

Finger Lakes Trail NEWS

Fall 2011



www.fingerlakestrail.org

Inside...

- ◆ Randy Lehman (pictured above) wins NCTA Outstanding Private Landowner Award – page 9
- ◆ It was a busy, busy season on the trail: hundreds of feet of puncheons installed, a new bridge built by BOCES students, new lean-tos, a new loop trail and more!

President's Message

Pat Monahan

Summer 2011 is now just a memory as we move on to the beauty of fall in upstate New York. In my current job at Alfred University, I am fortunate to have July and August off before returning to work. This summer has been one filled with great memories—hiking in Maine at Baxter State Park, biking on the Erie Canal from Syracuse to Albany, participating in the Cortland County and Conservation Trail hike series and guiding a hike on the Crystal Hills Trail for the FLT sampler series. I want to reflect briefly on two experiences that I had while hiking on the FLT system.



First, I was hiking with a group on the Conservation Trail hike series (my thanks to the Foothills Hiking Club for sponsoring this event). We approached Hunters Creek Park (map CT7 Access 3) heading south to our cars. I had an opportunity to see first-hand the punchcons that were built this year by an FLTC Alley Cat crew. They were built off site and carried in to the various locations to mitigate wet areas along the trail. It was amazing to hear the first-hand story from Melanie O. about the construction and placement of each low bridge. Most will never realize the planning and labor involved to make them appear natural and be safe. Thanks go out to the many volunteers and for the financial gifts to improve our trail.

Second, I realized just how fragile our trail is on private land without a trail easement (a legal document recorded on the property deed that identifies a trail corridor across the property). While walking in the woods, I followed the blazes on an existing trail. At a certain point, they were gone. After some time looking for blazes, the only option was to turn around to go back to a road. I had no permission to continue on or to divert to an unmarked area of that private property. Even though it added some extra mileage to the hike that day, it was the right thing to do. I would encourage you to do the right thing—stay on the trail, thank every landowner you see, and if you are a landowner, consider a trail easement on your property.

We are only a few months away from 2012. It will be our 50th anniversary as an organization. We certainly can be proud and will have many opportunities to celebrate our history and the

many accomplishments along the trail. More information will follow with all of the details.

You will also notice in this newsletter that we are beginning the process to find a new Executive Director. Gene Bavis, our current Executive Director, has decided to retire from his many years of service to the FLTC. The job description will be posted on our website. We anticipate a seamless transition to occur during the summer of 2012. If you or someone you know is interested in this part time position, I encourage you to apply.

Finally, later this month you will receive a letter under separate cover asking you to financially assist the FLTC in its annual appeal. This is the only time this year that we will ask you to help financially in addition to your membership. This is still a challenging economy. I encourage each of you to assess your personal situation and consider making an investment with the FLTC during its annual appeal. If you are able, I hope you will give generously.

Enjoy the fall in upstate New York in the outdoors. You can't beat it. Go take a hike!!

Trail Easements Donated on Bristol Hills Branch

Mark Squires of Prattsburgh recently donated trail easements on three parcels of land he owns north of the Evangeline Shelter and Bean Station Rd. These easements will permanently protect approximately 0.8 miles of the Bristol Hills Branch. This section of trail also includes recently constructed bridges over several beautiful creeks that run through the property. The easements will protect the efforts and investments of several volunteer groups who installed the bridges. We sincerely thank Mark and his family for their gracious support of the Finger Lakes Trail.

Ron Navik
Vice President Trail Preservation
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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

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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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Right: A class at the Hornell BOCES building trades summer camp built a bridge and installed it on the FLT.

page 16



- 2 Pat and Scott Bowen Donate Easement, *by Mary Coffin*
- 6 Crystal Hills Trail Update, *by Pat Monahan*
- 7 Logs to Lodges, *by Lynda Rummel*
- 8 Look Up!, *by Pat Monahan*
- 9 Lehman Wins First-Ever NCTA Outstanding Private Landowner Award, *by Steve Catherman and Lynda Rummel*
- 9 Patty Millard Memories, *by Teresa Blenis*
- 10 Lithuanian Loop Trail Hikes, *by Alex Gonzalez*
- 11 Victor Yates Passes, *by Ron Navik*
- 12 A Day in the FLT Classroom, *by Doug Cunningham*
- 15 Cortland Hike Series, *by Karen Serbonich*
- 16 BOCES Students Build a Bridge, *by Paul Smith*
- 17 Birdseye Hollow Bridges, *by Steve Catherman and Lynda Rummel*
- 18 Hunters Creek Alley Cat, *by Mike Schlicht*
- 19 In the Founder's Own Words, Chapter 3
- 23 Getter Hill Lean-to Alley Cat, *by Quinn Wright*

Departments

- 2 Faces of the FLT: Warren Johnsen
- 6 From the Mail
- 28 End-to-End Album: *Scott Bahantka (#309)*
- 31 Hiking Calendar
- 32 Name that Map!
Answers to the Winter quiz, page 32

Columns

Inside front cover...

- President's Message and Easement News
- 3 From the Desk of the Executive Director
- 4 Trail Medicine: Rocky Mountain Spotted Fever (and Other Surprises)
- 14 Trail Topics, *reports from the trail management directors*
- 22 Wildflowers along the Trail: Sunflowers!
- 27 End-to-End Update

And on the back cover...

Celebrate the FLT's Fiftieth Anniversary, June 15-17 at Keuka College

Cover: Randy Lehman, winner of the North Country Trail Association's first-ever Outstanding Private Landowner Award. (See page 9.) Lehman is the owner of the Hickory Hill Camping Resort near Bath. Photo by Jacqui Wensich.

Landowners, also Hikers and Trail Stewards, Donate Easement

by Mary Coffin, 6/18/11

Pat and Scott Bowen, trail stewards as well as landowners, live right on the trail. As hikers they love to hike right out their door onto the trail and through the woods to Spruce Pond. These generous and enthusiastic landowners have donated an easement on an FLT/NCT Onondaga section that will now be protected in perpetuity.

This section, located on Maps O1 and O2, provides access to the trail from West Keeney Rd. south of Fabius. Of all the miles that ADK's Onondaga chapter sponsors, this section is probably the best maintained, as Scott has been the diligent steward there for about ten years. Scott was recognized in 2008 with NCTA's Trail Blazer of the Year Award and received a giant engraved ax.

Scott and Pat are proud and thrilled to host a piece of a National Scenic Trail that spans from North Dakota to the Vermont border. When asked why, they responded that they have met so many interesting and nice people. Yes,

some were hiking without a map and lost, some were just interesting to chat with and others actually thanked them for the trail. Way to go, fellow hikers. They were right there to meet and greet Joan Young and Marie Altenau when they hiked through on their way to completing an end-to-end hike of the trail.

The Bowens, married 38 years, enjoy country living and have brought their four daughters up in a log home Scott built. He obtained a permit to cut the logs for the house in nearby Morgan Hill State Forest where he now maintains trail, and three years later the house was complete. Their home is on the site of the historic Andrews cabin built about 1826. So the trail on the Bowens land is not only scenic but also historic.

Thanks, Scott and Pat. We genuinely appreciate your generous donation of an easement on the NCT/FLT Onondaga Trail. □



Landowners Pat and Scott Bowen (center) with North Country Trail end-to-end hikers Joan Young and Marie Altenau. Photo by Mary Coffin.

Faces of the FLT

Warren Johnsen



Age: 66

Birthplace: Oneonta, NY

Residence: New South Berlin, NY

Occupation: Retired Commercial Lines Insurance Underwriter (35 years)

Favorite outdoor pursuits: Hiking, snow shoeing, cross country skiing, and visiting/climbing fire towers. Still in pursuit of the "Lady in Black."

Other interests: Photography, wood working, collecting/restoring wooden cupboards, and boasting of grandsons' accomplishments

How I "met" the FLT: Newspaper article featuring Ed Sidote

Relationship to the FLT: Member of FLTC, Bullthistle Hiking Club, Fleet Group of Bullthistlers, and TCHC. Sponsor of a section of FLT at Oquaga Creek State Park.

Favorite section of the trail: Catskills and Chenango County

Memorable FLT experience: My first FLT hike: Memorial Day, 1999, temperatures in the high 90's. Armed with fresh FLT maps, I was ready to begin the challenge near the South Oxford bridge in Chenango County. First I drove to the other end of the planned route, but could not locate the trailhead signs. Hmm, this wasn't good so I drove back to the South Oxford bridge area. Again, I couldn't locate the trailhead signs. I sat in my car, wondering just what kind of hiker I was going to be—I couldn't even find the trail! I happened to glance in the rear-view mirror and there was the trailhead sign hidden by branches and bushes. I then headed out, without water, high 90's, certainly not Norwegian weather. I hiked in 3.5 miles and then back out 3.5 miles, arriving at my vehicle much in need of something to drink. I stopped in Oxford, bought a big bottle of Sunny Delight; it tasted oh so good. A tired Trail Dawg headed home, tired but bitten by the hiking bug. The rest is history; along the way I've met and become friends with a lot of great people.

It's been a GREAT summer! I hope some of you have enjoyed getting out this year and hopefully doing some of the Passport Hikes. If you are unfamiliar with what I am referring to, please go to our website (www.fingerlakestrail.org), click on "Hiking Programs" and then "FLT Passport Hikes." There you will find a PDF of the Passport booklet. These booklets are also available from Wegmans stores in the passport area and from most of our other sponsors. We hope that a large number of people will do at least four of the hikes, which will make them eligible to receive a patch and coupons from our sponsors. The deadline for redeeming prizes is October 15, 2011, so please send them in soon!

Thanks to those who have volunteered and helped out at the New York State Fair and other promotional projects. Without continuous outreach programs, we could not continue to grow. Our organization depends on an active membership with hundreds of volunteers to accomplish our mission.

Our membership growth has slowed, probably due to the faltering economy. We hope that you will continue to support the organization by renewing your membership each year. We also hope you will continue to help us



From the Desk of the Executive Director

.....
Gene Bavis

recruit NEW members. As I have said before, word of mouth is always the best recruitment method.

I am continuously AMAZED by technology. I was mostly up on things when I retired from teaching in 2000. Well, I wasn't a techie genius, but was able to use much of the computer technology, etc. available to us. I can't believe how much things have changed! Just recently, I bought a "smart phone," and I will admit that it is MUCH smarter than I. The FLTC recently formed an IT Committee headed by Roger Hopkins and a Land Navigation Committee headed by Dave Drum. Among other things, these two committees are jointly working on an exciting new project that we are referring to as an interactive map. Using Google Earth and our GPS data, we hope to show you and the public approximately where the FLT is, and make it possible for people to order the maps they need right from the program

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

on our website. Other important information such as hunting closures and parking locations will be made readily available in this way. We are also exploring the possibilities presented by QR barcodes and smart phones. It seems like the possibilities are endless and ever changing.

By the time you read this, I hope you have registered for the Fall Campout at Chenango Valley State Park. We look forward to seeing many of our friends and hiking family. Our 50th Anniversary Bash, combined with the spring weekend event and annual meeting, will be held on June 15-17, 2012, at Keuka College. Please save the date. □

Gene Bavis, Executive Director

genebavis@me.com

315/986-1474 (home office)

New Life Member

Peter Marks

NY State Employees: Your Unique Opportunity to Donate Painlessly

The Finger Lakes Trail Conference is now listed among eligible recipients for your payroll deduction donations through the State Employees' Federated Appeal, or SEFA. We are listed as #96-0901 under "Unaffiliated Agencies," and will be grateful for your contributions made this way. Thanks also to those state employees who urged us to apply to the SEFA program.

Finger Lakes Trail Conference Notice of Anticipated Vacancy Executive Director (Part time)

The Finger Lakes Trail Conference anticipates a vacancy for Executive Director (part time) in the summer of 2012. This leadership position will require a minimum of outstanding communication, financial and development skills, ability to oversee office functions and supervise paid staff and volunteers, and proven ability to work in a non-profit/volunteer work environment.

Interested candidates should fax (585) 658-2390 or e-mail (fltcoffice@frontiernet.net) a letter of interest, a résumé, 3 letters of recommendation, and a completed application. (Reference persons may e-mail or fax recommendations including contact information.)

Finger Lakes Trail Conference
Terry Meacham, Human Resource Committee
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Rocky Mountain Spotted Fever (and Other Surprises): In the Finger Lakes, too!

by A. James Ciaccio MD, FACEP

Dr. Jamie Ciaccio is the Director of Emergency Medicine at Upstate University Hospital at Community General in Syracuse as well as a valued colleague. He has given talks on this topic to various medical groups in New York State.

On a sad note, Allan P. Drew, PhD and A. Robert "Bob" Tankle passed away earlier this year. Allan, a professor and Forest Ecologist at the SUNY College of Environmental Science and Forestry in Syracuse, wrote an inspirational Trail Medicine article for the autumn 2008 FLT News, "Prostate Cancer, Exercise, and the Boiling Lake Hike". Allan was the author of an inspirational book, "My Race with Prostate Cancer: A Runner's Journal" detailing his efforts to fight and coexist with progressive prostate cancer in part by maintaining a healthy, physically active lifestyle. Bob Tankle was a friend and former chair of the Onondaga Chapter of the ADK, with whom I spent many wonderful hours and days hiking and doing trail work on the FLT.

