver activity. In November 2004 new directional signs at the top-end junctions between blue and white-blazed trails were installed, another project funded by our affiliation with the North Country Trail.

John had not been able to walk the new trail there since 1999, when he visited our National Trails Day blue loop project, but his "children," Lynn Robinson and Jay Cobb, continue to stop by periodically. After all, this was their childhood vacation place. Jay confessed that he wasn't sure he liked his father's donation decision at first, but after a few years he admitted that he liked what we'd done with the place. We do, too.

— Irene Szabo, volunteer caretaker

Faces of the FLT

David Potzler



Age: 69

Birthplace: South Buffalo

Residence: Colden, NY (10 minutes from the Conservation Trail)

Occupation: District Manager, Sales, Davey Tree Expert Co., retired

Favorite outdoor pursuits: Hiking, birding, hunting and fishing

Other interests: Trail maintenance, canoeing, kayaking, rafting

How I "met" the FLT: After a cross-Cattaraugus hike with my three sons, I volunteered as a trail steward. Mary Domanski quickly set me up. I joined Foothills and I've had a blast ever since.

Relationship to the FLT: I'm Trail Steward Coordinator for Foothills Trail Club, looking after 177 miles of trail.

Favorite section of the trail: That's easy... Allegany State Park, a beautiful 20 miles of trail.

Memorable FLT experience: My first Alley-Cat in Holland. Lynda Rummel and Mary Coffin taught a great one-day trail maintenance and trail building seminar prior to the big event. Everyone learned so much.

New Landowner

Last fall Foothills Trail Club and FLTC member Ben Petryszak purchased property on Map CT6, Vermont Hill Road in Holland, NY. Ben is both a branch trail and a main trail end-to-ender, a long-time trail maintainer and a frequent member of Alley Cat work crews.

"At least there are no deer flies..."

Thus Gerry Benedict, his breath frozen into short icicles on his mustache, tried to cheer himself up, no matter that it was windy and something nasty in the low twenties. Yeah, but it was sunny! On January 10, new volunteer Gil Blaisdell and I met Gerry on his section of trail on M11, at Carl Wilson's farm between Hornell and Bath.

In case you think that trail projects stay indoors in the winter, consider the incurable who just can't stay away that long. Besides, winter is a good time to build new trail, if the snow is low: Without leaves, you can see a good route and what you're doing. No biting bugs, no heat, and with short daylight, a good excuse to break early to get back in the truck and warm your toes. While we can't paint blazes on the finished product, it'll be ready for that come spring, and immediately after that, there is too much maintenance needed for these special projects to get their due.

In years past, just the projects I know of that were built in the depths of winter make a good-sized list, so just imagine what is going on all over the state? The 3-mile addition to the Letchworth Branch, past the dam and down to the Genesee Valley Greenway, much of the white trail that circles around Birdseye Hollow, a lot of what would become the Huckleberry Bog Nature Trail, and a reroute off-road just south of that bog loop were all built by a small cadre of crazies in the winter, when there is actually TIME to do these things, when the lawn doesn't need mowing or the green beans picking...

If you've walked map M11, the eastern one of a pair of maps between Hornell and Bath, you might recall following the edge of a roly poly farm field between Gay Gulf and Snell Hill Roads. When the crop is hay, the walking is easy enough, IF you're sure that's where you should walk! We all know it's impossible to mark the route along a bushy hedgerow that conceals any attempts at blazing tree



There's a trail in there somewhere

January 9, 2011 - Clearing trail through the hedge row so that FLT hikers won't have to walk along the edge of an actively cropped field, dodging multiflora rose and blackberry stringers dangling over the field edge. Depicted: Irene Szabo, Gil Blaisdell, Gerry Benedict, and one of Irene's dogs. Drawing by G. Benedict.

trunks deep in the bushes, unless you hang white cans on branches that still have to be trimmed to keep leaves from hiding even the cans.

So we met that day to begin clearing a path right up the middle, INSIDE the hedgerow. Farm owner Carl met us in his driveway and cheered us on before he sensibly went back inside. I will admit that this was the nastiest gnarliest hedgerow I've ever seen. At least fifty years' worth of earth's most vile vegetable inhabitants are thriving there, consuming what was once an electrified wire fence. Honeysuckle trunks 4-5" in diameter had to be sawed, as did some of the grapevines. One monster was at least 7" diameter at its base, with many tendrils rising through the branches of a large black cherry tree. Every cherry that wasn't eaten fell to become a tiny tree sprout along our emerging path. Of course, vicious thorny rose canes, some of them, too, so large that they required

sawing, were growing with evil success.

A cardinal family kept checking our progress, clearly irritated at the intrusion, while I wonder at the resident woodchucks' shock when first they stick their heads out come spring. Sandy and Pearl dug in the weeds for burrowing mice while we opened up new views southward that hikers had been missing all these years.

After more than four hours of work by three people, our progress was measured in only a few hundred feet, but we'll be back long before spring to finish. I've walked this field edge several times since the late 1980's, and look forward immensely to walking up the hedgerow instead. Of course, we'll leave poor Gerry to fight his vegetative enemies' passionate desire to reproduce and return to strangle his new trail. □

— Irene Szabo

From the Mail...

Dear FLTC,

I read with pleasure in the Winter 2010 *FLT News* about enlightened landowners such as Tom Hirt and Ham Armstrong (map O2) and Gary Smith and Steve Zembsch (Bainbridge) who enthusiastically support the FLT and realize its benefits not only to the general public but also to their own stewardship of the land.

On the same day I received new copies of maps from the FLT conference, and much to my dismay I see that some more long-standing sections of trail in the Ithaca area have been re-routed to roads: M17 Comfort Rd. to Bruce Hill Rd. (this one had the trail register on it), middle Lick Brook from the power line to W. Jersey Hill Rd. This on top of the old story of the M16 re-routes: west from Riemann Woods to Trumbull Cors. Rd, and then from Trumbull Cors. Rd. up to Connecticut Hill Rd, through a delightful broad stream valley with beautiful spring wildflowers. Three years ago we had the sudden closing on M18 of the NY79-Blackman Hill section, necessitating a very long road walk — this has been fixed with a very nice new trail in the meantime. I know all these sections well and none were passing through someone's yard nor interfering with agricultural land use. On the first-mentioned section we indeed crossed a grass runway — featured a few issues ago — where a simple “stop-look-listen” seemed to be sufficient precaution. In cases where houses were constructed across the trail (just N of NY79 in Tioga County, on the E bank of Lick Brook just past the powerline) re-routes were indeed done, to keep the trail out of a householder's yard.

My question is this: is it time for FLT Conference to press for some sort of legal measure to guarantee public access to private lands, under controlled conditions and after good-faith negotiation? One extreme is Scotland's “Right to Ramble” law, less extreme is England's system of customary use footpaths. In common law inherited from England there is the concept of eminent domain for public use — this is used for pipelines and powerlines as well as roads, all of which have much more impact on the land than a footpath. After hard-fought battles our canoeist colleagues have won the right to use waterways as “public highways”. I am not a lawyer nor familiar with the nuances of land law in NY State, but it seems to me there has to be some recourse when negotiations fail, when despite all the guarantees of the FLT conference to a landowner a trail is closed. Never forget, all the “private” land in NY State was taken essentially by force from the First Nations — this is especially true of the towns of Hector, Enfield, Ithaca, Dryden, Caroline and Virgil in the Military Tract, which were depopulated by Sullivan's Raid and then deeded to Revolutionary War soldiers as “compensation” for the supposed treachery of the Haudenosaunee in supporting King George, who had treated them fairly as a sovereign nation. We can't undo that history, but can we not think as the First Nations did, of land stewardship and use, rather than absolute ownership? My aim is not to alienate the excellent landowners who are our partners, but rather to have some means to guard the trail against arbitrary closure. .

David Rossiter
FLTC Life Member
Ithaca NY / Enschede, the Netherlands

Ed Sidote's Bench by Donald A. Windsor

Join us on the annual Sidote Hike and sit on the bench that we Bullthistle Hikers placed along the FLT to honor our legendary founder and president, Ed Sidote. [Details of the hike are on page 31.]

We will conduct a long (7 miles) and a short (3 miles) hike; both will start together and hike on the FLT to the bench, a distance of 2 miles, whereupon we will showcase the bench and provide for photo opportunities.

Ed Sidote founded our FLT-Bullthistle Hiking Club in 2004 and has served as its only president ever since. Chenango County is renowned as “Sidote Country” so it is an appropriate place to honor him. The idea for the bench came to us last summer while we were preparing for the 2010 Sidote Hike. We focused that hike on Winston Braxton's Bench. While so doing we reasoned



Warren Johnson

that if Winston deserves a bench then, by golly, so does Ed. Under the persistent leadership of John Elia, we were able to procure and install the bench within the same year. And, yes, we do have official permission to have it on state land. We know that Ed likes to do everything correctly. The bench is made of Chenango County bluestone.

Our formal dedication was held on Saturday, November 13, 2010. At least 44 persons attended. Proclamations were read from the City of Norwich, Chenango County, and the United

States Department of Agriculture Soil & Water Service. Letters were also received from numerous local organizations.

Several non-local FLTC members expressed their disappointment about not being able to attend due to the short notice. I regret that, but we installed the bench on November 2 and deer hunting began on November 20, so we were squeezed for time. We hope to compensate by holding a rededication on the Sidote Hike. So now there is adequate notice. Please join us! □

FLTC Receives Two Major Christmas Presents

by Ron Navik, Vice President Trail Preservation

In December, the FLTC received two major Christmas presents in the form of permanent easements from landowners.

The first came from Bina Robinson, who with her husband developed the Swain Ski Area after the Second World War. When Bina sold the operation to a corporation after her husband died she continued to maintain a large piece of adjacent property as a wildlife sanctuary. She has been very generous in sharing this with hikers who also enjoy nature by allowing the Finger Lakes Trail to cross her property. To make sure it stays that way, she recently

granted a permanent easement on the trail which follows an old rail bed on her property for a distance of approximately 1.2 miles from the Swain Ski Area to Isaman Hill Rd.

The second gift came from Randy Lehman and his wife Janet Opila-Lehman, the owners of the Hickory Hill Campground near Bath, NY. The Campground has been the site of many successful FLTC Weekend Programs over the years. The Trail Easement not only provides protection for the Trail across the property and the access trail from the Campground to

the main trail, but also for a lean-to and outhouse which Randy is enthusiastically helping to build, starting with cutting the trees right on his property. We hope to have the lean-to completed by the fall and invite everyone to enjoy the beautiful views it will provide across the valley.

