

Finger Lakes Trail NEWS

Summer 2011



Inside...

- ◆ FLTC Fall Campout Sept. 30 – Oct. 2 at Chenango Valley State Park.
Complete information and registration form – pages 3 and 8-11
- ◆ Wally Wood Award goes to the “Finger Lakes Trail News” editor – page 7

President's Message

Pat Monahan

Spring never came at my house this year. I am sure there were many flowers being watered or nearly drowned by the raindrops. My hikes on the trail were soggy for the most part with streams running deep in places I did not even think had water. Despite the late spring and lack of sunshine (remember the sun?), I still found time to reflect on the wonderful treasure that I love—a walk on the Finger Lakes Trail.



I continue to be amazed at what it takes to construct and maintain even a foot of trail by a corps of dedicated volunteers. One perfect example comes to mind. Last year, we were building trail on the Crystal Hills Trail in West Hill State Forest (Steuben County) with a group of students from RIT. It was an RIT elective wellness course about backpacking and trail construction. Four of the guys wondered how the flag line came to be at a specific location. The process required a public meeting to ensure a hiking trail was included in the state's unit management plan, someone who understands how to develop a conjectured track using GIS data, exploration on the property, and putting the flag line near an interesting hole from an old foundation. After discussing whether to remove a rock from the trail ("Would it be annoying or a safety issue?"), the guys decided to remove it. It took all four twenty-something guys nearly an hour to dig, pry, pull and finally yank the rock out. They realized how much work was done for that one foot of trail. Now, the trail maintainers (Boy Scout Troop 61 from Corning) take care of those few inches and all of the West Hill State Forest. All done by volunteers. We would not even be walking on this without those FLTC volunteers. Your membership paid for the snacks, the tools, and the support to build this and other trails in the FLT system. I want to thank everyone who supports a footpath across New York. Forever.

The annual meeting was held during the FLTC Spring Conference at Cazenovia College. In summary, the FLTC is in sound fiscal condition, had approximately the same level of membership as 2009, began to address the electronic age for data applications, launched an enhanced website, recorded over 25,000 volunteer hours for trail maintenance, and completed several projects across the trail system to enhance the hiking

experience for the general public. It was noted that the typical funding streams for major trail projects were not as plentiful as in the past. Our future will be finding different funding sources and prioritizing projects to be financed through our own resources.

The membership approved a change in the by-laws to reflect the importance of technology to the FLTC. The Board will now support an Information Technology Committee as a standing committee of the Board. The committee will help position the FLTC for the twenty-first century by applying current and future technology to better serve our membership and the public. For example, you can become a Facebook friend of the FLTC.

In the coming year, we will continue to look to the future. We have made some adjustments in our trail management structure, and look to find strategies that will utilize technology to our advantage, and in the near future look to restructure our staff to incorporate an office manager and to redefine the job description of the executive director. I am also anticipating an in-depth review of our strategic plan for the next five years at our Board retreat in November.

Finally, I would like to thank the following Board members who are leaving the Board of Managers this year: Bill Coffin, Terry Meacham and Ray Recchia. Their years of service on the Board as volunteers have helped guide the FLTC to stay true to its mission—to build, maintain, enhance and promote a footpath across NYS. I also want to thank the following new and returning Board members who will begin to serve a three-year term on the Board: Scott Bahantka, Jon Bowen, Donna Coon (was Donna Cole, but just got married), Melanie Okoniewski and Sigi Schwinge.

This summary is intended to help keep you informed about your organization, which could not exist without committed members like you. Take time to be involved as a volunteer. Find someone to join you in the adventure and invite them to become a member. On behalf of the Board, thank you for a great 2010, and I hope you will continue to be active with us in 2011. As I always say, bring a friend 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.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 (vanderzee@ithaca.edu).

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



FINGER LAKES TRAIL NEWS

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

Summer 2011

Volume 50 Number 2

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!

FINGER LAKES TRAIL NEWS Volume 50 Number 2 Summer 2011

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

Editor
Jo H. Taylor
jhtaylor@frontiernet.net

Editing Assistance
Sharon L. Galbraith

End-to-End Update
Jacqui Wensich

Trail Medicine
Bob Michiel

Wildflowers
RWW Taylor

Walking through Time
Irene Szabo, Tim Wilbur

Natural Connections
John A-X. Morris

FLT Archives
Georgeanne Vyverberg

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

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

Copyright 2011 by Finger Lakes Trail Conference, Inc.

Left: Spring Weekend coordinators, Kathy and Jon Bowen, at the registration table at Cazenovia College.

Photo by Jackson "Jet" Thomas

page 13



- 3 2011 FLTC Fall Campout
- 8 Schedule
- 9 Hike Schedule
- 10 Registration Form
- 5 In Memoriam: Ralph G. Baker,
by Georgeanne Vyverberg
- 7 Wally Wood Award to Jo Taylor,
by Irene Szabo
- 7 Hiking with Don French: A
Memorial Tribute,
by Sharon Galbraith

- 12 Cortland County Hike Series: Group
Hiking at its Best,
by Karen Serbonich
- 13 2011 Spring Weekend, *photos*
- 14 Map B3: turning lemons into
lemonade, *by Irene Szabo*
- 17 Four New Permanent Easements,
by Ron Navik

Departments

- 5 Faces of the FLT: Cate Concannon
- 23 Hiking Calendar
- 24 Name that Map!
Answers to the Winter quiz, page 24

Columns

Inside front cover...

President's Message

- 2 End-to-End Update
- 4 Trail Medicine: Exercise and Aging
- 6 From the Desk of the Executive Director
- 15 Wildflowers along the Trail: Scorpions!
- 16 Trail Topics, *reports from the trail management directors*

And on the back cover...

Trail Town: Addison's "Forbidden Trail", *by Irene Szabo*



What's under that log?
page 19

Cover: Sawyers certified, May 8, 2011. Standing L-R: David Priester, Keith Reynolds, Don Sutherland, Instructor Bill Lindloff, Bruce Revette, Dave Harper, Nick Scarano, George Schmit. Seated, L-R: Greg Farnham, Steve Kinne, Mike Lynch, Tim Wilbur, John Kerr. Photo by Lynda Rummel, Vice President of Trail Quality.

End-to-End Update

by Jacqui Wensich
FLT End-to-End Coordinator



Jackson "Jet" Thomas

At the Cazenovia Spring Weekend, John A-X. Morris, four-time end-to-end hiker, is congratulated by Jacqui Wensich, her first "official" patch presentation as End-to-End Coordinator.

Despite a soggy spring, we have had many hiking progress reports submitted. Recently-retired End-to-End Coordinator Ed Sidote and I are hoping that these future end-to-enders will write an article for the *FLT News*. It is important to preserve a history of the trail by the hikers who use it.

I finally finished going through Ed's copious photos. Now I have to scan them. Ed's photos will also help in preserving the history of the trail. I found some excellent end-to-end photos from years gone by as well as intriguing photos of the trail's stone piles.

It is my intention to have at least one photo of every end-to-end available on the website and to continue to add to the "Special Places" articles that Ken and Margaret Reek graciously submitted.

Dave Cook, FLT end-to-end hiker #244, was my first patch presentation. John A-X. Morris's #303 was my first *official* end-to-end award presentation as the new End-to-End Coordinator. John has hiked the trail FOUR times (only five more times to catch up with Joe Dabes). He has also done much to promote hiking and interest in the natural world. As a middle school science teacher, he was responsible for opening the world of the outdoors to many young people.

"Happy Hiking" from Ed Sidote

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

Recent End-to-End Hikers

- #303 John A-X. Morris, Dryden (John's fourth end-to-end hike)
- #304 Jeff Keenen, North Tonawanda
- #305 Kevin Brown, Lockport

Future End-to-Enders

Donna Cole, Norwich
Bruce Coon
Micah Scott
Leonard Beatty, Sayre, PA
Dave Newlun, Horseheads (2 counties to go)
Henry Abbink, Canandaigua
Jean Blackburn, Norwich

Main Trail Progress Reports

Theresa Evans, Liverpool
Hal Boyce, Liverpool
Cory Davis, Belmont
Rita Jensen, Bath
Tim Jones, Binghamton
Bill Allen, Olean
Max Blenis, Norwich
David Preston, Central Square
Wendy Stevenson, Springwater (finishing in Sept)

Branch Trail Progress Reports

Robert Chatterson, Marion
Kirk House, Bath
Aaron Keller
David Marchner, Rochester
Bill Allen, Olean

New Car Spotters

Tom Duddy of Spencer, NY, maps M15-18
David Rothrock of Great Valley, NY, maps M1-3

*For a complete list contact Jacqui Wensich
585/385-2265 or email jwensich@rochester.rr.com*

Announcing the FLTC 2011 Fall Campout at Chenango Valley State Park September 30 - October 2

Hike and socialize with other FLT hikers

Chenango Valley State Park is the most southern state park in the Central Region. It is located in scenic Broome County, only 12 miles north of Binghamton. The 2011 Fall Campout hikes are on FLT Main Trail Maps 25-30 and local trails, including a Chenango Canal Loop Hike featuring history of the Chenango Canal and viewing some of its remaining parts, led by knowledgeable and experienced hike leaders. Accommodation options include cabins, wooded tent and RV sites, and local hotels within 10-12 miles. Meals will be provided at the Pine Grove Picnic Area pavilion, featuring mouth watering hot breakfasts, freshly made box lunches and a scrumptious dinner including Choice Roast Beef, Stuffed Sole w/scallop and crab, chicken Italian style, oven potato, green bean almandine and assorted cakes for dessert. Friday dinner will be a Pizza Buffet with salad, assorted cookies and beverage. Bring your own wine/beer/favorite beverages to supplement provided coffee/soda/water.