— Bob Michiel, Trail Medicine editor

Eighty-four million people live within a day's drive of the Finger Lakes! This is obviously not a small number. Thousands, if not millions, actually hike the trails and many are exposed to the infectious diseases and toxins inherent in the environment in Upstate NY. Now don't get me wrong, I love New York and I love the outdoors; the benefits outweigh any risks but we must be vigilant and knowledgeable.

A few summers ago a young male presented to our Emergency Department with a fever, severe headache, body aches, nausea and a mild rash. This is the pattern of a not too unusual summer viral infection. He returned in two days with worsening symptoms, especially the rash. Multiple blood tests were ordered, the Infectious Disease specialist was consulted and Rocky Mountain Spotted Fever



(RMSF) was diagnosed! But we're not in the Rocky Mountains.

The "Spotted Fever of Idaho" as it was originally named was first discovered in 1899 in the mountains of Idaho. Dr. Ricketts, who studied the disease, suspected ticks as the cause. He later proved this to be true but then died of Typhus, another tick-caused disease! Although not very common, RMSF is the most lethal tick-caused illness in the United States. Up to 23% of people died from RMSF before the use of antibiotics. Now the mortality rate is 5%, still something not to be dismissed. The germ is the very small bacteria called *Rickettsia*. It lives inside ticks. In the East, the American Dog Tick carries and transmits the disease, while in the West it is the Rocky Mountain Wood Tick. It has just been discovered

to also be transmitted by the Brown Dog Tick, which is a very common tick throughout the United States. This worries the infectious disease experts as the incidence of RMSF has been on the rise and officials are worried that the new presence in the Brown Dog Tick may be spreading the disease. Ironically, the majority of cases of RMSF occur in the mid-Atlantic states and the southern Midwest states of Oklahoma, Arkansas and Missouri, not in the Rocky Mountains. In upstate New York, cases have been documented in Erie, Monroe, Ontario, Onondaga, Oneida, Herkimer, St. Lawrence and Albany counties.

RMSF typically causes fever, headache and a rash. The rash is unique in that it tends to start on the hands and wrists and spreads centrally. It begins as red spots that blanch when fingertip pressure is applied, but it then turns to what is called a petechial rash: red spots that do **NOT** blanch when pressure is applied. RMSF can also affect the eyes, muscles, heart, lungs, GI tract, kidneys and brain. In extreme cases it can cause pneumonia, myocarditis (heart inflammation) and gangrene with a risk of amputation. Fortunately, an old class of antibiotics is effective; the tetracyclines.

(Continued on page 5)



Rash of Rocky Mountain Spotted Fever

Illustration Courtesy of the CDC

(Continued from page 4)

Lyme Disease and tick avoidance has been discussed previously in this series so I will not go into this but, remember, Lyme Disease is the most common tick-related disease.

Beaver Fever is another condition that all should be aware of. Giardiasis is the medical name of the disease caused by the germ *Giardia duodenalis*. It is the most common infection in the world caused by protozoa (the type of germ). It seems to be more common in developed countries, although we tend to think of giardiasis as a disease associated with poor water quality. It can be spread by food, water or animals by direct or indirect contact. Although we commonly think of the beaver, cows and deer are also culprits in its spread. Giardiasis is characterized by crampy abdominal pain, intermittent diarrhea (that often floats), gas and nausea. It can end up causing malabsorption of food with weight loss and malnutrition. Treatment is with special anti-protozoa antibiotics, but prevention (one ounce), as the saying goes, is worth a pound of cure. Hand washing is first and foremost. On hiking trips it is easy to carry alcohol-based skin sanitizers. For extended camping trips, water needs to be treated. Iodine tablets were used traditionally, but had a bad taste and took 30 minutes to work. Filtering with a less than 1 micron filter and pump has been the in-vogue method until very recently. Now, a small UV light-producing tube has been developed that can screw into a water-bottle top and be turned on for one and a half minutes to give you purified water.

Another part of the country has sent us a gift as well. Mercury! Coal-fired plants in the Midwest that generate electricity for domestic and industrial use emit mercury, in various forms, into the atmosphere. The mercury is then transported downwind, but it is capable of spreading globally. All forms of mercury can be deposited into the foliage, the ground and the water. Forest cover enhances the deposition. It then enters the lakes by runoff, direct deposit or subsurface flow. Once in the

water, it is taken up by the algae and bio-accumulates up the food chain. By the time it reaches the large predatory fish and birds, especially loons, it has increased in concentration by about 10 million times! Although most notably found in the Adirondack lakes, it is found in the Finger Lakes as well.

The danger of mercury toxicity was first noted in Japan and named Minimata Disease. Between 1932 and 1968, 27 tons of mercury was dumped into a bay on the southern island of Kyushu. Shortly thereafter a large number of dead fish were seen. Cats developed a disease called "Dancing Cat Disease" where they had abnormal movements and seizures leading to death, and finally in the early 1950's the human population that primarily subsisted on fish started to develop the syndrome. A full-blown epidemic followed. Through studies and research, mercury was discovered to be the culprit. In addition to the neurological disease I just described, they also found significant toxicity to the fetus.

Presently, mercury and other toxins such as dioxin, PCBs and mirex are found in many lakes and fish in the Finger Lakes region. The New York State Department of Health has issued a warning on the consumption of freshwater fish. All ages of men, women and children should eat no more than 4 meals per month of fish from the Finger Lakes region. There are a few lake-specific advisories as well. For example, lake trout over 25 inches in Keuka Lake have a high level of DDT and should only be eaten once a month. Advisories for all of New York State can be found at: <http://www.health.ny.gov/environmental/outdoors/fish/fish.htm>

So do your hiking and fishing, watch out for ticks, wash your hands thoroughly, sanitize the drinking water and only eat a few fish!

The author would like to thank Charlie Driscoll, PhD, Syracuse University, for supplying me with the information on mercury, and my cousin, Michael, for cluing me in on the Finger Lakes. □

FLTC Business Members

Bath Veterinary Hospital		Bath, NY
Bloomfield Animal Hospital	Catherine Stiner, DMV	Bloomfield, NY
Bristol Views Bed & Breakfast	Henry & Barb Owens	Naples, NY
Davidson Shoes, Inc.	Mark Hogan, President	Canandaigua, NY
Downsville Motel	Al Carpenter	Downsville, NY
Eastern Mountain Sports		Peterborough, NH
Finger Lakes Tourism Alliance		Penn Yan, NY
Hickory Hill Family Camping Resort	Randy & Janet Lehman	Bath, NY
Holiday Valley Resort	Jane Eshbaugh, Mktg. Dir.	Ellicottville, NY
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Pack Paddle Ski	Richard French	Livonia, NY
Wegmans		Rochester, NY
William G. Becker & Sons, Inc.	Brian W. Becker	North Java, NY

We encourage members to thank these businesses, which support the Finger Lakes Trail, and to use their services. Addresses, contact information and links to these businesses can be found on the FLTC web site:
www.fingerlakestrail.org

Crystal Hills Trail (aka GET in NY)

by Pat Monahan, FLTC President

Summer/Fall 2011. Work continues on the Crystal Hills Trail as we close the gap in New York. Currently, we have constructed about 35 of the 45 miles of trail in New York. Many thanks again to the young and old who have supported this volunteer trail construction effort sponsored by the Finger Lakes Trail Conference. All sections of the trail have been adopted by trail maintainers in the area including the section that is being built for 2011. This section is in the Painted Post area from West Hill Rd. in West Hill State Forest to the base of Erwin Hollow Rd. in Erwin Hollow State Forest. I would also like to thank our private landowners, Marge and Gordon Van Vleet and Forest Boehm, for giving us permission to walk on their properties. The first work for 2011 was undertaken as an Eagle Scout project in Erwin Hollow State Forest by Mike Taylor. Students from RIT will work in late August and early September, and community work parties will be involved periodically from July until November. Additionally, Tylor Gee and Patrick Greaney have each added a kiosk and some trail maintenance work at Watson Homestead as their Eagle Scout projects on the Crystal Hills Trail.

The future. The trail may be completed in 2012 through more private property and working cooperatively with CAMBA (Corning Area Mountain Bike Association) in the Erwin Wildlife Management Area pending landowner negotiations. This will connect the trail between Painted Post/Corning and Addison. Our final effort will be moving sections (approximately 6 miles) below Addison off road to the Pennsylvania border in



the future. This will be extremely challenging and time consuming since all of it will be located on private land. If you are interested in becoming involved in any aspect of building the

Crystal Hills Trail, please contact Pat Monahan at pmonahan@stny.rr.com. Your name can be added to the list serve for all information about the GET in NY. □

From the Mail...

Wasps along the FLT

Wasps along the trail can pose a threat to hikers. Consequently, trail stewards may be tempted to exterminate them with insecticides. I advocate not doing this, because of the many important roles that wasps play in nature.

The most readily noticeable example of what wasps do is all the trilliums in bloom in the spring. Wasps transport trillium seeds. Eliminate wasps and you eliminate the spread of trilliums. The amazing interrelationships among different species are much more complex than most people realize. Many plants, when assaulted by caterpillars, release airborne chemicals which attract wasps that attack the caterpillars.

The FLTC enjoys an environmentally friendly reputation. It would be a terrible mistake to tarnish it by sabotaging nature. The biodegradability of insecticides is irrelevant.

Moreover, it is illegal for anyone who is not a certified licensed pesticide applicator to put pesticides on anyone else's land, even with the permission of the land owner. Household pesticides may be applied only by the landowner. Most trail stewards do not own the land their trails cross.

The benign way to deal with wasps is to dress for the woods, not the beach, and once stung, to keep walking rapidly. Standing in place will get you stung by the other wasps the first wasp has called in. Trail stewards can place warning signs on each side of a nest, so that hikers can take evasive action.

Donald A. Windsor, Norwich

**Order maps of the
Crystal Hills Trail**

CH1 - CH3

585/658-9320

www.fingerlakestrail.org

From Logs to Lodges

by Lynda Rummel, Vice President Trail Quality

Chapter 1 in the story of providing logs for one or more lean-to projects is now complete. Fifty-one larch, some well over 90 feet tall, have been felled and cut into 124 logs, and these logs have been hauled to and piled at the sawmill. In the next chapter, the logs will be milled and debarked; subsequently, enough logs for a lean-to will be hauled to a site in a state forest, where they will be transformed into the first shelter on the new Crystal Hills Branch of the FLT sometime next year.

Chapter 1 was a joint operation among four entities: (1) The NYS DEC, which initiated the thinning, marked the trees, and inspected the process; (2) the FLTC's Trail Quality function, which lined up the instructor and the sawyers to fell, limb, buck, help skid, and pile the trees, arranged for overnight accommodations, and provided donuts; (3) the FLTC's Crews and Construction function, which lined up the primary skidder and the sawmill; and (4) the sawmill owner, who arranged for the trucking and provided the storage in preparation for milling the logs at his sawmill. There were a few bumps in the road where responsibilities weren't clear or overlapped, but overall the operation went very well despite the near record heat and humidity.

Fifty-one mature larch in Sugar Hill State Forest (M14, off Maple Lane, a half mile or so north of the trail

crossing) were marked for and donated to the FLTC by foresters from the NYS DEC's Region 8 Bath office. Their reason for thinning the larch was to open the canopy so more sunlight can reach and nurture young hardwoods.

May 31-June 1, our chainsaw certification and safety instructor, Bill Lindloff, *donated* two very full days of training in the basics of logging (valued at \$1400 *at least*) to sawyers and volunteers from the FLTC and the Central NY Chapter of the NCTA, including Bob Emerson, Roger Hopkins, Paul Hoffman, Marty Howden, Steve Kinne, David Priester, Lynda Rummel, Don Sutherland, and Mike TenKate. Amazingly, Bill planned where each tree should fall and in which order, so that none would be damaged and all could be used in construction. Stop for a moment and imagine the thinking needed for just this part of the operation, and note how different it is from our usual task of figuring out how to dismantle and cut through a mess of downed trees lying across the trail!

Because each 90-foot-plus tree had to land precisely on target, Bill also felled the trees, but as he worked, he gave us many new pointers. We trainees cleared skid trails, de-limbed trees, measured out and bucked the trees into logs of varying lengths, skidded logs to the loading area (using

Bob Emerson's big ATV and Mike TenKate's trusty Ferguson tractor), and manually rolled logs up angled saplings into piles. (Bill's mantra is, "Work smarter, not harder!")

Region 8 Forester Gretchen Cicora inspected our work (several times) and said she was especially pleased with the care Bob and Mike had taken not to leave ruts. On June 7th, the logs were loaded and trucked to Mahlon Hurst's sawmill (eight miles north of Branchport), where they are now piled and drying out. Mahlon believes that larch is fairly insect-resistant, but he says will keep an eye on them in case we need to quickly muster a log-peeling party. □



After face-cutting the opposite side of the tree, master logger Bill Lindloff begins a bore cut. The blue wedge will help determine where the tree falls.

