

Finger Lakes Trail NEWS

Spring 2012



www.fingerlakestrail.org

50th Anniversary of the Finger Lakes Trail Conference 1962-2012



Inside...

- ◆ Join us for a celebration of the first 50 years of the Finger Lakes Trail at Keuka College, June 15-17.
Complete information & registration forms - pages 9-15
- ◆ Hike across Tompkins County, 60 miles in 6 hikes,
April to September - page 3

And much more!

President's Message

Pat Monahan

This was a long winter with some surprises tucked away. As I am writing this in late January, the average temperature has been about 10 degrees warmer than last winter. I have appreciated that when I paid my utility bills but was not able to enjoy my winter hikes in snowshoes or crampons nearly as much. Mother Nature always has her way when it comes to the weather. Spring in all its glory will awaken the earth to a new beginning very soon.

During November, the Board held its annual retreat at Camp Cutler in Naples, NY. It was a very productive weekend. Among the topics for discussion were budget development for 2012, the impact of gas well drilling particularly hydro fracturing (fracking) on our land owners, the electronic age, updating our long range planning document, and moving forward with the executive director search. Let me summarize some of the key issues and the progress made to date.

Budget development focused more heavily than ever before on financing trail projects. Grant money to fund projects is becoming more difficult to find and is very competitive.

A letter was written to landowners regarding hydro fracturing on private land. We have taken the position to stay true to our mission statement to protect the trail and, most importantly, respect the landowner's right to make the decision on this issue for their property. (This has always been the case regardless of the issue. We are given permission to walk on their property at the discretion of the landowner.)

The ad hoc Land Navigation Committee will review the impact of the electronic age on map sales and make a recommendation to the Board.

The search for the next executive director is on target to hire someone in summer 2012. By the time you read this, interviews will have been held in February.

Our long range planning document, last updated in February 2011, was updated with only a few minor changes for the most part. We will continue to give a high priority to negotiating trail easements with landowners in order to protect the trail forever. The most significant changes came in the area of leveraging technology in the best interest of the organization.

Our annual membership drive kicks off in March. I hope that you will not only join the FLTC but also encourage two other



people who enjoy the FLT to sign up as members. Our major funding source is memberships. I believe we have remained focused on our mission "to build, protect, enhance and promote a continuous footpath across New York State. Forever." Renew your membership and become part of the future in our 50th year.

Finally, our annual meeting will be held on June 16 during our 50th Anniversary Spring Conference at Keuka College, located at the northern end of Keuka Lake. I hope that each of you will make an extra effort to attend the festivities planned for the weekend in addition to the annual business meeting.

Mud season (aka spring) is upon us. Put on your gaiters and "Go take a hike!"

Radio Show Host Michael Warren Thomas to broadcast live from the FLT's 50th Anniversary Celebration



Michael Warren Thomas, host of popular weekend programs on WYSL 1040AM featuring food, wine, travel, and the Finger Lakes, will broadcast live from 9 a.m. until noon Saturday at the FLTC's 50th Anniversary Weekend at Keuka College. His Saturday line-up of programs is:

9:00 am "Naturally Green", Rochester's only live gardening call-in show, on the air since 1994

10:00 am "For the Love of Food", all about food, wine, restaurants, farm markets, and more

11:00 am "Discover the Finger Lakes", a travel show
His Sunday shows are "Savour Toronto", "Niagara Wine Country", and "The Grapevine".

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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And on the back cover...

50th Anniversary One Day Hike of the FLT



Back Cover: The design announcing the upcoming 50th anniversary hike was created by Stephanie Zdimal (left), a senior at Chenango Forks High School. Stephanie is active in anything art and her artwork is even featured on Heinz Ketchup bottles! She will be graduating this June and plans on getting her BFA in visual arts/illustration.

Cover: Photos left to right, top to bottom. 1. Wally Wood of Rochester, who conceived the idea of a trail across the state, and FLT pioneers Jean Doren and Lawrence Grinnell of Ithaca, 1964. 2. 1962 dedication of the Mabel James section of the fledgling Conservation Trail, the beginning of Foothills Trail Club's stewardship. 3. In the late 80's, Fessy Washburn, Ed Sidote, and Howard Beye gather at the new Winston Braxton memorial bench on map M22 in Chenango County. 4. Opening of bridge at "Diane's Crossing" with Marion Mack, Cliff Abbott, and Tom Reimers in 1989 along Cayuga Trails Club section of FLT. 5. 1992 ceremonial closing of the last gap in the main trail at our 30th anniversary, led by Irene Szabo holding decorated sticks we all had to step over.

I am happy to report that we have had a successful 2011. We met or exceeded every budgeted income category for dues and contributions. Total dues and contributions for the year were \$84,538. The breakout is as follows: \$40,662 dues, \$14,880 unrestricted or restricted donations, \$9,215 Sidote Stewardship Fund, \$1,275 Endowment Fund, \$18,906 annual appeal. Our sales, especially map sales, were also above budget. Gross sales were \$23,713 (of that, \$21,512 in maps) vs. our budgeted income of \$21,000. I don't have the final expenses at my fingertips, but I know that we were below budget. We recently met with our auditors, and it appears that everything is in order. We hope to have their final report in March or April, and of course it will be reported in detail at our Annual Meeting in June.

There was one less than successful aspect of 2011. Unfortunately, we ended the year with fewer members than we had at the end of 2010. Here are the past few years of history (year and year-end membership): 2005 = 1,067, 2006 = 1,178, 2007 = 1,276, 2008 = 1,307, 2009 = 1,372, 2010 = 1,384, 2011 = 1,327. We don't know exactly why our numbers have declined, but can only speculate that the economy is probably a factor. Our goal for 2012 is to bring our numbers up again. YOU can help in two ways: renew your own membership in April 2012 and ask your hiking friends to join us. If only 25% of our members recruited just ONE new member, our membership would grow to nearly 1,700. Please help!

I won't go into a lot of detail about our other 2011 successes, but do want to point out that our trail crews completed five major projects in addition to the routine maintenance of over 950 miles of trail. We held two successful weekend events, a successful hike series in Cortland County, a successful sampler hike series, and our traditional four "named" hikes, one in each season. We have a very active Board of Managers, and our committees are functioning well. I am proud to have been associated with this group for the



From the Desk of the Executive Director

.....
Gene Bavis

past nearly 11 years as your Executive Director.

As you know, I am planning to retire from my ED position in June. I am happy to report that we do have some candidates, and with any luck, we'll be able to report hiring a new Executive Director in the next issue of the *FLT News*. Our goal is to have someone hired before our annual meeting in June. For those of you who are wondering, I'm not planning to "go away." I expect to be somewhat involved with the FLT as a volunteer.

We have exciting news in the area of marketing. We plan to produce two more Passports in 2012, one for the eastern FLT and one for the west. Wegmans has agreed to be the lead sponsor for both, and I am currently trying to secure secondary sponsors. Our central region Passport will continue, and we will offer the patch and coupons for those who complete the minimum of four hikes. Another exciting development is that Dr. Mary Mohan's marketing class at SUNY

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

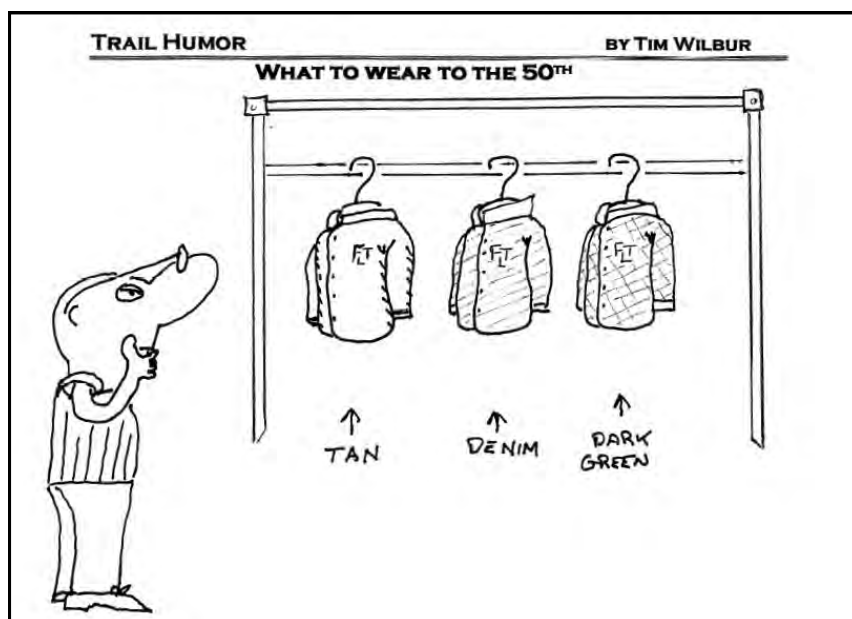
Geneseo has agreed to help us with our marketing plan. By the time you read this, I will have met with them and they will be working on it. Hopefully, I can report the results in the next issue of the *News*.

This will be a year of change. Not only am I stepping down, but our long time Treasurer, Peter Wybron, will be, too. Peter has done a GREAT job. We have recruited his replacement...hooray! We also have recruited a new VP of Membership and Marketing. Thanks to Jacqui Wensich for her several years of service in that position. We are still in the process of trying to fill a couple of other positions, including Newsletter Editor. Jo Taylor will be a tough act to follow, but I'm guessing we have some talent out there. If YOU are that person, please contact us. □

Gene Bavis, Executive Director

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Editor Needed for the *Finger Lakes Trail News*

After ten enjoyable years as editor, the summer issue will be my last.

To quote from then-President Irene Szabo's call for a next editor ten years ago:

"Not only do the members of the FLTC like to be kept informed by an enjoyable and readable *FLT News*, but the *News* is also one of our best ambassadors into the larger world. Most permitting landowners receive every issue, as do trail-town libraries, state agencies such as the Office of Parks and Recreation and the Department of Environmental Conservation, and many elected representatives."

This volunteer position requires editorial, design, and layout skills to produce the *Finger Lakes Trail News* which is published four times a year. Articles, photos, and other materials are submitted by set deadlines. Very little, if any, writing is required of the editor. Currently, the publication is submitted electronically in PDF format to a printing company, which handles the art work for the cover and produces the finished product. Editorial experience is

required. Previous experience designing and producing newsletters is useful, as is a working knowledge of Microsoft Publisher or other page layout programs.

The next editor is welcome to look over my shoulder virtually as I produce my last issue, and I will be more than happy to provide as much help as is wanted in making the transition. I can assure you that there has never been a shortage of high quality material for the *News*, and that the FLTC leadership has been extremely supportive of our magazine.

For more information contact Pat Monahan, FLTC president (pmonahan@stny.rr.com), or current editor, Jo Taylor (jhtaylor@frontiernet.net).

— Jo Taylor
Editor, Finger Lakes Trail News

Hiking Tompkins County

by Karen Serbonich, 2012 Tompkins Hike Series Coordinator

The 2012 FLTC county hike series (6 hikes) will cross Tompkins County, named after Daniel D. Tompkins, who served as Governor of New York (1807-1817) and Vice President of the United States (1817-1825). The county has a total area of 492 square miles; of that, the city of Ithaca is according to a popular bumper sticker "10 square miles surrounded by reality." This county was last hiked as an FLTC county series in 2006.

This series will cross 58.8 miles. Hikes will vary from 6.9 miles to 11.6 miles. We will be hiking Tompkins County west to east but not starting at the western-most edge. Hikes will take place rain or shine. Who could forget our first hike in April last year, rainy and cold! It is never too early to start conditioning your muscles. It has been such a mild and snowless winter, I am confident you have been outdoors staying in shape. The State lands and Finger Lakes Land Trust preserves we will traverse are listed below. The DEC

and Land Trust websites contain interesting historical and geological information about them.

[Danby State Forest](#)

[Shindagin State Forest](#)

[Potato Hill State Forest](#)

[Robinson Hollow State Forest](#)

[Hammond Hill State Forest](#)

[Sweedler Preserve at Lick Brook](#)

[Robert H Treman State Park](#)

[Stevenson Forest Preserve](#)

[Connecticut Hill Wildlife Management Area](#)

Dates will be the fourth Saturday of each month April through September with two exceptions; in May it will be the 3rd Saturday due to the Memorial Day holiday and in June it will be on the second Saturday to avoid conflicts with the FLT Spring Weekend and the Conservation Trail hike series. The fee will remain at \$40 and covers bus transportation, a completion

patch, sag wagon supplies, and the picnic, which will coincide with the FLT Fall Weekend at Treman State Park.

The [registration form](#) is available on the website fingerlakestrail.org or from the FLTC office 585/658-9320. Participants will be able to select their hiking pace from slow to fast. Buses will shuttle hikers from their cars to the beginning of each hike.

I had a great time organizing the Cortland hike series last year. It was very satisfying helping everyone reach their goals and assuming the responsibility for this series was an easy yes for me. I am excited to continue this opportunity.

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

Please register by April 1. Space is on a first come, first serve basis.

Yoga and Hiking

by Linda Lemay, M.D.

Dr. Lemay is a board certified family physician with additional certifications in acupuncture, reiki, and yoga for health.

She lives in Cazenovia with her husband, Scott Treatman, DO. They practice complementary medicine and enjoy roaming the woods and playing tennis. Visit their web site at www.chscaz.com.

— Bob Michiel, Trail Medicine editor

Yoga and hiking go together like bread and butter, cheese and wine, beer and pretzels. One complements the other. Yoga can be done before, during or after a hike, either indoors or outside. But why do yoga at all?

For twenty years I was an avid runner, until injuries slowed me to a walk. I didn't care for road walking, with its automotive dangers and pedestrian obstacles, so I took to the woods. My husband and I are blessed to live on eighty acres in rural Madison County. We have an abundance of trails, pines, hills, ravines and even a pond.

In my youth I climbed Mount Whitney in California and Mount Kathadin in Maine. Now I mostly hike from my backyard with my two dogs. We can choose from a one to a three mile route with a fairly steep uphill portion. Each hike is different, depending on weather, season, wildlife, and so on. In winter we don our snowshoes (not the dogs), bundle up and carry on. It's a great way to start the day with a little sweat and a clear mind.

I began doing yoga about the time I turned forty as a way to cope with chronic neck and back pain as well as job stress. My hamstrings were very tight from years of running, hiking, and racket sports. Yoga helped me to become more flexible, both mentally and physically.