Friday's pizza buffet will be followed by a sing-a-long led by folk-singer/songwriter Fred Gee. Saturday evening enjoy Chuck D'Imperio, a long-time broadcaster at WDOS/WSRK Radio, which serves Central New York from One-onta. Chuck has had a long love of history and New York State folklore and has researched the graves of the famous in New York for his "Great Graves" book. His popular articles, titled "Where Legends Lie," were featured in *New York Alive* and *Kaatskill Life* magazines for years. He is the author of three books about upstate New York.

More on Chenango Valley State Park

In 1827, lumberman Gideon Lounsberry cleared and settled the land now occupied by Chenango Valley State Park (CVSP) and from early settlement to state acquisition the area has had many owners. In 1927 the State Parks Commission acquired the property from the executors of the War-

ner's Estate and CVSP was opened to the public in 1930. In 1933 intense construction activity began as the Civilian Conservation Corps (CCC) undertook many projects, which included dam construction to enlarge the lake and introduce electricity, a luxury in rural America at the time. The CCC built a 9-hole golf course, which is now a Pro- PGA Class A 18-hole, Par 72, 6432 yard course with pro shop, clubhouse, bar, restaurant and snack bar. The 1185 acre Park has two glacially formed lakes, Lily and Chenango, and new swimming facilities were constructed in 1960.

In 1996 CVSP received a gift of 2.5 acres along the Chenango River. This land includes remnants of the Chenango Canal and Lock #107, the only one remaining in Broome County. This land acquisition was expedited by the Friends of Chenango Valley State Park. The Park facilities include: 185 campsites, 24 cabins, interpretive center, 4 pavilions, PROJECT ENRICH! teaching trail, nature trails, playgrounds and ball fields, picnic areas with tables and fireplaces, hot showers, flush toilets, trailer dumping station, rowboat and kayak rentals.

An ice-age wonder, CVSP beckons visitors to explore the shorelines of its kettle lakes, hike along a glacial ridge or relax in the quiet beauty of this woodland paradise. Trees include Red and White Oak, Red and Sugar Maple, Eastern Hemlock, White Ash, American Beech, White and Yellow Birch and Black Cherry. Mammals include Deer, Rabbit, Black Bear, Flying and Gray Squirrel, Gray and Red Fox, Woodchuck, Eastern Chipmunk, Raccoon, Coyote, Skunk and Beaver. Birders can expect Woodpeckers, Nut Hatches, Warblers, Tanagers, Herons, Ducks, and Kingfishers. The NY State Bird, Eastern Bluebird, frequents the golf course clubhouse area, where nest boxes have been placed. A Bird Checklist is available in the Park office. Rainbow & Brown Trout, Smallmouth Bass, Yellow Perch and Brown Bullhead are found in Chenango Lake.

Schedule, Lodging Information, and Registration Form on pages 8-11

New Forever Society Members

Thanks to **Colleen Townsend and Harold "Pete" Stapleton**, who took out the 44th membership in the Forever Society, and also to **J. Joe Cobb (#45)** for joining the FLT Forever Society at our Spring Weekend. FLT Forever Society members have given at least \$1,250 designated to go into the Sidote Stewardship Fund for Trail Protection. As you know, our mission calls for us to make sure that our trail will be here "Forever," and donations to this fund in any amount will support that mission.

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!**

Anonymous Donation

The Finger Lakes Trail Conference received an unexpected gift of \$2,000 for Trail Maintenance. The timing was perfect as we recently found out that some expected grant money for our 2011 trail projects will not be forthcoming. The FLTC wishes to thank this wonderful "Trail Angel" for this very generous gift.

Exercise and Aging

by Sharon A. Brangman, M.D.

Dr. Brangman is Professor of Medicine and Division Chief of Geriatrics at Upstate Medical University. She is Medical Director of the CNY Alzheimer's Disease Assistance Center, and currently serves as President of the American Geriatrics Society.

Many people think that the key to successful aging is to look as youthful as possible. They spend a lot of time and money on hair coloring, Botox injections, breast augmentation and other types of plastic surgery. These people are missing the opportunity to age successfully by focusing too much on these superficial markers of "youth". Successful aging does not mean that we enter our older ages without any medical problems, wrinkles, aches or pains. It means that despite the physical changes and medical problems associated with aging, we can still function and maintain our independence while enjoying a good quality of life. One of the best ways to age successfully is well within our control—it is regular exercise. Exercise is probably the most important thing you can do to fight the aging process.

There are many benefits to exercise that become even more important as we get older. Regular exercise is one of the best things you can do to improve your circulation, increase muscle strength, and stabilize the bone loss associated with osteoporosis. The terms physical activity and exercise are often used interchangeably, but there are distinct differences between being physically active and exercising. Physical activity and being physically active means that you are moving your muscles and expending energy as you go about your daily routine. You are physically active when you walk your dog a few times a day, or you choose a parking spot far away from the entrance to the mall so that you have to walk just a little bit more. Someone who is physically active might take the stairs instead of the elevator or mow their own lawn instead of hiring this chore out.



Physical activity can occur in spurts, or it can be sustained over a period of minutes or hours. Exercise, on the other hand, is a structured and repetitive activity that is done with the goal of improving or maintaining overall fitness and health. Physical activity and exercise are linked together, and both are very important for older adults who want to age successfully.

A growing body of research suggests that regular exercise can improve memory and attention and help our brains process information faster. Memory loss is not a normal part of aging, but many of us will find that it takes longer to process and retrieve information as we age, compared to when we were younger. We have all had the experience of running into a person we know at a store or social event, but we simply cannot remember their name at that moment, only to remember it after the encounter is over. This is an example of the slow retrieval of information that may actually improve over time with regular exercise. Brain activity may improve even more when aerobic exercises like walking or swimming are combined with strength training. It is important to remember that it is not necessary to run marathons or bench press really heavy weights to see these results. Exercises as simple as walking or hiking and sensible weight lifting are enough to reap the benefits of these activities. The mechanisms that help memory and

brain activity improve with exercise are not clear, but it may have to do with the beneficial effects of increased blood flow to the brain that occurs during exercise, and the positive impact this has on the brain chemicals that strengthen the connections between nerve cells.

Exercise creates an internal environment that reduces inflammation in our bodies. Ongoing, long term inflammation has been associated with a number of illnesses including heart disease, strokes, and dementia. It is not clear exactly how it works, but regular exercise can reduce the levels of some of the inflammatory chemicals that circulate in the brain and bloodstream that are associated with many of these age-related diseases.

Regular exercise also reduces the risk of falls. Each year, falls are responsible for a significant amount of injury and even death in older adults. New guidelines recently released by the American Geriatrics Society indicate that adults who regularly exercise can reduce their risk of falling. Exercise programs that combine balance exercises, strength training, flexibility, and aerobic activities may be especially helpful in preventing a fall. It is interesting to note that the regular practice of Tai Chi may give older adults particular benefit when it comes to fall prevention.

Many older adults notice a change in their sleep habits as they age. Typically, we do not require less sleep as we get older, but may find that it takes longer to fall asleep and is more difficult to stay asleep. Aging may also lead to many adults spending less time in the deepest, most restful stages of sleep. Most sleeping medications have negative side effects when used regularly, and can be particularly dangerous to take the older we get. Exercise can help improve sleep habits because by using muscles and

(Continued on page 22)

Photo: Ralph G. Baker



Officers and members of the Board of Managers pictured after the May 21, 1966, meeting at Chanticleer Motor Lodge, Geneva. From left, first row, are Paula Strain (President), Helen McBride, Frances Jacobi and Wallace D. Wood. Next two rows: Carlton Wright, John Beverage, Charles Embree, G. Frederick Mohn, Gary Klee, Ervin Markert and Ralph G. Baker.

Ralph G. Baker

We learned recently of the passing of the last charter member of the FLTC. Ralph Baker served on the Board of Managers from 1965 to 1968. He was listed as the official photographer for the Trail Conference and indeed many of his photos graced the early issues of the newsletters. The most important thing was that he made sure the folks in these photos were identified, while we have many other photos from the

early years that are completely without explanation of even the places depicted. Ralph did a lot of trail work in those early years and he was still at it in the early 1990's. Ed Sidote remembers him helping build trail in Bullthistle country on the McGraw/Marathon road section. Ralph operated a chain saw and Ed picked up the sawed pieces.

— Georgeanne Vyverberg

Protect Yourself from Tick-carried Diseases

The incidence of Lyme disease has been increasing in our area. You know what they say about “an ounce of prevention.” Some things you can do to protect yourself while hiking:

- Wear long pants and long sleeves
- Wear gaiters or tuck your pant legs into your socks
- Wear light colored clothing to make it easier to spot the ticks
- Use insect repellent
- Check your skin and clothes daily for ticks, which range from the size of a poppy seed to pea-sized, being sure to do a complete body check, including groin and scalp. If ticks are removed within 36 hours, infection is unlikely to occur.