Photos by Lynda Rummel



A six-foot man dwarfed by the pile of larch drying at FLT end-to-end hiker Mahlon Hurst's sawmill.

Look Up! by Pat Monahan

How often have you heard someone say “Look up—stop looking at your feet. Look at what you almost missed on the trail.” This is true on the Crystal Hills Trail in the Village of Addison (Steuben County) on map CH2 and map CH3. The trail enters the village from the north after a cemetery walk in the Addison Rural Cemetery. The oldest section of the cemetery was moved to its current location from Addison’s Main Street to make way for the Addison Town Hall. The trail continues through the first of two historic districts with many restored Victorian homes on Maple Street. As you approach the downtown, you must cross the Canisteo River and the railroad tracks to walk on Main Street. The street is lined with hand-painted signs mounted on the utility poles. This

effort is spearheaded by the Addison Ambassadors, a group of volunteers who promote the Village of Addison through festivals and events. Each sign has some local significance to visitors and locals alike. Addison has embraced the trail. Ask anyone in town. They can tell you where the orange blazes go. After you leave the village, you will walk along the Canisteo River before hiking up an old winding ski trail located in Pinnacle State Park for some spectacular valley views from 700 feet above the village. Look up. You never know what you will see on the trail. □

Note: The Crystal Hills Trail is a branch trail of the FLT system and also a part of the Great Eastern Trail, a long-distance trail network from the Florida/Alabama border to its northern terminus located at the intersection of the Crystal Hills Trail and the FLT main trail on M13 at the Moss Hill Lean-to in Steuben County.



Sign, sponsored by the class of 1946, on Main Street, Addison. Photo by Pat Monahan.

Article removed at author's request

Lehman Wins First-Ever NCTA Outstanding Private Landowner Award

by Steve Catherman, Vice President Trail Maintenance,
and Lynda Rummel, Regional Trail Coordinator, Bath-Watkins Glen

At the North Country Trail Association's annual conference in Dayton, Ohio, this summer, one of the FLTC's best friends, Randy Lehman, was honored with the Outstanding Private Landowner Award, a brand new award for which there is only one recipient each year for the entire, seven-state North Country National Scenic Trail (NCT). Neither Steve Catherman nor his nominee were able to make the trip to Dayton, so Lynda Rummel picked up Randy's award (a beautiful deep blue hunk of engraved glass) for him.

The NCT is coincident with the FLT from the Pennsylvania border east to the northeastern end of the Onondaga Branch. Randy is the owner of Hickory Hill Camping Resort, which is situated in the lovely rolling hills south of Keuka Lake between Bath and Hammondsport (M12). The FLT/NCT trail runs across the forested hillside above the main camping facilities, and from the trail, one can

get a fine view of the surrounding glacier-carved terrain. It is up on this hillside that a new lean-to is in the process of being built, and it's all thanks to Randy's enthusiasm for and support of the trail.

Randy and his wife, Janet, have been members of the FLTC for over 15 years and have hosted the NCT/FLT on their property at Hickory Hill Camping Resort for over 30 years. Randy has also opened up his campground to the FLTC for various outings over the years. Among these events was last year's well-attended Fall Campout and similar campouts in 2007 and 2004. At the 2007 campout, the attendance approached 200 people as Randy graciously hosted a combined 90th birthday party for previous NCTA award winners Ed Sidote (Lifetime Achievement 2010) and Harmon Strong (Blue Blazes Benefactor 2008).

Randy's campground has been a local distributor of NCT and FLT informa-



Lynda Rummel

tion, including trail maps, teaser hikes, and brochures for the past 15 years. In 2010, Hickory Hill co-sponsored the publication of a major FLTC initiative, the Wegmans Passport hikes booklet, which features 12 easy-to-moderate hikes along the FLT in central New York and is designed to get people active and promote family wellness.

Last year Randy approached Steve Catherman, Vice President Trail Maintenance, about building a lean-to

(Continued on page 11)

Patty Millard Memories

Patty Millard, a regular on the county hike series for years, passed away on August 24, 2011.

The last email I got from Patty Millard was on August 10, 2011. She told me her cancer was spreading and she did not have the energy to hike anymore. She ended her note by saying she "thought of us often remembering all the good times we had on the trail. God Bless and take care." Little did I know that would be my last correspondence with her.

I can't remember exactly what hike series I met Patty on, but I was always impressed by her energy and excitement for hiking. She never met an uphill she liked (she really, really did not like the uphill climbs), nor a down hike she did not accelerate on. She was as fast as any "medium medium" hiker on the downhill and flats and as slow as



Jackson "Jet" Thomas

any "nature appreciative" hiker should be on the uphill.

After she was diagnosed in 2009, her treatments prevented her from hiking until September when she joined us for the last two hikes of "Hiking the Catskills". She was there when I got my

E2E, being as proud of me as if she had finished the FLT herself.

Patty hiked a few hikes with the 2010 hike series, and made up the rest of the hikes in time to receive her patch at the final picnic. The last time I saw her was the first hike of this year's Cortland series. It was a very slow go for her, but you knew she was happy just being there because of the big smile on her face. When I asked her how she was doing on the hike, she told me her family wanted her to take it easy and slow down on the hiking, but, she told me, she loved being out on the trail, doing what she could do, as it gave her comfort and peace.

Patty never dwelled on her disease or the fact that she was faced with a short life. She tried to make the most of what she had and enjoyed every stroll on the trail she had.

Peace and happy trails to you, Patty.

— Teresa Downey Blenis, E2E #284

Three Hikes Involving the New Lithuanian Loop Trail

by Alex Gonzalez



Alex Gonzalez

Trailhead at parking area on Babcock Hollow Rd. in Cortland County

1. Lithuanian Loop Trail (1.1 miles)

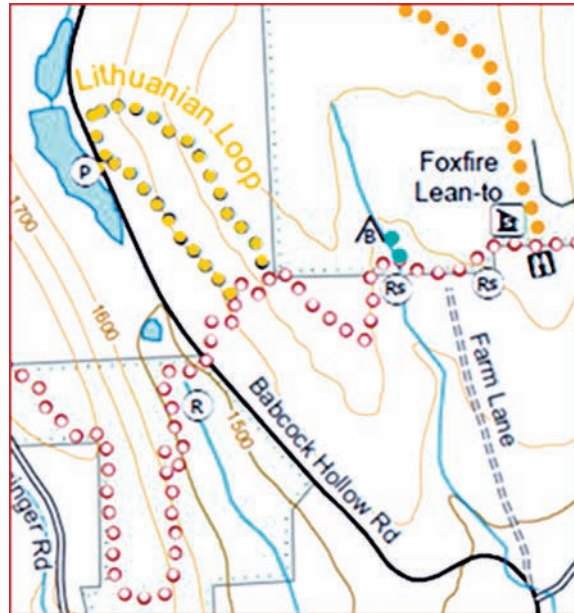
See FLTC map M19. The LLT trailhead is easy to spot off Babcock Hollow Road at the large parking area near the big ponds there, 0.4 mile north of the FLT crossing. This yellow-blazed trail, which starts across the road from the parking area, is marked by triple blazes and a laminated sign that distinguishes the eastern and western sections. Be sure to lock your car and leave no valuables in sight.

To hike this loop, the recommended direction is to begin with the western section, which bears right almost immediately. The path begins to ascend gradually through hardwoods, crossing a couple of seasonal streams and springs and passing a comfortable stone seat with backrest at the base of one of the hillside's rare evergreen trees.

Not long after, the LLT reaches its first junction with the FLT. Turn left, now following both yellow and white blazes as the LLT and FLT are running concurrently here. After a little over a tenth of a mile uphill, the trails diverge, with the LLT's eastern section veering off to the left and soon reaching the LLT's register box. Please do sign in.

The following appears under Trail Conditions on the FLTC website:

On FLT Map M19 in southwest Cortland County at mileage 9.8 a new loop trail allows access to off pavement parking at a school bus turnaround next to a pretty pond. Built by Alex and Michele Gonzalez (creators of the Spanish Loop and Swedish Loop) this new 1.1 mile Lithuanian Loop is a pretty trail in its own right and a family friendly hike for those with small children. The eastern (uphill portion) of the loop allows access to the Foxfire Lean-to with a 1.2 mile hike. Below is a snippet of the new trail.



— "Java Joe" Dabes

Now begins a delightful, level stroll for about three tenths of a mile on a path that gradually widens until it becomes a pretty, old logging road. The trail passes several branch logging roads, but the LLT proceeds straight through at all such junctions. Eventually the LLT begins to drop downhill, somewhat steeply at times, until it enters a beautiful, dark Norway spruce forest.

A double blaze on the left indicates the point at which the trail leaves the logging road and enters the spruces. Descend through the spruces on switchbacks and eventually enter a red-pine forest. Soon reach the junction with the western section and the original parking lot by the ponds, which in winter can be seen through

the trees as one descends. The ponds are particularly pretty, and the patient observer may even see a beaver or two at work. The beavers' lodge is located in the next pond, north of the parking area.

2. Favorite Hike (5.8 miles).

This hike is particularly attractive if the weather should be unsettled, since it passes by Foxfire Lean-to twice, where excellent shelter is available. Take the western section of the LLT till you hit the FLT. Turn left and head uphill, passing by the eastern section of the LLT, which will be your return route. Keep on the white-blazed FLT all the way past Foxfire Lean-to and past the terminus of the orange-blazed Dabes

(Continued on page 11)

Lithuanian Loop ...

(Continued from page 10)

Diversion Trail. Cross Bleck Road and soon locate the blue-blazed Kuzia Cutoff Trail, where you should turn left and go all the way to the Dabes Diversion Trail, which is running along Hauck Hill Road. Turn left again and follow the orange blazes across Bleck Road and back to the FLT. Turn right on the white blazes and go past Foxfire Lean-to again to the eastern end of the Lithuanian Loop. Turn right on the yellow blazes and follow them all the way back to your car. Anyone going to Foxfire Lean-to who wants to avoid dirt-road driving can use the LLT to get to the lean-to. Other access points, such as lower Bleck Road, Cortright Road, or Kells Road, involve dirt-road driving.

3. Super International Loop (11.5 miles)

This hike extends the 7.2-mile International Loop, which includes the FLT (American), Swedish Loop, and Spanish Loop, and now brings in the Lithuanian Loop. It is a fairly strenuous hike, and one with many twists and turns, but it leads to many scenic rewards. Because the various trails are described in the Cayuga Trails Club's *Guide to Trails of the Finger Lakes Region* (2011) or, in the LLT's case, described above, only minimal directions will be provided here.

Park at the upper (north) FLT trailhead on Daisy Hollow Road, near its junction with Carpenter Hill Road. Follow the white-blazed FLT for a mile to its junction with the Swedish Loop. Turn left on this blue-blazed trail; be sure to take in the scenic, short, yellow-blazed spur, Willa's Vag, on the right, when you come to it.

Continue on the SwLT until you reach the FLT again at its crossing of Bell-Hilsinger Road. Turn left and follow the FLT, eventually crossing Babcock Hollow Road and continuing until you hit the first junction with the yellow-blazed LLT. Turn left and follow this trail to where it splits, very close to Babcock Hollow Road. Continue on

the yellow blazes by turning right and begin to climb through first red pines and then Norway spruces.

Turn right when you hit the logging road and continue on the yellow blazes until you hit the FLT. Turn right on the FLT and follow it downhill, passing the first junction of the LLT once again. Stay on the FLT, re-crossing Babcock Hollow Road, past Bell-Hilsinger Road and the SwLT junction again. Continue on the FLT uphill, passing the International Mine on the right. Go over the top of Owego Hill and then descend until you reach Owego Hill Road and the start of the orange-blazed Spanish Loop. Turn left on this road and follow the orange blazes to Adams Hill Road, where the blazes will turn off to the right on this lightly traveled paved road. After about a thousand feet of blazeless road the orange blazes will head off to the right and enter a field and then some evergreen woods. Keep on the orange blazes past several minor trail junctions and cross Daisy Hollow Road at a diagonal. Soon the orange blazes will end at the FLT. Turn right on the white blazes and follow them out to Daisy Hollow Road, after which you need to turn left on the road and follow the road 0.6 mile back to your car. □

Victor Owen Yates Passes

Long time FLTC and Genesee Valley Hiking Club member Victor Owen Yates passed away July 20th, 2011. Victor was an avid hiker his entire life. He was FLT end-to-end hiker #21 and Branch Trail end-to-end hiker #5. Victor was a dedicated hike leader for the Genesee Valley Hiking Club, and served as its Treasurer for many years. He was a Trail Steward on the GVHC section of the FLT and served on the FLTC Board of Managers from 1988 to 1991. Victor was a quiet man who found solace hiking in the great outdoors and in the friends he enjoyed it with. He will be missed.

— Ron Navik

Landowner Award ...