We thank all three people for their enthusiastic and generous support of the trail and their desire to make sure future generations can continue to enjoy the opportunity to get out and experience nature. □

Help Wanted

Marketing and Finance Committee members: If you have a background in marketing or finance, we could use YOU on our committee. Both committees operate primarily via email or conference calls and there would be a minimal amount of time required. For more information, please contact Executive Director, Gene Bavis gbavis@rochester.rr.com or 315/986-1474

County Marketing Representative needed for Monroe County. Responsibilities include identifying and visiting locations in your designated area at which to leave FLTC brochures/poster. Included here would be town/village clerk's office, recreation centers/health clubs, camps and campgrounds, Boy and Girl Scout offices, sporting goods stores, hotels/motels/B & B's, nature centers, libraries, and college outdoor clubs.

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

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: _____

A reminder: May is hunting season, too...

There are many spots on the FLT that are closed for any or all of the legal hunting seasons, so checking beforehand when you want to hike during the month of May is the only way to ensure that you won't irritate a permitting landowner. New closures since the map was last published are listed on our website under "Trail Conditions."

Spread the good word, please, and help us prevent lost permissions due to social clumsiness!

Article removed at author's request



Notes from the FLT Archives

.....
Irene Szabo, guest contributor

Ray Kuzia started it all when he sent me some 1980's pictures he had scanned from slides that were starting to degrade. Back before I had even stumbled upon this hiking trail myself, he was already part of a trail-building group that made some historic segments. He worked with Joe Dabes and the Tompkins Cortland Community College Outing Club building new segments of the young FLT in Cortland County.

In the picture below, taken in June of 1980, the TCCC group celebrated connecting two state forest sections they had built, by painting the ceremonial "golden blaze," even if all they had was a can of *red* spray paint to gild the moment. Taken by brother Robert Kuzia, the group picture includes Joe Dabes at center and Ray himself, beer can in hand, lower left.

The other two were taken on December 12th, 1985, on the occasion of our very first certification of a piece of the FLT as North Country Trail, covering 6.5 miles on current Map M19 south of Cortland, from Daisy Hollow Rd. to the junction of O'Dell and Baldwin Rds. Howard is on the right of each picture,

Joe Dabes with hair is obvious, but few of the rest are identified, even in an *FLT News* article about the same moment. I think the orange hat in the center of the group picture is Cayuga Trails Club's Laura McGuire, because I have a picture of her in the same hat, taken about seven years later. The "Smokey Bear" hat on the left belongs to a National Park Service representative, William Jackson from Fort Stanwix in Rome. I think I recognize the very tall DEC forester with the green hat as Bob Grieson, but nowhere can I learn who the rest of the dignitaries are. The *News* article did say that some agency people came from Albany, so it's nice to know that a lot of people regarded the occasion as a big deal! Obviously no one stated recommended dress on the invitations, since more than a half dozen of them are on a cold soggy hiking trail in December in suits and street shoes, with no hats!!

Naturally, these pictures from Ray made me start looking back through old *FLT News* issues from the era. It's astounding the things I found, just in the 1982-90 bound set at the office. Howard had dark straight hair, while many men wore

jacket and tie to evening programs. Back in 1982, Bill Ehling, author of many upstate hike books, was our representative to the fledgling North Country Trail, which didn't even have a volunteer association yet, was administered by only one National Park Service person, Tom Gilbert, and from as far away as Omaha. The trail was only a line on paper then, even though the Congressional route depended on the FLT hosting over 10% of the whole.

In 1982 the NY State Trails Council was created, to create a forum for all different kinds of trail users to resolve conflicts and provide an advocacy voice to the state government. Erv Markert was instrumental in its founding, while Howard took his seat on the Council after Erv died in early 1988. We still have a seat there, once mine for over a dozen years, and currently held by Quinn Wright. Don't lose sight of the fact that the main

(Continued on page 30)



***Join us at the FLTC Spring Weekend
... there's something for everyone!***

This year's Spring Weekend hosted by the Onondaga Chapter of the Adirondack Mountain Club (ADK), will have something for everyone. There will be terrific storytelling by our own Ken Kaufman, yoga to gently stretch your muscles with Jane Gram, a talk by physical therapist (Noah Brown) that will help with sore muscles and preventing hiking problems, and a report from Joan Young, the first woman to thru-hike the North Country Scenic Trail. Hikes will range from a very easy car tour and a wildflower walk to strenuous hikes on the Onondaga Trail.

We will be utilizing the beautiful Cazenovia College campus. The college requires that we have a room and board package. Registration for each night also includes three meals: dinner, breakfast and lunch. A la carte meals can be purchased for those people who commute to the campus from home or other lodging. The college has wi-fi and they will also have their swimming pool available for our use.

As in the past, the FLTC store will be available so you can purchase those FLT items needed for the 2011 hiking season. The members of the Onondaga Chapter look forward to meeting you at our Spring Weekend.

Programs

Yoga: 6am Saturday and Sunday, Witherell Room in Hubbard Hall. Jane Gram. Yoga has been an informal program offered by Jane at past weekends. Be sure to bring your mat.

Stories of Adventure, Humor, and Suspense in the Great Outdoors: 4pm Saturday. Ken Kaufman Since the 1970s, Ken has been in demand as a storyteller, having been featured at the ADK Loj, campgrounds, parks, libraries, schools, private parties and Scouting events.

Preventing Overuse Injuries on the Trail: 7:30pm Friday. Morgan Room, Hubbard Hall. Noah Brown, physical therapist: A discussion of common overuse injuries in the active individual. A closer look will be given to the hip and knee joints with focus on ways to prevent these injuries from occurring. We will also discuss ideas and strategies to help with conditioning for your preferred outdoor activity whether it be hiking, trail running, skiing, or snowshoeing.

The North Country Trail and the Kitchen Sink: 7:30pm Saturday Morgan Room, Hubbard Hall. Joan Young. Fast paced media show about the North Country Scenic Trail including a virtual tour of the 4400 miles across 7 states. Joan is the first woman to hike the entire trail.

Questions: Jon Bowen jkbowen@gmail.com (preferred) or 315 638-8749

Additional Information

- 3 meals are included (required) for each night of lodging at the College. Lodging is in the dorms, with shared bathrooms.
- If you don't purchase the linen package, you need to bring your own.
- Parking available **only** in the College parking lot. If you park overnight on the street, you **WILL** get a ticket!
- Dorms have lounge with refrigerator, microwave, stove. Rooms have armoire, bring your own hangers.
- If handicap access is needed, contact Jon Bowen
- If you have special dietary needs, contact Jon Bowen
- If you wish to stay an extra night (Thursday or Sunday), contact Jon Bowen
- Wi-Fi is available on campus.
- Bring swim stuff, pool will be available; open times TBA

Other Places to Stay

Brewster Inn 315 655-9232 (\$130+)

Braeloch Inn 315 655-3431 (\$150+)

Cazenovia Motel 315 655-9101

Lincklaen House 315 655-3461

Days Inn 315 697-3309, Canastota, 11 miles

Beard Morgan House 315 637-4234,
800 775-4234, Fayetteville, 11 miles

Craftsman House 315 637-8000,
800 797-4464, Fayetteville

Shiloh Family Retreat Center, camping, Eaton,
11 miles (Christian oriented)

Green Lakes State Park, camping, Fayetteville
(NYS Parks website), 12 miles

Cazenovia College Quad, tents (contact Jon Bowen)

FLTC Spring Weekend at Cazenovia College, May 20-22, 2011

Daily Schedule

<u>Friday:</u>	11 am	Registration Table open, check in, Hubbard Hall
	12 noon	Hikes depart, see schedule
	6-7:30 pm	Dinner, Hubbard Hall
	7:30 pm	Noah Brown, physical therapist and avid hiker. Hubbard Hall, Morgan Room
<u>Saturday:</u>	6:00 am	Yoga, Witherell Room with Jane Gram (bring a mat)
	7:30-8:30	Breakfast, Hubbard Hall (make your own trail lunch)
	8:00 am	Registration Table open
	8:45-9:30 am	Hikes depart, see schedule
	3-4 pm	Annual Meeting, Hubbard Hall, Morgan Room
	4-5 pm	Board of Managers meeting, Hubbard Hall, Harden Room
	4-5 pm	Story Telling with Ken Kaufman, Hubbard Hall, Morgan Room
	6-7 pm	Dinner, Hubbard Hall
	7 pm	Awards and Presentations, Hubbard Hall, Morgan Room
	7:30 pm	Joan Young, NCT end to end (See Programs, previous page) Hubbard Hall, Morgan Room
<u>Sunday:</u>	6:00 am	Yoga, Witherell Room with Jane Gram (bring a mat)
	7:30-8:30	Breakfast, Hubbard Hall (make your own trail lunch)
		Check out of rooms before leaving for hikes.
	8:45-9:15	Hikes depart, see schedule

Directions to Cazenovia College

From East on NY Thruway (I-90): Get off at exit 34 (Canastota). Follow Rt. 13 south to Cazenovia. Turn right onto Albany St. (Rt. 20 W). After the stop light, go one block and turn right onto Sullivan St.

From West on NY Thruway (I-90): Get off at exit 34A (481). Take I-481 South to exit 3e. Take exit 3e (Fayetteville & Rt. 92). Follow Route 92 through Manlius to Cazenovia. Rt. 92 ends at Rt. 20. Turn left onto Rt. 20 east. Continue to first traffic light and bear left following Rt. 20. At next light, make right turn onto Albany Street. Take second left onto Sullivan St.

From South on I-81: Take either exit 11 (Rt. 13 north) in Cortland and follow Rt. 13 north all the way to Cazenovia, or continue on I-81 north exit 15 (Lafayette) and take Rt. 20 east to Cazenovia. See directions above for Rt. 20 to Cazenovia College (From west on NY Thruway).

From North on I-81: Exit to I-481 south. Continue on I-481 south to exit 3e (Fayetteville & Rt. 92). Follow Rt. 92 through Manlius to Cazenovia. See directions above for Rt. 92 to Cazenovia College (From west on NY Thruway).