Faces of the FLT

Cate Concannon



Age: 41

Birthplace:
Rochester, NY

Residence: Geneseo

Occupation:
Project Coordinator
at the Center for
Community Health at the University
of Rochester Medical Center

Favorite outdoor pursuits: Hiking (of course!) and I have recently gotten into kayaking and crew. I have a yard for the first time and enjoy planting and working in the garden.

Other interests: I am a part time graduate student, pursuing a Masters in Public Health, which takes up a fair amount of time. I am also working with a group of people in Geneseo to open a Farmers' Market this year. I enjoy reading, games, photography and movies, and travel when time and money allow.

How I “met” the FLT: I moved to Binghamton in 2005, after having lived away from New York for 14 years. I had never heard of the Finger Lakes Trail, but joined the best hiking club around, the Triple Cities Hiking Club, and began to hike on the trail while living there. Binghamton has great proximity to much of the trail, and I was lucky to have spent time in that area and with the club.

Relationship to the FLT: I am on the Board of Managers for the FLTC.

Favorite section of the trail: It is too difficult to choose a section; there is so much variety and it surprises me so often.

Memorable FLT experience: After moving back to Rochester in 2008, I wanted to hike but didn't know many people. The younger members of the ADK were looking for hike leaders, so I bought the Bristol Hills Trail maps and led a hike series for that trail. Not only did I meet some nice people who I continue to hike with today, I also met Dave, my lifelong hiking partner, on one of the hikes I led.

Thanks to Jon and Kathy Bowen and members of the ADK-ON Chapter who hosted our Spring Weekend at Cazenovia College on May 20-22. We had over 160 people in attendance and the evening programs by Noah Brown and Joan Young were excellent. Please join us for our Fall Campout at Chenango Valley State Park hosted by the FLT Bullthistle Hikers on September 30-October 2. Registration materials are here in the *FLT News* and on our website.

Congratulations to Jo Taylor, our newest Wally Wood Award recipient. Jo has been our newsletter editor for nine years, and I'm sure most of us have no idea what it takes to put together four issues each year. Thanks, Jo!

I think I created a monster. Roger Hopkins kept bugging me to order orange hats with the FLT logo, so to "shut him up" I ordered a dozen. When he came past the FLT store at the Spring Weekend, I made sure that he purchased the first one. Next thing I knew, others were buying them, too, so that they could become charter members of the "Orange Hat Society." Jacqui Wensich did the official photograph of the group just before our evening program on Saturday. We sold all twelve, but I've ordered more, so you, too, can become an Orange Hat member, but I think the charter members might be a little bit elitist.

We have a new FLT brochure. We were nearly out of our old "Tie Up Your Laces" brochure. We had distributed near 70,000 of them over the past three or four years, but now it was time to update. We have posted the new brochure on our website if you'd like to see or download it. I'd like to thank Steve Catherman, Joe Dabes, Phil Dankert, Don McClimans, Lynda Rummel, Irene Szabo, Jackson Thomas, Jacqui Wensich and Jay Zitter for the assistance they gave in its development. I think this is a promotional piece that we can all be proud of.

Our new Passport patch is in. We designed a three-part patch in anticipation of doing two

From the Desk of the Executive Director

.....
Gene Bavis



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



Dot Rice

Having some fun at the Spring Weekend: Pictured here are nine of the twelve charter members of the impromptu Orange Hat Society. Front row: Rich Breslin, Deb Uttech, Jacqui Wensich, Pat Monahan. Back: Warren Johnsen, Roger Hopkins, John Andersson, Tim Wilbur, Mark Hopkins.

more Passports: one for the west end of the trail and one for the east. Each patch can "stand alone" but when you put all three together, it makes a very nice 4" x 9" patch. If you live in the central area of our trail and haven't picked up your Passport booklet, ask at your local Wegmans service desk or get one from one of our other sponsors. It is also available on our website. You need to do a minimum of four hikes to earn the patch and sponsors' coupons, but if you do at least ten of the hikes

before October, you will also be eligible for a drawing for a larger prize.

I am sad to report that we lost our last remaining charter member on May 8. Ralph Baker of Groton, NY, had been a continuous member for 49 years. Please see the article on page 5.

During 2010, trail volunteers logged nearly 25,000 hours! Without these dedicated people, there would be NO Finger Lakes Trail. THANK YOU!

Please save June 15-17, 2012, for our 50th Anniversary celebration at Keuka College. We have a blue ribbon committee working on planning an excellent program for you. We'd love to set a new attendance record for an FLT event, so we hope that you will join us. □

Gene Bavis, Executive Director
genebavis@me.com

315/986-1474 (home office)



Three-part Passport Patch

The 2011 Wally Wood Award to Jo Taylor

by Irene Szabo



Jacqui Wensich

Jo in audience at award presentation smiling because Irene said Jo, the cruel editor, snipped some of her passages that she deemed "inappropriate."

The annual award named after our founder, Wallace Wood, is reserved for a volunteer whose special contributions to the overall wellbeing of the Finger Lakes Trail have been major, continuous, and over a long period of time. This year your Recognitions Committee and the FLTC Board of Managers are happy to honor Jo Taylor.

For nine years now you've been enjoying our really good organization magazine, the *Finger Lakes Trail News*, perhaps without ever noticing the name of the editor, Jo Taylor. But she's like that, too, quiet and happy to remain relatively anonymous, even when she's volunteering to lead a subgroup of one of the county series hikes, for instance.

Tom Reimers was our previous editor for ten long years, and brought our newsletter into the age of desktop publishing, with better layout, graphics, and photo reproduction. Many of us went into a cold panic when he announced his retirement from that long job, but sent out a request for a new volunteer with timid hope. Jo was one of those who raised a hand, and we

are all immensely glad she undertook this job! Since her tenure began, our magazine has grown in size and quality, now including color pages and cover. As its popularity and appeal grows, so, too, has the volume of contributions, so that she now often has articles in the hopper, waiting for future space! That's the happy result of an improving magazine, that the more readers like it, the more they want to contribute.

Now that I am deeply involved in magazine production myself for the North Country Trail Association, I can appreciate more than ever Jo's contribution to our own *News*. "All" I

(Continued on page 22)

Thank You!

The Wally Wood award belongs at least equally to all of you who have contributed the content, which is what makes the *News* lively and informative. Whether it was articles, photos, letters to the editor, cartoons, haiku, or a crossword puzzle, I thank you! I would especially like to thank my predecessor Tom Reimers who set the standard. He served as editor for ten years and challenged me to do the same. I also thank my friend and editorial assistant Sharon Galbraith who has pruned and edited some of the most tangled pieces, and Irene Szabo who has contributed more words than anyone else, has proofread every issue, and is always on the lookout for material for the *News*. I look forward to more suggestions and contributions. Keep them coming!

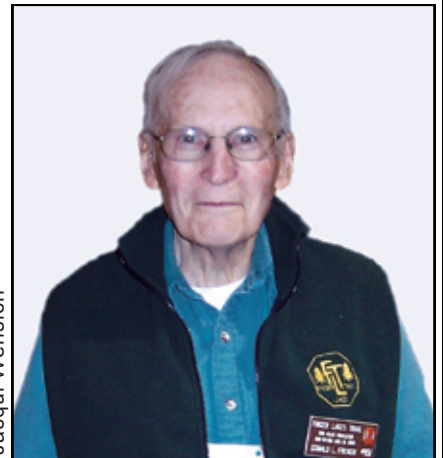
— Jo Taylor

Hiking with Don French

Donald French of Hornell, an FLT Life Member, long-time Trail Sponsor, car spotter and End-to-Ender passed away on March 6, 2011. Don is father of Kim Meacham and father-in-law of FLTC Board Member, Terry Meacham. Hiking together, the three completed the main trail in 2002 (Kim #149, Terry #150, Don #151) and the branches in 2006 (Terry #42, Kim #43, Don #44).

Don French hiked into our lives while we were working on our end-to-end badges. He finished before we did but hiked several counties with us. After he had his badge, he would meet us at a trail head and transport us in his van to our start. No matter what the hour or the weather conditions—once, memorably, in a snowstorm—he was there for us. When we decided to hike the branch trails, Don was with us most of the way. We finished together in 2006.

Whether hiking with us or transporting us, Don exhibited his gentle humor. Once, while I was "resting" on a steep downhill, wishing I could quit, he came along, sat down beside me and said, "I quit."



Jacqui Wensich

That, of course, got me back on my feet. How could I let him sit there? I had to move so he would! What a gentle way of telling me to get a move on!

I remember when we finished the Conservation Trail in the rain and posed for pictures with the rain diluting our champagne.

Don was a gentle man who lived his life with grace. Knowing him enriched our lives immeasurably. I can see him now, standing quietly in the background with a twinkle in his eye.

— Sharon Galbraith

2011 FLTC FALL CAMPOUT - PROGRAMS

Friday, September 30, 2011

PIZZA BUFFET & SALAD, BYOB, SING-A-LONG MUSIC, CATCH UP WITH FRIENDS, ENJOY THE FIRE, FUN!!

Folk Singer/songwriter Fred Gee will lead a sing-a-long. According to Entertainment Weekly, "Fred Gee will remind many listeners of Pete Seeger, in voice and sincerity of delivery."