(Continued from page 9)

on his property. Randy has since cut all the logs for this project from his land and has had them milled in preparation for an FLTC Alley Cat crew to construct the shelter in late September, 2011. For us to invest the time and effort to build this shelter, we wanted to make sure it would be there for hikers to enjoy for a long time, so we approached Randy about granting the FLTC a permanent easement. This past winter, Randy and Ron Navik, Vice President Trail Preservation, signed the easement which includes the proposed lean-to, a privy, the main trail on his property, and a spur trail through his campground to CR 13 to ensure access to the shelter even if we lose the adjacent landowners.

Randy is an avid outdoor enthusiast who believes in combining nature with exercise. He is a great friend of the trail and a wonderful host. We can't think of a more deserving person for the Outstanding Private Landowner Award and can't thank him enough for all that he has done for the trail. □



Ed Sidote

A Day in the FLT Classroom

by Doug Cunningham

Bush Hill & Farmersville State Forest Hike, Cattaraugus County, New York

July 26, 2011, temperature 63-77, wind NW 15-20 mph, blue sky

Like most of you, I suspect, I had many excellent teachers during my formal schooling. Yet, I like to think that nature is my favorite teacher. Today I re-entered the FLT classroom for some lessons. I hope you find them of some value.

We hike to get away and remember that we long to get back, to people. This solo hike did that. It started with conversation with my spotter, Ray Zinn, a confident, easy-going gentleman from Little Valley, New York. Because there is no pretense to him, we exchanged lots of information about the FLTC, families, occupations and GPS uses in a short time. After we drove to my start point, I realized I had left my map in my car. Without batting an eye, Ray said, "Let's go get it." This extended our sharing and moreover saved me a couple of times during my solo hike. As I began my 7.1 mile hike, the irony hit me that getting off by myself started with such rewarding social interaction with Ray. So one plus of "getting into the woods" was to remember how much I need people, even before I started, no less. Evelyn Rice, a colleague of mine and longtime Supervisor of Librarians in the Greece Central School District, once said, "Doug, you need to be with people." This is true of all of us, I suspect.

Well, what was nature going to teach me today? As a former teacher, I know that one cannot become a true teacher without first becoming a learner. As a beginning teacher, I tried so hard to pour information into the heads of my students, with most of it spilling out into the air and leaving me exhausted. Eventually, I started to learn from them just what they wanted to learn. I learned to listen and interact. I even had the students do an evaluation essay of my effectiveness at the end of the course, after I had given them their final grade. These assessments became generally quite glowing; however, I got

the most from the more critical ones and learned to adjust my courses accordingly. Carson Palmer in his book *Courage to Teach* pointed out that students don't judge a teacher so much on what they are taught, but rather how the teacher makes them feel. I hope allowing students to evaluate me made them feel trusted.

The first thing nature was going to teach me on my hike today resulted from coming upon a perfectly spun spider's web hanging from a tree at eye level, highlighted from the back by a full sunbeam. An artist might try to produce this, but the spider just does it without any fanfare. It was breathtaking. It reinforces the notion that there is greatness in simplicity and simplicity abounds in the forest. People, like spiders, need to do what comes naturally.

As I hiked further I started to slow my thoughts and consciously meld with my surroundings. This produced a feeling of relaxation. The natural state of a human is to be relaxed. Our digital, future-shock paced, crashing loud and disjointed society pulls us away from relaxation and rational thought. Hiking brings me back, and I make a note of it.

Soon I am aware of my ambling. The placing of one foot in front of the other in a heel to toe rocking motion and swinging from the hip, not the knee,

propels me forward faster because fundamentals are important even in walking. At six feet four and ageing (who isn't), standing up straight has a positive effect on my ambling, breathing, and power of observation (one sees more with his head up was my favorite refrain as a coach), and dare I admit, good posture improves self-esteem. "Ears to shoulders" keeps the head in its proper upright place. I recently read that Americans have the shallowest breathing in the world because of lack of exercise. It feels good to expand those lungs.

Next I have the chance to remember that a rising level of concern, known as fear, brings excitement. The reward of fear is overcoming it. Approaching a large clearing at the end of Bush Hill Forest, the blazes stopped. I was temporarily lost. After searching by walking a ways in three directions several times over, I noticed that my map indicated a swing to the left to reach Stebbins Road. So I started across the meadow in a 45-degree left direction and part way across it, I spotted the next blaze about a quarter mile ahead. This produced a feeling of elation in me. You have all experienced this getting "unlost" high, no doubt.

The road walk was surprisingly

(Continued on page 13)



Doug Cunningham

Spider web

FLT Classroom ...

(Continued from page 12)

interesting. As I passed by the few homes, I could feel the uniqueness of each. Nobody needed to make their property just like their neighbors. One house looked like it should be in "Better Homes and Gardens." It was a tiny cottage-style house surrounded by all kinds of perfectly cultivated flower gardens filled with a plethora of colors of day lilies, roses and more. The lawn was perfectly maintained. There should have been a sign in the yard that said, "Our little part of Heaven." Another had a hammock hanging in the yard. A third was a western ranch-style with a Native American welcome greeting on a high pole reaching above the driveway. At least I hope it was a greeting. It is possible it said, "Keep Out." Then an old beat-up house trailer that looked abandoned until I saw the mail box and believe it or not, a no trespassing sign tilted on the door, which made me laugh out loud. Who would dare venture into that place? Of course when you laugh out loud on Bush Hill Road in Cattaraugus County, does anyone hear you? Finally, the road walk produced the best scenic view of the hike as I reached the crest of Bush Hill. Why are we always looking for long-ranging views? Is it because we hope it will give a clearer picture of our future or even reassure us we have a future or like the view, we will live forever? I know this: it cleanses the soul and awakens the human spirit.

At the end of the road walk, I entered Franklinville State Forest. It seems there was a Miss America once from Franklinville, New York. I have no idea how I happened to remember that. At any rate, I'm sad to report that she was nowhere to be found in the forest this day.

It's funny how each forest is similar, but unique. Franklinville Forest seemed calmer and less helter-skelter than Bush Hill Forest. There was less undergrowth; it was a little less wild, if you

will. Lunch was a little unsettling. Breaking bread alone isn't the best. I recalled that on a recent hike with three others, when we stopped for a short lunch, nobody spoke a word through-out, but I had a sense of fellowship and community.

About a half mile from Huyck Road a huge tree completely blocked the trail. After taking pictures to report to the trail maintenance folks, I thought of the lesson that can be summed up as, "There are two kinds of people in the world, givers and takers." It will be the givers that saw and haul this tree from the trail. I have given to the FLTC, but probably not as much as I've taken in enjoyment. I promised myself to invest more on the giving side of the ledger going forward. Now, just saying it will not make it happen, but having the courage to say it publicly will motivate me.

What would I have done differently on this hike—two things. I would have waved down the two boys racing down Stebbins Road on a four wheeler to learn more about the locale. Oh, what many of us would give to be back in our youth on summer vacation. Secondly, I would have knocked on the door of the cottage with the manicured gardens and hoped for a tour. The final lesson being, when hiking, whenever I hurry, I miss something, something that may never come again.

I reached Huyck Road with mixed feelings about solo hiking. The pluses you have just read. But the main thought I take from the hike is, we go into the woods alone mainly to remind ourselves of the joy of reconnecting again with people. □

Call for Nominations

So many people give so much of themselves to keep this hiking trail open to the public; let us remember to honor them. Who in your club is an unsung hero? Whom do you always count on when something needs fixing, or doing, or arranging? What landowner or other non-hiker has contributed to our trail's continued existence? Do not let them remain unsung.

Nominations are requested for the following awards every year; please send them to:

Irene Szabo, Recognitions Committee Chair, treeweenie@aol.com, 585/658-4321, 6939 Creek Rd, Mt. Morris NY 14510, and copy Gene Bavis, Executive Director: FLTC, 6111 Visitor Center Road, Mt Morris, NY 14510, gbavis@rochester.rr.com. **Nominations, especially for the Wally Wood, are requested before the end of December.**

The Wallace D. Wood Distinguished Service Award is the highest annual honor given by the FLTC to a volunteer who has contributed extraordinary quality and quantity to the ongoing health of the trail system and its organization. Pairs of people who have worked miracles together have also received this award.

The Ervin Markert Distinguished Contribution Award goes to an individual, group, or organization in the public or private sector who has made a significant contribution toward the improvement of hiking trails in New York. This could be a trail landowner, a donor, or someone working for an agency such as the NY Department of Environmental Conservation, for instance, who has been especially effective and generous.

The Clar-Willis Distinguished Trail Volunteer Award is presented to an individual (or pair) who has made a significant contribution over a period of time as a trail worker within the FLT System. The recipient(s) may be a member of the FLTC or of one of our trail-sponsoring organizations.

Trail Topics

Like last year at this time, our Vice President Trail Maintenance, Steve Catherman, has been given special dispensation to not submit a Trail Topics column while he delivers his daughters to college, but his efforts on behalf of the FLT and those of the trail stewards are evident throughout the magazine. The report from Quinn Wright, Director of Crews and Construction, appears in the form of separate articles on this season's very successful Alley Cat projects.



TQ

Lynda Rummel
Vice President of
Trail Quality

Building Trail and Structures That Last

Flash flooding on two days the week prior to Saturday, June 25th, left Newton Creek (west of Bainbridge, M25) high, fast, and brown, and literally *un*-fordable, so we had to cross the creek by the road's bridge in order to get from one side to the other. New seeps and rivulets were everywhere on the steep slopes on which we were to build new switchbacks; but without too much slipping and sliding, a crew of nine "side-hilling newbies" learned how to bench-in trail to a (roughly!) 10% grade, with a 5% outslope, so water will run across the trail rather than down it. With Roy Dando's help, I flagged the switchbacks the evening before. Laurie Dando brought lunch to us at the worksite. We completed our work on the 26th, having replaced old trail that was just "punched in" with new trail that's built to last. The volunteers used tools that I fetched from the Mt. Morris "tool crib" and that Roy supplied from the Triple Cities Hiking Club's cache. All that's left to do is to construct several steps, instructions for which have been left with Roy.

Many thanks to Roy, Laurie, Larry Blumberg and other volunteers from the TCHC who made this part of the Getter Hill (aka, Beales Pond) Alley Cat Project such a success. A special thanks to Mr. Dando, the TCHC Trails Chair, whose teaching background encouraged him to kill two birds with one stone—that is, to invite in a trainer (me) to train volunteers while doing work that needed to be done anyway.

Laurie's great cooking also extracted an extra day of work from me. While at the new Getter Hill lean-to on the FLT south of Bainbridge (M25) to critique the first attempt at putting railings on two sides of the fiberglass chum toilet to

How to Contact Trail Management

Steve Catherman, Vice President Trail Maintenance
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Lynda Rummel, Vice President Trail Quality
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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)

make it completely handicapped accessible and to look at the foundation of the new bridge being built nearby, I was put to work digging drainage ditches around the shelter! My only suggestions were to strengthen the privy rails by adding more 2x4's and by using only pressure-treated wood, and to reduce the potential of insect damage by peeling the bark off the cedar tree stringers before building the rest of the bridge. More special thanks go to Roy and Laurie's son, Brad, for his CAD drawings of the toilet railings, to Travelin' Training Team member, Irene Szabo, for providing the dimensions and suggestions for improving the plans, and to Don Sutherland, for using his certified sawyer skills to build a bridge that will greatly enhance this section of the FLT!

Learning the Ropes

At the recent North Country Trail Association conference in Dayton, Ohio, I went to one of Dayton's fabulous metroparks and learned how to work a zip line to move huge boulders into place in order to make solid, stable stepping stones across a drainage that periodically flash-floods. The instructor was Andrew Bashaw, a slender young man with a small pony tail, who serves as an NCTA

Trail Topics, continued...

Regional Coordinator and the Executive Director for the Buckeye Trail Association, who turned out to be an excellent teacher. His students were MetroPark employees and other volunteers from the NCTA. Strained hamstrings and a pulled quad muscle prevented me from working, so I took pictures and watched closely, but mostly my job was to stay out of the way of the gigantic 300-400 lb. boulders that seemed to dangle from the sky and slide downhill at great speed.

The zip line was constructed by first attaching a shackle to a downstream tree and a pulley to another tree upstream (the attachment straps were placed well above ladder height) and then running a Grip Hoist's cable between the shackle and the pulley, with the Grip Hoist device on the ground so it could be worked by us students and the cable could be let out or taken up. Thick straps were wrapped around the rock to make a temporary "basket" to hold it; then, when the cable was slackened, the basket was attached to a snatch-block pulley that ran along it. When the Grip Hoist operator pulled in the cable, the rock would lift and then slide downhill. Additional ropes were attached to the pulley so workers standing to the side could direct the cargo and stop it from sliding.