The word "yoga" is Sanskrit for yoke. It means union of mind, body and spirit. Yoga practices include meditation, breathing, chanting, and



various physical poses or postures. Yoga comes from India, where it has been practiced for thousands of years. It started becoming popular in this country in the seventies, and nowadays one can find yoga studios in almost every US town.

Yoga is being studied as an alternative or complementary therapy for many illnesses: from anxiety to back pain to irritable bowel syndrome. Visit <http://www.drmmcail.com/> for a list of over fifty medical conditions helped by yoga, all with references. Harvard University is currently partnered with

Kripalu Yoga Center in the Berkshires. They are studying the effects of yoga on inner city populations such as at risk teens and women with breast cancer.

There are many different styles of yoga to choose from. The style I practice comes from Swami Kripalu, who founded the above mentioned yoga center. It is a gentle but deep form of yoga, really a meditation in motion. The goal is to keep the mind with the body (harder to do than you would think) and to use the body as a pathway to one's higher self.

The benefits of a yoga practice are many, including increased strength, balance, and flexibility as well as better mental focus and tranquility. There are yoga classes for specific groups of people, such as seniors, children, pregnant women, and even folks in wheelchairs. There are restorative yoga classes aimed at those recovering from serious illnesses like cancer. Then there are more strenuous classes for competitive athletes. Many professional sports teams are incorporating yoga into their training routines because of

(Continued on page 5)



Dr. Lemay in yoga pose.

Yoga and Hiking ...

(Continued from page 4)

the mental and physical benefits it provides.

So, how to find a class that's right for you? I do recommend you go to a live teacher versus learning from a DVD. This way you can discuss any health conditions you have with the teacher and be sure that you are practicing correctly to avoid potential injury. Ask friends for recommendations of teachers. Go to a few different classes to see what resonates with you. Often-times your first class is free, and then you sign up for a series. Prices range from about ten to twenty dollars for a sixty to ninety minute class. Some workplaces offer yoga for their employees at a discounted rate.

Once you have practiced yoga for a number of months or years you will find yourself doing it on your own quite naturally. At this point you can begin incorporating yoga into your fitness routine. For example, I often hike uphill to my pond where I then do a series of standing stretches and balancing poses. After my downhill hike I am ready to get on the ground and do some seated or lying stretches to cool down. Some people prefer to do yoga prior to a walk or hike in order to loosen up their muscles. If you listen to

your body, it will let you know what works best for you.

Doing yoga in the great outdoors is very inspiring. Nothing beats being in tree pose while gazing at a majestic tree. Feeling the sun or wind in your face while lying on a bed of pine needles is the ultimate relaxation. I've done yoga in my snowshoes, in the ocean surf, and on a dock. All you need is a willing mind and body.

So, what are the obstacles to a yoga practice? I hear people say things like "I'm too old, too stiff, too busy." People of all ages, including centenarians, can practice yoga; the stiffer and more stressed you are, the greater the benefit. Our bodies love to move, as hikers know. Yoga can help prevent and treat repetitive strain

injuries such as plantar fasciitis, Achilles tendonitis, arthritis, and muscle imbalances. The mental calm and clarity gained from yoga can help you prioritize your time, free you from worry, and aid digestion and sleep.

You want to find a qualified teacher to get you started. Look for one with at least 200 hours of training. I tend to avoid the yoga classes in gyms, as the atmosphere is not usually conducive to a complete yoga practice. There are a number of established yoga centers in the central New York region. Go online and find one near you! You might just get hooked on yoga like millions of Americans. If you want a yoga and hiking retreat for a week or a weekend look at Kripalu.org or eOmega.org for some destination excursions. □

Thanks to Our Trail Landowners

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

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

Win This Beautiful Quilt!

Jay Zitter, End-to-End #167 and formerly Vice President of Membership & Marketing for the FLTC, has made an incredible donation in honor of the FLTC 50th Anniversary Celebration. To highlight the popular FLT raffle at Keuka College, June 15-17, Jay completed a beautiful "Welcome to My Lean-to" quilt. The size is 62" X 62", suitable for a lap quilt or, with the included sleeve, for hanging. It is cotton with the predominant colors of blue, brown, tan, purple, and more, in shades and gradations. She pieced and machine quilted and appliquéd on a home machine with some hand appliqué. The pattern was adapted from the book by Nancy Smith and Linda Milligan, *Welcome to My Cabin*. This amazing quilt is appraised at over \$1800!

The winner will receive from Jay the original appraisal with the raised seal (certified by the American Quilter's Society Official Appraiser). Jay also will provide detailed instructions as how to care for the quilt and keep it beautiful.

Raffle tickets will be available for purchase at the registration desk.



The New Beaver Pond Lean-to

by Donna and Tom Noteware
Co-Coordinator, Bristol Hills Branch

Peter Bushnell, the late sponsor of the section of trail from Ontario County Park south to CR 33 on the west side of Canandaigua Lake (FLT Map B1), had written an email in June, 2010, with a request to build a lean-to on a small parcel of FLTC property near the beaver pond near CR 33. There was already a bivouac site there with a fire pit and picnic table. After Pete passed away, friends of his contacted us about building that lean-to.

Pete Bushnell touched the lives of so many in the Rochester area that people were lining up to help with the project. Mike Davies (Troop 110 SA in Webster, NY) was a good friend of Pete's as well as a scout leader with him. He let us know that a Life Scout, Kyle Kuebler, was very interested in building "Pete's" lean-to as his Eagle Project, at no cost to the FLTC. Kyle's dad, Gerry, is a builder (Kuebler Enterprises), which increased our confidence that the structure would be built well. Our two new sponsors for that section of trail, Pete's friends Robert Wild and Bruce Hanat, were behind the project and said they would check on the lean-to often after it was built.

Kyle obtained access to the FLTC property through Patrick and Nina Smith's property. Pat was willing to help move materials in with his tractor and trailer and to store materials on his property. A good portion of the lean-to would be fabricated in Kyle's dad's shop. Kyle secured some donated materials and raised all the money needed for the rest.



The completed Beaver Pond Lean-to

On May 22, 2011, Tom and I met with Kyle Kuebler, Gerry Kuebler, Mike Davies, Bruce Hanat, and Pat Smith at the bivouac site by the beaver pond. Kyle chose the exact location for the lean-to and put in stakes to mark the four corners. After obtaining the go ahead from the FLTC, Kyle drew up plans for a post and beam lean-to with a metal roof.

The work crew began the project Memorial Day weekend by building the lean-to's foundation and two new bridges to replace existing bridges. The last tasks, installing the pre-manufactured privy and rebuilding the stone fire pit and picnic table, were finished by October 5th.

Kyle was very enthusiastic and excited as each phase of the project was

completed. He was always polite, and he kept us informed by email with photos after each work weekend. Robert Wild, cosponsor of the trail, was very impressed with the workmanship of Kyle's project. Having earned his Eagle rank 55 years ago, he stressed how this project will be something that Kyle can and will be proud of all his life. Kyle is having a small plaque made to honor Peter Bushnell; the plaque will be placed inside the lean-to. Kyle's handsome Beaver Pond shelter is a fine "thank you" to Pete, long-time Scout and long-time member of the FLTC. □

Editor: Peter Bushnell's photo of golden fall foliage reflected in the beaver pond appeared on the cover of the Fall 2008 Finger Lakes Trail News.

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

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

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

Article removed at author's request

Constructing a New Outback Inn and Deconstructing the Old

By Lynda Rummel, Vice President for Trail Quality,
and Donna Noteware, Regional Trail Coordinator, Bristol Hills Branch

Ethan Stacklyn, from Troop 37 in Rochester, is a quiet kid, especially when compared to his father, Ed. But Ethan came alive while building a replacement lean-to for the decrepit and somewhat seedy old Outback Inn on Italy Hill (map B2). By the end of the project, he was not only clean-cut, polite and outgoing, he also projected a tempered but visible air of self-confidence. To achieve this transformation is, we understand, exactly why the requirements for earning the rank of Eagle Scout are so challenging.

The project required a lot of background support from the Finger Lakes Trail Conference (FLTC), but this was consistent with Ethan's task, which was to marshal resources, not to do the whole project himself. Ethan's troop committee needed evidence that this was a "worthy" (challenging but do-able) project that had support from the FLTC, and Lynda was able to inform them that the application she had written to the James P. Gordon Charitable Trust had been approved and the grant money would cover all expenses. Bristol Hills Branch Regional Trail Coordinators, Tom and Donna Noteware, with whom Ethan had worked from the beginning, and section sponsor, Ken Adams, accompanied Ethan to find and approve a suitable site for the replacement structure. Vice President for Trail Preservation, Ron Navik, secured a trail easement from Yates County, the owners of the land on which the Outback Inn and its replacement were built. Matt Branneman, the "master builder" who had overseen construction of some of the FLTC's recent lean-tos, drew up plans for a post and beam building that would be made out of slightly lighter, more readily available, and more easily transportable materials than earlier FLT lean-tos. Lynda talked with two private landowners in order to arrange a supply route that would be

(Continued on page 30)



Troop 37 dads, "D" McIver (standing) and Vern Connors, took the layers off the roof of the old Outback Inn after the cement chinking had been removed from between the side logs. Photo by Lynda Rummel.



On a chilly, sunny day after a very rainy fall, the James Horst family dries out and enjoys a hotdog and marshmallow roast at the new Outback Inn. Photo taken with permission by Lynda Rummel.

FLT 50th Anniversary Weekend, June 15-17, 2012, Keuka College

Join us for our big 50th Anniversary Celebration!

Beginning with the June 2, 2012, “**50th Anniversary One Day Hike of the Finger Lakes Trail**”, organized by Roy Dando with member hiking clubs* and individuals, we are celebrating our FIFTY YEARS of existence. Hosted by the FLTC, this year’s SPRING WEEKEND returns to Keuka College where it all began March 17, 1962, when Wallace D. Wood invited existing hiking clubs to establish the foundation of the current FLTC.

Our evening programs will be special for this historic weekend. John Adamski and Mike Allen will present the story about saving the bald eagle on Friday evening, the 15th of June.

Mike Allen, retired from the Fish and Wildlife Division of the DEC, has had a very long association with the FLTC through his career at Hi Tor Wildlife Management Area and really restored the bald eagle to NYS. He was honored with the FLTC’s Erv Markert Award in 2008 along with the entire Bath office of the DEC.

John Adamski, president of the Finger Lakes Museum, had a 30-year career in the field of residential and resort design and development, and a previous occupation in fish and wildlife management. John retired to focus on his other interests of freelance writing and wildlife photography. In his article, “Showered with Ideas,” which was published in the Spring 2008 issue of *Life in the Finger Lakes* magazine, he proposed the creation of a world-class museum to showcase the cultural and natural histories of the 9,000 square-mile Finger Lakes Region of New York State. There will be a Finger Lakes Museum display on site during our weekend.

Saturday evening’s program will be a slide show about the Finger Lakes Trail Conference by Tom Reimers, assisted by Jacqui Wensich.

Tom Reimers, retired from Cornell University, created our first slide show for presentation at public programs and has been updating his history of the trail conference regularly. Tom was the third recipient of the FLTC’s Howard Beye Lifetime Achievement Award (2008) and Wally Wood Award (1998). He was for 10 years editor of the *FLT News*, has held various FLTC board seats, including president, and Cayuga Trail Club officer positions, was president of the NCTA, and is a trail maintainer and photographer.

Michael Warren Thomas will broadcast live from 9 AM until noon Saturday at the college. He is the host of radio shows that celebrate life every weekend on WYSL 1040AM (www.savorlife.com). “Naturally Green”, “For the Love of Food”, “The Grapevine”, and “Discover the Finger Lakes” are some of his popular shows. Stop by and meet Michael.

For lodging options, see page 15.

Donna Flood has organized a display area to show off the member clubs and organizations supporting the trail and the area.

The popular RAFFLE will include many wonderful donated items from individuals and businesses that will be recognized at the celebration. The highlight of this raffle is Jay Zitter’s beautiful quilt. See page 5.

As in the past, the FLTC store will be available so you may purchase FLT items for the 2012 hiking season. The new 50th Anniversary Shirts will be available.

Workshops and Hikes are listed together to avoid scheduling conflicts. Workshop locations and a campus map will be available upon registration.

Acknowledgements: Thanks to Jon Bowen of ADK Onondaga, Program Committee Chair for the FLTC, for agreeing to facilitate the hikes from Keuka College. Tom and Donna Noteware, Judy Erwin, and Irene Szabo suggested and edited the hike selections and some of the workshops. Thanks to the hike leaders for stepping up. Thanks to Jarret and Barbara Lobb, Georgiana and Gene Binder, Bill Ostrander, Dick Liebe, Mary Coffin, Ken Reek, Rebecca Hargrave, and Kirk House for their workshop contributions. Lynda Rummel arranged for our Friday evening program. Gene Bavis developed the registration form.

There may be changes to the program after publication. The website will have updates. Call or email Jacqui Wensich (jwensich@rochester.rr.com, 585/385-2265) if you wish to contribute to the raffle or programs.

**This is also the 50th anniversary of the Foothills Trail Club and Cayuga Trails Club. See the club websites for more information.*



Anniversary t-shirts will be available in men’s, women’s, and youth sizes. See the registration form to pre-order at a discount for attendees. 100% polyester, roomy, athletic cut, lightweight and breathable.