Saturday, October 1, 2011

Saturday evening's program will feature Chuck D'Imperio, a long-time broadcaster at WDOS/WSRK Radio, which serves Central New York from Oneonta. He has been a contributing writer for national and state magazines and for the Gannett News Corporation. Presently he writes a bi-weekly column for the Daily Star in Oneonta. Chuck has had a long love of history and New York State folklore and has been researching the graves of the famous in New York for the "Great Graves" book. His popular articles, titled "Where Legends Lie," were featured in *New York Alive* and *Kaatskill Life* magazines for years. He has authored three books about his hometown, Sidney, New York, the latest being "My Hometown is a Cathedral". He was inducted into the New York State Country Music Hall of Fame as "DJ of the Year" in 2000. He is a bona fide 1977 winner of the classic TV program, "The Gong Show", receiving a perfect score for his powerful and touching rendition of "Bad, Bad LeRoy Brown" while singing naked in the shower on national television! He and his wife, Trish, reside in Oneonta, New York. They are the parents of Frances, Katie, Abby and Joey. They are also the owners of Cooperstown Walks!, giving guided walking tours of historic Cooperstown, New York.

Chenango Valley State Park Phone: (607) 648-5251

Address: 153 State Park Road, Chenango Forks, NY 13746

SCHEDULE

Friday, September 30, 2011

12:00 PM - 2:00 PM (various start times) - Assorted Hikes (See Hike Schedule for times/locations)

6:00 PM - Dinner – Pizza, Salad, Music & Fun (see Meal Details) at Pine Grove Picnic Area

Saturday, October 1, 2011

7:00 - 8:30 AM – Breakfast (see Meal Details) Pick up Box Lunch at Pine Grove Picnic Area

8:15 - 9:30 AM (various start times) – Assorted Hikes (See Hike Schedule for times/locations)

4:00 PM – Board of Managers Meeting

6:30 PM – Dinner with Appetizers – (see Meal Details) at Pine Grove Picnic Area. Dinner will be followed by an evening program featuring Chuck D'Imperio.

Sunday, October 2, 2011

7:00 - 8:30 AM – Breakfast (see Meal Details) Pick up Box Lunch at Pine Grove Picnic Area

9:00 - 9:30 AM (various start times) – Assorted Hikes (See Hike Schedule for times/locations)

DIRECTIONS:

From BUFFALO-ROCHESTER: Take Thruway I-90 to Exit 46; Rte 390 South to Rte 17 East to Interstate I-81 North. Follow I-81 North to Rte I-88 East to Exit 3, Port Crane, then Rte 369 North to Park entrance. **From ALBANY:** Take Thruway I-90 West to Exit 25A Schenectady. Follow Rte I-88 West to Exit 3 to Rte 369 North to Park entrance. **From BINGHAMTON:** Take Rte I-81 North to Rte I-88 East to Exit 3, Port Crane, to Rte 369 North to Park Entrance.

**2011 FLTC Fall Campout Hike Schedule
Chenango Valley State Park**

Friday- 9/30/11 (If it is more convenient to meet at the end point for hikes 1, 2, or 3, please indicate and we will send you directions and times.)

1. Map 27 - From parking area on County Road 27 to NY Route 8. Some steep hills. Interesting lean-to location, striking rock formations. 5.8 miles. Moderately strenuous. Leaves campground at 12:00PM
2. Map 24 - From NY 220 to Tower Road. Pleasant Hike. Goes through Bowman Lake State Park. 5.7 miles. Moderate. Leaves campground at 12:15PM
3. Map 26 - Town Line Rd to parking lot in Bainbridge. 6.2 miles. Moderate. Leaves campground at 12:30PM
4. Chenango Valley State Park bat houses loop. 2 miles. Easy. Starts at campground at 2:00PM

Saturday-10/1/11

5. Map 27 - NY Rte 8 to Masonville. 11.5 miles. Moderately strenuous due to length. Leaves campground at 9:00AM
6. Map 24 - From NY 220 to County Route 3. Moderate. 6.1 miles. Leaves campground at 9:30AM
7. Map 25 - Town Line Rd to Brooks Bank Rd. Goes through Wiley Brook State Forest and Basswood State Forest 6.5 miles. Moderate. Leaves campground at 9:15AM
8. Map 23 - Tower Road to NY Route 23. Moderate. 6.2 miles. Leaves campground at 9:00AM
9. Map 30 - NY Route 206 to Berry Brook Rd. 6.2 miles. For those looking for steep terrain, mountains. Strenuous! Leaves campground at 8:15AM (Indicate if you would like to be contacted for alternate meeting location)
10. Chenango Canal Loop Hike. Hear some history of the Chenango Canal and see some of its remaining parts. 6 miles. Moderately easy. Starts at campground at 9:30AM

Sunday-10/2/11

11. Map 26 - Bainbridge to Masonville. Sunday is the best time to do this hike. It begins and ends with road walking with some hills in between. Enjoy the beautiful view of the Susquehanna River Valley. At the end of the hike reward yourself by visiting Masonville hiker-friendly Country Store. 9 miles. Moderately strenuous. Leaves campground at 9:00 AM
12. Map 25 - Brooks Bank Road to County Route 3. Moderate. 9.5 miles. Leaves campground at 9:15AM
13. Explore another local lake, Long Pond. A beautiful, diverse primitive state land and recreation area. Learn the history of this once thriving dairy farm from Don Windsor, historian, bird watcher, and long time Bullthistle hike leader. 4 miles. Rolling terrain, moderately easy. Leave campground at 9:30AM

Notes for all hikes: Fall color to be determined by Mother Nature! Hike levels are an estimate only!

2011 FINGER LAKES TRAIL CONFERENCE FALL CAMPOUT

September 30 to October 2, 2011

Chenango Valley State Park, 153 State Park Rd, Chenango Forks, NY 13746

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

REGISTRATION (You may copy this form, please only one individual per form.)

Name: _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Mobile Phone: _____ Preferred Name on badge: _____

End to End Badge # _____ (if applicable, please wear badge) Chapter/Club Affiliation _____

REGISTRATION FEE: FLTC or Bullthistle Club Member **\$10.00** OR Non-FLTC Member **\$15.00** \$ _____

LODGING (See choices on next page) Type Requested: _____ \$ _____

CHOOSE ONE – Meal Package OR Select Individual Meals Please check here ☐ if Vegetarian

Meal Package **\$70.00** (includes all meals) \$ _____

OR Select Individual Meals: (See more meal details on next page)

Friday Dinner **\$12.50** Assorted Pizza, Caesar Salad, cookies, water, soda \$ _____

Saturday Breakfast **\$12.00** Scramb eggs, bacon, ham, homefries, pancakes, Danish, fruit \$ _____

Saturday Lunch **\$8.50** (Circle Choice) Turkey Club / Ham / R Beef / Tuna \$ _____

Saturday Dinner **\$23.00** Appetizer, R Beef, Stuffed Sole, Italian Chicken, Potato, Veg \$ _____

Sunday Breakfast **\$12.00** Scramb eggs, bacon, ham, homefries, pancakes, Danish, fruit \$ _____

Sunday Lunch **\$8.50** (Circle Choice) Turkey Club / Ham / R Beef / Tuna \$ _____

Total enclosed \$ _____

Make checks payable to: **FLT-Bullthistle Hiking**

Mail to: **FLTC Fall Campout, c/o Phil Metzger, 120 Thompson Creek Rd, Norwich, NY 13815**

HIKES: Please check the hikes you plan to participate in (See attached Hike Schedule.)

Fri: 1__ 2__ 3__ 4__ Sat: 5__ 6__ 7__ 8__ 9__ 10__ Sun: 11__ 12__ 13__

Liability Waiver – 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 the FLT Bullthistle Hikers Club 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 all are fully responsible for their own safety and selecting activities that are consistent with their physical capabilities.

Signed _____

Comments: _____

Please register by the **September 15, 2011 DEADLINE**

Questions? Contact Phil Metzger @ 607-334-2407

FLTC Fall Campout, Sept. 30 - Oct. 2, 2011

(MAIL THIS PAGE WITH PAGE 1 OF REGISTRATION)

LODGING Options: (Check choice of Night(s) & Type Accommodation) Friday ____ Saturday ____

1. Cabin ____ (Sleep 6 (2 bunk beds, 1 dbl bed), ½ bath, sm. kitchen w/fridge) Cost = \$95 (covers 2 nights)

Reserved by: 1 _____ **Cabin Mates:** 2 _____ 3 _____

(if known) 4 _____ 5 _____ 6 _____

OR

2. Tent/RV Site ____ Cost = \$15 / night / site (Limit 3 tents per site)

Reserved by: 1 _____ **Tent/RV Mates:** 2 _____ 3 _____

(if known) 4 _____ 5 _____ 6 _____

OR

3. Motel/B&B: ____ (I understand I must make my own reservations/payment) Some motel options:

Fairfield Inn Binghamton – (607) 651-1000, 864 Upper Front Street, Binghamton, NY

Comfort Inn – (607) 724-3297 - 1000 Upper Front Street, Binghamton, NY

Super 8 Binghamton – (607) 773-8111 - 650 Front Street, Binghamton, NY

OR

4. No Lodging needed: ____

Meal Details:

Fri Dinner – Pizza Buffet (mushroom, pepperoni, plain, or onion), Caesar Salad w/dressing on side, assorted cookies, bottled water or assorted soda.

Sat Breakfast – Scrambled eggs, bacon, ham, home fries, pancakes, fresh fruit, assorted Danish & muffins, coffee, assorted juices.