Now, I've used the Grip Hoist to move horizontal telephone poles, but that pales by comparison to this kind of high wire



Lynda Rummel

At the NCTA Conference in Dayton, Ohio, using the zip line and rock bars to position the final stepping stone into place. Photo by Lynda Rummel.

aerial operation. However, by carefully following safety procedures and wearing helmets, we could move this kind of work into the realm of the possible. We have the Grip Hoist, so let's expand the uses for it. □

Cortland County Hikes Continue

by Karen Serbonich, Cortland Hike Series Coordinator

At the time I write this, there is only be the September hike left before we complete the Finger Lakes Trail through Cortland County. We will celebrate with a picnic at the Blodgett Mills Park in Blodgett Mills after the last hike of 5.8 road-walk miles from Hoxie Gorge to W. River Road. Certificates for those who completed the Cortland County hike series will be handed out and we will honor another group of End to Enders.

The trail through Cortland County is spectacular. While pre-hiking the coming month's section, I often find myself slipping into a "hiking trance"—breathing in the smell of pines, enjoying the visual lushness, fields of trilliums and ferns, stream beds carved into gorges, ruffed grouse startling us as we pass by, and sometimes harsh landscapes of fallen trees—only to realize I forgot to scope out a place for Waldo or sag wagon stops!

After a 10- or 11-mile hike, my legs are crying "uncle" but my mind is thinking, "Where did the miles go?" How could I have walked so far and only crossed four seasonal-use roads? Walk eight miles to work, no way! Walk eight miles on the FLT, sign me up!

This is a great way to hike the FLT, whether you plan to be an End to Ender or just enjoy hiking and need a group to hike with.

Next year we will cross through Tompkins County, so begin to get excited and plan to join us on the trail.

□



It was hard to miss Waldo. Karen has been using holiday-themed items for the county hikes' "Where's Waldo?" tradition.

BOCES Students Build a Bridge

by Paul Smith

It's unusual for a trail steward like me to open an email and find that someone wants you to have a bridge, and mind you, not a bridge in Brooklyn. But there it was, an offer for a 16-foot-long bridge for free if I had a place to put it.

The bridge was the class project for the Wildwood Building Trades Summer Camp at Hornell BOCES, taught by Rob Lemay and Kevin Freeland. They taught fifteen students aged 11 to 16 the rudiments of building, including carpentry, engineering, math, and, of course, the wonder of the Finger Lakes Trail. Rob and Kevin directed their charges in the building of a king post truss bridge, giving the students hands on experience applying the lessons they learned in class. When the bridge was finished, the only remaining problem was finding a home for it.

Rita Jensen, who works at BOCES and is an aspiring FLT end to ender, urged Rob and FLTC President Pat Monahan to see if the bridge could be used anywhere along the FLT. It didn't take long for Steve Catherman and Ron Navik to act on my request. The bridge now resides astride a troublesome ditch on map M10, just a hundred yards east of Lain Road. For years I struggled to get my mower over that ditch. Now, the bridge makes mowing "almost nice".

Placing the bridge on site might be the best part of the whole story. The



Steve Catherman

BOCES students standing in front of their handiwork. The students' names are Brandon McNally, Parker Cady, Zachary Ermer, Marie Palmer, Jon Palmer, Trevor Kokot, Ron Feenaughty, Noah Logan, Scott Lemay, Cameron Ellington, Brandon Vosburg, Hunter Tingley, Logan Robinson, Alex Fervan, and David Sieczkarki. Instructors, Rob Lemay and Kevin Freeland.

bridge was completely constructed at BOCES in Hornell then disassembled and loaded on a flatbed truck for transport to the Lain Road access point. With the blessings of land owners Chip Collins and Lain's Cider Mill, the truck was backed into the site and the bridge was offloaded and reassembled in just a couple of hours.

After a celebratory picnic, the crew was led on a hike by Rita Jensen.

The bridge has been a colossal volunteer effort, but so is the entire length of the Finger Lakes Trail. While the daily news programs show humans at their worst, on the trail we can see the efforts of people at their best. □

Welcome!

New and Returning Members May 2011 through July 2011

Mark Abbey, Webster
Paul Allen, Carbon Copies, Cortland
Kristen Banach, Ransomville
Ryan Beattie, Rochester
Marjorie Boone, Branchport
Samantha Brooks, Scotia
Alice Caroompas, Binghamton
Patrick Cornbill, NYC
Lori DiPaola, Hilton
Jill Fickbohm, Owasco
Beatrice Gnirs-Busch, Cortland

William Johnston II, Jamestown
Irene Komor & Leo Tohill, Ithaca
Catherine McMahon, Webster
Jack Miller, Syracuse
Ryan Mills, Rochester
James Miner, Dryden
Jessica Nohle, Ovid
John Ortner, Hamburg
Pack Paddle Ski, Livonia
Keith Reynolds, Rock Stream
Luis Sanders, Delran, NJ

Mark Schlechter & Christine
Valkenburgh, Bath
Aaron Schreiner, Dansville
Chris Sims, Rochester
Ronald & Linda Smarsh, Rochester
Steuben-Allegany BOCES Wildwood
Educational Center, Hornell
Gordon, Sally & Lori Swift, Bath
Tim Szczesny, Binghamton

Building the Birdseye Hollow Bridges

by Steve Catherman, with Lynda Rummel

In the northern part of Birdseye Hollow State Forest, the Finger Lakes Trail crosses the inlet to the lake located in the County Park downstream. Situated just west of Access Point 1 on Map M13 (CR 96), this inlet winds its way through a swampy wooded valley in the northeast corner of Steuben County. Although this stream can run practically dry in the summer, when it can easily be crossed by rock hopping across the muck, it can also flow bank to bank at flood stage in the spring. When it does this, as it did this past spring for several months, it is nearly impossible to cross without getting wet, unless one enjoys the thrill of balancing atop a downed tree or two.

The FLTC Vice President Trail Maintenance, Steve Catherman, applied for a permit for construction of a bridge at this location, which was approved early this year. Piggybacking on the successful Bristol Hills bridges project from last summer, we then sought out some familiar volunteer help. With Lynda Rummel as Clerk of the Works, Steve Catherman as Project Manager, and Gerry Benedict as Construction Manager, we had the

core of our team in place. We recruited fellow Bean Station bridge builders, Mike Schlicht and Gary Haff, to be Second Construction Manager and Bridge Decking and Railing Supervisor, respectively. Volunteers Pete Nye, Joe Cobb and Georgianna Binder rounded out our FLTC work force.

Our first order of business was to decide on the location, length and type of structure for the crossing. After our initial attempt at staking out the proposed bridge at the existing crossing was washed away in heavy spring rains, Lynda discovered a slightly higher and drier spot to cross downstream. This new location would involve rerouting the trail several hundred feet along the east and west banks of the stream, but was clearly a better choice and received local NYSDEC Senior Forester Gretchen Cicora's stamp of approval.

The new site warranted a main span of 38' and an approach span of 20'. Knowing that we had one 45' used utility pole donated by Steuben Rural Electric Cooperative (SREC) left over from our Bristol Hills project, the logical choice for the main span was a



Lynda Rummel

Joe Cobb (front) and Pete Nye lay out the boards on the bigger bridge.

timber pole bridge, similar to the ones Steve had designed for the Crystal Hills Branch Trail and Gerry and Mike had drawn up for the Bristol Hills Branch. When SREC graciously agreed to donate and deliver a second 45' long pole, we were set for the main bridge.

Designing the shorter span and getting the materials for it proved to

(Continued on page 21)



Inmates from the Monterey Shock Incarceration Camp help Gerry Benedict move his biggest rock on a crude sled toward the creek bank.



Two inmates work with Georgia Binder and Mike Schlicht to put boards on the smaller bridge.

Photos by Lynda Rummel

Hunters Creek Park Alley Cat, June 11-17

by Mike Schlicht, Project Manager

The Conservation Trail passes through Hunters Creek Park and is a multi-use trail for both hikers and bikers. The park is part of the Erie County Park System and is heavily used year-round; it is common to see at any time of the day dozens of cars in its two parking lots. The allure of the beautiful scenic setting and the well-developed trails helps explain why so many people use the park even though there are no picnic tables and pavilions for traditional picnics.

The trail is heavily used in spite of the fact that some sections of the trail have a perennial problem with too much water pooling in some areas and too much mud. Consequently, the trail had been widened from 36" to around 96" as hikers and bikers tried to avoid the deep water and muddy sections. Punchcons were needed on parts of the trail that are often very wet and muddy.

After such a rainy spring, June 11 welcomed 27 volunteers with a warm sunny day to begin installing punchcons. Volunteers from the Foothills Trail Club (FTC), Finger Lakes Trail Conference (FLTC), the Friends of Hunters Creek (FOHC), WNY Mountain Biking Association (WN YMBA), and the WNY Quarter Horse Association (WNYQHA) performed a variety of tasks to move over 50 punchcons into place.

In the weeks leading up to the Hunters Creek Alley Cat, Dave Potzler, Construction Manager for the project, with help from John Burnham, Frank Occhiuto, Ed Oleksy, Ben Petryszak, and Gus Phillips, spent 201 hours building the punchcons at Ben's house where they were stored until June 11. Ben recently purchased a house not far from Hunters Creek with a large barn where cutting the various pieces of pressure-treated wood and nailing the planks and sills together with nail guns quickly became a production line to build the 680 feet of punchcons that are part of the overall Alley Cat project. The materials alone cost almost \$5,000!

(Continued on page 19)



Tractor driven by Dave Potzler. Helping, left to right, Ben Petryszak, Melanie Okoniewski, unidentified WNYMBA member, and John Burnham

Tractor driven by Peter Taranawskij (WNYQHA)



Hauling 8-foot punchcon, left to right: Mark Hittle, Jeanne Moog, Bob Schmidt, Barb Mach, Quinn Wright



Photos left and above by Annette Brzezicki.



Quinn Wright

Sixty-four feet of new punchcon.

Hunters Creek ...

(Continued from page 18)

A special thank you goes to the following organizations that donated funding for this project: Eastern Mountain Sports and member donations from the FLTC, FTC, and WNYMBA. Without the generosity of these organizations this project could not have been accomplished.

The weather for June 11-13 could not have been better. While at times it was warm and humid, we spent the majority of the time in the trees thereby lowering the temperature and making the hauling process a bit more tolerable. Each day began with Ben Petryszak and Melanie Okoniewski loading the pre-constructed puncheons onto a trailer at Ben's house. Then they hauled the puncheons to an access trail near the park. Annette Brzezicki, Bob Collins, Barb Mach, and Jeanne Moog handled traffic control by flagging vehicles to stop. While the traffic was stopped, Ben and Melanie off-loaded the puncheons and loaded them onto the two tractors provided and driven by Dave Potzler and Peter Taranawskyj. The tractors then traveled uphill for a half mile, where the puncheons were off-loaded at the halfway point of the nearly one mile long section of the Conservation Trail where the puncheons were needed. Some puncheons or materials were taken to another location closer to where puncheons were to be installed.

From this point three teams of volunteers attached rope slings to the puncheons and walked the puncheons to the intended sites for installation. The very difficult and arduous work days put in by the following people cannot be adequately described: Amy Bowman, John Burnham, Ben Clauss, Joe Cobb, Justin Davis, Beth and Fred Fellendorf, Mark Hittle, Paul Kropovitch, Jonathan Moscato, Erik Nowakowski, Frank Occhiuto, Ed Olesky, Gus Phillips, Mike Schlicht, Bob Schmidt, Jeff Smith, Jon Sundquist, and Quinn Wright.

An eight foot long by nearly three foot wide puncheon weighs almost 170 pounds. Some puncheons were ten feet long (about 210 pounds) or twelve feet long (about 250 pounds). Depending on the length of a particular puncheon it would take anywhere from four to eight volunteers each holding an end of a rope to move the puncheon to its intended location. Hauling puncheons anywhere from 8 to 12 feet long was very challenging as we had to navigate around tight turns, mud, and other obstacles.

As the project progressed, we started installing the puncheons closest to the access trail so that we could slide the next puncheon over the first, making the process of hauling the puncheons just a little easier. The puncheons amazingly were installed in two days, while we spent the third day stabilizing the structures and nailing wire mesh to the tops of each to provide secure footing for all who use them.

On Wednesday, June 14, we began building a retaining wall on the "Big Daddy" ravine in Holland. This was the site of a Foothills/Finger Lakes Alley Cat project in 2007. Over the years the soil from the ravine has been accumulating on the trail thereby shrinking the foot path. The ravine does not have a lot of vegetation on it, which allows rain to slowly push soil onto the trail. The weather that day wasn't as pleasant and we hiked all the materials in to the site in the rain. But, once that was done, Mother Nature decided to give us a break. The rain stopped and we began the task of installing the retaining wall. This project took a day and a half as we had to remove a lot of dirt from the trail by digging down to the original footpath and then installing the retaining walls. The nice part about the retaining wall is that we re-established the original path and in five years when the same task is required, we can just dig out the dirt to the bottom of the retaining wall to provide secure footing once again.

On Friday, June 15, we finished the project, went back to Ben's place for a lunch of leftovers, and said our

goodbyes to our friends with whom we had spent a week sweating, swapping stories, and working to maintain a trail that many people in Western New York will long appreciate.