FLT 50th Anniversary Weekend, June 15-17, 2012, Keuka College

Keuka College
141 Central Avenue
Keuka Park, New York 14478

Schedule of Events

<u>Friday:</u>	11 am	Registration Table open, check in, Ball Hall
	12 noon	Hike A. B2 New Outback Inn Shelter Hike B. B2 Brink Hill Rd
	1:30 pm	Hike & Workshop C. Keuka State Park Workshop D. GPS and Geocaching - on campus
	4 pm	Workshop E. Photography101 workshop - on campus
	5-6 pm	Social hour, cash bar with wine and beer
	6-7 pm	Dinner
	7:30 pm	Eagles of the Finger Lakes, by John Adamski and Mike Allen
<u>Saturday:</u>	7-8:30 am	Breakfast, pick up lunches if not eating in dining room
	8:45 am	Hike J. Watkins Glen
	9 am-12 noon	Michael Warren Thomas 1040AM live broadcast in dining area
	9 am	Hike F. Huckleberry Bog Trail Loop Hike G. B3 Pigtail Hollow SF Hike K. M12/13 Telegraph Rd to Birdseye Hollow SF
	9:15 am	Hike I. M12 Vinehurst, Mitchellsville Gorge to Winding Stairs Rd
	9:30 am	Hike & Workshop H. Keuka Outlet Trail
	12-1 pm	Lunch on campus (for those who have signed up)
	1-3 pm	Shuttled wine tour if numbers allow
	1:30-2:45 pm	Workshop L. Recognition of Invasive Forest Insects – on campus
	1:30-3 pm	Workshop M. Map, Compass & Orienteering – on campus
	2-3 pm	Workshop N. Scouting and Mapping the new NCNST route to the Adirondacks - on campus
	3 pm	Annual Meeting
	4 pm	Board of Managers Meeting
	5-6 pm	Social Hour/Reception for Forever Society Members
	6-7 pm	Dinner
	7:15 pm	Awards and Introductions
	7:45 pm	Tom Reimers remembers the old days, Jacqui Wensich - the newer days
	<u>Sunday:</u>	
	7-8:30 am	Breakfast and lunch pick up, check out
	9 am	Hike O. B2 AP 11-12 Hike & Workshop P. B3 Post-logging Amazing Growth
	9:30 am	Hike & Workshop Q. Birding - on campus
	10 am	Hike & Workshop R. Keuka SP FLTC Store closes
	11 am on	Local self-guided wine tours available, info upon registration

All hikes leave from campus at the times listed on the schedule.

Check out of rooms before leaving for hikes on Sunday.

FLT 50th Anniversary Weekend, June 15-17, 2012, Keuka College

Hikes and Workshops

FRIDAY

- A Hike: B2 New Outback Inn Shelter, Italy Hill SF. 5 miles** (13 mile drive, car shuttle, noon to about 4:00 PM) Alex and Michele Gonzalez. Starting at the large parking area to the left of Dunn Rd, hike through state forest, visit the new shelter, then head down a gradual slope to Rte. 18. Approx. 2½ hour hike.
- B Hike: B2 Brink Hill Rd AP 7 to Route 18, AP 8. 4.4 miles** (15 mile drive, car shuttle, noon to about 4:30 PM) Steve Catherman and Larry Blumberg. Drive up De Wolfe Rd for ample parking. Pass the pond and enjoy some great views of the windmills and the spectacular view of Italy Valley from the top of the hill.
- C Hike/Workshop: Keuka State Park (Easy to medium)** (3.4 mile drive. 1:30-3:30 PM) Judy & Doug Erwin. The hike will be about 4 miles on the park trails and will include a stop by an old cemetery with burials from the 1800s. Hikers will be walking in an area that used to be part of a large estate run by members of the Rose family who built the Esperanza mansion nearby. The terrain will be hilly, so walking sticks are recommended. There is a State Park parking fee, so plan ahead.
- D Workshop and field work on campus: Using GPS in the field and on the trail.** Learn how GPS works, how to find yourself in the woods, how to create waypoints and trails, and calculate distance travelled and area. We'll also do a little geocaching. Bring your own GPS unit (and batteries) or borrow one of ours.
- Presented by Rebecca Hargrave, the Horticulture and Natural Resources Extension Educator for Cornell Cooperative Extension of Chenango County, member of FLTC and Bullthistle Hiking Club.
- E Workshop on Campus: Photography 101 - Making better pictures.** 4-5 PM. Presented by Ken Reek. Want to take better photographs? This workshop will give you lots of tips that may help. Ken Reek will discuss composition, focus, exposure, lenses and perspective, close-ups, and computer enhancement of your photographs. But don't worry—we won't get bogged down in technical details like f-stops, ISO, megapixels, or gamma. Ken studied professional photography at RIT before veering into the computer field, and has enjoyed amateur photography ever since. You can see some of Ken's photos at www.KMRConsulting.com/photography, and we will analyze several of these in the workshop.

SATURDAY

- F B3 Huckleberry Bog Nature Trail Loop, 4.6 mile loop (Mostly easy)** (18 mile drive, 9AM, bring your lunch) Led by Irene Szabo, creator and caretaker of the loop. 4.6 miles, repeat only .8 mile with one hill at beginning/end, the rest mostly level. Bristol Hills Trail Map B3 from Bean Station Rd south, includes Evangeline Shelter (the best!) on private land, then Urbana State Forest loop through older oak forest, around hilltop bogs, one with observation deck, past old homestead foundations, along marked nature trail with helpful booklet. NOT a fast walk, this one is intended for stops to see what's there and learn a little. **Back by 3PM for Annual Mtg.**
- G Hike: B3 Pigtail Hollow SF. 10 miles (Medium)** (35 min. drive, car shuttle) Larry Blumberg. Park on Hungry Hollow Rd. This is a new section of trail to Granma's camp, then skirts old farm and pine plantations, logging road near ravine, Lake David dike, mature woods, two steep gullies.
- H Hike/Workshop: Keuka Outlet Trail 7.5 miles (Easy to medium)** (4.2 mile drive to Penn Yan, 9.8 mile drive to Dresden, car shuttle) Kirk House. The strip of land you will be hiking from Seneca Lake to Keuka Lake is steeped in history. You'll see the evidence of places and events from several bygone eras when this trail was first a canal towpath, then later a railroad, both next to multiple mills powered by the Outlet. The trail is along the route of the old Crooked Lake Canal. Historical and natural commentary by local author, Kirk House (see keukaoutlettrail.com for more info).
- I Hike: M12 Vinehurst Motel to Winding Stairs Rd. AP 7, 6.5 miles (Medium, hilly at times)** (21 mile/35 min. drive, 9:15 AM) Shirley & Jackson Thomas. Start at AP 5 on Rte 13. Hike past beautiful Mitchellsville Gorge, cross a bridge where Coldbrook and Mitchellsville Creeks come together, climb Mt. Washington using switchbacks, walk next to a vineyard. Walk between the Vinehurst and a barn/antique shop, and past a giant wine barrel belonging to Pleasant Valley Winery. Go up 27 switchbacks (Alley Cat project). Views of Keuka Lake and down to Winding Stairs Rd.
- J Hike/Workshop: M14 Watkins Glen Hike and Brief Geological Talk. About 5 miles (Medium)** (30 mile/40 min. drive, 8:45 AM, car shuttle) Donna & Tom Noteware, Dick Liebe. Beginning at the blue trail on Townsend Rd, hike into the state park with Richard Liebe, retired geologist from SUNY Brockport. He will give a brief talk on the origin of the rocks as well as glacial history of the Finger Lakes and Glen. **Back by 3PM for Annual Mtg.**

Hikes and Workshops, continued...

SATURDAY, continued...

- K Hike: M12/13 AP 9 to Telegraph Rd, Birdseye Hollow SF. 6.5 miles (Medium)** (28 mile/40 min. drive, 9 AM, bring lunch) Doug Cunningham. Woods with many foundations, loop trails in day park, trail skirts old cemetery.
- L Workshop on Campus: Recognition of Invasive Forest Insects. 1:30-2:45 PM.** Presented by Gene and Georgiana Binder.
- Several invasive insects are threatening trees in our forests. Early detection makes control measures more effective. The sugar maple (*Acer saccharum*) and other trees are threatened by the Asian Longhorned Beetle (*Anaplophora glabripennis*), an invasive boring insect that kills its host. Although it's not known to occur in our area, it has been found in New York City, Jersey City, Toronto and eastern Massachusetts. If the sugar maple went the way of the American chestnut, it would be devastating to our trail and the economy of the Finger Lakes area.
- This workshop will show you how to check maples and other hosts for the Asian Longhorned Beetle as you hike the trail, in case it should get into our area. You will receive literature on this insect, as well as the Emerald Ash Borer and Hemlock Woolly Adelgid that are threats to these trees.
- M Workshop on Campus: Map, Compass & Orienteering. 1:30-3:00 PM.** Presented by Barbara & Jarret Lobb. Map, compass and orienteering – this workshop will quickly cover the basics of maps and compass (how to read and use both in conjunction with each other) and then move into the field and run an orienteering course with seven control points. If some or all of the participants choose, running the course will be a competitive event with a prize going to the best performer, or participants can just dawdle along at their own pace. The workshop should take between 50 and 90 minutes but could take considerably longer if people get lost and we have to search for them.
- N Workshop on Campus: Scouting and Mapping the new NCNST route through the Adirondacks. 2-3 PM.** Presented by Mary Coffin, ADK Onondaga, NCTA Team Leader. Mary Coffin has been scouting and GPSing the 147 mile North Country National Scenic Trail route through the Adirondacks. She will give a slide presentation about this journey. It is a combination of trail maps and scenic pictures along the route.

SUNDAY

- O Hike: B2 AP 11-12. 4.7 miles (Easy to Medium).** (16 mile/30 min drive to Cross CR 75, car shuttle) Kim Meacham. Access point 11 is on Pulteney Road. Trail is in and out of woods, crosses a stream and includes a steep climb. Notice the stump fence. **Pick up your lunch and check out before leaving.**
- P Hike/Workshop: B3 Post-logging Amazing Regrowth. 4 miles (Medium)** (19 mile drive, car shuttle) Led by Irene Szabo, caretaker here since 1987, and chief builder of one mile of new trail at harvest time in late 90's. Bristol Hills Trail, map B3, Hungry Hollow Rd. south to CR 13. Four miles, mostly level or downhill at end, parts through very old hemlock and oak woods, parts through Pigtail Hollow State Forest red pine harvest twelve years ago. See before and after pictures at several locations where clear-cuts have produced astounding thick regrowth of varied new trees now producing shade. Guaranteed to make hikers feel better about other tree harvests they may encounter along the trail in the future. Moderate walking speed with a few conversation stops. **Pick up your lunch and check out before leaving.**
- Q Workshop on Campus: Birding. 9:30-11:00 PM** Presented by Bill Ostrander, Chemung Valley Audubon Society. An outdoor workshop on birding, covering choosing equipment and field guides, using binoculars, and a short bird walk to find birds and impart some pointers on identifying them. Bill is the statistician for the Chemung Valley Audubon Society, a past president of the New York State Ornithological Association and past naturalist at Tanglewood Community Nature Center. **Pick up your lunch and check out before leaving.**
- R Hike/Workshop: Keuka State Park (Easy to medium)** (3.4 mile drive. 10 AM) Judy & Doug Erwin. The hike will be approximately 4 miles on the park trails and will include a stop by an old cemetery with burials from the 1800's. Hikers will be walking in an area that used to be part of a large estate run by members of the Rose family who built the Esperanza mansion nearby. The terrain will be hilly, so walking sticks are recommended. There is a State Park parking fee so plan ahead. **Pick up your lunch and check out before leaving.**

NOTE: A self-guided wine tour of the eight local vineyards is available at keukawinetrail.com. Information will also be available at registration. IF there is enough interest, a shuttle can be arranged at the cost of \$5.00 per person to Hunt Country Vineyards, five miles away.

FLT 50th Anniversary Weekend, June 15-17, 2012, Keuka College

This form is also available at www.fingertlakes.org

Registration must be received by **May 31** Refunds for cancellation cannot be guaranteed after this date.
Mail registration form with a check to:

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

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

Phones(s): _____ Email: _____

Emergency contact (name/phone) _____

Fill in dollar amounts below, per person	# of people	\$ amount
Registration: Current FLTC members \$12, Non-members \$18 (Registration is REQUIRED to participate. All registered attendees receive commemorative patch.)	_____	_____

I am **not** currently an FLTC member and would like to join:

___ Individual \$25 ___ Family \$35 (discount for new members + discounted registration) _____

I am a member, but have not yet renewed my membership for this year:

___ Individual \$30 ___ Family \$40 (contact office for other categories) _____

See **Lodging** Options on separate sheet.

Friday night Lodging (Lodging type: ___ #code from page 15)

Designated reservation person _____

Saturday night Lodging (Lodging type: ___ #code from page 15)

Designated reservation person _____

Meal Plan: (6 meals) \$50 per person (please indicate below what type of lunch)

OR _____

Al a carte meals:

Friday lunch (in dining hall only...**NOT** included with meal plan) \$8.50 _____

Friday dinner \$12 per person _____

Saturday breakfast \$6 per person _____

Saturday lunch (option for ___ travel lunch or ___ in dining hall) \$8.50 _____

Saturday dinner \$12 per person _____

Sunday breakfast \$6 per person _____

Sunday lunch (option for ___ travel lunch or ___ in dining hall) \$8.50 _____

Anniversary Shirts (100% polyester) - PRE-ORDER DISCOUNT for attendees

Men's or Women's S-XL=\$15@, XXL=\$17@, XXXL=\$20@, Youth Sizes XS to XL = \$14@

This includes the sales tax. Regular pricing will be \$3-\$5 more.

___ Men's circle size(s) S M L XL XXL XXXL _____

___ Women's circle size(s) S M L XL XXL XXXL _____

___ Youth sizes circle size(s) XS S M L XL _____

___ Extra patches (pre-order special = \$3.00 each, tax included) _____

Total included (Registration + Membership + Lodging + Meals + Shirts) \$ _____

FLT 50th Anniversary Weekend, June 15-17, 2012, Keuka College

FLTC 50th Anniversary Registration, page 2

Name(s): _____

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

Hikes & Workshops: Please indicate choice by letter for each day and # of people for each hike or workshop. See schedule.

Friday: _____ Saturday: _____ Sunday: _____

Optional Saturday afternoon wine tour (\$5.00 – pay there, do not include in registration total) _____

If you have special dietary restrictions or needs, please explain here:

Please read and sign the following:

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

Print name: _____ Signature _____ Date: _____

Print name: _____ Signature _____ Date: _____

Print name: _____ Signature _____ Date: _____

Print name: _____ Signature _____ Date: _____

Directions

From the Northeast (Syracuse, Albany): [Travel time from the Geneva Thruway exit about 45 min.] Take the NYS Thruway to Exit 42, Geneva. Follow Rte 14 south through Geneva to Dresden. Turn right onto Rte 54 to Penn Yan where the road comes to a “T”. Take a left-hand turn onto Main Street and a right at the first traffic light onto Elm Street (54A). Follow “From Penn Yan” directions below.

From the Northwest (Rochester, Buffalo): [Travel time from the Canandaigua Thruway exit is about 45 min.] Take the NYS Thruway to Exit 44, Canandaigua. Follow Rte 332 into Canandaigua. Take the left-hand turn onto Rtes 5 & 20 heading east. Approximately 9 miles outside of Canandaigua, make a right turn onto County Rte 5 (which turns into Rte 14A) where the sign points to “Hall” and “Penn Yan.” Stay straight on that road into Penn Yan. At the fifth traffic light, take a right-hand turn onto Elm Street (Rte 54A). Follow “From Penn Yan” directions below.