Outings Schedule

Friday 5/20/11

1. NCT/FLT ONONDAGA O2 SERIES HIKE 1 (moderate 5.2 miles) Sigi & Horst Schwinge

Hike Highland Forest end to end with optional 1.5 miles additional roadwalk to West Keeney. First mile is uphill (600 ft gain). on switchbacks to high point of hike, then mostly downhill. Expect great view (and flush toilets) at Skyline Visitor Center. If the museum is open, we'll stop in. Road walk at the end. **This is the first in a series of 3 hikes to complete map O2.** 12:00 p.m. Depart from Hubbard Hall lobby

2. RIDING THE ONONDAGA NORTH COUNTRY TRAIL (easy 2 miles) Dick Lightcap & Bill Brousseau.

Drive to the highlights of the Onondaga FLT/NCT. Short hikes will be offered at certain stops. Includes: Midlum Hill view, Shackham and Spruce Ponds, Labrador Hollow boardwalk and cabin, Highland Forest and Smith Hunt Hill vistas. Trip is designed for those who are interested in an overview of the 22 mile Onondaga extension but are not interested in long or strenuous hikes. 12:10 p.m. Depart from Witherell Room (Hubbard Hall)

3. FLT MAIN TRAIL & NCT M-20 HOXIE GORGE TO UNDERWOOD HILL ROAD (moderate 4.6 miles) Hal Boyce & Jenna Wietzel

Hike through Hoxie Gorge within forest, then along the edge of farm fields. Expect a beautiful stream and excellent views of the surrounding countryside at several points along the way. 12:20 p.m. Depart from Hubbard Hall Lobby

Saturday 5/21/11

HS2. Cortland County Hike Series (7.6 miles through Taylor Valley) Karen Serbonich

Participants **must** be registered with the Cortland Hike series. You will receive information from Karen through the Hike Series listserv. (On registration form, register for HS2)

4. NCT/FLT ONONDAGA O2 SERIES HIKE 2 (moderate 5.5 miles) Sigi & Horst Schwinge

This is the second in the O2 series of 3 hikes. It is newest segment, completed in recent years. We'll access at the end of the Onondaga Trail and walk through the Tioughnioga Wildlife area, then descend through fields and woods to Webber Rd. **Will return in time for the 3 p.m. annual meeting.** Depart 9:00 a.m. from Park Hall

5. SKYLINE TRAIL and O2 (strenuous 7 miles) Dick Lightcap & Bill Brousseau

Start hiking in ESF's Heiberg Forest (3000 acres), continue through Kettlebail State Forest (595 acres), descend steeply to Labrador Hollow Unique Area (1,483 acres) and eat lunch at the cabin by the pond. Ascend steeply up to Jones Hill (1964') for the spectacular view then descend to Tinker Falls to experience the Alley Cats' most recent achievement. Depart 8:45 a.m. from Hubbard Hall Lobby. **Will NOT return in time for the 3 p.m. annual meeting**

6. HARDSCRABBLE RD TO CAZENOVIA NCT AND ART PARK (moderate 7.5 miles) Kathy Disque & Kathy Eisele

Hike the Link Trail/North Country National Scenic Trail in the Nelson Swamp Unique Area along an old railbed through cedar and hemlock forest, across the Chittenango Creek footbridge. Includes the DEC Loop Trail with historical signage; road walk (1.4 mi.) to continue on the NCNST in Stone Quarry Hill Art Park. Explore the Park's spectacular hillside views, outdoor sculptures. Bring a camera. Next, follow the blue blazes through woods and hedgerows with short open spaces, out to Chenango St. and back to Cazenovia College (mostly flat but also a few hills) Depart 9:00 a.m. from Witherell Room, Hubbard Hall.

[FLT Board Members: People with a 3 p.m. meeting will be on time if they leave the Art Park around 1:30 (walking approximately 3.2 mi. from the park to Cazenovia College) One leader will accompany them to the College; the other leader will remain with the group at the Art Park. The hike leaders will explain the two options and assign people to cars accordingly.]

(Continued on page 13)

FLTC Spring Weekend at Cazenovia College, May 20-22, 2011

Outings Schedule, continued...

7. FLT MAIN TRAIL M22 (moderate 6.1 miles) Tony Rodriguez & Mike Loftus

Hike from County Route 53 to Bamerry Rd. with a stop at the Paradise Lean-to which is dedicated to Howard Beye and was his final Alley Cat project. Expect one steep section. Depart 9:10 a.m. from Hubbard Hall Lobby. **May NOT return in time for the 3 p.m. annual meeting.**

8. HIGHLAND FOREST FLT/NCT O2 (moderate 5.2 miles) Lucy Hawkins & Mary Dineen

Cowles Settlement to DeRuyter Lake starting at Cowles Settlement Road parking Area. Begin with a steady graded climb to 1400', following blue markers to park trail markers. Skyline Visitor Center (1660') restroom and water available. Trail continues from NCT Kiosk on main park trail and FLT/NCT on east side of park to 1710', crosses several ravines, then soon starts to descend on a series of six gentle switchbacks. Please sign trail register on way down to DeRuyter Lake. Depart 9:20 a.m. from Witherell Room, Hubbard Hall

9. NCT/FLT ONONDAGA TRAIL O 1 & O 2 (strenuous 7 miles) Peg Whaley & Liz Herboldt

Hike from Shackham Rd (lower crossing) via the Tinker Falls relo project and new stairs, Jones Hill vista of Labrador Hollow (1964') and Spruce and Shackham Ponds to West Keeney Rd. Depart 8:45 a.m. from Park Hall. **Will NOT return in time for the 3 p.m. annual meeting.**

10. CANAL MUSEUMS TOUR (easy) George & Cyndy Zacharek

Auto tour to visit two local canal museums in Canastota (on the NCT) and Chittenango. Fee required. Learn how canal towns shaped local history. See blacksmith shop, reconstructed canal boat and dry dock. Optional short walk on the canal towpath. Depart 9:30 a.m. from Hubbard Hall Lobby. **Will return in time for the 3 p.m. annual meeting.**

Sunday 5/22/11

HS3. Cortland County Hike Series (9.2 miles through Cuyler State Forest) Karen Serbonich

Participants **must** be registered with the Cortland Hike series. You will receive information from Karen through the Hike Series listserv. (On registration form, register for HS3)

11. NCT/FLT ONONDAGA O2 SERIES HIKE 3 (moderate 4.7 miles) Sigi & Horst Schwinge

Hike Webber Rd. to East Lake Rd. with optional 0.9 mile road walk. This third hike with the 2 road walks (one on Friday) completes map O2. We'll start climbing 400 ft. right away on gentle switchbacks to a beautiful pond, then cross DeRuyter State Forest before descending to DeRuyter Lake. This section crosses three new easements. Depart 9:00 a.m. from Hubbard Hall Lobby

12. POND TO POND FLT/NCT O 2-(easy 2 miles) Dick Lightcap & Bill Brosseau

Hike from Spruce Pond to Shackham Pond, slight elevation changes, slow paced, finish by noon.
Depart from Hubbard Hall Lobby, 9:30 a.m.

13. WILD FLOWER WALK IN NELSON SWAMP/ NCT (easy 3 miles) Mary Dineen & Jill Borgstede

Stroll with Mary on the NCT and its Nelson Swamp spur nature trail to discover spring wildflowers. If Mary does not know a flower (rare) she will have a book with her. Bring cameras. Depart from Witherell Room, Hubbard Hall 9:15 a.m.

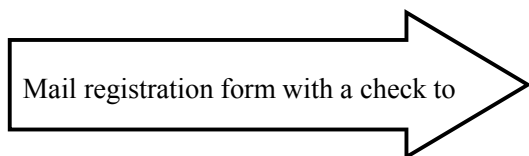
14. FLT/NCT MAIN TRAIL M21 (moderate 5.4 miles) Missy Etheridge & Margie Ong

Hike from Stoneybrook Rd. to Potter Hill Cemetery Rd. This is a nice spring walk in the woods and passes Randall Brune's bench. Depart from Park Hall, 8:45 a.m.

FLTC Spring Weekend at Cazenovia College, May 20-22, 2011

Registration form also available at www.fingerlakestrail.org

Registration must be received by May 1. Refunds for cancellation cannot be guaranteed after this date.



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

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

Phones(s): _____ Email: _____

Emergency contact (name/phone) _____

Expected arrival (day/time): _____ Local hiking club, if any _____

Fill in dollar amounts below, per person # of people \$ amount

Registration: FLTC and ADK-ON members \$10, non-members \$15 _____

Fri. night (lodging, dinner, bkfst, lunch) \$54 single, \$45 dbl per person _____

Sat. night (lodging, dinner, bkfst, lunch) \$54 single, \$45 dbl per person _____

Linens \$12 (sheets, pillow case, blanket, pillow, bath towel, face towel, washcloth) _____

A la carte meals:

Friday dinner \$12 per person _____

Saturday breakfast \$6 per person _____

Saturday lunch (make your own at "buffet" during breakfast) \$8 _____

Saturday dinner \$12 per person _____

Sunday breakfast \$6 per person _____

Sunday lunch (make your own at "buffet" during breakfast) \$8 _____

Total _____

Hikes: Please indicate choice by hike numbers for each day and number of people for each hike. See schedule.

Friday: _____ Saturday: _____ Sunday: _____

Please read and sign the following:

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

Print name: _____ Signature _____ Date: _____

Print name: _____ Signature _____ Date: _____

Invitation to the Annual Meeting

All members of the FLTC are invited to the Annual Business Meeting of the Finger Lakes Trail Conference, Inc. on May 21 at 3 p.m. Hubbard Hall, Morgan Room at Cazenovia College in Cazenovia, NY. Among other matters to be discussed and reports to the membership, members will vote on the nominees (names published below) for the Board of Managers. Other nominations may be made according to our bylaws. The membership will be asked to modify the bylaws. A proxy form for those unable to attend the meeting will be mailed to members in March. Further information may be requested from the FLTC Service Center at 585/658-9320.

Nominees for the FLTC Board of Managers

Class of 2014

The Constitution of the Finger Lakes Trail Conference states that one-third of the Board of Managers shall be elected annually for a term of three years by majority vote of the members at the annual business meeting. The following have agreed to be placed in nomination for the Board of Managers and seek members' votes on May 21, 2011 at the annual business meeting in Cazenovia, NY. Members who cannot be present are urged to mail the proxy form they receive with their membership renewal letter.