Those of you who have hiked the Conservation Trail at Hunters Creek may have noticed a different type of puncheon that looks like a ladder laid over the ground. These puncheons were installed in 1996 by the WNY Mountain Bike Association and have held up amazingly well for fifteen years. When it rains these puncheons are quite slippery. Perhaps a future project can upgrade these puncheons by spacing the tread more closely and installing the anti-slip mesh that was installed on the new puncheons. Since this project has concluded, Ben Clauss of WNYMBA has been installing wooden, rock and earthen ramps up to the puncheons to make the transition from the ground to the puncheon much more comfortable for anyone using the trail.

Lunches each day were supplied by the Foothills Trail Club. Once the day's work was done, Foothills Trail Club volunteers Donna Flood, Pat Haynes, and Sue Hittle made dinner for the volunteers at Ben's house. Dinner each night was wonderful, ranging from turkey and stuffing to spaghetti and gourmet hamburgers, to mention a few of the dinners volunteers had to look forward to after a hard day on the trail. The generosity of the cooks was overwhelming as each made a dessert ranging from cakes and pies, to cookies and cupcakes which were welcome, but hardly necessary. No one went home hungry, although some of us gained more than the weight we worked off during the day.

Ben Petryszak was a gracious host who not only offered his facilities for building the puncheons, but also allowed the volunteer cooks to use his kitchen to prepare food for the crew. In addition, he allowed people to camp in tents on his property and take a refreshing dip in his pond, a nice way to cool off after a hard day's work. □

In the founder's own words: the early years

Forty-nine years ago, Wally Wood had an inspiration.

In the run-up to the fiftieth anniversary of the FLT, we are reprinting his three-part account of the early years, which appeared in the Finger Lakes Trail News in 1974. Chapters 1 and 2 were reprinted in the Summer and Winter 2010 issues.

THE FINGER LAKES TRAIL

Chapter 3

Events in the Fall of 1961 That Set the Stage for the Trail and the Conference

(Series on the early years by Wallace D. Wood)

While at Cornell and living in the basement of the Observatory in my senior year, I took a course in physical geography with Professor von Engeln, who later wrote: "The Finger Lakes Region: Its Origin and Nature," published by Cornell University Press in 1961. It was natural that in late August, after reading his book and the White Mountain Hut sojourn, I wrote him for his reaction to a trail across the southern tier and between the Finger Lakes. Dr. von Engeln's handwritten reply on Sept. 7 follows:

"Dear Mr. Wood: I much appreciate your kind words about The Finger Lakes Region and remembrance of your class experience.

About your Finger Lakes Trail project. I think this is an interesting idea although wonder if the region is 'wild' enough to attract hikers as would an Appalachian Trail. Better suited to automobile tours.

As to personal participation - I am beyond the age where I care to undertake any active participation in such a promotion.

However I suggest two people near you whom you might interview and who are definitely interested in the area and the kind of promotion you have in mind: Mr. F.W. Kinsman, P.E. Consulting Eng, Fairport, and Dr. Victor Schmidt, Science Dept. Brockport State Teacher's College. Mr. Kinsman has a theory, original with him, on the origin of the Finger Lakes. Dr. Schmidt is intimately familiar with the glacial geology and concerned with earth science for young and popular instruction.

Try them out for help and participation.

Very Truly Yours - O. D. von Engeln"

To get further reaction to a trail across New York the idea was sent to AMC and ATC and to many individuals. There was a very pleasant lunch with Dr. Babett Brown Coleman, U. of R. Professor of Botany. Encouragement was received all around.

The first key event occurred at the annual meeting of the Genesee Valley Hiking Club at the Rochester Museum of Science on Sept. 21st. The secretary's entry relative to the trail proposal follows:

"Wally Wood spoke on his dream for the future, a Finger Lakes Trailway. This, of course, would be a tremendous undertaking, as permission would have to be secured from property owners, whose land the trail would cross. Wally said, as a start, he would like to see a 25 mile stretch opened along the southern edge of the Finger Lakes. He said

there was a possibility of a National Park in the Finger Lakes area. Henry Staehle moved that the GVHC go on record as being sympathetic toward the establishment of such a trail. Fred Wechsler seconded and it carried unanimously. Fred Wechsler, Rosa Wolfer, Helen McBride, and Ed Willis volunteered to help.

- Secretary, Gertrude Sandvik"

A few days later as the word got around, several GVHC members not present at the meeting called and volunteered their help. I remember two stalwart and still very dedicated workers: Korby Wade and Mary Gunn.

Plans were then set for a fall meeting in Rochester to further explore interest and feasibility and for a statewide meeting early in 1962 at Keuka College, where my friend Bill Litterick was then president. In a letter to Bill, I suggested the possibility of 30 to 50 people. But attendance was beyond all expectations as you will see in the March 1975 issue of the NEWS.

The trail idea soon got around to the hiking clubs in the state. David Heck, President of TCHC, in his letter of 9 October to TCHC hikers, spread the word and invited attendance at a meeting in the home of Paula Strain near Owego, where participation by TCHC would be discussed.

A historic letter came from Paula Strain on the 16th. She had chatted with Jean Doren and stated that "As a one-woman proponent of trails, I've talked trail until the Triple Cities Hiking Club is a bit bored with me, but I've been enough a stranger not to feel justified in saying we ought to sponsor a trail here or here." Paula was then a seven year veteran with the Potomac Appalachian Trail Club and had led that club on a trip to the Jotunheimen of Norway in 1959. Paula plumped herself squarely on the FLTC bandwagon and played a major promotional role for several years - the roles including second president of FLTC. Does any reader of this epistle know of any librarian on the east coast more knowledgeable and a more dedicated trail enthusiast than Paula?

A meeting was held at the writer's home on Oct. 25 to plan a general meeting at the Scout Office in November. For the November meeting several GVHC members agreed to assist: Fred Wechsler, Leon Christiansen, Frances Jacobi, Korby Wade, Helen McBride, Rosa Wolfer, and Ed Willis. The group was called the Finger Lakes Trail Committee and would also assist in planning a statewide meeting early the following year.

(Continued on page 21)

In the interest of a common policy relative to the trail crossing state owned lands, the Conservation Department in Albany was approached, resulting in an invitation to visit them. A visit was subsequently made to Albany in which the writer was accompanied by Fred Mohn. Our host was Mr. Victor Glider, then in charge of the recreation program. (This post is now held by a most cooperative Bandy Kerr.)

Plans were now steaming ahead. Letters from Paula indicated a wide range of resources for the planning of both trail and related organization. A very encouraging letter came from Olga Rosche of South Wales. She with husband, Art, members of the newly formed Foothills Trail Club, and particularly Mabel James had just started to build a western New York, north-south trail, called the Conservation Trail.

The Boy Scout Office, via its Director, Fred Wellington, donated space for a meeting on Saturday afternoon, November 18th. Fred Wechsler and the writer were co-leaders of the meeting. Our principal guest and speaker was Mr. Art Koeber, of Pittsfield, Mass. Art's background included hikes

on the Long Trail of Vermont over 25 years, member executive committee of the New England Trail Conference since 1956, and member of the Appalachian Trail Conference Board of Managers since 1957. Our second speaker was Mr. Charles Kresge, District Forester from Bath, N.Y. Slides of the AT and the Long Trail by Art and of New York State forests by Mr. Kresge merged visually into excellent potential trail areas in New York State. Some forty people took semiofficial action in endorsing the trail and in encouraging a statewide meeting, to be held at Keuka College the last weekend in March.

An article in the Rochester Democrat and Chronicle the following morning produced a very pleasant result in a letter from Mona Rynearson of Newark, N.Y. Her Senior Girl Scout Troop specialized in a Trail Blazers' program. They needed a trail to blaze, and we needed local leadership and workers to locate, obtain permissions, and build trail. The Seven Lakes Girl Scout Council and several other Girl Scout Troops have and do play a continuing role in trail programs.

Birdseye Hollow ...

(Continued from page 17)

be more of a challenge. Originally, we had planned on using several red pine trees that had been harvested in the State Forest in previous years and left for our use. Upon closer inspection, however, we saw that they were showing signs of rot. Instead, we opted to purchase pressure-treated lumber from one of our landowners at Shirley's Lumber (Bath), but a lack of 20' poles necessitated a support at mid-span, an especially difficult problem when bridging a mud-filled overflow area. Again, SREC came through for us by donating half a dozen 4' utility pole stubs, from which we could build a supporting crib.

Next we sought out a source for the remaining timber bridge materials. FLT End-to-Enders #242, Mahlon Hurst, offered to provide and deliver pre-cut white oak lumber from his mill near Penn Yan at a discount price to complete this portion of our bill of materials. In return for his generosity on this project and other past and anticipated future FLT projects, we are planning to erect a plaque on the main bridge in honor of Mahlon.

With our design and materials in place, we began to plan for the construction phase of our project. We

knew we would have some volunteer labor, but we also knew we would need to do some heavy lifting to get the utility poles in position across the stream and to construct the accessible gravel ramps off each end of the two bridges. Lynda suggested that we attempt to enlist the help of the inmate work crews from the Monterey Shock Incarceration Correctional Facility, and followed up on that. Our request was approved and we were allotted two days' worth of labor from eight-man crews. As it turned out, their help was invaluable as we couldn't have finished the gravel and rock work without them.

The first day of the work week was devoted to receiving materials, staging the area, testing equipment, and building the sills for the main span. The second day, our first crew of men from Monterey moved the two telephone poles into place across the creek using the FLTC's Grip Hoist, Mike began work on the crib for the secondary span, and Gerry began to gather and position rocks in place under the east side of the main span, while Lynda, Gary, Joe and Georgiana put the boards on and started the railing. The men from Monterey were asked to build gravel access ramps (an incredibly boring task which they did without complaining) and help Gerry boulder

the bank under the bridge, a much more challenging (and very muddy) task which the Monterey team turned into a friendly competitive test of strength. Mike, Gary, and two inmates with some construction experience completed the secondary span, while the rest of us predrilled holes in oak boards, laid them out on the stringers, and drove in the 4" deck screws as fast as we could.

Any way it was turned, one of the telephone poles was simply not straight. While this did not impact the integrity of the bridge, it did pose a distressing aesthetic challenge. Would we place the planks a standard distance out from the pole, and thereby show the twists, or would we try to fake the observer into thinking that the underlying poles were straight by keeping the edges of the planks in a straight line? We opted for a combination of approaches, and those of you who use the new bridges will just have to let us know how well (or poorly) we did.

Much to our surprise and delight, we finished both spans in three days, thanks to the fine help we received from the inmates from Monterey and our volunteer crew members. All that's left to do is affix a sign to or near the main span that gives it its proper name of "Mahlon's Bridge." □

Wildflowers along the Trail, #35: Sunflowers!

RWW Taylor

Everyone loves sunflowers—big yellow-petaled flower heads nodding on tall sturdy stalks, swelling with fat, ripening seeds. But those are commercial sunflowers, varieties carefully bred over the centuries from their wild cousins to serve the esthetic and culinary purposes of our own species. Their shyer wild cousins are still to be found flourishing, in abundant variety, across the natural habitats so far unclaimed for our residential or agricultural purposes, adding their own special touch to the visual palette encountered by the wanderer across the hills, fields and woods making up our countrysides.

Sunflowers belong to the large family of composites (Asteraceae)—plants that have adopted the strategy of bundling an entire parcel of simple flowerlets into a single showy head. Judging by the great number and variety of flowering species that have evolved within this family, this is a highly successful strategy. Some of the composites, such as common blue chicory, may sport scores of flowering heads on a tangle of sprawling branches; others, such as the various species of hawkweed whose yellow blooms can be seen lining our summer roadsides and trailsides in dense patches, confine themselves in contrast to a few flower heads borne on a single stalk.

The sunflowers make up the genus *Helianthemum* (which is just saying “sunflower” in botanical Latin). Quite a few similar-appearing flowering plants are likely to be encountered in the course of a summertime hike, though, and need to be distinguished from the sunflower tribe. One of the most striking of these is the husky-stemmed elecampane (*Inula helenium*). Its large, rough leaves and its four-inch flower heads fringed by a ring of numerous thin yellow petals are distinctive—a plant once seen, not to be forgotten!

Other plants that may be mistaken for sunflowers are the coneflowers, in the genus *Rudbeckia*. One species, the

green-headed coneflower (*R. laciniata*), flourishes in damp locations, and patches containing specimens up to ten feet tall can sometimes be observed, each loftily-perched flower head sporting a ring of drooping yellow petals surrounding a central disk. This plant is fairly easily to identify, however, by its pinnately-divided leaves and the prominent yellowish knob at the center of the flower disk.

True sunflowers can be distinguished by their simple, toothed, opposite, lance-shaped leaves, usually short-stalked or stalkless. Some species, including the common sunflower (*Helianthus annuus*), may also grow well past head height. This plant, native west of the Mississippi, is not as commonly seen in our area as the similar-appearing Jerusalem artichoke (*H. tuberosus*). This interestingly-named plant bears an edible root, and is commercially grown—you may find its tasty tubers for sale in your supermarket’s produce aisles under the name “sunchokes”. The common name

of the flower here reflects a reinterpretation by English speakers of the original French name ‘*girasol*’, meaning “turning with the sun”—a description that makes sense if you observe the changing orientation of the flower heads during the course of the day.