From the Southwest (Jamestown, Erie): [Travel time from Bath is about 40 min.] Take I-86/NY-17E to the first Bath exit. Follow Rte 54 north (lake on your left) into Penn Yan. At the first traffic light, take a left-hand turn onto Liberty Street (Rte 14A). At the second traffic light, take a left onto Elm Street (Rte 54A). Follow “From Penn Yan” directions below.

From the Southeast (Binghamton): [Travel time from Elmira is about 1 hr.] Take Rte 17 to Rte 14 in Elmira. Follow the signs for Rte 14 north. Two miles north of Watkins Glen take Rte 14A, “Dundee” and “Penn Yan.” Follow Rte 14A through Dundee to Penn Yan. At the fourth traffic light, take a left onto Elm Street (Route 54A). Follow “From Penn Yan” directions below.

FROM PENN YAN: Follow Route 54A south out of Penn Yan for four miles. Take Left onto Central Avenue into Keuka Park. The Keuka campus is on the left, and the admissions and financial aid offices are located in Ball Hall. Take second left (first stop sign) and park in the visitors’ spots directly in front of Ball Hall. FLTC 50th Anniversary headquarters will be in Bard Hall.

Lodging Options

College Dormitory:

Ball Hall (air conditioned residence hall with bathrooms & showers on each floor)

1. Single \$30 per room per night
2. Double \$45 per room per night (\$22.50 per person)
3. Triple \$55.50 per room per night (\$18.50 per person)
4. Quad \$60 per room per night (\$15 per person)

Harrington Hall (air conditioned residence hall with bathroom/shower shared between 2 rooms)

5. Single (with private bathroom) \$45 per room per night
6. Double \$45 per room per night (\$22.50 per person)
7. Quad \$90 per room per night (\$22.50 per person)

Linens are provided (pillow, blanket, twin sheet set, and 1 bath towel).

Free laundry on each floor, bring detergent and hangers, no quarters needed.

Each floor has a kitchenette with refrigerator and stove. No microwaves; full scale cooking is not allowed.

Wi-Fi is available on campus as a guest account.

Rooms in above residence halls based on availability, first come first served. When selecting options 2, 3, 4, 6, or 7, one person needs to be the designated reservation person. Payment may be made by that person or each person may send their money individually by referencing the “designated person.”

Camping on the Campus with bathroom & shower access at Davis Hall

8. Camping \$10 per person per night

Meals

All meals will be in the college dining hall with multiple options for all tastes. If you are hiking or touring and want the “travel lunch” you need to indicate that. Those will be assembled each day at breakfast. Those choosing to have lunch at the dining hall, please indicate on the registration form. If you have special dietary needs, please notify us on your registration form.

Additional Information

- Bring a bike and swim stuff including a beach towel – we are right on the lake and there is a launch area for kayaks and canoes!
Waterfront is open 1-6 PM Friday through Sunday (weather permitting). Lifeguards are on duty and lake swimming allowed during this time.
Weeds Physical Arts Center will be open. Hours will be posted in residence halls and at registration area.
- REMEMBER the dining area is not set up like a restaurant. The FLTC is renting the facility. You can eat in the dining area but you must check that on the registration form.

Other Places to Stay (Penn Yan)

(Make your own arrangements)

Colonial Motel (315) 536-3056
175 West Lake Rd

Merritt Hill Manor B&B (315) 536-7682
2756 Coates Rd

Tudor Hall B&B On Keuka Lake
(315) 536-9962
762 East Bluff Drive

Wagener Estate B&B (315) 536-4591
351 Elm St

The Willows B&B on Keuka Lake
(315) 536-5653
693 East Bluff Drive

Best Western Vineyard Inn & Suites
(800) 823-0612
142 Lake Street

Questions: Jacqui Wensich jwensich@rochester.rr.com (preferred)
or (585) 385-2265

Invitation to the Annual Meeting

All members of the FLTC are invited to the Annual Business Meeting of the Finger Lakes Trail Conference, Inc. on June 16 at 3 p.m. at Keuka College in Keuka Park, NY. Among other matters to be discussed and reports to the membership, members will vote on the nominees (names published below) for the Board of Managers. Other nominations may be made according to our bylaws. A proxy form for those unable to attend the meeting will be mailed to members in March. Further information may be requested from the FLTC Service Center at 585/658-9320.

Nominees for the FLTC Board of Managers

Class of 2015

The Constitution of the Finger Lakes Trail Conference states that one-third of the Board of Managers shall be elected annually for a term of three years by majority vote of the members at the annual business meeting. The following have agreed to be placed in nomination for the Board of Managers and seek members' votes on June 16, 2012, at the annual business meeting at Keuka College in Keuka Park, NY. Members who cannot be present are urged to mail the proxy form they receive with their membership renewal letter.

Douglas Cunningham. I reside in the Town of Clarkson, Monroe County, with my wife, Sue. We have two grown daughters and four grandchildren. My professional background includes 40 years in the field of education as a public school teacher and then as a Supervisor of Student Teachers at SUNY Brockport and Roberts Wesleyan Colleges. I served as an elected public official for the Town of Clarkson, first as Tax Assessor and then as Town Supervisor. Hopefully these experiences will be of benefit to the FLTC. As a youth I spent many memorable hours working on my grandfather's fruit farm and playing sports. I would like to serve on the Board of Managers of the Finger Lakes Trail Conference because of the friends I have made there and my love of hiking. To paraphrase Robert Burns, *"My heart's in the FLT, no matter where I am."*

Greg Farnham. I am a software engineer, manager, and consultant, and a former licensed NYS Outdoor Guide. I am also an experienced ultra-marathoner and endurance athlete. I have previously held positions on the Board of Directors for the American Red Cross and am co-founder and treasurer for the small non-profit Ultrarunning Matters, Inc. I enjoy running, biking, wilderness backpacking, and hiking on the Finger Lakes Trail.

Roger Hopkins. During the past three years as Board of Managers member I have served as a member of the Technology/Website committee and as Webmaster. I have been the principal contributor to the website and have developed the trail conditions and interactive maps systems and am currently working on the new on-line store. I wrote the FLTC comment on the sGEIS for Marcellus Shale drilling. I am also a board member and webmaster for the Cayuga Trails Club. Away from the computer, I am a FLTC certified sawyer and do chainsaw and other trail work for the Cayuga Trails Club, the FLTC, and the Finger Lakes Land Trust. I look forward to working another three years with the FLTC Officers, Board of Managers, and Committee members.

Terry Meacham. I reside in Hornell (Steuben County) and am fortunate to live just a stone's throw away from the main FLT on M10. I am a registered nurse for 32 years and am the Nurse Manager for the Flaum Eye Institute at the University of Rochester. My wife Kim and I are both FLT Main and Branch Trail End to Enders, and charter members of the Forever Society. You may remember that we coordinated and led hikes for the 2006 Steuben County Cross County Series, and for the past two years have organized and led the FLT Sampler Hike Series, introducing several "never hiked before" and novice hikers to our wonderful trail. We are looking forward to helping out with the 50 year celebration this summer as well, and plan to continue our participation in the current and future Cross County Hike Series.

Several years ago we rerouted a section of trail off road after obtaining landowner permission, mapping, cutting, and blazing this new portion of trail. We have actively maintained this section of trail on map M10 in Steuben County ever since. This winter we did, with some help and landowner permission, tweak the route and take it off of a logging road back further into the forest. We have also been active in the routing and building of the Crystal Hills Branch Trail that will ultimately connect with the Great Eastern Trail, and have led some hikes over finished sections of the trail in the past year. We are acutely aware of and try to educate all of our hikers about maintaining good landowner relations so that we may continue to provide a satisfactory hiking experience for those using the trail.

I am deeply committed to this organization and its ideals, and have been fortunate and honored to serve both as Board member for 6 years and as Chair of the Human Resources Committee for 7 years. I was very pleased to be part of the committee that renewed and strengthened our relationship with the North Country National Scenic Trail, and I am honored to be back on the Board with the opportunity to help further our mission and achieve our goals so this gem of a trail will continue to exist forever.

(Continued on page 17)

Board of Managers Nominees ...

(Continued from page 16)

Laurie Ondrejka. I am from Rochester NY, but currently live in Avon. I became involved in the FLT a few years ago when I went to an ADK Expo where the FLTC was represented. I didn't know much about the trail system but found it pretty interesting so checked out the website. I signed up for the Sampler series and enjoyed it so much that I wanted to hike more. I'm amazed that I have lived in New York for most of my life but had never really seen the country that the state has to offer. I joined the county series (Cortland County being my first one) and had a lot of fun meeting people and enjoying nature. One of my goals is to do the whole trail so I am now hiking every weekend with a hiking buddy (Debbie), making progress on the main FLT and branch trails.

I currently work for a software company based in Philadelphia, PA, and Fairfax, VA. I am a remote employee and work from home.

I would like to be on the Board to offer ideas, help when needed, and contribute to improvements.

Conservation Trail 50th Anniversary Hike Series Part 1: 2011, Part 2: Sign Up Now!

In honor of the 50th anniversary of the Conservation Trail, a branch trail of the Finger Lakes Trail that extends from the Canadian border at Niagara Falls to the NY/PA border, the Buffalo-area Foothills Trail Club has organized a series of hikes to cover the entire 177-mile trail over two years. The 2011 hike series (Rainbow Bridge to Rte. 39 in Springville) was a wonderful surprise; 116 people signed up for the series and more than 50 new members joined the Foothills Trail Club. With our hike leaders,

sweeps, and sag people we had 29 volunteers helping out. Approximately 60 hikers completed all of Part 1 of the two-year series.

There were some not so wonderful surprises, too. A swarm of bees decided to come out of a dead log and be part of our hiking group. Numerous hikers were stung by the bees that wandered up pant legs and up sleeves to have a feast on the hikers. On another hike, Mother Nature wanted to see us scramble with a severe lightning and rain storm

just as some hikers were about to hike underneath a power line. In spite of these unwelcome surprises, it was a fun experience all in all.

With 2011 behind us, we are gearing up for Part 2 in 2012 (Rte. 39 in Springville to the Pennsylvania border). This series of 7 guided hikes will cross Cattaraugus County and cover nearly 75 miles on the Conservation Trail.

All are welcome to join us for Part 2. For dates and details, check out our website, foothillstrailclub.org

— Annette Brzezicki

Welcome!

New and Returning Members November '11 through January '12

Stuart Allen, Rochester
Alan Bangel, Candor
Jason Boyd, Brooklyn
Kevin Breiner, Brockport
Uriel Carpenter, Brooktondale
William Caudill, Cameron Mills
Peter Deckert, Victor
Craig Dick & Katy Dunlap, Burdett
David & Sue Elwyn, King Ferry
Don Feola, Cazenovia
Jeff Gambitta, Cortland
Rose Giammarco, M.D., Syracuse
Chris & Jennifer Guzylak,
Painted Post
Julie Harjung, Saranac Lake
Richard Harper, Liverpool
Norman S. Hatt, Jamesville

David Koop, Brockport
Tim Lyons, Addison
Ralph & Joan Merzbach, Rochester
Tom & Kristin Noteware, Bath
Michael Ogden, Baldwinsville
Carmela Osborne, Canandaigua
Timothy Panus, West Valley
Brian Payne, Fairport
Deborah Qualey, Branchport
Michael J. Romano, Liverpool
John Schoonover & Joan
Coveleskie, Sayre, PA
Trail Works, Inc, Williamson
Susan Tubbs, Rochester

Answer to the Winter "Name that Map!" Quiz

Correctly identified Ludlow Creek Shelter, M24 (Chenango County):

Roy Dando
Larry Blumberg
Ed Sidote
John Elia
Tom Bryden



Wildflowers along the Trail, #37: Things are looking up!

RWW Taylor

An easy generalization is that you can tell which of a group of hikers may be focused on spotting interesting bird life along the trail and which are more intent on keeping an eye out for unusual specimens of wildflowers in bloom by noticing which members of the party are looking upwards and who is gazing mostly down toward the ground (with those interested just in plain old hiking looking straight ahead).

That's too easy a generalization, certainly. Birds can be spotted hopping along the ground or congregating in low bushes, and even (in some geographic localities) nesting in earthen burrows. And wildflowers do not always sport their blooms close to the ground—many flowers are to be found blooming on tall stalks or high-growing bushes, or even (again, in some special geographic localities) rooting aerially at almost any vertical distance from the ground.

And then, of course, there are the flowering trees and shrubs, whose blooms may also call for an upward glance from the passerby. For purposes of specific classification the category of trees shades into that of shrubs, with the former distinguished by bearing an identifiable main trunk. Both, however, feature woody stems that persist through the changing seasons, distinguishing themselves in this way from their more fugitive cousins (technically known as “forbs”) making up the greatest part of the vast variety of species in the category of flowering plants. But trees and shrubs encountered in bloom along the trail may pose a problem of definition for the avid wildflower spotter. What is “wild” about, say, a lilac bush blooming away or an old apple or cherry tree in its full snowy springtime glory sighted alongside a trail that winds through a stretch of abandoned farmland? A good operative definition of “wildflower” is “a flower that was not deliberately planted”. This definition may exclude these cases and they may not get written down on a list of the day's sightings, but they surely need to be included in any catalog of the pleasures of the day's hike

Yet another possible subdivision within the desirable field of attention for the wildflower enthusiast is the category of

vines—plants that lack a defined structure of stems and branches to support their flowering parts. Some vines can, over time, develop woody stems, sometimes of formidable thickness—think, for example, of a network of old grape vines overgrowing some harmless woodland inhabitant to the point of strangulation. A slightly less aggressive vine that can often be seen spreading its woody growth over hapless trees and fence posts and the like is common Poison Ivy (*Toxicodendron radicans*). This protean plant of course flourishes in many different forms and habitats, but seems to be rarely spotted in direct bloom except as a solid cluster of flowers springing from a well-established patch of woody growth at about head height.

Many of the flowering vines encountered along the trail are members of the pea family. By far the most frequent such summer sighting is a lush patch of Everlasting (or Perennial) Pea (*Lathyrus latifolius*), whose thick, winged stems and large bright-pink pea-blossoms are an unmistakable sight. This is again a flower that you do not need to keep a close downward-directed stare for, as it generally will be seen growing in prominent mounds along trailside banks. You do need to keep a careful watch, however, to spot another common, but much less conspicuous, member of the same family, Hog Peanut (*Amphicarpa bracteata*), which usually sports just a few small, purplish-grey pea-blossoms as it twines inconspicuously among the trailside foliage.