Scott Bahantka. I am married with two grown children and have been a Physical Education teacher for 26 years, district director of Physical Education and Athletic Director. I have served on several state level and regional committees for high school athletics. With regard to hiking, I have been involved in that activity most of my life. I was involved as a Scout leader exposing young people to hiking and the outdoors. I have hiked many local trails, several Adirondack peaks and trails, New York state county highpoints, and obviously our Finger Lakes Trail. Over the past four years, I have become more involved with the FLT by becoming a local FLT marketing rep in the Southern Tier. I have also assisted with trail development of local sections of the Great Eastern Trail. I would like to serve on the Board, first, out of interest in doing something for the FLT and those who use it. Second, because I feel every new person has a new point of view to offer. I feel my connections across central New York through athletics can be used to promote the use of the trail.

Jon Bowen. I was born in Western New York where my parents took us camping and hiking every year in Allegany State Park. Since retiring from C.W. Baker High School in Baldwinsville, I have been on the Executive Board of the Friends of Beaver Lake Nature Center (Onondaga County) and am in my third year as Chair of the Onondaga Chapter of the Adirondack Mountain Club (ADK-ON). I have also served on the Outings Committee and am a trail steward and hike leader for ADK-ON. After becoming a trail steward for a section of the FLT, I became interested in the FLTC. As with many of us, I received more "education" from Bill and Mary Coffin and am now also a member of the NCTA.

I have been an FLTC Board member for the past three years, coordinated the FLTC county hikes series for Delaware and Chenango Counties and am currently coordinating the FLTC Spring Weekend in Cazenovia.

I have finished the ADK Fire Tower Challenge and ADK Quest and will continue climbing the 46 High Peaks (10 remaining). Completing the FLT is another goal for the future (over 50% complete). .

Donna Cole. I am in love with the FLT. Over 16 years ago I read an article in the local newspaper about the FLT and dreamt about becoming an end to ender. That article led to contacting Ed Sidote, which led to joining the FLTC. Over the years when I attended conferences I was always amazed at the effort and cooperation that so many gave to the FLTC.

My dream of becoming an end to ender remained on the back burner until after my retirement. Now I am half way to completing the trail. As my journey along the FLT continues, desire to give back to the trail grows.

I am a retired Registered Nurse. I worked 34 years for the same institution, both as a bedside nurse and in management. I am a member of the Triple Cities Hiking Club, treasurer for the Bullthistles Hiking Club and Chapter Chair of Binghamton ADK. To the FLTC Board of Managers I offer hard work, dedication, desire and time. Thank you for your consideration.

Melanie Okoniewski. I have been a member of the Foothills Trail Club in the Buffalo area for the past few years. I have volunteered on many Alley Cat crews across NYS to assist with trail construction and many trail improvement projects, and rebuild lean-tos. I have participated in the FLTC county hike series as a hiker and hike

(Continued on page 16)

Board of Managers Nominees ...

(Continued from page 15)

leader. I have assisted with trail design and construction on the Crystal Hills Trail. I have also participated in many Foothills Trail Club activities ranging from trail improvements to hikes. For the past year I have served with the Western New York Land Conservancy monitoring protected land and volunteering on other projects as needed. I volunteer for Buffalo Reuse working on various community projects. I also hike, swim, play with my dogs, garden and cook as time allows. I am currently employed by Buffalo Games as the Marketing Coordinator and reside in Buffalo.

Sigi Schwinge. I was born in Stuttgart, Germany, where as a teen I enjoyed hiking in a youth group from youth hostel to youth hostel. I now live in the Syracuse area with my husband Horst. Retired from foreign language college teaching I now have more time to travel, hike, and maintain and help build trails. I also kayak, cross-country ski, snowshoe, and enjoy reading and needlecrafts when the weather does not cooperate. In 2007 I became FLT End-to-Ender #230.

When our sons were on their own, we became active members of the ADK Onondaga Chapter. I have been a hike leader for ADK and organize work hikes for trails in the Pigeon Lakes Wilderness Area in the Adirondacks which the Onondaga Chapter maintains. I am a past vice chair of the chapter, and a trail steward for the FLTC and the NCTA. I currently serve on the FLTC Board of Managers.

Hike Cortland County

by Karen Serbonich, Cortland Hike Series Coordinator

The 2011 FLTC County hike series will cross Cortland County, named after Frederico Van Cortlandt, first lieutenant governor of NYS. The Cortland apple is named for the county (so says Wikipedia). The last Cortland hike series was in 2003.

We will be hiking from Lincklaen Rd in Chenango County to Purvis Rd. at the edge of Cortland and Tompkins County. We will not be hiking west to east or east to west but mixing it up. This series will cross 59 miles. From reading the maps, there are some very rugged and steep climbs and descents. The highest summit will be Virgil Mt. summit at 2132', the highest point within 70 miles.

The history associated with the state forests we will traverse is fascinating. Artifacts dating to 1500 AD show this land was inhabited by three different aboriginal groups. As you hike try to imagine that much of the state land had been completely deforested by poor farming practices in the past century only to become how they are today through the efforts of thousands of

Civilian Conservation Corps men planting over three million trees.

Hikes will vary from 5.6 miles to 11 miles. Hikes will take place rain or shine. It is never too early to start conditioning your muscles.

Dates will be the third Saturday of each month with back-to-back hikes during the Spring Weekend at Cazenovia College (for registered county series hikers only); April 16, May 21 and 22, June 18, July 16, August 20 and September 17. The fee will remain at \$40 and covers bus transportation, a completion patch, sag wagon supplies and the picnic. Registration forms are available on the website fingerlakestrail.org during March or from the FLTC office 585/658-9320.

Participants will be able to select their hiking pace from slow to fast. Buses will shuttle hikers from their cars to the beginning of each hike.

I am new to the organization and the trail, only joining last spring and had

André Abrahami, public domain



Beautiful Cortland

a wonderful experience on the series (even after the painful iliotibial band injury that still nags me). I wanted to see the series continue after Jon notified us of his future commitments that would preclude him from coordinating the series this year. He has passed on great notes and timelines and continues to offer support along with many of you. This has made the transition less intimidating and I am excited to continue this opportunity.

If you have any questions, contact the hike coordinator, Karen Serbonich at kasmailxpert@gmail.com or by phone at 607/351-5372 or 607/330-2040 after 5:30 pm on weekdays or anytime on weekends.

Geocaching and the Trail: a good fit or not?

by Irene Szabo, Editor, North County Trail Association's *North Star*

In case you don't read the North Country Trail Association's magazine *North Star* (and pray tell, why not?), you missed a two-part series last year, involving give and take on the question of placing geocaches along the trail. Geocaching is an outdoor game involving consulting website www.geocaching.com. There GPS (global positioning system) clues are given to sites where can be found hidden boxes with, perhaps, modest treasures inside. The point of the game is primarily to find the "cache" by following the satellite-supplied coordinates on your hand-held GPS unit.

In the spring issue of *North Star* enthusiastic young Devin Callihan of Pennsylvania wrote an article extolling the virtues of geocaching as a way to bring new people to the North Country Trail, since he had first learned of it precisely that way, and joined the nearest chapter of the NCTA. However, the poor innocent was then bumped in the nose by two other opinions on the very same page, both the NCTA Geocache Policy (identical to that of the FLTC) which insists on written permission before a cache is placed near the trail, and my own testy opinion:

Editorial counterpoint: I am thrilled to hear that Devin came to our trail through geocaching, and hope that others will follow. However, my own experience is less rosy, the kind of usage that prompted the NCTA Board to enact a policy.

I maintain a two-mile loop (our Cobb property on Map M4 near Ellicottville) that climbs a hill from a nice roadside parking area with bulletin board and free site maps. The FLT owns this 40-acre property, a gift from a landowner. There are at least four caches on the property, but no one has ever ASKED PERMISSION to hide things there, while public parks require registration of caches. ... People drop by for a short walk,



Devin Callihan placing the final cache, hidden in a camouflaged waterproof box, and then tucked under a log behind leaves and branches, about a hundred feet off trail. These are serious geographical puzzles, and are not intended to be easy to find, even WITH a satellite helping you and your GPS find the coordinates.

conducted while looking intently at the gizmo in their hands, and then leave within a half hour. They don't take the map, they don't walk the whole wonderful property, and they aren't even prepared for hiking at all. While it was nice one time to see two parents with their teenage daughter in her black lace tank top on an obvious geocache toot, it was also depressing to see them return, mission accomplished, within twenty minutes.

— your grumpy old editor [Irene]

Devin, however, is way more of a cheerful missionary than one might expect, and came back with renewed zeal. He reassured me that the rules of the game insist on obtaining permission before placing a cache, so those four on the Cobb property were illegal. He reported them to the area webmaster, who warned the four offenders to ask permission (our contact info is posted all over that property!) or have their website coordinates removed. They didn't ask, so were knocked off the site. In other words, they have given up the fun of having others try to find their concealed treasures.

Ever enthusiastic Devin proposed one more step toward moral rectitude in geocaching: he offered to come north to Cobb's from Pennsylvania and do a really cool cache, and do it RIGHT. Parts of his second article follow, from the fourth issue of *North Star* last year:

After the article and Irene's editorial counterpoint were published, she and I began some very constructive communications through emails. We agreed that it was a shame that the prior cachers had not sought out permission for the geocaches to remain on the property. Things evolved from there to the point where we decided that we were going to "do this thing right." So, on a crisp Saturday morning in mid October, my wife Ashley and I made the 2 ½ hour trip from Leeper, Pa., to meet Irene at "Cobb's 45" just east of Ellicottville, NY.

We knew exactly what we wanted to accomplish: to place some geocaches (with permission) to bring people to the property and do it in a way that would feature the entire property. We

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An Anniversary and an Easement

by Mary Zuk Domanski

Anniversaries and birthdays mark the passing of time. Although some of us would rather forget marking our birthdays, some anniversaries are worth noting. The Foothills Trail Club and the Conservation Trail will be celebrating a notable anniversary this year—their fiftieth!

We hikers owe much to those who founded the club and built and maintained the trail, to those who today are still building and maintaining the trail, to the landowners who graciously give their permission for us to cross their land. Rarely does something as large as the Conservation Trail get accomplished without someone having a vision. In this case the person was

Mabel James. Some years before 1964, Miss James founded the Buffalo Hiking Club. Eventually, that organization dissolved and the Foothills Trail Club was established. Today she is most remembered for her vision of creating a hiking trail.