A number of different sunflower species can be found growing in drier woodland habitats. These plants tend to be lower and bushier, and their flowers—while not as striking as those of their taller cousins—are certainly easier to observe while hiking. One species that may be seen in bloom along trailsides in our area is the thin-leaved sunflower (*H. decapetalus*). Characteristic of this plant are the short leafstalks attaching the smoothish lower leaves to a smooth stem; often the flowering heads do bear (as the species name suggests) exactly ten petals.

Whether you look high or low, watch out for a bit of floral sunshine on your next late-summer hike! □



Getter Hill Lean-to Alley Cat

by Quinn Wright, Director Crews and Construction

For several reasons the project to build the Getter Hill Lean-to near Masonville in Delaware County was one of the most rewarding projects I have experienced while working on the Finger Lakes Trail. First, the lean-to was to be built where none had been previously located. Second, there were some difficult problems to overcome. Third, the design of the lean-to was new as compared to those previously erected on the FLTC system. Fourth, the project was not completed in a single span of workdays. Fifth, the skills and talents of the individuals who worked on this project produced a result that will be, for me, the benchmark for future lean-to sites.

Planning and Preliminary Work

In the summer of 2009 I approached Ben Peters, the DEC Forester responsible for Beales Pond State Forest, about building a lean-to in order to shorten the nearly 44 mile distance from the Ludlow Lean-to to the next lean-to, which is the Cold Spring Lean-to. Ben was very enthusiastic about this project and spent parts of several days scouting locations near Masonville that would be close to a water source. The location selected reduces the distance from the Ludlow Lean-to to about 33 miles. Ben and I originally scheduled the project for 2013.

With the project definition and timing in place, an application for a grant of \$3,000 was submitted to the Lindsay and Oliver B. O'Connor Foundation. The foundation awards grants to organizations that have a direct impact on the health and wellness of the residents of Delaware County. We were successful and were ready to move forward at any time within the three-year window of the grant. The next step was to find out when the DEC would have a tree harvesting project. The answer was that the DEC would have a tree sale the next year. In the past, the DEC cut the trees into the log lengths that the FLTC needed and milled the logs to the thickness that we required. However, because of the

NYS budgetary cuts, the DEC would only supply the logs in an un-milled condition. That meant that the FLTC would have to arrange for transportation and milling of the logs. That cost was not within our budget. Then, some good news came in the fall when Ben called and said that he had found a set of logs that had already been cut for some time and that we should use them to build the lean-to in 2010 before the logs deteriorated too much. Things looked very promising, but then the real problems began.

Dave Potzler and I went to inspect the logs. Not only did Dave and I have no experience with evaluating logs, but when we arrived at the Bear Spring WMA to look at the logs, they were in a big heap and we couldn't really evaluate them. Ben agreed to perform a full inventory. The results suggested that there were enough logs of the right length to move forward. An FLTC member, Mahlon Hurst, owner of a sawmill in Penn Yan, agreed to mill the logs if we could get them to him. Another FLTC member, Mike TenKate, agreed to load and transport the logs to Penn Yan. This task took Mike two very long, tiresome days to accomplish. More problems followed. Mahlon indicated that the logs were far

too deteriorated to make good logs for our traditional Adirondack style lean-to. However, all was not lost.

At the same time that I was receiving the discouraging news about the logs, another FLTC member Rob Hughes contacted me about his interest in designing a post and beam style lean-to. I visited Rob at his two-story post and beam cabin and saw the magnificent work that he had done in designing and building his cabin by hand with a few of his friends. Rob graciously agreed to design a lean-to with input from Matt Branneman, another FLTC member who is employed as a construction superintendent. Further, Rob agreed to hand-make the structural members for the lean-to at no charge. In addition, Mahlon indicated that in all probability he could use the logs to make the smaller-dimensioned structural members and the materials for the board and batten exterior as well as the wood for the roof. The generosity of these people was made even greater when Mahlon indicated that he would replace any unusable wood at no charge.

So, we were back on track, but the project would have to be done in 2011. Mahlon milled the logs and,

(Continued on page 24)



Roy Dando

Getter Hill Lean-to foundation. L. to R. Matt Branneman, Bill Flynn, Mike Flynn, Quinn Wright

Getter Hill Alley Cat ...

(Continued from page 23)

regrettably, he had to replace much of the material. Rob labored nearly 80 hours hand-cutting the post and beam members after he and Matt designed the lean-to. Matt agreed to be the construction manager, and Roy Dando agreed to be the project manager. As the project manager, Roy was responsible for purchasing all of the materials and arranging for food and housing for the volunteers who would prepare the site and erect the structures. To complicate things just a little, Matt would be available only on the weekends because his construction responsibilities were always heaviest during the good weather construction season. So, rather than one continuous project, we had to split the project into three segments. We anticipated that this would make the project a little more difficult to accomplish from a manpower perspective. That was not to be the case.

Phase One

The project had too many volunteers for the first two phases and we had to turn people down. The three trail maintainers for the area, Don Sutherland, Will Roden, and Maryann Cascarino, felled some trees, cleared the site and developed the preliminary trails needed to accomplish the project. A project of this scope requires more than a path from the main trail to the lean-to. There also needs to be a trail to bring materials to the site. In addition, there are trails from the lean-to to the privy and from the lean-to to a water source. By the end of April the site and trail work had been completed.

On May 6, very early in the morning, Ben Petryszak drove to the FLTC office in Mt. Morris to pick up a generator and other trail and construction tools to take to Masonville. On May 6 and 7 the foundation pit was prepared and the foundation installed by Matt Branneman and his crew. Mike TenKate used his ATV to bring material to the site. This task took six hours of back and forth travel over a muddy, rutted, abandoned road and then weaving through the forest like a

snake on the slide. Finally, Mike was able to return to Cortland and his fire department duties. Then Roy Dando, Bill and Mike Flynn, Ben Petryszak, Will Roden, and Don Sutherland built the foundation to within $\frac{1}{4}$ " of perfectly square. I was very impressed by the skill and dedication of this team. Laurie Dando cooked every meal for this crew; she even hiked to the site with freshly prepared lunches and had nicely chilled beverages ready at the end of the day.

Phase Two

Phase two was a little more complicated. On May 26 Ben Petryszak borrowed Dave Potzler's twenty foot trailer and drove to Penn Yan to pick up all of the wood from Mahlon Hurst, except for the hand-crafted structural members that were at Rob Hughes's house. Then, at another location in Penn Yan, Ben picked up the roofing material. From there Ben went to Cohocton to pick up the structural members that Rob had so carefully crafted. Early on May 27 Ben and Rob drove to Masonville and met the lean-to erection crew members. Ben Petryszak loaded the trailer that Mike TenKate pulled with his ATV. Mike once again hauled materials to the site at a pace that just barely kept up with the remarkably efficient construction crew that consisted of Matt Branneman, Rob Hughes, Ken Reek, and Will Roden. In addition, master mason Rick Roberts began to build a rock and

mortar fire pit. By the end of May 28 the lean-to and the beautiful fire pit were completed. The post and beam construction is absolutely gorgeous! The fireplace is a work of art! Beyond my wildest expectations, this small crew of diligent workmen had completed the tasks in just two days! Laurie Dando again provided wonderful food and refreshments, including desserts and beverages. Most of us camped at the Oquaga Creek State Park where Laurie had a pavilion for cooking and serving the food, and showers were available nearby. Now, all that remained was to finish the site work.

Phase Three

Phase three involved a number of projects. First and foremost, we had to complete the lean-to site. Second, we had some trail work to do nearby. Third, we had to put a new roof on the Dry Brook Lean-to. But, before providing those details, it would be remiss of me not to mention a little about the Masonville General Store and its owners Kendall Craig and Andrew Pastore. Oquaga Creek State Park's pavilion was not available for us, so Roy and Laurie asked Kendall if there happened to be somewhere else close to the worksite. Kendall's answer was "The barn at my house on Getter Hill Rd. There is a brand new concrete floor, electricity and a water pump. You can stay there at no charge." I was just overwhelmed by the generosity of their offer. Laurie, with the wonderful



Roy Dando

Don Sutherland holding the post and beam assembly mallet

assistance of Gene Binder, prepared and cooked all of the meals for four days.

On June 25 we had twelve workers available. Georgiana Binder, Larry and Susan Blumberg, Jason Brenner, Roy and Laurie Dando, Mike Flynn, Karen Goodman, Sharon Ramsey, and John Scollan, under the supervision of Lynda Rummel, completed trail repair work near Newton Brook outside the Town of Bainbridge. In the morning, Ben Petryszak cut the lumber for the roof deck of the Dry Brook Lean-to. In the afternoon, Roy, Mike, and Ben delivered the roof materials to the access trailhead.

On June 26 we began the final work at the lean-to. In the morning Ben Petryszak, Brad Watson, and Roy Dando went to the Dry Brook Lean-to and removed the extremely deteriorated roof. Roy Dando and Brad Watson dug the privy pit and installed the new privy. Lynda Rummel and I started digging a water run-off trench and building a water diversion dam behind and on the high side of the lean-to. Georgianna Binder debarked the logs for a new bridge, helped Bob Collins, and started building a stone patio between the lean-to and the fire pit.

The dawn of June 27 arrived with the anticipation that we just might complete everything and finish one day

earlier than planned. Lynda and Bob finished the water control trench and berm, and Georgia finished the stone patio, although she apologized for her inadequate workmanship (more on this later). These three were joined, by surprise, by the rest of the Flynn family – Lisa, Katie, and Danny. So, except for the privy privacy screen, the new bridge, and Bob's picnic table, everything was done at the Getter Hill Lean-to. Now, we move on to the Dry Brook Lean-to roof replacement.

Ben and I went to the Dry Brook trailhead to meet Mike TenKate who was bringing his ATV to haul the material up the steep hill to the lean-to. Problems began to present themselves early on. Mike's truck had mechanical problems and he was nearly four hours later than expected. Mike made the first trip up the hill and encountered very difficult travel and the trip took much longer than anticipated, but he was confident he could get everything up by the end of the day. Alas, that was not to be. The ATV's transmission failed!! Now we had to haul everything one-half mile up the hill by hand through mud, over roots and rocks, through some running water near the top. Fortunately we were joined in the afternoon by Roy Dando, Jake and Mike Flynn, Kathy Ritter and Don Sutherland. The grade must have averaged around seven percent (it felt



Roy Dando

Laurie Dando brings lunch for the crew

like twenty percent). By day's end, we had managed to get only one third of the materials up the trail to the lean-to. We were discouraged and returned to the barn with the knowledge that we needed one more full day.

The crew, consisting of Roy Dando, Jake and Mike Flynn, Ben Petryszak, Don Sutherland, and me, fully expected to complete the roof installation at the Dry Brook Lean-to on Tuesday, June 28. To do so, we asked Georgia and Bob to come and help haul the wood up the trail. For the most part we relayed things up the trail a few hundred feet at

(Continued on page 26)



Left: The new post and beam lean-to

Above: Georgianna Binder, almost finished with the lean-to patio. Photo by Bob Collins.

Getter Hill Alley Cat ...

(Continued from page 25)

a time. When there were enough materials for Don to begin the roof installation we split the crew into two parts. Ben and Don began placing the boards. When all of the materials were at the lean-to we changed the construction crew to Don, Georgia, Jake, and Mike. Roy, Ben, Bob, and I returned to Getter Hill to help finish up that work.

Once again Bob Collins generously donated a picnic table that he had made out of black locust. We hauled in the materials for Bob's picnic table and Bob put it together. In addition Bob made the signs for the lean-to site which included name plates, construction date, direction signs, and a privy sign. Bob's work is beautiful and a perfect finishing touch.

Because of Georgia's repeated apologies for her, in her mind, inadequate installation of the stone patio, I was prepared to do some stone work. Well, when I arrived at the lean-to, not only was I treated to the sight of Rick Robert's beautiful fireplace and Rob Hughes' beautiful lean-to, but also I was treated to a patio that FAR EXCEEDED my expectations. Georgia's work was just stunning! It will forevermore be my standard for a stone patio. Later discussions with Lynda,

Bob Collins, and the Flynn family informed me that when Georgia was almost done she found a large flat stone that she thought was perfect. Rather than say, "Oh well, I'm almost done" and leave the stone out, she undid much of her work so that she could incorporate the "perfect stone" into what I view as her "perfect patio."

Roy and I began the installation of the privy privacy screen, but could not finish because we had to let the concrete set. Ben, Bob, Georgia, Roy, and I hauled all of the tools and supplies to the vehicles by four in the afternoon and fully expected to meet the roof crew when we got back to the barn. Time kept creeping along. It was nearly seven when Roy and I decided we needed to go the twenty miles to check on the crew. We met them just as they were leaving after an eleven-hour workday!!