Sat Lunch – Assorted boxed lunches made fresh: **turkey club** w/lettuce, tomato & bacon or **country ham** w/lettuce, tomato & cheese or **roast beef** w/lettuce & tomato or **tuna** w/onion & celery; salad, potato chips, cookie, beverage.

Sat Dinner – Appetizer (Swedish meatballs, cheese, crackers, pepperoni), Choice Roast Beef, Stuffed Sole w/scallop & crab, chicken Italian style, oven potato, green beans almandine, assorted cakes for dessert, coffee, bottled water.

Sun Breakfast – Scrambled eggs, bacon, ham, home fries, pancakes, fresh fruit, assorted Danish & muffins, coffee, assorted juices.

Sun Lunch - Assorted boxed lunches made fresh: **turkey club** w/lettuce, tomato & bacon or **country ham** w/lettuce, tomato & cheese or **roast beef** w/lettuce & tomato or **tuna** w/onion & celery; salad, potato chips, cookie, beverage.

Cortland County Hike Series 2011: Group Hiking at its Best

by Karen Serbonich , Hike Series Coordinator

One hundred fourteen new and returning hikers signed up for the 2011 Cortland County hike series. Past hikers of this county have indicated it to be on the more strenuous side with steeper climbs and descents over shorter spans and since I only have the Chenango County FLT to compare it to under my belt, I would have to agree. The terrain is diverse, beautiful, and the trail well maintained. After three hikes we have completed 40% of the 58.4 miles in the series.

The camaraderie of hikers moving at the same pace, commiserating over the same challenges, celebrating the same accomplishments and enjoying the trail should not be missed. I have to admit, I feel a little guilty sitting at a sag wagon stop, relaxing in my lawn chair, reading a book as you arrive sweaty and often muddy from the trail, but only a little! I am stock piling some great memories from this year already: the wind, rain and cold from the April hike, the hillside of trillium, the hike of movie set recollections, Waldo sightings, left-behind hiking poles, fast hiker competition and the p-style (look it up online). Hiking with the series can be educational as well as a great form of exercise. If you have thought about participating, don't hold back. In 2012, we will be in Tompkins County and I have already agreed to lead you through my current home county. Up next in Cortland County will be Hoxie Gorgeous (11 miles). □

Top two photos, April. Bottom three, May. What a difference in the weather!

Below: Karen, relaxing in her lawn chair, reading a book, while waiting for hikers at the sag wagon station..



Series coordinator Karen Serbonich (right) and her capable assistant, Jennifer Wilson.



Photos by Jacqui Wensich

FLTC Spring Meeting at Cazenovia College

by Jon Bowen, ADK Onondaga Chapter

One hundred sixty-six people descended on the beautiful Cazenovia College campus May 20-22 for the annual FLTC Spring Weekend. Despite the extremely rainy spring weather this year, Mother Nature was cooperative and provided rain-free hiking. The Onondaga Chapter of the Adirondack Mountain Club (ADK-ON) were our hosts for the weekend.

Participants selected hikes led by ADK-ON members that ranged from the easy Canal Museum tour and wildflower stroll through strenuous ten-mile hikes over hilly terrain. This year the Cortland County Hike Series, coordinated by Karen Serbonich, hiked sections on both Saturday and Sunday.

Programs this year included FLTC's Jane Gram's yoga session that was well attended, even at 6 a.m. ADK-ON member Ken Kaufman's story telling was another hit and had 45 to 50 people attend. Friday evening Noah Brown, a local physical therapist and avid hiker, explained injuries caused by hiking and exercises for participants to use to avoid injury. Joan Young's excellent power point presentation about her completion of the entire North Country Trail on Saturday evening capped off the weekend.

Another highlight of the Spring Weekend is always the presentation of the Wally Wood award to an individual for their dedication to the Finger Lakes Trail. This year's very deserving honoree, introduced by Irene Szabo, was our editor of the *FLT News*, Jo Taylor. □



Jacqui Wensich

Above: Physical therapist, Noah Brown.

Right: Theresa Evans shopping at the FLT store



Above: It was great weather for socializing outdoors on into the night.

Right: Saturday speaker, NCT end-to-ender Joan Young



Far left: President Pat Monahan draws a ticket for the 50/50 raffle. Left: And it's his ticket! He donated his winnings to the Crystal Hills Trail fund.

All photos except top one by Jackson "Jet" Thomas

Map B3: turning lemons into lemonade

by Irene Szabo

The south end of the Bristol Hills Branch, in the hills northwest of Hammondsport, was built by Coe and Mary Coykendall in 1967 (Mary's obituary appeared in the fall 2010 *FLT News*), and included several tenths of a mile of private access to a long state forest walk, heading west from Two Rod Road toward what has been "Granma's Camp" for twenty-two years now. (This spot memorializes Irene Szabo the First, not Mary's grandmother.)

After forty-three years of permission to walk that private land, new owners last fall wanted the trail closed from early October through late December for hunting, cutting us off from almost three nice miles of state forest westward to County Rd 13. While this happens in spots all over the state with frustrating frequency, this was one case where we actually had a viable route alternative, a rare luxury. Since the new owners were also going to log the bigger trees in the near future, in addition to the long autumn closure, there was plenty of inspiration to build a new route all in state forest. The best feature of this stretch had been the old hemlocks and oaks, and now they are going to come down anyway.

The affected trailhead was just south of the crossroads of Hungry Hollow and Two Rod Roads, so now the trail turns west onto Hungry Hollow for a few hundred feet uphill, then enters state forest directly for a nice easy walk through varied woods to rejoin the old route just east of Granma's Camp, about a half mile. State forester Gretchen Cicora reviewed the proposed route last fall, made some adjustments to avoid run-off utilizing the cleared path, and performed the necessary paper battle required to change our route. We are grateful.

No longer do we have to walk down a long steep hill into a stream gully, only to climb the other side. No longer do we have to slop through considerable wet mud in a wet portion



Irene Szabo

November 2010, building the reroute to Granma's Camp. Gin Shear on left and Sue Slate learn the hard way about the limitations of bow saws. They're a great tool, but the frame does impose a limit on the size of the log that can be cut. We step over this log today. It's okay.

in the state forest, where aspens uprooted with vicious regularity. Nor do we have to leave the old Two Rod trailhead through another swampy wet spot before climbing out of that muck'n'mire.

I once asked Mary Coykendall why she had chosen to leave the road at that low level, rather than up on the hillside above, still the same property.

She loved the marsh marigolds that bloomed in that goopy stretch, so out of respect for her I left the trail there. Well, good news, Mary, if your spirit still walks here: from the new route you can still look down into the same stream gully farther along, from the high dry north side, onto blooming marsh marigolds! □

New Life Members

Jane T. Conklin
Donna Flood
Sue DeGeorge
Chris Hotchkiss
John Robortella
Melanie Okoniewski
Mike Cunningham
Don Holman
John Abbott

New Family Life Members

Ken & Margaret Reek
Michael, LouAnne, Caroline & Madeline Tenkate
Eugene & Georgiane Binder
John & Judy Wint

Wildflowers along the Trail, #34: Take a close look

RWW Taylor

The months of April and May are the dazzle time for woodland wildflowers, with species after species striving to strut their blooms, often in vast profusion, during the brief period when they enjoy a competitive advantage and can accomplish the new year's cycle of propagation. Many of the individual flowers appearing in this flagrant springtime array are striking, and cannot be missed even by the casual observer: prominent three-parted trilliums, bright-colored five-petaled wild geraniums and buttercups, the deep-colored, irregular blossoms of the speedwells and violets.

Among all this bright show, however, there is much going on at a quieter level, shows aimed not at the human eye but instead directed toward attracting the payoff—the natural pollinators that are needed to carry on the survival of the species for another year. This background show includes in particular many flower displays consisting of clusters of small white flowers that can easily escape the attention of the casual passerby, but which are well worth seeking out.

Included in the less conspicuous group of spring wildflowers is the small Canada mayflower (also called wild lily-of-the-valley), bearing two roundish close-to-the-ground leaves and a small terminal spike of tiny white blossoms. Lack of size is made up for by the great numbers in which this flower can sometimes be found in bloom. A larger and more solitary plant, the false Solomon's seal (a number of different species of which can be found blooming in our spring woodlands) bears a similar terminal spike of tiny white blossoms.

Mayflowers and Solomon's seal (false or otherwise) are monocots—in fact, members of the lily family. There are also dicotyledenous species whose springtime blooms appear to the eye as dainty clusters of small white flowers. One of the most gratifying sights to run

into along the trail is a little group of flowering specimens of one such species, the low-growing dwarf ginseng (a northern relative of the larger American ginseng plant, esteemed and often hunted out for its supposed medicinal virtues). Each plant bears a whorl of three basal leaves surmounted by a dome-shaped mound of tiny white blooms. Taller woodland dicots displaying clusters of diminutive white springtime flowers are the baneberries. There are two different species of this plant; red baneberries sport roundish clusters of bloom that later turn into clusters of bright red berries, while white baneberries display elongated clusters of bloom that will eventually produce striking stalks of “doll's eyes” scattered through the woods.

A quite different physical structure is represented by the foamflower (*Tiarella cardifolius*) which sends up a stalk of frothy white blossoms from a basal cluster of somewhat heart-shaped

leaves. Foamflower can sometimes be seen blooming in great abundance, carpeting whole sections of the springtime trailside.