Miss James was a good friend of the Becker family who owned many acres in Holland, NY. The property remained in the Becker family, a place of peace and solitude. In the fall of 2010, Linda Becker Ruckdeschel granted the Foothills Trail Club and Finger Lakes Trail Conference a permanent easement, a gift of such magnitude it can never be measured.

When approaching from Vermont Street you will know you are on the Becker property by sap lines. Take a walk on the nature trail to the pond. Look for the original orange blazes next to the newer blue blazes. Sit on the bench and feel in harmony with nature. In summer wonder at the beauty of the lily pads in bloom. In fall enjoy the brilliance of the leaves and their crunch underfoot. In winter look for animal tracks in the snow as you listen to the muffled stamp, stamp of your snowshoes. Enjoy and love this place as those who came before us did. It is for hikers now and forever.

Thank you, Linda!

Happy Anniversary, Foothills!

Geocaching ...

(Continued from page 17)

used three geocache containers. We hid one at what we figured would be a good place for visitors to find it near the end of their journey along the blue loop. We entitled this one “Cobb’s 45 - Final.” The trick is, in order to find this geocache, you FIRST have to find two other caches placed in order as you walk along the loop. Inside the first of the others, entitled “Cobb’s 45 - Latitude,” are the latitudinal coordinates for the final geocache. Inside the second, entitled “Cobb’s 45 - Longitude,” are the longitudinal coordinates for the final geocache. So a person completing this series would find three geocaches while being treated to a nearly two mile trek through a beautiful piece of property along the FLT / NCT.

I submitted the geocaches, with the proper permission, for the area’s geocaching reviewer to publish. Two days later, the geocaches had their first visitor! I decided that it was fitting to submit his log with this article. I was nothing short of thrilled that the first person to find these caches completely “got it” and ironically, in the process, unknowingly wrote the ending for this article. His log entry is below:

“First and before I type another word I need to say how impressed I am that a Geocacher was able to work cooperatively with the FLTC to place these caches in this great location. Many cachers I know were at a minimum “concerned” when the FLTC recently posted their caching guidelines [*my guess is, misinterpreting it as a step towards banning geocaches from the trail altogether: Devin*]. It’s good to know both groups can exist in harmony.

When I found my own tracks in the snow as I approached this, the final of the three new caches in Cobb’s 45 I knew I had completed the full loop and had toured a large part of this tract of land. Although the caches brought me here I think the important thing learned was how important the FLTC is in gaining and allowing the rest of us access to these otherwise inaccessible locations. I appreciate the efforts of everyone who had anything to do with acquiring the parcel, marking the trail, building bridges and informational kiosks. In short thanks to DevinC [*the author’s geocaching name*] and all the others who made it possible for me to hike through this impressive woodlot on a rather picturesque morning.

I enjoyed the few hours I spent here and hope to return soon. I have hiked the Conservation Trail including the section of the FLT which heads south toward Pa. from just west of here but have never had the good fortune of hiking this section of trail. I had big plans to hike from [the Genesee River] west to the junction of the FLT and Conservation trail this summer but never got around to starting it. Now it’s on my must do for 2011.

After locating the cache I signed another empty log and added a little swag to the container.

Thanks again to all involved.”

And thank you, fellow geocacher, for “getting it.” — Devin Callihan

...and from North Star editor, Irene: thank YOU, Devin, for coming up here to create this cool puzzle on our property. One note: geocachers’ concern about our policy? Perhaps they forget that roughly half of the miles of the FLT/NCT are on private land, and since caches are by definition OFF the trail, we must not risk losing permission because of inadvertent misuse. □

Wildflowers along the Trail, #33: Scorpions!

RWW Taylor

There is some dispute as to whether the word “borage”—the name of a rough, hairy plant with blue flowers native to the Mediterranean region and grown for medicinal and culinary purposes—may derive from Arabic or Latin roots. Borage is cultivated in North America, and you can find its seeds among the packets on spring display in your local home and garden store, but it does not grow wild here.

However, a good number of different species of the wildflowers to be encountered across our woods and fields belong to the borage family. Some of these species have been introduced, but many are native; all tend to share the characteristic growth habit of plants in this family, with the flower spike uncurling in a coil-shaped formation as the flowers develop. One of the most striking species in the borage tribe is *mertensia*, also known as Virginia bluebells, Virginia cowslip, or lungwort. Encountering a thick patch of these bright-blue, bell-shaped flowers growing in a low, damp area in early spring is an exciting experience.

In midsummer, specimens of another related flower, the coarse weed known as viper’s bugloss or blueweed, can sometimes be spotted along roadsides. The brilliant blue flowers with bright red protruding stamens growing on bristly stems are unmistakable. This plant can be a serious agricultural pest, and in Australia has earned the nickname “Paterson’s curse”. Less conspicuous flower species belonging to the borage family that an observant hiker might spot in bloom in the course of a summer of hiking include common comfrey, hound’s tongue, Virginia stickseed, and various gromwells and puccoons.

The most familiar member of this family, though, is the often-spotted forget-me-not. The warm days of May bring graceful sprays of this dainty flower into azure bloom across damp locations everywhere, with the blooms persisting into the fall. Most frequently observed is the common, or “true” forget-me-not

(*Myosotis scorpioides*), which is a native of Europe, where it has played a role for centuries in song, story and fable. The species was introduced into North America by settlers and widely spread by gardening enthusiasts, and is now firmly established across the northern US and Canada, to the point of being declared a “noxious weed” in some localities.

The scientific name here provides a clear description of the plant. The genus name *Myosotis* means “mouse-ear”, and refers to the soft, oval leaves. The species name *scorpioides* means “scorpion-like”, referring the curled sprays in which the flowers develop. Each five-petaled pale-blue flower bears a yellow center, serving as an invitation and guide to pollinators; research has shown that this particular color scheme is the most effective for attracting these needed visitors. This flower is a perennial, spreading in patches by means of runners (technically known as stolons).

Alongside this particular species and

related even-more-showy varieties pushed by nurseries and garden centers, there are also a couple of native species of forget-me-not to be sought out by the persistent wildflower enthusiast. A not-uncommon find is the smaller forget-me-not (*Myosotis laxa*), bearing blossoms just half the size of those sported by its showier cousin. This species also blooms in damp locations from May through September, but does not spread by stolons. Sometimes a close look will disclose specimens of this flower growing near to the ground in well-mown lawns, alongside other such tiny blooms as sandwort or chickweed. Much less commonly seen in our area is the spring forget-me-not (*Myosotis verna*), a hairy plant bearing white flowers, tending to favor drier locations in which to grow. True to its name, this plant is not likely to be found in bloom later than June.

Yes indeed, keep an out for scorpions as you hike! □





TM

Steve Catherman

**Vice President of
Trail Maintenance**

Trail Topics

How to Contact Trail Management

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

Lynda Rummel, Vice President of Trail Quality
968 Esperanza Drive
Keuka Park, NY 14478
ljrassoc@roadrunner.com
315/536-9484
315/679-2906 (Jan-Mar)

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

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

Joe Dabes, Director of Trail Inventory and Mapping
kabjnd@msn.com
607/844-3872 (Apr. 20 - Oct. 20)
352/861-0563 (Oct. 20 - Apr. 20)

Trail Sponsor News

Lorraine Manelis from Avoca is the new Sponsor of the last 0.9 miles of trail on Map M11 and the first 3.2 miles of trail on Map M12 just west and north of the Village of Bath in Steuben County. Lorraine's trail begins with a necessary road walk along a short section of SR 415 and two Town roads before reaching a trailhead along Sand Pit Road. From there, the trail leaves the road and goes uphill through fields and woods to elevations approaching 1800' with no less than 4 panoramic views denoted on our map, before descending to Robbins Road. About halfway along this section of the main trail is a 0.9 mile blue side trail leading downhill to Hickory Hill Family Camping Resort. The owner of the campground, **Randy Lehman**, has recently granted the Finger Lakes Trail Conference (FLTC) a permanent easement on this side trail as well as on the main trail along the top of his property, where a lean-to will be constructed by an FLTC work crew in September. Thank you, Randy, for your generosity, and thank you, Lorraine, for volunteering. I would also be remiss if I didn't thank previous Trail Sponsor **Darlene Squires** for all her efforts. Darlene has been maintaining trail for 17 years now. I know this only because veteran FLT Sponsor **Bob Muller** enlisted Darlene and me on the same day back in 1994 to each take on half of the trail section he had been tending between Bath and Mitchellsville. As I recall, Bob was very persuasive, and I think we both considered it an honor to be chosen by him to take over sponsorship of his trail.

Also on Map M11, current Sponsor **Gerry Benedict** from Newark has generously agreed to extend his trail maintenance limits to include the section of trail beginning at Gay Gulf Road in the Town of Bath and ending along Cochrane Road near its intersection with CR 15, Knight Settlement Road. This brings Gerry's whopping total up to nearly 9 miles of trail, but as he put it, this will give him a full day's worth of work when he makes the trip down from Newark! If the end of Gerry's new section sounds a little vague, it's because adjacent Trail Sponsor **Gary Haff** is currently working on moving more than a mile of trail off these roads. This will be a huge improvement for the safety of hikers who now have to tiptoe along the narrow shoulders of busy CR 15. I'd also certainly like to thank

retiring Sponsor **Jim Willing** from Branchport for his many years of service on this section of the FLT.

Pat Monahan has lined up 3 new Sponsors for several recently created sections of the Crystal Hills Trail (CHT) in Steuben County that extends from South Bradford State Forest to the New York/Pennsylvania border in the Town of Tuscarora. **Scott Bahantka** from Painted Post has accepted responsibility for a 3.9 mile section of the CHT from CR 26, Meads Creek Road, through Watson Homestead land to Rogers Road in West Hill State Forest. From this trailhead, **Boy Scout Troop 61** from Corning, led by Bob Case and Lee Parks, has taken on maintenance of 4.1 miles of the CHT through the remainder of the State Forest to a gas line crossing West Hill Road. And further south along the CHT, **Keith Snyder** and **Sandie Buto** from Painted Post have teamed up to adopt 4.2 miles of new trail between Mose Road and Maple Street in the Village of Addison. Thanks to all our new maintainers for stepping forward! Pat will continue working towards completion the Crystal Hills Trail in 2011 thus creating more opportunities for future Sponsors.