The remaining work would fall to Don Sutherland, the trail steward. Early in July Don finished the bridge using trees selected by the forester, felled by Don, and debarked by Georgia. The deck was made with Black Locust boards donated by Bob Collins. The privacy

screen was completed. A firewood weather cover was constructed out of some left-over wood and the protective metal that comes with the roofing panels. And, finally, the material supply trail had to be eradicated when the project was complete. July 7 and all was done.

Another lean-to project completed. None of this project would have happened were it not for the wonderful planning and leadership of Roy Dando, the project manager, who managed this difficult project with a smile through every obstacle. Although there is no official assistant project manager, I know that much credit must be given to Laurie Dando, who, with the same ability to smile through everything, provided Roy with a significant amount of help that far exceeded her cooking duties. Almost 1000 volunteer hours of planning and working! Over 10,000 miles of volunteer travel!! I should know better than to be amazed by the wonderful volunteers who populate the FLTC membership, but I am truly awed, humbled and amazed by them and the quality of their efforts, camaraderie and smiles! □



Kimberly Totten

Agro-Farm, home of Chobani yogurt, has supported the Finger Lakes Trail and the Bullthistle Hiking Club of Chenango County. Above: John Elia (left) and Don Windsor (right) of Bullthistle Hikers exchange bandanas with Chobani's Cassie Stanton.

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

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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: _____

End-to-End Update

by Jacqui Wensich,

FLT End-to-End Coordinator

The End-to-End Hike

The Finger Lakes Trail Conference awards an End-to-End patch, certification card and certificate and an engraved badge in recognition of hiking the main Finger Lakes Trail from the NY/PA border in Allegany State Park to the Long Path Trail in the Catskill Park (about 560 miles). We also award a Branch End-to-End patch in recognition of hiking all of the FLT branch trails (Conservation Trail, Letchworth Branch, Bristol Hills Branch, Interloken Trail, and Onondaga Trail, totaling about 310 miles). The new Crystal Hills Branch Trail is optional until the 2012 Fall Campout.

You need not through-hike the trail, and there is no set time limit to becoming an End-to-End. Some folks have taken *many* years to reach their goal. You also don't have to be a backpacker or sleep out on the trail to qualify. Many hikers take advantage of our County Hike Series Program in order to finish the trail.

You will need to keep a record of your hikes to submit with your application. Required documentation for the main trail consists of the Main Trail End to End Application and the Main Trail Hiker Record. In lieu of the Hiker Record form, the Joe Dabes Spreadsheet available on the website may be submitted, or one of your own making. Continuous hikers (through-hikers) only need the Main Trail End to End Application. Remember, the hike must be on foot. Yes, you can stash a bike to ride back to your vehicle. For the branch trail award, the required documentation is the combined Branch Trail Award Application and Hiker Record.

The two patches awarded to end-to-end hikers are provided free of charge. All hikers who complete the main trail are also given an engraved badge and a certificate of completion.

We would like to hear about your End-to-End experiences as these often provide interesting and helpful information to the Conference and to others planning similar trips. Please consider writing an article for the *Finger Lakes Trail News*; you don't have to be a professional writer, just describe your trip and what you enjoyed. Mail or email your article and a digital photo to Jacqui and she will see that they are published in the *FLT News*.

Car Spotters Needed

The FLTC keeps a list of car spotters to assist day and continuous hikers. Contact the FLTC Service Center or email me for the confidential list. If you would like to be a car spotter providing assistance to hikers, complete the Car Spotter Application found on the website.

"Happy Hiking" from Ed Sidote

Jacqui Wensich
20 Sunrise Hill, Pittsford, NY 14534
585/385-2265
jwensich@rochester.rr.com

Twelve New End-to-End Hikers - Main Trail

- #306 Daniel Grip, Massachusetts
- #307 Katerina Kovolov, Cortland
- #308 Jeffry Patterson, Rochester
- #309 Scott Bahantka, Painted Post
- #310 Theresa Evans, Syracuse
- #311 Kathie DeWolfe, Ithaca
- #312 Geraldine Keil, Trumansburg
- #313 Gunther Keil, Trumansburg
- #314 Dave Newlun, Horseheads
- #315 Jim Larnard, Horseheads
- #316 Howard Camp, Rochester
- #317 Carole Camp, Rochester

New End-to-End - Branch Trails

- #60 J. Emory Morris, Brockport

Branch Trail Progress Reports

- | | |
|----------------|-----------------|
| Kirk House | Larry Reister |
| David Marchner | Marty Turner |
| Mike Marchner | Deni Carpentier |
| Larry Telle | Jeff Patterson |



End-to-End Forms

The latest versions of record forms and main and branch trail applications are always available from the FLTC website or directly from jwensich@rochester.rr.com. A new, more convenient hiker record form will be available next hiking year for those end-to-enders who have hiked the trail mainly as part of the county hike series program. Hiker record sheets may be combined as needed.

Note: If you mail the forms, there is a change of address: Jacqui Wensich, 20 Sunrise Hill, Pittsford, NY 14534

I discovered the Finger Lakes Trail quite by accident...

Scott Bahantka, End-to-End Hiker #309

I discovered the Finger Lakes Trail quite by accident. I was looking for the Tompkins County high point on Connecticut Hill and discovered the trail. I was impressed with how there was a nicely kept and marked trail in what seemed to me the middle of nowhere. After locating my high point, I came home and got on the computer to learn more about the Finger Lakes Trail. I made completing the entire FLT a life goal.

I remember my first FLT hiking experience. It was February. I chose to walk Map 11 from Howard to Bath because it was fairly close to home and I was somewhat familiar with the area. Like a kid waiting for Christmas morning, I didn't sleep well waiting for my walk to begin. I had my lunch and backpack ready and waiting when I got up. I reached my starting spot in Howard around 8:20 am. It was a chilly morning, around 20 degrees and cloudy. I figured if I walked two and a half miles per hour, I would be in Bath waiting to be picked up around 1:00 to 1:30. I left a note on the car and started off downhill following the white blazes. Little did I know how much my first day would inspire me to complete the entire trail. Simple peaceful nature! Each successive walk provided something new, be it a particular challenge or reward. Each walk teased me enough that I had to return to the trail to see what I would see or experience next. Challenges or difficulties became something to look back on as experiences to laugh about, or as achievements. Rewards were just that—rewards that provided motivation to continue.

I chose to section-hike the trail. It was the best way for me to attack it. However, looking back, I didn't think completing the FLT would take me six years. I added a twist by choosing to hike in all twelve months of the year. This way I could see the trail at different times of the year as well as

experience the challenges of each season. I experienced the extremes in temperature hiking in 4-degree cold and 94-degree heat. I overnighted a few times, once in 17-degree cold, but the campfire was comforting and the sunrise was fantastic!

As I am usually a solitary hiker, with the exception of the county series I participated in, the only partners I have had while hiking have been my wife or daughter. My daughter walked with me a few times. It was special to see her relax and be taken by the trail. It was great to see her so carefree bopping along the trail! Was it strange that my 17-year-old daughter WANTED to walk in the woods with her Dad? Maybe, but it was very special to me! My wife also joined me on a few hikes, a nice opportunity for us to share some time. We hiked map M33 (the eastern end of the trail) together. It was great sharing my finish with her! I also elected to participate in a county hike series, which provided me with another way to experience the trail. The series hikes gave me the opportunity to meet and visit with Mr.

Sidote as well as some other great people.

There are some very important thanks to be made. Thank you to my wife, Cathy, who served as my drop-off and pick-up angel and who tolerated my crazy forays into the wilderness. To Mr. Sidote, thank you for encouraging me to join the FLTC. I am glad I followed your "gentle nudge" to join and to get involved. I wish to offer a heart felt thank you to Cheryl Peluso, Ray Zinn, Irene Szabo, Phil Dankert, Rick Roberts, and Joe Bellaus for their car-spotting help. I enjoyed meeting and chatting with each of you. There are a lot of great people living on or near the trail who are happy to stop and talk with us hikers as well as give us a nice cold refill for our water bottles. As I decide upon my next challenge, I want to encourage others to walk the FLT. □

Editor: From that accidental beginning, Scott has gone on to become a trail steward and a member of the FLTC Board of Managers.



Scott Bahantka

Scott Bahantka finished his end-to-end quest at the eastern terminus of the trail.

Article removed at author's request



Our sincere thanks for gifts in
memory of:

Ralph Baker

from

Mark & Diane Dietrich

Gene & Liz Bavis

Ed Sidote

Donald French

from

Betty & Fred Schaeffer

Victor Yates

from

Genesee Valley Hiking Club

Ron Navik

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.

SATURDAY, JANUARY 14, 2012

Winter / Howard Beye Hike

Leader: Cate Concannon, catrina616@gmail.com

Bristol Hills Branch Trail

Hike: The Howard Beye hike will continue almost where we left off last January. The hike will be on the Bristol Hills Trail from the edge of High Tor through Italy Hill State Forest. We'll hike or snowshoe 7-8 miles. More details to follow in the winter issue.

SATURDAY, April 14, 2012

Spring / Wally Wood Hike

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

Cortland Area

Hike: Tentative plans call for hiking a loop trail in the Cortland area.

More details to follow.

Summer / Ed Sidote Hike Report

Wow, what a great turnout we had for the FLTC's annual "Ed Sidote" Summer Hike on July 30, a pleasant summer day in Chenango County on the southern portion of FLT Map M23 (Pharsalia). This 7-mile hike was led by Don Windsor of the Bullthistle Hiking Club out of Norwich, and the official count of participants was 46.

Trails were in excellent shape, thanks to the outstanding efforts of the Bullthistle Hiking Club and their trail stewards. As if that wasn't enough, arrangements had been made by the Bullthistle Hiking Club to provide Chobani yogurt (donated by Agro-Farma), root beer (donated by Norwich Beverage), and numerous other refreshment items at several sag wagon stops along the way. Was this a hike or a party???

We even had an opportunity to practice some very realistic "wilderness first aid", not one of those simulated scenarios you get in the course... yep, we came across a wasp nest built right in the middle of the trail. Unfortunately, in spite of our evasive maneuvers, a couple of hikers did get stung, and out came the first aid kits and all sorts of things to treat stings and relieve the reactions. We even had ice ready from a water bottle which had been frozen the night before!

The hike passed by the new Ed Sidote Bench; it's in one of the pictures in the online album from the hike; go to the following address and look for the July 30, 2011 album entry.

<https://picasaweb.google.com/triplecitieshikingclub>

— Larry Blumberg, "Named Hikes" coordinator



Ed Sidote, of course!

Photo by Larry Blumberg



Answer to the Summer "Name that Map!" Quiz

Correctly identified M20 Hoxie Creek under I-81:

Larry Klotz
Gerry Benedict
Jackson Thomas
Anna Keeton
Karen Serbonich
Ed Sidote
Jennifer Wilson
Jon Bowen
Melissa Cohen

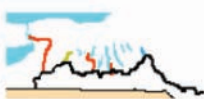




A gift to the Finger Lakes Trail Conference helps to protect and preserve the Trail forever. Gifts may take several forms, such as MEMORIALS, HONORARIUMS, and PLANNED GIVING. Information about how gifts may be designated and/or for a brochure explaining the Planned Gift options may be obtained confidentially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

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

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

Two hints for this one. Can you place the scenes on the left? Photos by Doug Cunningham. The answer to the summer issue's Name That Map is below the new photos.

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

Eastern NY

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

Thank You



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

FINGER LAKES TRAIL CONFERENCE

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

Finger Lakes Trail Conference, Inc. Calendar of Events

**Sept 30 - Oct 2 Fall Campout, Chenango Valley State Park,
hosted by Bullthistle Hikers.**

October 1 Board of Managers Meeting at Fall Campout.

October 15 Annual FLTC Erv Markert (Fall) Hike.
Letchworth Branch Trail. See page 31.

Oct 15 - Dec 20 **Big game hunting season** along the FLT.
Hikers, be sure you know the latest hunting
season trail closures. Also, please take
appropriate safety precautions.

October 28 Deadline for submitting material for winter issue
of the *Finger Lakes Trail News*.

October 29 Trail Maintainers' Meeting, Area 1 (FLTC Maps
M1/CT1 to M6 and CT 12), Springville, 10-3,
location TBA.

November 5 Trail Maintainers' Meeting, Area 2 (FLTC Maps
M7 to M14 plus L1, L2, B1-B3 and CH1-3), Bath,
10-3, location TBA.

November 11-13 Board/Committee Retreat, Letchworth State
Park.

January 14, 2012 Annual Howard Beye (Winter) Hike. Bristol Hills
Branch Trail near Naples. See page 31.

April 14, 2012 Annual Wally Wood (Spring) Hike. See page 31.

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

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

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

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In March of 1962 Wallace D. Wood of Rochester, NY, organized existing hiking clubs to build a trail across the state. Meeting for two days at Keuka College on the shores of beautiful Keuka Lake, they established the foundation of the current organization.

We have come a long way and you have been part of it. Come and celebrate.

50th Anniversary of the Finger Lakes Trail Conference

June 15-17th, 2012 at Keuka College