Another name for foamflower is “false miterwort” because of its general resemblance in plant structure and in time and location of blooming to the true miterwort (*Mitella diphylla*), which also bears stalks of small white flowers but is immediately identifiable by an opposed pair of distinctively-shaped stem leaves. The name of this plant derives from the shape of the seed capsule, which resembles the miter traditionally worn by bishops in the Roman Catholic church. A close look at the individual flowers (perhaps with a hand lens) will disclose a beautifully intricate, snowflake-like structure. Miterwort (also known as bishop's cap) is a less common find along our spring trailsides, but can certainly be found in bloom there on occasion by those keeping their eyes open as they walk. Remember to take a close look! □





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

Regional Trail Coordinator **Rick Roberts** has been busy recruiting new volunteers in the Catskill Region to maintain sections of our trail through some pretty rough terrain, as well as some road walk sections.

- **Karl Heidenreich** and his sons from Franklin, NY, have graciously agreed to adopt the 9 mile road walk between CR 27 at the Cannonsville Reservoir and SR 10 near Walton in Delaware County on Map M28. Karl's section follows two county routes and three town roads and includes a spectacular view to the west from the top of Cross Road hill at 1930'. By handing off this section to Karl, Rick has put himself in a position to have more time to explore options for moving the trail off road, one of which involves NYC DEP lands. Hopefully, there will be more to report on this in a future article.
- **Brent Houston** from Delhi, NY, is the new sponsor of 4 miles of trail including portions of the Trout Pond and Campbell Mountain trails beginning at Campbell Brook Road in the Delaware Wild Forest region of the Catskill State Park on Map M30 and ending at SR 206. Brent's section of trail is of the rugged variety, traversing up and down over two high points of nearly 2500' each while passing Campbell Mountain lean-to before descending to SR 206 at 1850'.
- The **Catskill Mountain Club**, for which Rick serves as a board member, has accepted responsibility for the 2.5 mile piece of the Middle Mountain Trail between Mary Smith Hill Road and Beech Hill Road also located in the Delaware Wild Forest on Map M30. This is no slouch of a hike either, cresting Middle Mountain at 2975' with a vista to the southeast, and then topping out on Beech Hill at 2844'. Now if we could only find a sponsor for the Mary Smith Trail over Mary Smith Hill, probably one of the toughest hikes in our trail system, but one with the reward of yet another exceptional view at the top. Sign up here!

On a related note, Rick Roberts and I attended the first annual meeting of the **Catskill Trail Partners** this spring at the Catskill Center in Arkville, NY. The purpose of this meeting was to bring together organizations and agencies that maintain and manage trails and other recreational

facilities within the Catskill Forest Preserve. Attendees included representatives from the NYSDEC Regions 3 and 4, the Catskill Center, the NY-NJ Trail Conference, the Catskill 3500 Club, the Finger Lakes Trail Conference, the Catskill Mountain Club, the Catskill Fire Towers group, the Ulster County Trails Advisory Committee and the Rip Van Winkle Hikers. The biggest takeaways from this meeting included the development of a communication network among the partners to coordinate trail maintenance activities and projects in the Park in order to bridge gaps and promote further trail development.

2010 Trail Census

Each year, at the end of the season, we ask our Trail Sponsors and other volunteers to summarize, record and report their time spent working on, traveling to, and performing administrative duties for the trail. The summary of these hours is then presented to the public agencies that host our trail, the North Country Trail Association whose trail coincides with ours for over 400 miles, and our FLTC Board of Managers. The documentation of this time is important in verifying our volunteer labor share for various

(Continued on page 17)

Trail Topics, continued...

grants we receive and for protecting our trail through public awareness of its level of use and the need for continued support at the state and federal levels. With that said, I thought some of you may be interested in hearing a summary of some of the hours spent on our trail last year:

- Trail work = 14,561 hours. Travel time = 4146 hours. Admin. duties = 6134 hours.
- Public lands = 13,991 hours. North Country National Scenic Trail = 11,165 hours.
- **Total FLTC volunteer commitment of time = 24,841 hours.**

The Skyline Trail and the Lithuanian Loop

By the time this newsletter hits your mailbox, there should be two new trails added to the Finger Lakes Trail System, the Skyline Trail and the Lithuanian Loop. The **Skyline Trail** is an existing spur trail that originates at Tinker Falls in Labrador Hollow State Unique Area on Map O1 near Tully in Onondaga County. The trail leaves the Onondaga Trail at that point, crosses SR 91 around the north end of Labrador Pond, and travels through Kettlebail State Forest before ending in Heiberg Memorial Forest, which is owned by my alma mater, SUNY College of Environmental Science and Forestry. The total length of this trail is about 5.5 miles and will be maintained by the **Onondaga Chapter of the Adirondack Mountain Club**.

The Lithuanian Loop is a proposed 1 mile loop trail off the main trail and Babcock Hollow Road on Map M19 near Virgil in Cortland County. It is located completely on land owned by our Director of Trail Inventory and Mapping, **Joe Dabes**, who plans on granting the FLTC a permanent easement for the new loop once it is completed. Trail Sponsors **Alex and Michele Gonzalez** from Dryden, NY, who will be building and maintaining the trail, envisioned the naming of the loop to complement the existing Spanish and Swedish Loops already in our current trail system.



cc

Quinn Wright
Director of Crews
and Construction

2011 Alley Cat Projects

The 2011 Alley Cat construction season is off to a magnificent start; however, we are short on volunteers for the final phase of the Beales Pond lean-to project (June 25th - June 29th) and the Corbett Hollow trail reconstruction project (August 28th - September 2nd). This will reach you too late for the Beale's Pond Project, but please volunteer for the other or find some people to help. The sign up documents are on the FLTC website.

We were unable to arrange for housing or camping for out-of-town volunteers and had to decline help from everyone except local volunteers to help with the Birdseye Hollow Creek project.

The Hunters Creek puncheon project is moving along quite nicely. Six men have been busily constructing almost 600 feet of puncheons that will be installed during the week of June 11th - June 15th.

The Beales Pond lean-to project, done in three phases, is moving along quite nicely. On May 6th and May 7th a small crew built the foundation. On May 27th and May 28th another small crew erected the FLTC's first post and beam lean-to and built a stone fireplace (picture by Roy Dando). The remainder of this project is to be completed June 25th - June 29th. Yet to be completed are:

(Continued on page 18)

Four New Permanent Easements on Bristol Hills Branch

by Ron Navik, Vice President Trail Preservation

The Bristol Hills Branch Trail is a little more protected because of four generous landowners. Yates County has donated an easement on their property in the Town of Italy that includes the lean-to known as the Out-back Inn, which is expected to be repaired or rebuilt as an Eagle Scout project this Summer. Long time friend of the trail, George Fraley, has sold his property to the Finger Lakes Commu-

nity College Foundation, maintaining Resident for Life Use. Before he did this he also expressed his desire to make sure that the FLT on his property would stay there permanently, and the FLCC Foundation agreed. To make things totally protected, John Van Niel from the FLCC Foundation, contacted the next two neighbors, David Vangelow and Theresa Brayman, who also agreed to donate easements. The access

from County Route 21 all the way to the main Bristol Hills Branch Trail, as well as George's beautiful lean-to are now permanently protected.

We thank all these landowners for their generosity and for providing a legacy where the public can get out and enjoy nature on their beautiful properties. □

(Continued from page 17)

- A bridge across the creek that supplies the water for this lean-to.
- Install a privy.
- Install a stone patio from the lean-to to the fireplace.
- Build a storage cover for the firewood.
- Complete the trails from the main trail to the lean-to, privy and water.
- Build water diversion berm around the lean-to.
- Replace the roof at the Dry Brook lean-to.

Right: Newly constructed Beales Pond Lean-to and stone fireplace near Masonville (Delaware County). This is the FLTC's first post and beam lean-to. There will be a full report on this project in the fall issue.



Roy Dando



TQ

Lynda Rummel
Vice President of
Trail Quality

Trail Tender News

The 4th annual April Fools' Issue of the *Trail Tenders' News* has been published. In this prankster issue, which is intended to contain both far-fetched stories and real facts, I try to make reading about trail maintenance a little less dull and challenge trail maintainers to pick out the real stuff from the fabrications. The *Trail Tenders' News* is a publication of Trail Quality's Travelin' Training Team. It comes out three times a year (April 1st, Early Autumn, and Holidays) and is sent electronically to all trail sponsors, as well as many others. If you would like to get on the mailing list, please contact Gene Bavis at genebavis@me.com. If you'd like to contribute to the TTN, please contact me at ljrassoc@roadrunner.com. Back editions are posted on the FLTC's website.



I was thrilled to hear from Tom Bryden, Trails Chair for the Bullthistles, that he wanted to put on a trail maintenance 101 workshop for his club maintainers. Tom had experienced one of the Travelin' Training Team's all-day, on-site

workshops a while ago and was eager to pass on some of what he had learned. The reason I was so happy about this was that one purpose of our training is to "train the trainer," so skills and knowledge get passed on and distributed across the trail system. Members of the Travelin' Training Team will teach individual trail sponsors, small groups of trail workers, and club members, on site—just ask for our services and we'll schedule a training session (or sessions) for you.