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Trail Topics, continued...

Regional Trail Coordinator News

I don't dare guess how many years **Irene Szabo** has been a Regional Trail Coordinator (RTC) for the FLTC, and our office couldn't readily tell me either without digging out and through some cobweb-covered files. But I'm not concerned about omitting this detail, because in addition to her other trail-related duties, Irene still proofreads the articles that go into this newsletter and now has the chance to let everyone know just how long she's been around! I can tell you that when I was first coerced into joining the FLTC in 1987, Irene was there, along with Ed and Howard. That was long before anyone came to know her by her current email handle, "treeweenie". She was my RTC when I became a Sponsor in 1994, and although she has worn many other hats over the years, including editor of NCTA's magazine *North Star*, Trail Sponsor (of as many as 21 miles), FLTC Board Member and President, she has also managed to more than effectively carry out all the duties assigned to a Regional Trail Coordinator during this time. So finally, Irene has decided to kick back a little bit, semi-retire, keep grooming her current 17 miles of trail, and relinquish her RTC job. Thank you, Irene, for truly caring about the trail and for all the "stuff" you've taught us over the years. We will, of course, still depend on you for your institutional knowledge and support. We know where you live.

Ron Navik, our Vice President of Trail Preservation and the Trail Chair of the Genesee Valley Hiking Club, has graciously agreed to take over for Irene as Regional Trail Coordinator for the segments of the FLT included on Maps M7 through M11 and L1 and L2. This includes the main trail from Letchworth State Park at Portageville west to Bath, as well as the Letchworth trail that extends through the State Park from Portageville to Mt. Morris. A big thank you to Ron for accepting this additional responsibility.

Trail Closure Report

Effective February 1, 2011, for a period of up to two years, the section of trail between Access Points 2 and 3 on Map M8 at Swain in Allegany County will be temporarily closed due to logging operations. There are two recommended alternate routes involving either SR 70, or a combination of town roads including Delude Hill, French Hill, Allen, Ridge and Swain Hill Road. The State Route is shorter by about 2.5 miles but has narrower shoulders and is quite busy, whereas the town roads are much quieter and offer some nice views. For a detailed description of these alternate routes, refer to the Trail Conditions portion of our website or the latest edition of Map M8 that is available from our FLTC Office. Signs noting the closure and delineating the alternate routes are posted at Access Points 1, 2 and 3 at the trailheads. Once the logging is completed, every effort will be made to reestablish the trail on, or near, its old alignment. Please check our Trail Conditions periodically to keep up to date on this closure as well as other posted trail news.



TQ

Lynda Rummel

**Vice President of
Trail Quality**

Mini Data Books Now Available!

Actually, they've been around since time immemorial, or at least since the olden days, otherwise known as the Time of the Hand Drawn Blue Maps (remember those?). But we've improved our "mini data books" significantly since then.

Some long-distance hiking trail "guidebooks" are just collections of data about the trail. These "data books" are cherished by devoted long-distance hikers who need to plan exactly how many miles they can hike between showers or food caches or when they will need to carry a tent, but who don't necessarily need to see where the trail goes or where it is relative to roads, towns, etc.

Well, the backside of each FLTC map is actually a "mini data book" for the length of trail covered by the map—a **feature which makes every FLTC map much more than your everyday trail map**. In case you are not familiar with our FLTC maps, buy one and, after looking at the beautiful and informative front, look at the back side. Turn any FLTC map over and you'll find the following kinds of information: Precise distances (in tenths of a mile) between road crossings, access points, and other noteworthy and identifiable features; locations of shelters, water sources, and nearby public facilities; amenities available at overnight sites; segment closure information; cautions and warnings; and elevations, all along the way. Even more, the locations of important interesting features (e.g., an historic cemetery, a spectacular view, a waterfall...) are also given—**which makes the back of our maps much more than just a mini data book!**

So, if you're planning an overnight trip or even a day hike on terrain new to you, the back of each FLTC map is where you'll find most of the key **data** that you need. You can even create your own "elevation map" (a view of the terrain the trail goes across, from the side)—the old fashioned way, of course. Simply put the elevation points across a sheet of graph paper, separated by their distances, and then draw lines between the elevation points. This will show you the **major** ups and downs of the length of trail shown on the face of the map; but of course, it does not show you all the ups and downs your feet will encounter! We hope you will also buy the FLTC's *End-to-End Guide* and check the Trail

(Continued on page 22)

(Continued from page 21)

Conditions section of the FLTC's website for the very latest information about the segments you wish to hike. Maps and the end-to-end guide are available from the FLTC Store; FLTC members get a 20% discount.



cc

Quinn Wright
Director of Crews
and Construction

2011 Alley Cat Projects

We have a busy season of five major projects and we are fast approaching the beginning of the first project—only two months until the site preparations and site access trails are to be developed. The dates (please note the changes from our previous notification) are set and we've got a **GREAT** group of project leaders in place for the various projects. I hope that we are not too ambitious as we will need a heavy commitment from our dedicated members in order to successfully accomplish these projects. Please consider volunteering for one or more of these projects. If you are able to make a commitment of your time, please contact the project manager or me at any time so that we can put you on the list of much needed helpers.

The projects are listed in date sequence and some will be done in phases:

1. **Beales Pond lean-to:** Project Manager - Roy Dando, Construction Manager - Rob Hughes. This project involves a new style of lean-to using post and beam construction that has been designed by Rob Hughes and Matt Branneman. The site preparation for this project near Masonville (Map M27) will occur in March and the lean-to will be erected over Memorial Day weekend (**May 28 - May 30**). A bridge, privy and other miscellaneous work will take place during the week of **June 25 to June 29**.
2. **Hunters Creek Park puncheons:** Project Manager - Mike Schlicht, Construction Manager - Dave Potzler. The Conservation Trail goes through this Erie County Park south of Buffalo (Map CT7) and is a multi-use trail. Construction will begin on June 4 (National Trails Day), but most of the work is scheduled for the week of **June 11 through June 18**. The project is a joint effort with the WNY Mountain Biking Club. There are hundreds of feet of puncheon to build so much help will be needed.

3. **Birdseye Hollow Bridges:** Project Manager - Steve Catherman, Construction Manager - Gerry Benedict. This much-needed project near Hammondsport (Map M13) involves building two bridges so that the often flooded trail with no high-water bypass can be improved. The dates for the project are **June 6 through June 9**.

4. **Corbett Hollow Trail Re-construction:** Project and Construction Manager - Lynda Rummel. This important project near Hammondsport (Map M13) involves reconstructing the trail by developing switchbacks to eliminate the steep incline that does not meet North Country National Scenic Trail standards. This is the last segment of many miles of trail that have been altered to gain certification and we really need your help for this labor-intensive project that will occur from **August 28 through September 2**.

5. **Hickory Hill lean-to:** Project Manager - Dave Drum, Construction Manager - Matt Branneman. The location of this lean-to is on the Hickory Hill Campgrounds near Bath (Map M12). The construction dates for the lean-to are **September 17 through September 22**; however, there is site preparation work that will be accomplished prior to those dates.

There may yet be a sixth project of major scope, but funding is not yet in place. I don't want to come across as begging, but **PLEASE** consider volunteering some of your valuable time to help bring these projects to successful conclusions. **Last year we had seventy-eight volunteers; this year I think we'll need more!**

Non-commuting trail crew members will be provided free lodging for the duration of the project. Meals (breakfast, lunch and dinner for non-commuters, dinner for commuters) are provided as well. Workers are to provide their own personal camping equipment, if needed, work clothes, gloves and foot gear. Workers must be at least 16 years old (with signed parental consent letter if 18 or younger) and in good health, ready for physically demanding work. Early sign up is suggested. Lodging arrangements and other details will be provided to all who express an interest in joining a crew.

If you have any questions, please contact **Quinn Wright**, Alley Cat Coordinator, by phone (**716/826-1939 Home** or **716/818-6990 Cell**), or email wrightquinn@hotmail.com.

Chainsaw Training

The FLT will have only one chainsaw training this year if we get enough participants. The training consists of two 8-hour days, May 7 & 8 in the Hammondsport area. This training is required to operate a chainsaw on the FLT/NCT section. Please contact either Lynda ljas-soc@roadrunner.com or Marty howser51@yahoo.com to sign up or if you have questions

Trail Topics, continued...



J

Joe Dabes

**Director of Trail
Inventory and
Mapping**

Inventory of Trail Facilities

We've made available the complete inventory of main trail facilities (with photos) to regional coordinators, trail chairs, and sponsors in an email, describing how to access the data on the Panoramio website. If you are one of these and did not get this email, please send an email to me at kabjnd@msn.com. I hope to have all facilities on branch trails inventoried by this coming fall.

Guidebooks

I've updated the *End to End Guide - Helpful Info for Backpackers and Hikers on the Main FLT (2011)* based on my end-to-end hike last summer and information sent to me by Ed Sidote. Mileage in this updated guide matches the mileages given on the current maps. Most other FLTC guidebooks have been discontinued because they are out of date. However, the information on the back of maps, which is kept current, is like a mini guidebook, so separate guidebooks aren't really needed (particularly if they are out of date!). Still available is the Cayuga Trails Club guidebook *Guide to Hiking Trails of the Finger Lakes Region* (2009, with or without maps), covering from near Hammondsport to near Cortland. A new edition of this will come out later this year, probably around May

Updated Trail Info on FLTC Website

Mileages for our linear trails, loop trails, and longer spur trails have been updated on our website in a new easier to find location. From the home page choose "Go Hiking", "Hiking the FLT". At the right side, click on either "Linear Trails" or "Loop and Spur Trails".

Public Land Boundaries Now Available for your GPS Unit

NY State public land boundaries are now available to the general public at the NYS CSCIC GIS Data Sharing Cooperative. I have converted about 220 federal, state, county, and municipal public land boundaries on or near the FLT into GPX format. This allows them to be loaded into field GPS units as tracks. Having these available is particularly useful to:

- 1) Those laying out new trail in public lands (e.g. Crystal Hills Trail).
- 2) Those wanting to make sure they are camping on public and not private lands (e.g. backpackers).
- 3) Hunters.
- 4) Those wanting to explore off the trail (okay on public lands, but not on private lands).

Be forewarned: since these are from tax maps, the boundaries might be off as much as 200' (rarely even more). If you would like these public land boundaries send an email to me.