The real experts in twining are the various members of the morning glory

family (*Convolvulaceae*). Some plants in this family are familiar as garden flowers, others as bothersome agricultural weeds. One very commonly-spotted species, both in gardens and open fields, is Field Bindweed (*Convolvulus arvensis*) with its small trumpet-shaped white flowers and distinctive halberd-shaped leaves. This plant is thought to have been accidentally introduced into North America as far back as the 18th century along with imported crop seeds, and despite its attractive appearance it is now a major pest—fast-growing tangles of bindweed tendrils can overwhelm and bring down other plants, including even small trees, and its roots can extend to over two meters in length. For the hiker, this is definitely a look-down wildflower—its blooms will often be seen spreading through and hiding in patches of trailside grass.

Wildflower guides list a number of other related plants in our area, the most commonly occurring of which is Hedge Bindweed, which has now been re-classified into a new genus as *Calystegia sepium* and re-christened “Hedge False Bindweed”. This plant is also an aggressive twiner, but is more often to be found in a clambering situation than spreading along the ground. It is easy enough to tell from its smaller cousin by the blunt, squared-off lobes at the base of the leaves, and as often as not the blossoms will bear attractive pink and white alternating stripes.

So, look up, look down, look all around—the wildflowers are there, waiting to be found! □



Twelve Years' Perspective on a Clear-cut

by Irene Szabo

Photos by the author except where otherwise noted

Most of us react viscerally and with misery to the surprise of a clear-cut area along the trail, especially if the prior forest had been a favorite place. There are great reasons, however, to welcome the change, especially when we realize just how quickly the forest regenerates itself. I've had a wonderful opportunity to watch this process over the last twelve years and document the changes, spiced by lessons learned from several state foresters.

There's something in many of us that loves a red pine plantation, many of which were planted in the 1930's to hold eroding soil on abandoned hilltop farms in New York: rows of tall trees sway in the breeze, their long needles sighing far above, while there is almost no understory, no bushes or weeds in such dense shade, lending a clean park-like flavor to such sites. Of course, others hate that artificial look. Several shortcomings do attend red pine plantations, too. Wildlife has little use for them, and in upstate New York our soil is too thin, and the rock layer too close to the surface, for the roots to penetrate deep enough. Red pine does better in deep sandy soil, but here the trunk starts to hump up out of the soil a little, then dies around the age of sixty, because the root has stopped its downward progress.

So all those emergency plantations which were used to save the remaining soil in what is now many state forests were doomed to fail, starting in the 1990's. The Department of Environmental Conservation (DEC) foresters had to begin making the best of a bleak situation.

North of Hammondsport in Steuben County, what would become the largest single red pine harvest in New York state forest history landed on MY longtime section of the Bristol Hills Branch, map B3. DEC's Mark

Kiester and Gretchen Cicora (Helfinstine at the time) kindly included me in the process from an early point, sharing their management plans, which separated the area into plots for different styles of "treatment." There were clear-cut plots, with all trunks and tree tops removed, while others that weren't as near death were cut every third row, to allow sunlight into the plot for natural regeneration of native hardwoods among the remaining red pine. The clear-cut plots would be planted with more than 31,000 tiny Norway spruce, a tree more suited to the thin soil on these hilltops, planted by the logger and his family members, bending over to stick each one into the dirt, as part of their contract.

So I started exploring what became a mile-long reroute in 1999, trying to avoid the biggest clear-cuts, the new trail tiptoeing down old hedgerows grown into large trees by now, between the red pine plantations in what had been farm fields. I even planned a section along the edge of an every-third-row thinning plot, so that hikers could watch the progress of new trees amongst the pines, and of course could not avoid a few new trail segments through future clear-cuts. For those who save everything, an article about this huge harvest appeared in the summer 1999 *FLT News*.

The point of revisiting this trail section in 2012 is to show the dramatic regrowth taking place even in the seeming deserts left after clear-cutting by showing groups of pictures taken before harvest, just after, and more recently. If the exciting regeneration shown here doesn't make readers smile with hope, nothing will. The clear-cuts still give me more than their share of trail work, but I enjoy them immensely when I get to visit again each season.

Why? Because the shocked "desert" of the first summer has become a grassy path (with lots of hand-whacking, of course, to keep back roses, raspberries,



The pictures in this article are from the trail section on map B3 between CR 13 and Hungry Hollow Rd. Coming from the south, at CR 13 there is 3/4 mile of private property, then at the border of the state forest begins this historically large red pine harvest, where this DEC sign was posted.

and wanna-be bushes), surrounded with an astounding thick array of naturally seeded new trees, most of them now taller than I am. Red oak, white oak, red maple, quaking and big tooth aspen, beech, black birch, red pine of course, and, oh, yes, those Norway spruce that were planted by the loggers' family members, some of which are being outstripped by their accidentally introduced neighbors. It's a riot of young trees, shading the trail in many places (and shade is the trail-maintainer's friend!), that is a joy to visit each summer. Some of the opportunistic trees that burst tall in the new sunshine (aspens, black birch) will die off relatively young, while the slower trees with longer expectations (oaks, maples) will putz along until they, too, look like old towers in the forest. The overcrowding at present will also weed out lots of young trees, so there will also be an era for a future maintainer when there will be many blow-downs to tidy each spring. None of these grows in a tidy row, of course. Rejoice.

(Photos next page. Text continued on page 21)



A short walk northward from the border through edge trees next to a clear-cut to the hiker's right brings us to the first clear-cut right on the trail. Picture 1A is of the red pines in the dark woods before harvest, 2A shows the "shocked" state of affairs the summer after cutting, same place! That's Pat Martin in some of these pictures to lend a sense of scale.

In the middle of this segment, we still stumble across a drag line or haul road "paved" with chunks of smaller red pine trunks over which the loggers dragged bundles of whole trees; it's rotting away slowly, so our stumbles will decrease over time. The DEC requires that loggers drag logs out on these "paved" lanes in order to avoid damaging compaction of the soil. 3A shows a little regrowth by 2002, mostly aspen in grassy weeds, while 4A is from June 2011, with Sandy and Pearl resting after all that tiring weed whacking. Honest, it's all the same spot! A cranky hiker wrote in a nearby register back at the beginning of this process that the newly sun-baked soil would be ruined here and never grow anything. Hope he's watching and learning.

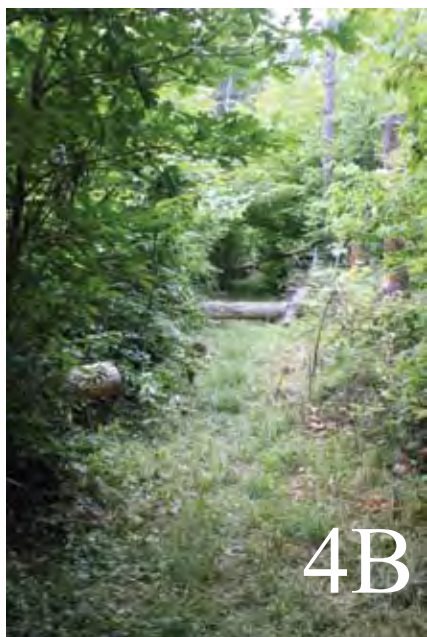
Forest regeneration - Series A



Twelve Years' Perspective on a Clear-cut, continued

(Continued from page 19)

The plantations previously silent except for the “surf” of the needles in high breezes are now riotous with birdlife. A red-tailed hawk sits on a dead snag, while lots of rufous-sided towhee chirp for their tea from the nearby bushiness of all those crowded baby trees. Chickadees, juncos, blue-winged warblers, a yellowthroat, even a great crested flycatcher and a black-throated green warbler are treats for the current era in this forest's regrowth.



And in the fall of 2006 I saw a mature bald eagle on the far east side of the widest clear-cut.

Back in the early 90's I was treated to the educational ministrations of DEC forester Charlie Mowatt, who decided to cure ME of outraged but ignorant shock over the sight of logged forest along the trail by showing me a series of pictures taken over a span of forty years. A unique rock in the foreground of each picture, taken one decade apart, pinned down the site as the same one in

each case, while the pictures went from messy nothing, post-logging, through bushy younger stages, to handsome oak trees in a forest with an open understory, all in a mere forty years! So while I won't be able to take the 40th anniversary pictures here at the age of 94, please take heart from the exciting regeneration here after only twelve years!

Alas, my mentors Charlie and Mark have since retired from the DEC, leaving only Gretchen from the beginning of this story. □

Forest regeneration - Series B



The cover of the Winter 2007 FLT News (misabeled 2008) featured a snowy picture by Jacqui Wensich through this patch where increased wind from a clear-cut to the northwest made the remaining trees in this thinned section whip back and forth too much in the absence of their supporting neighbors, so they had collapsed wholesale a few years before. Lots of chain saw work by Connie Dutcher and Jack Wallenhorst cleared our path through the mess, and finally there was almost nothing left to fall. The DEC foresters admit this was a mistake. Oh, but look at the regrowth series here!

1B is my picture from before any cutting, when I routed the new trail carefully through this white and red pine line because nothing was to be cut here. Silly me. 2B is Jacqui's picture from summer 2005, while 3B is her 2007 snowy cover shot. 4B is mine from June 2011.

In case anyone ever pauses to wonder, those ten and twelve foot high stumps aren't cut off by giants, but are examples of very tall trees whose stumps stood up again once their long tops were cut off. Yes, I always check to see where the dogs are when a sawyer is working, since they do love the puddles that sometimes form in the holes beneath upset root flaps. (Picture 5B)





TM

Steve Catherman
Vice President of
Trail Maintenance

Trail Topics

Trail Sponsor News

Another vacancy filled! The 5.7 mile orange-blazed Bristol Hills Trail through High Tor Wildlife Management Area on Map B1 near Naples in Ontario County has been officially adopted by **Tim and Nancey Wilbur** from Shortsville. To their credit (and our benefit), instead of giving up the blue trail they had already been maintaining through High Tor, Tim and Nancey signed up *FLT News* Editor **Jo Taylor, Sharon Galbraith, and Doug Cunningham** to assist them in also tending this 4.7 mile spur trail by committee.

A little ways south along the Bristol Hills Trail on Map B2 just into Steuben County, Regional Trail Coordinators **Tom and Donna Noteware** found someone to take over most of their trail section between Ford Road and Access 12 at County Route 75. While retaining “ownership” of the first mile of this trail between Ford Road and Tuttle Road, Tom and Donna signed up **Paul Schnipelsky** from nearby Pulteney to maintain the remaining 3 miles from Tuttle Road to CR 75. Welcome aboard, Paul.

Another opportunity created! Continuing south on the Bristol Hills Trail on Map B3 near Prattsburgh, a relatively short 2.8 mile section of trail has become available with the recent retirement of Sponsor **Vincent Domeraski** from Hammondsport. This trail segment begins at Access 14 on CR 74 and traverses south and east past Bud Valley Campground, the Fiona Loop Trail, and Faber Lakes before ending at Access 15 on CR 77. The 1.5 mile blue-blazed Fiona spur trail meanwhile, that creates a nice loop hike with the orange trail through pretty, mature woods, has already been adopted by a familiar name in these pages recently, Trail Sponsor **Gary Haff**. Thank you Vincent for your years of service, and thank you Gary for stepping up once again.

The Queen Catharine Marsh Loop Trail and the Montour Falls Historic Loop Trail are both in need of a new Trail Sponsor or Sponsors after the current maintainers, the QC Marshfellows, led by our VP of Membership and Marketing, **Jacqui Wensich**, have decided to disband. The Queen Catharine Trail is an 8 mile loop trail in and around the Villages of Watkins Glen and Montour Falls in Schuyler County. It encompasses the Catharine Creek Wildlife Management Area and utilizes a portion of the Catharine Valley Trail (CVT) as well as the main FLT through Clute Park at the south end of Seneca

How to Contact Trail Management

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315/679-2906 (Jan-Mar)

Ron Navik, Vice President Trail Preservation
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Quinn Wright, Director of Crews and Construction
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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)

Lake. The Montour Falls Trail is a 5.5 mile loop trail around the Village of Montour Falls also partially following the route of the CVT while taking in over twenty historic landmarks and passing through Havana Glen Park. **If anyone is interested in revitalizing the Marshfellows and taking care of either or both of these wonderful loop trails, please contact me or Jacqui directly at jwensich@rochester.rr.com.**

The red-blazed Touch-Me-Not Trail between Beech Hill Road and Big Pond/Barkaboom Road on Map M31 in the Delaware Wild Forest region of the Catskills will be tended this year by the **New York New Jersey Trail Conference (NYNJTC)**. Signed up by our Regional Trail Coordinator, Rick Roberts, the NYNJTC takes over this 4 mile mountainous stretch of trail from **Aaron Bennett** who needed more time to tackle a new job and enjoy a new baby. While we congratulate Aaron and thank him for his time as a Sponsor, we also certainly welcome the opportunity to partner with a professional trail organization of the caliber of the NYNJTC and look forward to working with them to improve the FLT in this, our toughest trail environment.

(Continued on page 23)

Trail Topics, continued...

Agreement with the NYC Department of Environmental Protection

An agreement is currently in the works between the Finger Lakes Trail Conference and the NYC Department of Environmental Protection (DEP) that will enable us to reroute approximately 3 miles of trail off road east of the Cannonsville Reservoir on Map M28 in Delaware County. With the help of an Alley Cat work crew, several private landowners, and a generous grant from the A. Lindsay and Olive B. O'Connor Foundation, this initial agreement will permit us to move most of the trail off CR 47 and through DEP water supply lands this spring. Spearheaded again by our Regional Trail Coordinator, **Rick Roberts**, this agreement should be the start of a great working relationship with the NYC DEP that will allow us to move many more miles of trail off road in this area in the years ahead.

NCTA's State of the Trail

Each year, the North Country Trail Association (NCTA) asks its affiliate trail organizations to submit a state of the trail report for the *North Star* magazine summarizing all their accomplishments and challenges during the past year related to their particular sections of the NCT. At first, when I was nominated to prepare this article a couple of weeks before Christmas with a due date just after the first of the year, I was a little put out. After I began rounding up and putting together all that we had achieved in 2011 however, my resentment for this year-end bookkeeping duty turned into real appreciation for all that we had accomplished. It was even more impressive considering that my information represented only that portion of our trail that runs concurrent with the NCT (less than 50%).