Chainsaw Certification Course

This year's chainsaw certification course was held May 7-8. Training was at centrally located Birdseye Hollow State Forest in Steuben County; participants stayed once again at the Reginald Wood Memorial to Scouting (aka, the Scout House) in Hammondsport. Bill Lindloff was once again our instructor. This year, the FLTC paid Bill's fee and for chaps, but participants were required to provide the rest of their Personal Protective Equipment (PPE). Five of the participants were members of the Central New York Chapter of the North Country Trail Association (NCTA), which maintains the North Country National Scenic Trail (NCT, for short) from the northeastern terminus of our Onondaga Branch onwards towards the Adirondacks—this is one way the FLTC can support our neighbors to the east.

Signage

The new trail-marking decal which I requested from the National Park Service has arrived. This decal is intended to mark segments of the NCT/FLT that cannot be *certified* as NCT but are likely to stay part of the route for a very long time.

Until now, such a segment could be marked only as a Temporary Connector, which was inappropriate if no relocation was likely, or not signed at all, which left hikers confused if they were attempting to hike the NCT. This decal goes beneath the FLT decal on the floppy brown Carsonite



(Continued on page 21)

Article removed at author's request

Article removed at author's request

Trail Topics ...

(Continued from page 18)

fiberglass “posts” that go at trail heads and trail crossings. Segments can be certified as an official part of the NCT if they meet trail conditions standards, do not permit public use of bikes, horses, snowmobiles, or other motorized vehicles, and are closed to the public for less than four weeks a year. Road walks can be signed with the Temporary Connector decal. You should begin to see this decal on a few segments of the NCT/FLT starting this spring.

You should also begin to see our revised and rejuvenated trail marking disks soon. The white disk for the main trail remains unchanged, but the orange disk that was used to mark branch trails, spurs, and so forth, was given a face-lift, with improved wording that now says “Finger Lakes Trail *System*” and two more colors, yellow and blue, from which to choose. The reason for these changes was to help hikers keep their trails straight. A huge thanks to Alex Gonzalez and Gene Bavis for making this really happen.

FLT Sampler Maps for Cell Phones

I am working on cell phone applications for segments in our Passport Hike or Teaser Map series (or that are *likely* to become Passport or Teaser Hikes in the future). Our intended audiences for these free apps are teenagers, young adults and middle-aged folks who are not familiar with the FLT or with the sport of hiking but who are avid smart phone users. The goal is to introduce them to day hiking (especially our Passport Hike Series) and the FLTC through a technology they use every day. Now that he has a smart phone, Mapping Director Joe Dabes has begun clipping GPS'd segments of these hikes and converting them into files that can be downloaded to smart phones or GPS units, for free, from our website. These files should be of interest to those who know about the FLTC, come to our website, and are looking for great day hikes. (If you have a decent GPS unit, remember that you can purchase the GPS'd track of the trail system from our store.) I am working with Matt Rowbotham, NCTA GIS Specialist, and the NCTA on this project. If you have expertise in making or marketing cell phone apps and would like to give me a hand, I'd really appreciate it.

NCTA News

News from the NCTA Board meeting that Mary Coffin and I attended in Grand Rapids, Michigan, April 29-May 1: Mary, a member of the Adirondack Mountain Club-Onondaga Chapter which maintains the Onondaga Branch of the FLT, is NCTA Vice President-East, while I represent the FLTC and the state and serve on the Information Technology and the NCTA Guidebook committees. The NCT rides on the FLT for 428 miles, so directly affects about half of the miles in our trail system.

Over the years, the FLTC has received considerable

material support from the National Park System (NPS) and the NCTA, so changes in federal funding levels or personnel are important to us. The bad news this year is that our biggest source of funding for projects, the Challenge Cost Share program, has dried up, so we have to find other ways of paying for improvements to the NCT/FLT. The good news is, the NCT has a new Trail Manager—Jeff McCusker, who currently manages a small amount of Bureau of Land Management (BLM) land in Washington, DC. McCusker replaces Fred Szarka, who retired over a year ago. McCusker's interesting background includes serving in the Peace Corps and doing trail planning in Mozambique. The other good news is that the recently redone NCTA website refers users to the FLTC website for maps of the FLT/NCT, and the Guidebook author will be focusing just on premier segments in each state, rather than the whole NCT, thus avoiding any competition with our FLTC maps.

Please consider joining the NCTA, as well as the FLTC. It is very clear that the more joint FLTC-NCTA members we have, the more clout the FLTC has in the NCTA. Remember: The NCTA and the NPS directly impact approximately half of our trail system. □

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: _____

Exercise and Aging ...

(Continued from page 4)

increasing heart and respiratory rates, a person will expend more energy and work various groups of muscles. This process usually produces fatigue, which can then lead to improved sleep at night. It is hard to feel tired and sleepy when spending the majority of the day sitting in a chair without any physical activity or exercise.

A decline in physical function and the inability to complete basic activities of daily living are major threats to remaining independent as we get older. Activities of daily living include functions such as bathing, dressing, and independent eating. One of the most critical markers for independence is the ability to walk, get in and out of a chair, and transfer on and off the toilet without assistance. Maintaining strength in the muscles of the thighs and legs is critical to these activities, and exercise can help keep these important muscle groups strong and working properly.

Older adults who are not accustomed to regular exercise and physical activity should have an exercise program developed by a professional exercise trainer or physician. However, it is never too late to begin exercising. Research shows that the oldest old—those adults who are 85 years of age and older—benefit from regular exercise, even if they are just beginning an exercise program.

It is fine to dye your hair, or get a little work done on your face to help you appear younger. Just be sure that you are also putting time and effort into a regular exercise program, since this is the most important thing you can do to maintain independence and a good quality of life well into old age. So remember to move, run and to keep on hiking! □



Addison ...

(Continued from the back cover)

east side's Acorn with Subway at the cemetery entrance, followed by the town library just past Addison Central School. The library proudly proclaims its early history as the reading room for the Young Men's Christian Association, or YMCA, a building which surely housed railroad crews seeking short and cheap resting spots between their sixteen hour shifts.

Revisiting the village from another vantage point will be a recurring theme here, as our route turns back eastward along the south side of the Canisteo, with the backs of houses along the railroad visible. As you pass a boat launch where Tuscarora Creek flows into the Canisteo, look south, right, at the fold between two steep hills. Lighted ski trails used to come down that slope before Pinnacle Hill State Park up on top chose to invest instead in the golf course. After a forested climb up that hillside, our last view of Addison will be from the viewpoint behind the golf course restaurant, a vantage point not to be missed in any season. □

Wally Wood Award ...

(Continued from page 7)

have to do is turn sometimes awkward or frigid prose into readable text, and then turn over everything—articles, pictures, and captions—to the paid contract layout lady, who turns it into something pretty. In our case, Jo does all that layout work herself, too, including trying to shuffle things around so that the absolutely necessary pictures land on the pages where color is available, a reality dictated by the printing process, not aesthetics.

One of her nomination letters said, "I have had the incredible pleasure of working with Jo to edit articles I've written for the *FLT News*, and every time I have been freshly astonished at

Our sincere thanks for gifts in memory of:

Ralph Baker

from

Edward Sidote

Harry Clar

from

Lonnie & Suzanne Clar

Donald French

from

Leanne French

Roger & Ruth Hopkins

Gene & Liz Bavis

Pat Monahan

Edward Sidote

Rhonda Peterson

Pete McDaniels

Alton & Jean Derick

Alma Dunham

George & Virginia Appleton

Linda Cruttenden

Rich Breslin

Carol Smith & Ross Miller

RWW & Jo Taylor

Greg & Vicki Fuerst Family

Kim Meacham

David Newlun

Sandra French

Sharon & William Galbraith

The French Family, Chesterfield, VA

how patient, kind, and professional she is. Getting others to rewrite to improve clarity and brevity ... encouraging others to rethink the approach to make it more interesting ... all of this is tricky business that requires both a sharp mind and great diplomatic skills, and Jo has proven that she has both."

Jo, nearly two thousand addresses—FLTC members, agency partners, and landowners—receive every three months the benefit of your great contribution to our very best ambassador to the world, our enviable magazine. Thank you for undertaking such a big task, and, yes, we know that you are approaching your tenth year, too. That sure went fast. □

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

Directions to Meeting Location: Take Chenango Co. Rte 10 to Hoag-Childes Rd. Rte 10 runs between NY 12 (Norwich) and NY 23 (Pharsalia). The meeting location is approx. 1.5 miles north of the Berry Hill Fire Tower, which is a couple miles north of Bowman Lake State Park.

Coming from the Binghamton area? Carpool with the Triple Cities Hiking Club, meeting 7:30 am at Wegmans in Johnson City (NY 17, exit 70N). Contact for carpooling is Larry Blumberg, LBlumberg@stny.rr.com

SATURDAY, OCTOBER 15, 2011

Fall / Erv Markert Hike

Leader: Cate Concannon, catrina616@gmail.com

Letchworth Branch Trail

Hike: This hike, dubbed "The Reek Loop", gives hikers the best of Letchworth in one hike. Starting on the east side of the park, hikers will be able to view all three waterfalls from both sides of the gorge. A short road walk takes us into the main Portageville entrance of the park, where we will then follow the Gorge Trail to view the falls from the west side. We will continue north, then cross over to the east side to make our way back to our cars. Some steep terrain, mostly even walking, approximately 7-8 miles. Pack water, trail lunch, and rain gear if appropriate.

Meet: Parade Grounds entrance, Rte 436 at 10 am

Directions to Meeting Location: From the south, take I-86 to I-390 North. Take Exit #4, Dansville, and follow Rte 36 North until it turns into 436. Follow 436 through Nunda. Parade Grounds entrance will be on your right, prior to the intersection with 19A. From the north, take I-390 South to the Mt. Morris exit. Follow Rte 408 to Nunda, turning right onto 436. As above, Parade Grounds will be on your right.