These will eventually be included in the GPS track and waypoint data we sell (presently on CD). These will not be included in the same map files as the track and waypoint data, but in separate files. This allows those not interested in them to avoid loading them onto their GPS units (older GPS units can load only 20 tracks, newer ones 200 tracks). Note: Newer Garmin units must have each track turned on manually and the color set manually. Older units (such as 60CSx) will have these tracks turned on and have the preset color of green for the outer public land boundaries and cyan for private parcels enclosed by public land. Zooming in/out or panning allows you to ascertain whether you are within public lands.

Preview Your Hikes in Google Earth

If you purchase our FLT GPS track and waypoint data you can preview your hikes in Google Earth. Download this free program (simply do a search for "Google Earth download"). In Google Earth you can import the track and waypoint .gpx data by clicking **File, Import;** in the lower right of the dialog box click the ▼, select **Gps (*.gpx, *.loc,...)**, go to the folder where you have stored our GPS data (or the CD it came on) and choose the map you are interested in. The Google Earth controls are in the upper right and become visible when you hover your mouse cursor over them. After panning and zooming to the location of the map you can tilt the view to see hills (hold down shift and rotate your mouse wheel). You can view hills from any direction by rotating the compass control in the very upper right of the screen.

Directions for Using FLT GPS Data with Newer Garmin GPS Units

I have rewritten the directions for using our FLT GPS track and waypoint data with the latest generation of Garmin field GPS units: Colorado, Oregon, Dakota, GPSMap 62, and GPSMap 78. These work best with Garmin BaseCamp (rather than Garmin MapSource). Download Garmin BaseCamp free at <http://www.garmin.com/garmin/cms/us/onthetrail/basecamp> (there are both PC and Mac versions). If you would like a copy of these updated directions for these newer Garmin GPS units, please send me an email. □

End-to-End Update

by Jacqui Wensich
FLT End-to-End Coordinator,
reviewed by Ed Sidote, retired End-to-End Coordinator

End-to-End Hikers

No hikers have completed the main trail or branches since the last issue. #303 is waiting to be claimed, as is #60 Branch Trail.

Future end-to-enders

Daniel Grip (aka Roots Rock) plans to begin a continuous hike around May 1. He and his girlfriend will be calling on car spotters and others for assistance. He has Joe Dabes' spreadsheet for tracking end-to-end progress, the end-to-end manual and will purchase new maps shortly. Daniel completed a southbound hike of the Appalachian Trail last year. (The spreadsheet can be found on the FLTC website at [End-to-End Hiking... > Tracking forms and Trailhead Coordinates.](#))

I received progress reports from the following hikers:

Bill Allen (one of my car spotters in 2004)	
Harold Herring	Kirk Doyle
Rebecca Wright	Susan & Michael Hoag
Howard & Carole Camp	Shirley & Jackson Thomas
Adele & Dave Cook (his 2 nd)	Irene McCarthy

All of the End-to-End forms are updated on the website. Please contact me at jwensich@rochester.rr.com or call 585/385-2265 if I can be of any assistance. In order to meet and support potential end-to-end hikers, I plan to complete most of the county hikes this season. Assistant End-to-End Coordinator, Donna Cole, of the Bullthistle Hikers Club will fill in as needed. I do plan to "casually" complete my second end-to-end hike and practice my backpacking skills as well.

Ed gave me TONS of files and photos to review. I am half-way done with the photos and have completed the end-to-end files. There are four large cartons that I have not even looked at. Ed had every piece of correspondence that was ever sent to him filed by "those that have completed the trail" or "those that wish to complete the trail"! I faithfully promised our archivist, Georgeanne Vyverberg, that she would receive all the primary source materials.

Anyone willing to join the CAR SPOTTER list? Hikers need help everywhere on the Finger Lakes Trail – Main and Branch Trails. The form is on the website or email me directly.

Jacqui Wensich
425 East St, Pittsford, NY 14534
585/385-2265
jwensich@rochester.rr.com



John Eila

Jacqui Wensich, Ed Sidote and Donna Cole at Ed's home last November.

Me too

by Tim Wilbur, EtwoE 120/297

The oddity of becoming a two time End-to-End evolved from assisting others in achieving their End-to-End, some cross county hike series, the Spring Weekend and the Fall Campouts. Also, FLT's Wally, Erv, and Ed hikes plus make-up hikes and solo endeavors with the help from my wife Nancey contributed to more rehiked mileage. One foot ahead of the other chasing those white rectangles developed into a desire to be able to say "me too" to multiple finishes. "Me too" metamorphosed into "Me Two" coining a new signature status for two timers, "EtwoE". Plus the reason of reasons why we hike, that is, "for the patch".



Kim Meacham

EtwoE 120 & 297 Tim Wilbur congratulated by Ed Sidote September 25, 2010 just after second completion.

Hiking 101 - Class of 2010

by Kim Meacham

The second year for the Hiking 101 Sampler Series finished at Birds-eye County Park in Bradford, Steuben County on a beautiful fall day in September 2010. There were 29 participants of all ages and abilities hiking four trails of increasing difficulty. Two of the hikes included the new Passport Series. Our first hike, led by the ever-knowledgeable Irene Szabo, introduced hikers to the unique Huckleberry Bog Nature Trail in Prattsburg. Hikers had the privilege to be the first to complete an official "rubbing" at the newly installed Passport post and learned the interesting history of this once flourishing area.

Our second hike commenced during a typical summer rainstorm at the Mitchellsville Gorge in Hammondsport. This hike, too, included a Passport rubbing, and we found out all too quickly how difficult it is to take a rubbing when everything is rain soaked. Rain brings out an entirely different sense to the forest, with colors becoming more vibrant and mist casting a mystical appearance to the woods.

Our third hike on the Interloken Trail outside of Watkins Glen was unexpectedly postponed due to another summer storm, but the following weekend brought beautiful blue skies and moderate temperatures, perfect for



hiking this premier trail in the middle of the only National Forest in NYS. The Interloken hike gave us the opportunity to offer two distance options, with part of the group opting for the original mileage and the rest taking the challenge of an additional 1.5 miles. Mickey, our new-to-hiking canine companion, joined us as well. Mickey has taken the spot of our beloved long time hiker dog, Spike, who passed away last year.

Our last hike brought us to the Birds-eye Hollow State Forest and again allowed two distance options. The fall colors and beautiful trees along this

hike were a fitting finish to another successful beginner hike series.

The brainchild of Paul Hoffman in 2009, the Hiking 101 Series gives the opportunity for novice hikers to sample a series of shorter mileage sections of the FLT. During each hike a variety of hiking topics such as clothing, hiking safety and navigating the trail system of blazes, maps and trailheads are discussed, all in hopes of promoting a continued interest in hiking and the FLT.

An announcement of the 2011 Hiking 101 and 201 Sampler Series appears on page 2.

Welcome!

New and Returning Members November '10 through January '11

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Stuart Allen, Rochester
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2010 Contributions

The Finger Lakes Trail Conference gratefully acknowledges the support of all our members and donors, and especially wishes to recognize the following individuals, businesses and organizations for their generous support during 2010. The amounts listed include dues and contributions to any FLTC fund. We have done our best to be accurate in spelling names as well as making sure we got everybody in the right categories. We apologize if some mistakes have crept in.

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TO: MEMBERS OF THE FINGER LAKES TRAIL CONFERENCE: Pursuant to Section 726(d) of the New York State Not-for-Profit Corporation Law, the Finger Lakes Trail Conference, Inc., is required to mail to its members not later than the date of the annual meeting of members a statement specifying certain details with respect to the purchase or renewal of its insurance for the Society's indemnification of its directors and officers. Accordingly, please be advised as follows:

1. The name of the insurance carrier is Great American Insurance.
2. The cost of the insurance to be paid during the 2011 fiscal year is \$700.00.
3. The indemnification insurance contract covers any person who has been, now is, or shall become a duly elected director or trustee, a duly elected or appointed officer, an employee, committee member, whether or not they are salaried, any other person acting on behalf of the Conference or at the direction of an officer or board of managers of the Conference.

From the Passport trail register on the Spanish Loop Trail, Sept. 9, 2010: "Gorgeous trails. Just started the Wegmans Passport this fall (today!) and find it to be wonderful. Thanks!"

At the SLT's regular register box, same date and hikers: "Love the Wegmans passport trail guide. We would have never known otherwise!! Thank you."

Article removed at author's request

Our sincere thanks for gifts in
memory of:

Peter Bushnell

from

Jerry Vukman

Evelyn Connor

from

Linda Murphy & Paul Foulsham

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Town of Norwell, MA - Town Hall

Sunshine Fund

Ed & Evie Lewis

Gene & Liz Bavis

Archives ...

(Continued from page 9)

FLT still had significant gaps back then. There were no maps M11, M12, M23, or the far eastern ones, and dues were \$7.00.

During the 1980s Olga Rosche from the Foothills Trail Club was writing impassioned and informative conservation articles about issues pertinent to the day, urging members to share their opinions with legislators. Work weeks and weekends were being held, but the name “Alley-Cats” wasn’t yet invented for them. Just after our 25th anniversary in 1987, Paula Strain, second President of the infant FLTC, shared a long list of thoughts published in the *FLT News*. Based on her long association with the Appalachian Trail, she could see challenges coming for us at that organizational age, and recommended quite a few “grown up” needs we’d have to face before our fiftieth anniversary in 2012. I am pleased to report that every one of her concerns has been answered, by the 45th birthday, too, and I think she lived long enough to see our accomplishments in improving our maps, marketing the trail, raising money, and creating an office utilizing sound business procedures.

Our NPS guy for the North Country Trail, Tom Gilbert, addressed the annual meeting in Bath, spring of 1984; his speech was produced in the *News*, explaining how the added name of NCT wouldn’t change our FLT flavor or methods, but would bring the added charm of National Scenic Trail status. The Board of the FLTC had signed a memorandum of agreement in June of 1983, so “selling” the new idea was part of his mission.

Second and third NCT certifications followed in 1988, at Robert Treman State Park and Danby State Forest, while more quickly followed at Watkins Glen and Connecticut Hill. In 1989 the *News* was first done with a desktop publishing program, and Tom Gilbert was still working from Nebraska. “Our Tom” will retire in 2011 from the longtime NPS office in Madison, Wisconsin. □

FLTC and the Passport Program at the Williamson Public Library

by Jacqui Wensich



Executive Director Gene Bavis speaking at the Williamson Public Library

Carol May, President of Wayne County’s trail organization called “Trail Works, Inc.” requested a presentation about the Passport Program and the Finger Lakes Trail. Gene and Liz Bavis and I took the show on the road. Due to Gene’s Yahoo! group and Facebook notices and his and Liz’s connections in that neck of the woods, about 35 folks showed up including three FLT end-to-enders.