I thought it would be worthwhile for *our* readers to also see the results of our volunteers' efforts for the year, so for those of you who aren't members of the NCTA and don't receive the *North Star*, I'll briefly summarize them with respect to our *entire* FLT system. We rebuilt, rerouted or moved trail off road in numerous counties all over the state. Alley Cat crews built two new lean-tos complete with privies and fire pits while we coordinated the construction of two more through Eagle Scout projects. Multiple puncheon bridges were installed by two different Alley Cat crews at two separate locations along the trail. One long utility pole bridge and a shorter stringer bridge were built by another volunteer work crew, and a third bridge, a king post truss, was constructed by a BOCES class.

In addition to the tangible trail infrastructure accomplishments, we secured seven new permanent easements from wonderfully generous landowners, thereby protecting these segments of trail forever. We also created an interactive online map of our trail system that resides on our website and instituted an online reporting system for volunteer work hours. Finally, looking beyond 2011, we started making plans for the future, including drafting a long term shelter

replacement program, beginning the search for replacements for several of our key officers and staff, and firming up the details for our 50th Anniversary celebration to be held this June at Keuka College.



TR

Lynda Rummel

**Vice President of
Trail Quality**

Trail Maintainers' Meetings

Area training and informational meetings for trail maintainers and interested others were held October 29 in Springville and November 5 in Bath.

At the Springville meeting, Dan Shafer (NYS DEC, Region 9) discussed the status of logging related to micro-burst damage and relocating trail because of the logging, separating bike and hiking trails in Cattaraugus County, and the Cattaraugus County Adopt a Natural Resource Agreement (AANR) with the FLTC. Dan also informed us that the DEC will be enforcing the regulation that there shall be no camping with 150 feet of water, trails, or roads unless the site is signed with the NYS DEC tent decal. I covered trail standards for North Country Trail certification, blazing, and trail rebuilding. Section sponsors Deb and Joe Borer discussed their techniques for removing multi-flora roses. Marc Potzler reviewed pesticides (Apicide) and yellow jacket ground nests. Dave Potzler taught us how to tether bridges, and Bob Collins told the story of GPS-ing the NY-PA boundary in Allegany State Park to assure that Pennsylvania hydrofrackers did not cross the border.

Additional presenters at the Bath meeting included Ron Navik, who reiterated the basics of trail easements, Gary Haff, who told how he accomplished getting the trail off Knight Settlement Road (M11) once again, and Steve Catherman, who discussed his favorite trail tools. Marty Howden reviewed techniques for controlling multiflora roses and handling ground and paper wasps. A weed whip was raffled off at each meeting, but a greater pleasure was seeing fellow Travelin' Training Team Member, Irene Szabo, back in the saddle again, at Bath after a lengthy recuperation from surgery and attendant complications.

Chainsaw Training

Chainsaw training sessions will be held April 21, 22 and May 5, 6 at Birdseye Hollow State Forest. We encourage any current FLT sawyers who need recertification to sign up.

Marty Howden howser51@yahoo.com

Plans for “Lite” Lean-to Now Available

At my request, Matt Branneman, the “master builder” who oversaw construction of the Getter Hill and Hickory Hill lean-tos this past summer, created a set of construction drawings for a FLTC-style lean-to that is made out of slightly lighter, somewhat more readily available, and a bit more easily transportable materials than shelters we have built in the past. These plans were used to construct the replacement lean-to for the Outback Inn on map B2 this past fall. This is a post-and-beam style lean-to, sided with board and batten, and roofed with metal sheets, that sits on a foundation of 4x6’s. The design builds on a design first prepared for the FLTC by Rob Hughes. While it is only somewhat lighter than our first post-and-beam structures, it is noticeably lighter than any lean-to constructed out of logs. It is also more elegant (and quite possibly sturdier) than stick-built designs, so it is a good alternative when logs are not available or the site cannot be reached easily. Email me at ljrassoc@roadrunner.com if you want to see the construction drawings.

Keeping Up Your Trail Section

After a great season of building new facilities and brand new or relocated trail, it seems time to reiterate the importance of improving existing trail and bringing old trail up to snuff. “Up to snuff” is a nontechnical expression that herein refers to those standards and specifications that are appropriate for back country hiking trails such as the trails in the FLT System and that help assure that the physical trail lasts for years and provides hikers with good hiking experiences.

Although not terribly sexy, cutting out a line of multiflora roses or putting in a series of switchbacks or a string of puncheons or a boardwalk can be just as satisfying as building a new lean-to or bridge and at times may actually be a more valuable contribution to the trail. And these days, if you have several of these trail improvement projects in a reasonably localized area, you may be able to get an Alley Cat crew to do the work! (Please contact Quinn Wright with your proposal at wrightquinn@hotmail.com)

Dips

We’ll discuss our basic trail standards and why we have them in a future column; for now, consider the dip as a technique that you can use to improve the trail tread, and all you need, really, is a Pulaski, that most useful of tools combining an axe bit with an adze-shaped grubbing hoe.

Over time, small depressions in the tread inevitably form and begin to pool water. One way to control the puddles that form is to create a dip or small depression in the downhill side of the puddle and ease water off the side of the trail. Puddle dips are most useful on trail that is gently descending across the side of a hill. Puddle dips should be shallow, so as not to create a pathway that will quickly erode, and have just enough out-slope to drain off the water from the low point where it’s pooling, in effect putting a

5% outslope back into the trail. The trail shoulder area should be cleared away to allow the water to run off well away from the trail, and the dip itself may have to be cleared and recreated every few years, depending on the climate and weather conditions. Eventually the tread may have to be rebuilt. To create a puddle dip, use a Pulaski or Hazel hoe to scrape and slightly scoop away the outer edge of the trail that is preventing water from draining off. The FLTC’s tool shed at the Mt. Morris office typically houses several Pulaskis and Hazel hoes. Call ahead.

Taking care of puddles may seem unimportant, but small puddles will widen into big mucky ones as hikers seek to avoid the water and mud by stepping around the puddle. Puddle dips are small-scale depressions in the downhill side of the trail, measured in inches. More significant dips are sometimes called “Coweeta Dips,” or grade dips, and can involve as much as 15-20 feet of trail, taking advantage of a natural roll or drainage in the landscape whenever possible. Typically, on an ascending trail segment, follow a level stretch of 50-100 feet with about 15 feet of slightly descending trail before continuing upward. Be sure to maintain the 5% outslope across the tread as the grade changes, so water running down the hill side drains across the trail, not down it.

For further information about trail maintenance, check out the FLTC’s *Field Maintenance Manual* and the issues of the *Trail Tenders’ News* (TTN) that are now posted on the FLTC’s website under Members > Trail Workers. Even if you do only casual trail work, you’ll find that the TTN includes lots of useful information about the trail you love.



cc

Quinn Wright
Director of Crews
and Construction

2012 Alley Cat Projects

We have a busy season with five major projects and we are fast approaching the beginning of the first project—only two months until the enormous task of helping to rehabilitate much of the Catskills section of the Finger Lakes Trail. The dates are set and we’ve got a **GREAT** group of project leaders in place for the various projects. I hope that we are not too ambitious as we will need a heavy commitment from our dedicated members in order to successfully accomplish these projects. Please consider volunteering for one or more of these projects. If you are able to make a commitment of your time, please contact the

project manager or me at any time so that we can put you on the list of much-needed helpers.

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

1. **Catskills one:** The Project Manager is Rick Roberts. After considerable effort Rick has managed to secure approval from the NYC Department of Environmental Protection (DEP) to move the FLT off the road onto the DEP land (Map M28). This project will begin on April 30th and conclude on May 4th. This project needs at least 2 chainsaw certified volunteers. All other participants should be aware that this is a strenuous undertaking. We are building new trail in a steep sloped location with considerable clearing of trees and underbrush as well as some side hilling, water bars and steps. In addition, we need one or more people to volunteer to be the camp cooks; so, if you are not up to the trials of trail construction you can still contribute in the critical task of feeding the crew! If everything goes as planned you will have constructed five miles of new off-the-road trail. Questions and concerns, contact Rick at 607/746-9694 or hikerrick_2000@yahoo.com.

2. **Catskills two:** The Project Manager is Rick Roberts. This project involves major trail maintenance along sections that are in Delaware County (Maps M26, M27, and M28). These areas of the trail have had minimal attention over the past few years and are in need of serious trail quality improvement. In addition, we need one or more people to volunteer to be the camp cooks; so, if you are not up to the trials of trail construction you can still contribute in the critical task of feeding the crew! This project will begin on May 7th and conclude on May 11th.

3. **Catskills three:** The Project Managers are Roy Dando and Don Sutherland. This much-needed project, caused by the horrible storms of last fall, is extremely necessary to clear fallen trees from nearly 50 miles of trail. We will need many, many sawyers and sawyer helpers. In addition, we need to build puncheons to solve some serious water impairment issues on the trail near the Dry Brook lean-to. Laurie Dando will be doing the cooking for those who camp near the project. Showering will be available at Oquaga Creek State Park. This project will start on May 16th and conclude May 20th.

4. **McCarthy Hill State Forest lean-to on the Crystal Hills Trail:** Project Manager – Pat Monahan, Construction Manager – Matt Branneman. The location of this much-needed lean-to is southwest of Corning (south of Map M13) near the town of Addison. The construction dates for the lean-to are July 27th through August 1st. Housing will be at the Addison Fire Department. Unlike other Alley Cat lean-to projects there will be no trail construction related requirements before, during, or after the project. Therefore, the

lean-to construction team will be selected by the Project Construction Manager from among those people who have submitted Alley Cat crew application forms. The crew will have the good fortune of enjoying food prepared by Jacqui Wensich.

5. **Boyce Hill State Forest lean-to:** Project Manager - Dave Potzler, Construction Manager - Ken Reek. The location of this much-needed lean-to is near Ellicottville (Map M4) between Access Point 2 and County Road 17. The construction dates for the lean-to are October 1st through October 5th. Allegany State Park has graciously agreed to provide the crew with two cabins. The crew will have the good fortune of having food prepared by the wonderful Foothills cooks who prepared meals for the last four Alley Cats on the Conservation Trail. In addition, with time and labor permitting, we will install 100 feet of puncheon in the Erie County Forest on CT5, tack down "friction pads" on all puncheons in Allegany S.P., repair a privy roof and clear trail in the park as well.

I don't want to come across as begging, but PLEASE consider volunteering some of your valuable time to help bring these projects to successful conclusions. Last year we had one hundred and fourteen volunteers; this year we'll need the same level of commitment!

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

< Download the Alley Cat application from our website >

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

Name(s):
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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: _____

Passport to Wellness ... and good times



*Hike #8: Buck Settlement box
with Dad*

*Hike #5: Ontario
County Park jump-off,
with Grandma*



Hike #2: Letchworth Middle Falls

*Hike #1: Mt. Morris Dam
A turkey vulture?*





Hike #6: Evangeline Shelter – “very impressive!”



Hike #11: Shindagin Hollow



Hike #7: End of Mitchellsville Gorge hike, with Grandpa

Jessica Seem from Brooktondale was the winner of the Passport Project drawing for the \$100 Wegmans Gift Card. Jessica wrote,

“Thank you for the gift card! ... But honestly, we had a really great time doing the hikes, and that was the real prize ...”

Jessica does not appear in any of the photos. She was always holding the camera! Her kids’ names are Elliot (red hair) and Casey (blond hair). Elliot was seven and eight while they were doing the hikes, and Casey was four and five.

We can’t thank Jessica enough for sharing these wonderful photos.

The FLT Passport Hike system is a selection of fun, easy hikes to introduce people to the Finger Lakes Trail. In addition to fun and healthy activity, you can earn patches and other awards by taking these hikes. At the trail register somewhere on each hike, you can do a rubbing of the hike number into your Passport booklet. The booklets are generally available at Finger Lakes area Wegmans stores. A PDF of the booklet is available on our website. The current booklet is for central New York. Two more hike series for western and eastern New York are being developed now and we plan to make them available later in 2012.



Hike #7: Mitchellsville Gorge box

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The Finger Lakes Trail Conference gratefully acknowledges the support of all our members and donors, and especially wishes to recognize the following individuals, businesses and organizations for their generous support during 2011. The amounts listed include dues and contributions to any FLTC fund. We have done our best to be accurate in spelling names as well as making sure we got everybody in the right categories. We apologize if some mistakes have crept in.

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

1. The name of the insurance carrier is Great American Insurance.
2. The cost of the insurance to be paid during the 2012 fiscal year is \$700.00.
3. The indemnification insurance contract covers any person who has been, now is, or shall become a duly elected director or trustee, a duly elected or appointed officer, an employee, committee member, whether or not they are salaried, any other person acting on behalf of the Conference or at the direction of an officer or board of managers of the Conference.

Outback Inn ...

(Continued from page 8)

fairly level, cleared the route, and loaned Ed Stacklyn, Ethan's dad, the use of her utility vehicle, which was essential for carrying in the lumber and roofing materials. Gene Bavis helped Ethan make the initial purchases at Lowe's. Lynda also alerted Mahlon Hurst's sawmill and E.B. Martin Roofing in Penn Yan to Ethan's needs. Mahlon, an FLTC member and FLT end-to-end hiker, voluntarily coordinated the delivery of the materials and worked a day on the shelter, as did section sponsor, Ken Adams. Donna also put Troop 37 in touch with Mark Mayton and Troop 68 from Hall, NY, after Troop 68, which visits the Outback Inn frequently, volunteered to help.

The private landowners, Bruce Mills and Tracy Burdick, were very generous to allow us to cross over their lands. Tracy and his family, Naomi and Jesse, were exceptionally helpful and gracious, especially considering they have been constantly irritated by hunters intruding on their posted lands. Due to the unrelenting rainy weather, they were rewarded with deep muddy ruts in their driveway and in the portion of the supply route on Tracy's property. There should be enough left in grant funds to remediate the situation next season, but we will need volunteers to help with the work. (Hint: The loan of a small backhoe—with operator—for a day would be extremely helpful.)