Spring / Wally Wood Hike Report

Led by Phil Dankert of the Cayuga Trails Club, fifteen participants hiked the 8.4 mile long Abbott Loop on FLT Map M17, south of Ithaca in Tompkins County on Saturday, April 23.

Fortunately, in spite of a near 100% forecasted chance of rain and showers, we never felt a single rain drop from the moment we started our hike—and the sun even popped out for a few moments!

The fifteen hikers primarily represented the Cayuga Trails Club, the Bullthistle Club, and the Triple Cities Hiking Club, but in addition there was also an FLT land-owner in attendance, Steve Randall, from Swain, NY, who was in the neighborhood visiting family for the weekend and decided to join the hike.

Tom Reimers provided the opening remarks. He talked about Wally Wood, the founder of the FLT in 1962, and then talked about the Abbott Loop and how it was laid out and built in the early 1990's by a couple from the Cayuga Trails Club, Cliff and Doris Abbott.

Phil chose to hike the Abbott Loop in a clockwise direction, or "backwards" from the description as written on the back of Map M17. Not sure it matters which direction you hike the Abbott Loop though, because either way you are going to climb a total of 1900 feet!

— Larry Blumberg



Larry Blumberg

Hike leader Phil Dankert crossing one of the many bridges along the Abbott Loop



Can you place the scene on the right? The answer to the spring issue's Name That Map below.

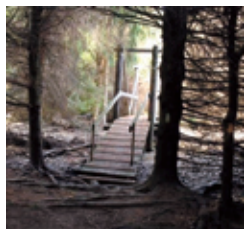


Jacqui Wensich

Answer to the Spring "Name that Map!" Quiz

Correctly identified the bridge as on M28 in Delaware County (also barely on M27):

Larry Blumberg
Kathy Ritter
Tony Preus
Ed Sidote



Correction: Due to an editing error, Dave and Carol Burnett's correct answer for the big old oak in the winter quiz was listed as Jolly Road. The oak is at Satterly Road on M15 and that was, in fact, the Burnetts' answer.



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

Club Presidents Council

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

Buffalo Area

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

Rochester Area

ADK Genesee Valley Chapter	www.gvc-adk.org
Genesee Valley Hiking Club	www.gvhchikes.org

Syracuse Area

ADK Onondaga Chapter	www.adk-on.org
----------------------	--

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
--------------------------	--------------

Binghamton Area

Triple Cities Hiking Club	www.triplecitieshikingclub.org
---------------------------	--

Chenango County

FLT-Bullthistle Hikers	www.bullthistlehiking.org
------------------------	--

Eastern NY

ADK Mid-Hudson Chapter	www.midhudsonadk.org
------------------------	--

Thank You



Landmax Data Systems, Inc.
5919 E. Henrietta Rd.
Rush, NY 14543
(585) 533-9210
www.landmaxdata.com

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

FINGER LAKES TRAIL CONFERENCE

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

FLTC Staff

Gene Bavis, Executive Director
315/986-1474, genebavis@me.com

Jennifer Hopper, Office Manager/Accounting
& Database Assistant

Stephanie Spittal, Order Fulfillment/General Information

Officers

Pat Monahan, President • Corning • 607/936-8312 •
pmonahan@stny.rr.com

Ronald Navik, VP Trail Preservation • Penfield • 585/377-
1812 • ron.navik@frontiernet.net

Steve Catherman, VP Trail Maintenance • Bath • 607/569-
3453 • stevec@roadrunner.com

Lynda Rummel, VP Trail Quality • Keuka Park • 315/536-
9484 • ljrassoc@roadrunner.com

Jarret Lobb, VP Finance • Pittsford • 585/383-1938 •
fltboard@lobbonline.com

Jacqui Wensich, VP Membership & Marketing • Pittsford •
585/385-2265 • jwensich@rochester.rr.com

Roy Dando, Secretary • Endwell • 607/785-3141 •
rdando@verizon.net

Peter Wybron, Treasurer • York • 585/243-5351 •
prwybron@rochester.rr.com

Quinn Wright, Director Crews & Construction • Buffalo •
716/826-1939 • wrightquinn@hotmail.com

Joe Dabes, Trail Inventory & Mapping • 607/793-1911 (c) •
jkabjnd@msn.com

Board of Managers

Terms Expiring 2012

Patricia Haynes • Ellicottville • 716/699-6056 •
phaynes508@roadrunner.com

Roger Hopkins • Lansing • 607/257-9778 •
roger@naturalhighs.net

Phil Metzger • Norwich • 607/334-2407 •
pmetzger@frontiernet.net

John A-X. Morris • Dryden • 607/753-7256 •
john.ax.morris@gmail.com

Ken Reek • Churchville • 585/293-3241 •
ken@kmrconsulting.com

Terms Expiring 2013

Cathy Concannon • Geneseo • 585/880-4456 •
catrina616@gmail.com

Phil Dankert • Ithaca • 607/257-2578 •
pdankert@twcny.rr.com

David Drum • Hammondsport • 607/569-2294 •
drumdl@gmail.com

Donna Flood • Clarence • 716/759-6442 •
dmflood@roadrunner.com

Gail Merian • Norwich • 607/334-9794 •
rockhound48@hotmail.com

Terms Expiring 2014

Scott Bahantka • Painted Post • 607/962-7627 •
sbahantka@stny.rr.com

Jon Bowen • Baldwinsville • 315/638-8749 •
jkbowen@gmail.com

Donna Coon • Binghamton • 607/237-6311 •
coledonnarn@yahoo.com

Melanie Okoniewski • Buffalo • 716/341-4737 •
mokoniewski@buffalogames.com

Sigi Schwinge • East Syracuse • 315/437-6906 •
sigischwinge@aol.com

Finger Lakes Trail Conference, Inc. Calendar of Events

July 30 Annual FLTC Ed Sidote (Summer) Hike.
Chenango County. See page 23.

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

August 19..... Deadline for fall issue of the *Finger Lakes Trail
News*

Aug 28 - Sept 2..... Alley Cat project, Corbett Hollow trail
reconstruction, near Hammondsport. See Trail
Topics, page 17

**Sept 30 - Oct 2..... Fall Campout, Chenango Valley State Park,
hosted by Bullthistle Hikers. See pages 3,
8-11. Registration deadline: Sept. 15**

October 1 Board of Managers Meeting at Fall Campout

October 15 Annual FLTC Erv Markert (Fall) Hike.
Letchworth Branch Trail. See page 23.

**June 15-17, 2012 ... FLT 50th Anniversary Weekend at Keuka
College. Save the Date!**

See Trail Topics, page 17, for more information on this year's Alley
Cat projects. Contact: Quinn Wright, wrightquinn@hotmail.com

2011 Hike Series dates, Cortland County: Jul 16, Aug 20, Sep 17.

Hiking 101/201 Sampler Series: June 26, July 31, 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.....\$30 Contributing:

Family\$40

Student (full-time; give Pathfinder \$50

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

Youth organization\$15 Guide \$100

Adult organization\$50 Life (individual) \$400 (family) \$600

Business/Commercial (includes a listing on the FLTC website) \$100

Trail Towns: Addison's "Forbidden Trail"

Text and photos by Irene Szabo

Just west of Corning and only a stone's throw north of the Pennsylvania border the little village of Addison (population 1797 in 2000) hosts over a mile of our new Crystal Hills Trail on its orange-blazed way to connect with the rest of the Great Eastern Trail to Alabama. However, we tread forbidden territory here, as the historical plaque attests, where the Seneca forbade European travelers. Oops.

The trail southbound departs forest at the northeast corner of a large cemetery, passing first some still readable headstones from the earliest 1800's, testifying to Addison's long tenure here once the Senecas' plans were scotched. A pleasant descent through the cemetery ends with a walk on Maple St. westward on sidewalks, which bring us quickly to two delightful maple-lined "squares" in succession. Each is surrounded by well-tended churches and large Victorian houses, some of them "painted ladies" in vivid but tasteful colors. So many big old houses indicate a prosperous past, but more history of Addison's past commercial glories will appear in a forthcoming *Walking Through Time* installment. Suffice it to say that keeping up with ambitious painting projects is clearly a town passion, so we are grateful that the village welcomed our trail's little orange blazes



right through their squares and directly past the Forbidden Trail sign.

Welcoming is indeed the flavor here, where no one looked askance at a hiker with two dogs and camera wandering their village streets; in fact, people waved, and children wanted to visit with the dogs. Even high school kids in a bus waved, as did an Amish couple passing in their buggy. The clomp of horse drawn buggies is a common sound here, even in the midst of busy truck and car traffic on the main street, NY 417.

Departing the second, Wombaugh Square, we go left a short half-block to NY 417, which immediately turns left to cross the Norfolk Southern railroad tracks (once the main line of the Erie Railroad from Jersey City to Buffalo). At the tracks look right, west, quickly to see the old Erie station and just beyond the concrete base of what was once a round wooden water tank for steam locomotives. Next cross the Canisteo River, after which on the left side in quick succession are a China Wok, a Sugarcreek convenience store to complement the

(Continued on page 22)



Wonderful houses and churches surrounded by lilacs create a charming neighborhood for our walk along aptly named Maple Street.