The group consisted of serious hikers (several had completed the Appalachian Trail) as well as those who “just

love to walk”. There were many questions and comments after the show and several emails were exchanged.

Barbara Hackett (End-to-End #184) and Gary and Penny Shaw (#161 and #99) were in attendance. Gary and Penny actually met on a county hike and apparently sealed the deal throughout the summer! Penny is the daughter of #61 Mary Years, the oldest woman to hike end to end. You may have hiked past her memorial bench in Birdseye Hollow State Forest southeast of Bath (Map M13). □

New Forever Society Members

John & Margaret Ann Schmitt

Dr. Betty A. Lewis

New Life Member

Kevin Breiner

New Family Life Members

Linda Rummel & Rolf Zerges

SATURDAY, APRIL 23, 2011

Spring / Wally Wood Hike

Leader: Phil Dankert, pdankert@twcny.rr.com

Abbott Loop, FLT Map M17, Ithaca area

Hike: This 8.4 mile-long loop hike, located in the Danby State Forest, was planned and built by Doris and Cliff Abbott and other Cayuga Trails Club members. It is one of the premier FLT loop trails. One of the highlights is Thatcher's Pinnacles which provides a 180-degree view of the West Danby area below. We will be hiking it clockwise which means the first 1.7 miles will be on the main FLT.

Meet: 10 am at the FLT trailhead on Michigan Hollow Road on FLT Map M17.

Directions to Meeting Location: Take NY Route 96B for approximately 5 miles south of Ithaca, NY, and then turn right on Michigan Hollow Rd in Danby, NY. Follow Michigan Hollow Rd for 2 1/4 miles to its intersection with the FLT. There is ample parking along the shoulder of Michigan Hollow Rd.

Carpooling: From the Binghamton, NY area please contact Larry Blumberg, LBlumberg@stny.rr.com

SATURDAY, JULY 30, 2011

Summer / Ed Sidote Hike

Leader: Don Windsor, windsorda@yahoo.com

Town of Pharsalia, FLT Map M23, Chenango County

Hike: Two hike lengths will be offered, a 7 mile and a 3 mile hike. Both hikes will lead to the new "Ed Sidote" bench for a re-enactment of the dedication ceremony for those who missed it back in November, 2010. The longer hike will include the blue-blazed FLT side trail over to the Plymouth Lean-to.

Meet: 9 am at the intersection of Fred Stewart and Hoag-Childes Roads on Map M23 .

Coming Fall 2011, the annual Erv Markert hike

*Also, the Cortland series on the 3rd Saturdays,
April through September (see p. 16)*

1st Annual Winter / Howard Beye Hike Report

Eighteen hardy souls braved the cold to hike on Howard's section of the Bristol Hills Trail in Naples on Saturday, January 15. We had a wide range of hikers and I hope everyone enjoyed talking with each other while enjoying the trail. The sun came out when we set out, but the wind picked up and a soft snow fell during the day. Although we were warm when moving, the wind made things pretty cool so not a lot of time was spent at Howard's bench, and only a quick lunch was had at the lean-to at the lookout spot.

John and Judy Wint drove out from Macedon, and Ben Gajewski joined Dave Matthews and me from Geneseo; Brendan Brady came out from Canandaigua, and then there was Emory Morris from Brockport and the Rochester contingent: Chris Asbury, Amber Rinderknecht & Ramona, Alanna Dolen, Peter Latham, Bob Krenzer, Laurie Onchejka, Georgiana Binder, and Mark Frank and FLTC reps Jacqui Wensich and Jo Taylor.

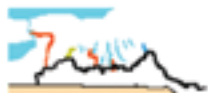
Thanks also to Tim Wilbur, who maintains the High Tor blue trail, which we utilized to make a loop hike. Everything looked great on the trail. .

— Cate Concannon, Hike Leader



Jo Taylor

Jacqui Wensich at the Howard Beye Memorial Bench



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 winter issue's Name That Map is below.*



Marilyn Beckley

Answer to the Winter "Name that Map!" Quiz

Correctly identified White Oak at M15,
access point 3, Jolly Road, just east of
Watkins Glen:

Dave & Carol Burnett (They also sent
another neat photo.)



A gift to the Finger Lakes Trail
Conference helps to protect and preserve
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FLTC, Inc.,
6111 Visitor Center Road Mt. Morris,
New York 14510
(585-658-9330), or
e-mail address
information@fingerlakestrail.org

Club Presidents Council

The Club Presidents Council is composed of regional organiza-
tions 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.gvhchikes.org

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	www.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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www.fingerlakestrail.org
FLTinfo@fingerlakestrail.org

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

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Donna Flood • 5010 Salt Rd, Clarence, NY 14031 • 716/759-6442 • dmflood@roadrunner.com

Gail Merian • 392 Whaupaucau Rd, Norwich, NY 13815 • 607/334-9794 • rockhound48@hotmail.com

Finger Lakes Trail Conference, Inc. Calendar of Events

April 9..... Trail Council Meeting in Canandaigua
April 23..... Annual Wally Wood (Spring) Hike. Abbott Loop, Ithaca area. See page 31.

April 30..... Presidents' Council Meeting in Canandaigua
May 20 Deadline for submitting material for summer issue of the *Finger Lakes Trail News*

May 20-22..... FLTC Spring Weekend, Cazenovia College, hosted by ADK-Onondaga. Annual Mtg. 3 p.m., May 21 followed by a Board Meeting. See pages 10-14

June 4 National Trails Day

June 18 Board of Managers meeting, Mt. Morris Dam Visitor's Center, 10:00 am

July 30 Annual FLTC Ed Sidote (Summer) Hike.

August 11-14 NCTA Annual Conference in Dayton, OH (more information at northcountrytrail.org)

August 19..... Deadline for fall issue of the *FLT News*

Sept 30 - Oct 2..... Fall Campout, Chenango Valley State Park, hosted by Bullthistle Hikers. Save the date!

See Trail Topics, page 22, for this year's Alley Cat projects. For more information, contact Quinn Wright, wrightquinn@hotmail.com

2011 Hike Series, Cortland County: Apr 16, May 21, May 22, Jun 18, Jul 16, Aug 20, Sep 17. The two May hikes have been scheduled in conjunction with the FLTC Spring Weekend.

Hiking 101/201 Sampler Series: May 15, Jun 26, Aug 28, Sep 25

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

JOIN THE FINGER LAKES TRAIL CONFERENCE

Name _____

Address _____

City/State/Zip _____ County _____

Phone (____) _____ Email _____

Make your check payable to the Finger Lakes Trail Conference and mail to 6111 Visitor Center Rd., Mt. Morris, NY 14510 along with this application.

Annual dues (Membership year runs from April 1 to March 1. Dues paid after Dec. 31 will be applied to the next membership year.)

Individual.....\$25 Contributing:

Family\$30

Student (full-time; give Pathfinder \$45

permanent address).....\$15 Trailblazer \$75

Youth organization.....\$15 Guide \$100

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

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

Trail Towns: Ithaca

by Jim Connors

Nestled at the southern end of Cayuga Lake, one of the deepest in North America, is Ithaca. Glacial carving of old river and stream valleys resulted in Ithaca's spectacular gorges and deep lake valleys. The many state parks, wildlife management areas, nature preserves and use of private land by permission provide a variety of hiking opportunities.

Ithaca welcomes the Finger Lakes Trail (FLT) from the west via Robert H. Treman State Park. The all-weather trail hugs the southern boundary of the park. More adventurous hikers may choose to take the Gorge Trail or Rim Trail, when they are open, which boast spectacular views of water falls and high cliffs. The park gorge trails were constructed with the help of the Civilian Conservation Corps. Enfield Creek bisects a portion of the park and was the source of water power in years past for various sawmills, shingle mills, cooper shops, carding mills and grist mills. It causes one to take pause to reflect a bit on the activities that once frequented this area. The Sierra Shelter lean-to provides a nice point to reflect on the pine plantations, streams and gullies your hike has taken you to.

Continuing your trek eastward the FLT leads you underneath a four lane highway while hugging Enfield Creek. From there you cross Cayuga Inlet and enter Cornell-owned Babcock Preserve. Lick Brook is your next crossing which is the lowest point on the FLT at about 435 feet. If you are at the lowest point on the trail there is no place to go except for up - and up you will hike! On your journey you will experience the Sweedler Nature Preserve owned by the Finger Lakes Land Trust and the lower and upper falls of Lick Brook. Take a moment to enjoy the spectacular views of Inlet Valley and beyond to Connecticut Hill. The trail levels then ascends to Town Line Road where more vantage points let you take in more views. Almost as fast as you enter Ithaca on the FLT it bids you farewell to the south and east towards Danby.

Ithaca offers other hiking experiences at Buttermilk Falls State Park, Stewart Park, Cass Park and on trails such as Cayuga Water Front, Black Diamond and the Cayuga Trail.



Sunset on Cayuga Lake, photo by Jim Connors



The magnificent Fall Creek viewed from a cliff of the Cayuga Trail in Ithaca, photo by Jim Connors

Ithaca is headquarters for the Cayuga Trails Club (CTC), a volunteer organization affiliated with the Finger Lakes Trail Conference, founded in 1962 "to explore, enjoy, and preserve wild lands and places of natural beauty and interest through informal study of the natural and historical features of the out-of-doors by walks and related activities." The CTC maintains over 100 miles of trails including 75 miles of main FLT from Watkins Glen to Caroline, and, publishes the "Guide to Hiking Trails of the Finger Lakes Region", which I have referenced in the writing of this article. Another Ithaca organization is the Finger Lakes Land Trust founded in 1989 to protect lands that define the character of the Finger Lakes region of upstate New York.

A tradition among some hikers after a long (or short) hike is to visit a local establishment near the trail for an ice cream reward for their hard work. What better place than Ithaca—the home of the first ice cream sundae—to enjoy a delicious treat from one of the many establishments.

So as you amble your way through your hiking life make certain to stop by Ithaca to take advantage of all there is to offer in this wonderful town by Cayuga Lake.