Lynda spent several days walking boundary lines to figure out why hunters continued to trespass on the properties despite the posted signs; then she re-posted the boundary lines, painted out misleading and incorrect boundary blazes, and closed entry routes. While she was doing this, Ethan's crew built a lovely new shelter to Matt Branneman's design. Roofed in green metal and sided with hemlock boards and batten, the new shelter looks clean and inviting, thanks especially to Ethan's uncles Pete and Dave who cut crisp angles, set a level

and square foundation, and carefully put sharp-edged sheets of metal on the roof, and to his Aunt Betty, who worked the chop saw. Ethan's sister, Danielle, helped check out the site last February, and Ethan's dad assisted with every aspect of the project. Ethan was assisted also by past and present Troop 37 father-and-son teams, "D" (Demetrious) and Kahlil McIver, Vern and Dan Connors, and Brad and Mark Hasenauer. Salvaged from the old Outback Inn, the fire ring was placed to the side of the lean-to next to the new picnic table, to separate eating from sleeping and help keep smoke outside the lean-to. Several of Ethan's teammates also set up a fiberglass wilderness privy to which they added a railing and premade fencing on the back and one side for privacy. They also tore down the old privy and filled in the hole.

Ethan Stacklyn's project of building a new Outback Inn was finished on October 29th. On October 30th, Lynda started to obliterate signs of construction around the new shelter, but she was interrupted constantly by a continuous parade of people – hikers, geocachers, and families with young children – marching by, out to enjoy a cold but sunny day. The first entry in the new lean-to log book was made by James Horst, whose extended family hiked the muddy trail to the Outback Inn to dry socks and roast hotdogs and marshmallows. Later a young man from Naples and four friends hiked by, looking for the "lost Prattsburgh village." The object of the young man's quest remains a mystery. The Yates County Historian has confirmed that there was no village near the site of the Outback Inn.

The *deconstruction* of the old Outback Inn is now an Eagle project for Dan Connors, one of Ethan's colleagues in Troop 37. Dan and his father Vern, Ethan's brother Ben, and "D" McIver began this work as the final touches were being put on the new inn. The old shelter is down, but work on it has stopped for the winter or until the old materials that can't be burned or buried can be skidded out over the snow.

Either way, piles of materials, temporary explanation signs, and yellow "Caution" tape await Dan's return.

Taking down the old Outback Inn was no easy task. The old Outback Inn was a long, narrow building unlike any other shelter on the FLT System. It was enclosed on both ends and sides except for an open entrance in the center of one of the sides. The floor was dirt. The sides and ends were made of horizontal unpeeled pine logs chinked with cement held in by nails. The ends of the logs were butted against vertical 2x4's in panels that were butted against each other. Support poles and the bottom logs sat mostly on the dirt or on pieces of old pressure-treated wood shoved underneath with the help of some pump jacks by FLTC members Irene Szabo and Steph Spittal two decades ago. To each side of the open center were raised sleeping platforms made out of thick planks.

It was dark and dingy, and users either loved it or hated it. Candle wax dripped from a center shelf next to a radio that looked like it had never worked, a rusted hammer, and a large dried tree fungus on which is scribed "Outback Inn". Several collapsible chairs were piled inside. (The fungus and two still-usable portable chairs have been moved to the new shelter.) Users had left a few bottles, including one in which a very old and badly outdated map of the Bristol Hills Branch was entrapped. In the center open area, campers had built a fire pit. "Smoke holes" had been cut out of the roof above, on each side of the roof line. These were occasionally covered with plastic. When the layers of materials came off, charred edges around the two smoke holes in the middle of the shelter's roof were revealed.

Dan had to figure out a sequence for deconstructing before starting and follow it exactly or else the roof or walls might collapse on his crew. The cement chinking between the wall logs was first chipped out and the nails that held the chinking were removed. Then the asphalt shingles, tar paper, strips of metal, and boards were taken off the roof, sorted and piled, and the "rafters"

Outback Inn ...

(Continued from page 30)

were removed. Only then were the walls taken down and the logs stacked off to the side. Left assembled, for now, are the two interior plank decks which had been the sleeping platforms; the thick boards may be used for a small shed to keep the wood dry. The interior and exterior fire pits must still be dismantled, as well.

What can be buried will be buried. Mark Mayton and Troop 68 have volunteered to take out materials that can't be buried by way of a side trail to Kamp Koinonia, a retreat center located in Italy Valley below. If the snow is good this winter, Troop 68 may be able to slide materials down to the camp, but if it isn't, they will remove the waste materials when the side trail is dry.

A special thanks to the James P. Gordon Charitable Trust and the Yates County Board of Trustees for their support of this complex project. Congratulations to Ethan Stacklyn, Dan Connors, and Troop 37 for work very well done. And special thanks to Troop 68, for taking old materials down to Kamp Koinonia in Italy Valley, which will allow us to repair the supply route next season.

Concerning that hint about the need for the loan of a backhoe, if you have a small backhoe and some time to volunteer to assist with rehabilitating the supply route this coming summer, we could really use your help. Please contact

Lynda, ljrassoc@roadrunner.com, or Donna at noteware@empacc.net.



Our sincere thanks for gifts in memory of:

Genevieve Shipp

from

Doris & Clifford Abbott

Evelyn Jordan

Patrick J. Monahan,

father of FLTC president Patrick C. Monahan

from

Gene & Liz Bavis



End-to-End Update

by Jacqui Wensich
FLT End-to-End Coordinator

Number of Branch Trail end-to-enders by year. The Main Trail numbers appeared in the Winter 2011 issue.

2011	11	2004	1	1997	7
2010	3	2003	2	1996	6
2009	3	2002	1	1995	3
2008	2	2001	1	1994	1
2007	1	2000	0	1993	1
2006	8	1999	11	1986	1
2005	3	1998	3		

New End-to-End Hikers - Main Trail

#332 Deni Charpentier, Penfield 2/4/12

New End-to-Enders - Branch Trails

#68 Don Sutherland, Endicott 12/20/2011

#69 Will Roden, Jr., Apalachin 12/20/2011

#70 Mary Ann Carcarino, Apalachin 12/20/2011

With this mild winter to date, hikers have continued to submit main and branch trail updates. Maybe a few will finish at Keuka College at our 50th Anniversary Celebration. It is important to send updates and notice of your intention to hike end to end for both the main and branch trails to me. Often simple tips can avoid difficulties. Always check the fingerlakestrail.org trail conditions before hiking. The End-to-End hiking section on the website also has suggestions, forms, and information. You are also welcome to call me directly.

Car Spotters

We ALWAYS need more car spotters to assist hikers on the main and branch trails. Please email me to apply, or get the form directly from the website. (For a complete list call 585/385-2265 or email jwensich@rochester.rr.com)

“Happy Hiking” from Ed Sidote, Grand Marshall of the 50th Anniversary One Day Hike of the FLT

Jacqui Wensich

20 Sunrise Hill, Pittsford, NY 14534

585/385-2265

jwensich@rochester.rr.com

Bristol Hills Trail Easement... At Last!

by Irene Szabo

Back in 1997 we were approached by Ken Hopper, who owned the large property consisting of a roadside field then woods in back along County Rd 33 on Bristol Hills Map B1, north of Naples and across from the large parking area at the bottom of Boy Scout camp property. He needed to sell the property in order to send his kids to college, but thought enough of the trail that he gave us first notice of his intentions.

While we couldn't afford to buy it, or even part of it at that point in our history, we did advertise his property in the *FLT News* in hopes of finding a trail-friendly buyer for at least part of the property, since Hopper was willing

to sell a parcel as small as five acres to cover the trail along the north boundary back to the edge of the famous beaver pond.

That article brought FLT members Gladys Gifford and Al Schuster from Buffalo to look it over. Imagine our relief when they bought the entire property! They were amenable to considering a trail easement, but what followed was interminable delay attributable to all parties. Finally, however, a mere 13 years later, the easement document was approved by Gladys, Al, their lawyer, and our trail protection Vice President, Ron Navik. The Board of Managers of the FLTC approved the easement, too, early in the

14th year, so at last our south entrance to the walk up to famous Jump-Off at Ontario Country Park is protected! Between the Park and the Schuster/Gifford property are a very few private landowners, all that remains to be protected for our longest “safe” route outside of a state forest or park!

While it took a long time, we are grateful to Gladys and Al for sharing this trail permission permanently with all of us. Let us hope that their generosity inspires the few remaining landowners between there and the Park to call Ron next. (585/377-1812, ron.navik@frontiernet.net). □

You need help with that trail work—can I help?

Larry Newman #299

My wonderful End-to-End experience all started on the main trail when my brother Dave and I were looking for hiking opportunities and so went on our first Genesee Valley Hiking Club (GVHC) hike in 1982 which was ironically, considering the role that trail work has played, a work hike on map M7 (Allegany County), parking at Cheese Factory Road. We had been brought up car camping by our parents in the Watertown area. I finally finished twenty-eight years later on Monday, September 27, 2010, at Beech Hill Road on map M31 in the Catskills with brother Dave and Donna Coon (formerly Donna Cole) hiking with me, and Donna bringing Ed Sidote over from Bainbridge with her so he could award me my patches. I could have finished sooner, but I did things a bit out of order by getting involved with extensive trail work.

I kept going on more GVHC work hikes, joined GVHC, and around 1984 Ron Navik (GVHC Trails Chair and FLTC Vice President for Trail Preservation) talked me into being a steward on map M9 northwest of Hornell. (I still am.) Then came the fall work weekends and numerous Alley Cat projects. I also helped on the ADK-GVC section as well as with the Foothills Trail Club in the late 1990's. I was also going on the work hikes for the social part. As Roy Dando, Ken Reek and Dorothy Beye said at Howard's memorial bench dedication, this is a nice friendly but diverse group of people interested in a common cause—the trail. It is a great group to be with, even though we sometimes are working hard.

In the 1980's and early 90's I was hiking with GVHC in the area from just east of Ellicottville over to the Interloken trail.

1998 was a busy year. Ben Petryszak of Foothills led a Conservation Trail hike series and Linda Mattice of GVHC and her sister Rita



Dave Newman

Larry Newman (left) receives his patches from Ed Sidote on a rainy day in September, 2010.

Welker decided they were going to finish leading us on "Linda's Lost Patrol," with me making most of the hikes from Hornell all the way over to the middle of "Sidote Land" (Chenango County).

In 1999, Linda was leading hikes on the rest of the branch trails and I was able to finish on October 10 at the junction of the Onondaga Trail and the main FLT. Ben Petryszak was leading hikes on the main trail from where Linda left off over to the west edge of the Catskills. I was there when he and Paul and Vicky Gaeta finished their End-to-End. I also joined Jack Van Derzee's Cortland County hikes for a couple of sections that I lacked.

I finished my branch trail End-to-End in late 1999 (#29).

I helped Irene Szabo and the GVHC with leading the '96 (Hike across Genesee) and '97 (Western Wall) County Hike Series. I also signed up for the 2004 to 2008 county hike series, as my brother's family (Dave, Laurel, and Peter) decided to hike them and I wanted to hike with my family on this great trail and make up the few sections I had missed. We carpooled to quite a few of the hikes early on before Peter grew and could seriously out-hike his

uncle, and did our own make-up hikes when necessary.

As my GVHC friends Ron and Barb Navik finished their End-to-Ends in 1995 and I was there for other finishes in 1998 and 1999, it made me start to dream of finishing myself, but the logistics of doing the Catskills were tough. (You really needed an organized group to do it.) I missed two chances to do it due to trail work with the 46'ers in the Adirondacks on a Memorial Day weekend (yes, more trail work), and due to an infected foot.

So, as for the Catskills, I didn't get a good chance to do them until 2009. With the Spring Outing at Frost Valley that year and the Delaware County hike series I started seeing the light at the end of the tunnel. I want to thank Ron and Barb Navik, Willa Powell, Nancy Crowley, and Linda Mattice for carpools. Thanks to Georgia Binder, Bonnie Hawkins, and Jeff Kerr for make-up hikes. Due to a fall and a hurting knee I was unable to finish from Beech Hill Road to Big Pond on the last hike of the Delaware County series and my brother was unable to be there anyway.

(Continued on page 36)

It's All in the Journey!

Shirley Thomas #322 and Jackson "Jet" Thomas #323

Jet: Little did I know on Saturday, October 3, 1998, that Shirley and I would discover another hiking challenge outside the High Peaks of the Adirondacks, one which would transform our lives and introduce us to many opportunities for service while at the same time creating a multitude of lasting friendships. For, on that day we climbed Allen Mountain in the High Peaks and completed our 11-year quest to become Forty-Sixers. After hiking approximately 500 miles and climbing more than 100,000 feet to scale the 46 highest mountains in New York, I was ready to continue our adventure above tree line by climbing the rest of the 115 peaks above 4000 feet in the Northeast. Shirley, though, had other thoughts. She wasn't interested in this challenge and was content with the idea of climbing some of the lesser mountains in the High Peaks near Lake Placid, Keene, and Keene Valley. And so we continued our annual pilgrimages to that part of the state and added peaks such as Noonmark, Ampersand, Owls Head, and Hurricane to our list of accomplishments while discovering considerable beauty at lower elevations. I never realized that this was a preview of things to come in our lives.

Shirley: Adele Cook told me about the FLT County Hike Series back in 2005. I was excited about hiking closer to home, and Jet and I made plans to join the group for the 2006 Steuben County hikes.

Jet: I had no idea that Shirley's innocent conversation with Adele, which was coupled with my initial lack of interest in the relatively flat hiking of the FLT, would result in a significant shift in my attitude once we joined the County Hike Series in Steuben County that year.

Shirley and Jet: We weren't very committed at that point, and we didn't hike when there was inclement weather (and that was a very soggy year!). We quickly learned that if we were going



Shirley and Jet

to continue, we would have to commit. Completing the scheduled hike was so much easier than making up the hike on our own. And so our new adventure began!

Some highlights from other years on the trail include seeing the baby lambs at the farm near Swain in Allegany County in 2007; finishing Cattaraugus County and enjoying fall foliage while staying overnight at Camp Turner in Allegany State Park in 2008; Frost Valley, the Roscoe Diner, and the Masonville General Store in Delaware County in 2009; eating ice cream sandwiches while walking through Bowman Lake State Park in Chenango County in 2010; our four hikes across Schuyler County with Dave "Rambo" Cook in 2010; Spring Weekend at Cazenovia College and Hoxie Gorge in Cortland County in 2011; and a pleasant swim in Robert H. Treman State Park after a hot day of hiking, plus the attack by ground bees following our stop at Kimmie Lean-to in Tompkins County in 2011. The saddest memory from our hiking

occurred in Chenango County on April 10, 2010, when our friend, Dick Carlson, died from a heart attack while we were hiking on Houck Road Extension. The following day our small group found a lovely spot at the waterfalls along Bear Creek to celebrate Dick's life with a brief prayer service.

In the early spring of 2009 and 2010, we met at Dave and Adele's home to discuss back-to-back hikes on Saturday and Sunday in Delaware and Chenango Counties during those hike series. This would save gasoline costs and, more importantly, allow us to spend more time with other hikers in our group to get to know them better. And so I organized the extra hike on Sunday for those two years, and we ignored the additional cost of lodging, allowing us to enjoy many dinners together as a "family" of good friends whose number and composition varied with the month.

We sincerely thank the courageous volunteers who organized the six

Shirley and Jet ...

(Continued from page 35)

county hike series in which we participated from 2006 through 2011: Irene Szabo and Kim and Terry Meacham (Steuben), Pat Monahan (Allegany and Cattaraugus), Jon and Kathy Bowen (Delaware and Chenango), and Karen Serbonich (Cortland). Without their dedicated leadership and inspiration, we would have faced many more obstacles and hardships while hiking across those counties. You must be wondering why Tompkins and Schuyler Counties are missing from our list. Shirley decided during our fourth year on the trail that she wanted to finish the main trail when the majority of our hiking friends would, despite starting two years after them. This decision led us to complete both of those counties on our own with some of the friends with whom we would finish in 2011 and others who had already finished their End-to-End. We have been truly blessed.

We especially thank Dave Cook (#225) for joining us on practically every one of those hikes in Tompkins and Schuyler Counties and for some valuable advice from his first End-to-End while planning those hikes. We are also extremely grateful to Terry Meacham (#150), Pat Monahan (#259) and Candy Dietrich (#282) for generously acting as car spotters in Steuben County.

To the landowners, to the volunteers who provide countless hours to staff the FLTC, and to those energetic and dedicated volunteers who maintain trails and shelters or who take a vacation from their normal routines in order to work on an Alley Cat crew or who help at the sag wagons in the county hike series, we simply say thank you. You are the heart and soul of an incredible organization, and without all of you none of this would be possible.

Our final note of thanks goes to Jacqui Wensich, Jet's long-time friend and former colleague, and also to her mentor, Ed Sidote. Her passion for the trail and the FLTC is contagious and inspi-

rationed to all of us. Ed knows that he has turned over his duties as End-to-End Coordinator to the right person.

Jet: Sometime during our second year on the trail, Shirley became a hike leader for one of the two Medium groups, and I joined her at the end of the line as the sweep. During the next four-plus years, we hiked primarily with the same core group of people and developed many treasured friendships. Again I must say that we are truly blessed. I often enjoyed the company of the same small group of people in the "caboose" at the end of our line of hikers, and aside from looking at the tops of our boots we had a wonderful time together as we marched through forests and over hills which seemed to go on forever, jumped across small streams, ate lunch together on the trail, stopped for potty breaks, and slogged through the mud.

Shirley and Jet: The only way to appreciate the history and grandeur of New York State is to hike across the small communities crossed by the FLT or through the abandoned farms from the Great Depression and past the old cemeteries, foundations of houses, and old orchards. When you discovered a large patch of myrtle or bee balm growing in a forest, you knew you had just found the remains of a tiny outpost of civilization from long ago in that area of the forest.

These are some of the reasons why what we do is so addictive, for we enjoy nature at her finest in the company of some of the nicest people. If we were really lucky with that day's weather and hike, you would even hear me say, "What a glorious day to be in the woods!"

Shirley: For me, it never was about quickly finishing the entire trail (except when we were nearing the end); it was about the journey and the wonderful folks we met along the way. I couldn't wait for each new season to start hiking again with our friends, and at the moment we are planning with Jacqui to lead a hike at the 2012 Spring Weekend at Keuka College.

Jet: My final words of thanks go to all of you who either tolerated or enjoyed being photographed through the years. You were all good sports, and I simply loved taking them for you to enjoy and possibly share with family and friends to show them how much fun one can have while walking in the woods. I treasured every note of thanks with its kind words that I received from many of you for taking your photo on the trail.

Peace.

— Jet and Shirley Thomas, Webster

Larry Newman ...

(Continued from page 34)

It was a rainy Monday, September 27, 2010, for my finish hike on the FLT. It took us about four hours to do it.

Thanks to the landowners. Thanks to Ed Sidote and Jacqui Wensich. Thanks to my fellow trail workers. Thanks to County Hike leaders Sigrid and Jim Connors, Kim and Terry Meacham, Pat Monahan, and Jon (and Kathy) Bowen and to the speed group leaders and sweeps.

As for the future, there is more trail work and I want to hike the new maps, map O2 and the Crystal Hills Branch, and some of the new loop trails. I am also casually starting on End-to-End number two (my EtwoE).

Editor: Larry Newman was awarded the ADK Distinguished Volunteer Award in 2005. This is a highest Club recognition. He was cited for his exceptional contribution to hiking trails over many years. He was recognized for his work in the Adirondack High Peaks, 20 years with the Finger Lakes Trail, other projects in the Forest Preserve and his long dedicated efforts on the Genesee Valley Greenway, and with the Foothills Trail Club and his local Genesee Valley Hiking Club's FLT sponsorship. He also received the American Hiking Society's Vibram Volunteer of the Year for New York in 1996.

US-3 and the Finger Lakes Branch Trails

Don Sutherland #68, Will Roden #69, and Mary Ann Cascarino #70

US-3 (Don Sutherland, Will Roden and Mary Ann Cascarino) completed the End-to-End trek of the FLT Main Trail in 2009 and immediately set our sights on the Branch Trails.

There were many great views and things to see while hiking the Branch Trails. Some of our more memorable experiences were the views of Canandaigua Lake and the Town of Naples on the Bristol Hills Trail, the wonderful views of the Genesee River and falls that can only be seen from along the Letchworth Trail, the views from the hang glider launch area near Labrador Pond and DeRuyter Lake on the Onondaga Trail, and the ravines and the trail work on map CT7 of the Conservation Trail. For the cheese lovers there is a great little cheese factory and shop near where the Conservation Trail crosses the NY Thruway. It has a great selection of cheeses. And who can forget the bridges over the Niagara River and hiking along its powerful flow, the water intakes for power generation where we ate lunch at the picnic tables, the rapids approaching the falls and of course the wonderful sight of Niagara Falls at trail's end—what a reward!

Don entered the coordinates from the FLT maps in his GPS before departing on our hikes and Will studied the map terrain enabling him to recognize elevations, etc. as we hiked. Mary Ann kept us on the straight and narrow from time to time when Don and Will got focused on heavy conversations and lost track of the blazes.

The last hike to complete our Branch Trails was December 20, 2011, on the



Conservation Trail hiking north from Grand Island to Niagara Falls. There was absolutely no snow on the ground and the grass was green. The Falls were as beautiful as ever. An added bonus for Mary Ann was that her two sons were able to join us for our very last hike. (As a side note for those contemplating hiking over the Grand Island bridges, keep in mind that as soon as snow is plowed on the bridges they are generally closed for the rest of the winter season.).

During the course of our many hikes on the FLT we got in the habit of clearing away branches, small trees, etc. that were across the trails (a little trail maintenance, if you will). This slowed us down a bit, but it was good to know

we were making it just a little easier for the hikers who followed. Speaking of hikers, because we hiked a lot during the week, we encountered very few of them along the way. So it was a special treat when we did meet the occasional hikers (and their dogs).

We are grateful that the FLT Conference has provided us the opportunity to hike beautiful upstate New York both on the Branch Trails and the Main Trail. The many maintainers who give so much of their time keeping the trails in good hiking condition enabled us to find our way without getting too far off track ☐

THANK YOU ONE AND ALL!

For Release: IMMEDIATE

Thursday, January 12, 2012

DEC SEEKS INFORMATION ABOUT SICK OR DEAD DEER

The New York State Department of Environmental Conservation (DEC) is asking the public to report any instances of deer appearing sick or acting abnormally. DEC is only investigating deer that appear to have died from unknown causes and not those that were killed by a vehicle, the agency announced today.

“One of the ways that DEC monitors the health of New York’s deer herd is by performing post-mortem examinations to determine the cause of the illness or death,” said Assistant Commissioner for Natural Resources Kathleen Moser. “We depend on information provided by people who are outdoors to tell us when they see something that does not look right to them.”

FLTC Annual Spring, Summer, Fall, and Winter "Named Hikes"

The primary purpose of our annual "Named Hikes" series is to increase awareness of the Finger Lakes Trail system within the hiking community, and at the same time honor four FLT "icons" for whom these hikes are named. Wally Wood (spring hike) was founder of the FLT; Ed Sidote (summer hike) is of course alive and well, a past president from years ago who served for many years as the FLT's end-to-end coordinator; Erv Market (fall hike) was Trails Chair for nearly 20 years, a one-time maintainer of the FLTC office, and a past president as well; and Howard Beye (winter hike) was also a long-time Trails Chair who was instrumental in organizing "Alley Cat" projects, training trail maintainers, and establishing relationships with the state agencies who host many of our 900 miles of trail.

SATURDAY, April 14, 2012

Spring / Wally Wood Hike

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

International Loop, Dryden/Cortland area, FLT Map M19

Hike: The International Loop combines the Swedish Loop Trail (SwLT), the Spanish Loop Trail (SLT), and portions of the "American" Finger Lakes Trail. The hike will start at the northern FLT trailhead on Daisy Hollow Road (see FLT Map M19).

After about a mile on the FLT, which traverses a spectacular hemlock forest with plenty of stream views, hikers will take the SwLT, which continues in the hemlock forest but with a greater sense of remoteness. After the SwLT section ends at the FLT, hikers will begin the gradual climb of mighty Owego Hill using several long, gentle switchbacks.

Along the way, hikers will pass the International Mine, which is quite safe to explore and is marked by a red dot on one of the white blazes and a small cairn. A few steps uphill from the trail gets you to the very old mine opening.

Soon hikers will arrive at the SLT, which passes through a wonderful variety of terrain—including a Norway spruce forest, some lovely mossy springs, and an evergreen tree farm that is now going back to nature—before reconnecting with the FLT, which will lead hikers back to the loop's original starting point. The entire hike is approx 7.1 miles long.

Meeting time and place: 10:00 am at the FLT's northern trailhead on Daisy Hollow Road.

Directions to meeting location: From either Ithaca or the Binghamton area take NY Route 38 to Daisy Hollow Rd; this intersection is approximately 5 miles south of Dryden, and just north of Harford. Turn onto Daisy Hollow Rd (in a northerly direction) for approx 3.5 miles till you reach the second (northern) FLT trailhead. It is near Carpenter Hill Rd. GPS coordinates are N42 28.235, W76 13.880.

SATURDAY, JULY 21, 2012

Summer / Ed Sidote Hike

Leader: Don Windsor, windsorda@yahoo.com, 607/336-4628

FLT Map M24, Chenango County

Hike: This is a loop hike consisting of FLT plus seldom-traveled or abandoned roads. The terrain is fairly flat, but tends to be moist. We will have 2 hikes: a short hike of about 2 1/2 miles and a longer hike of about 6 miles. The two hikes will start together, hiking north on the Kopac Trail. After a mile and a quarter, they will go separate ways.

Meeting time and place: Meet at 09:00 am at the origin of the Kopac Trail on Sherman Road in the Town of McDonough. Park along Sherman Road near the DEC kiosk.

Directions to meeting location:

From Binghamton: North on State Route 12 to the Village of Oxford, then northwest on State Route 220 to the hamlet of East McDonough. Just before reaching the Outpost Restaurant on State Route 220, turn toward the right on Steere Rd and follow all of the Bowman Lake St Pk signs to the park entrance. However, just before arriving at the park's "ticket station", veer left onto Sherman Road and follow Sherman Rd for about 3/4 mile to the trailhead at the DEC kiosk for the Kopac Ski Trail.

From the north: Get on Route 12 and go south to the City of Norwich, then head out on West Main Street/County Road 10A/10 to County Road 18, then west on Bliven-Sherman/Sherman Road.

From west or east: Get on State Route 23 and go to Norwich, then proceed as above.

Note: The map will reveal many other back-road ways to get there. However, some of them are not always (or never) drivable.

SATURDAY, October 13, 2012

Fall / Erv Markert Hike

Leader: Paul Hoffman, paulhoff@frontiernet.net

Crystal Hills Branch. More details to follow.

Second Annual Howard Beye Winter Hike

by Cate Concannon



Julie Powell

Eighteen hikers participated in the second annual Howard Beye Winter Hike/Snowshoe. The hike was held on the Bristol Hills Trail, between Access 7 and Pulver Road on January 14—a cold, crisp day following the first big snow of the 2011-2012 winter season. To keep things interesting, two hikers plus two dogs started at Pulver Road. Fourteen hikers left from the end of DeWolf Road (near Access 7) with plans for two of them to leave the group at Access 8, and one hiker joined up with us at Access 8 to finish with the larger group.

The amount of snow we received was at times not quite enough for snowshoes, but many people opted to wear them anyway. The first half of the hike contained a big downhill section as well as interesting blazes courtesy of Dave Marsh, who worked hard to try and distinguish our Bristol Hills Trail from blazes made by the landowner, often the same color. Temperatures in the teens kept everyone moving and the larger group reached Access 8 around 12:30 or so to enjoy lunch and cookies. It was also about this point that we crossed paths with the ladies and canines who were hiking in the opposite direction and had a big uphill climb ahead of them. The second half of the hike started with a long, gradual uphill from Italy Valley Road. The remainder of the hike was uneventful, and we all agreed that the new Outback Inn shelter was top notch. I think we all agreed that it was a nice winter day to be hiking—little wind, a little sun and pleasant companions!

Many thanks to the brave souls who came out in some pretty cold conditions to enjoy the beauty of the Bristol Hills Trail: Chris Asbury, Peter Latham, Bob Krenzer, Dave Marsh, Mark Hopkins, John DeSyne, Emory Morris, Heidi Rothfuss, Jack Sexton (who wins the prize for driving the farthest, from Binghamton), Georgia Binder, John Greer, Marsha Zgola, Paul Hoffman, Melissa Cohen, Julie Powell and David Matthews, plus our reverse hikers Deb Nero and Laurie Ondrejka and their four-legged friends. Thanks also to Chris Asbury, Mark Hopkins and Laurie Ondrejka for assisting with the car shuttle.

On Saturday, June 2, 2012

One Day Hike of the Finger Lakes Trail to celebrate the FLTC 50th Anniversary

Grand Marshall: Ed Sidote



The Finger Lakes Trail Conference is proud to present our 50th Anniversary One Day Hike of the Finger Lakes Trail, on National Trails Day, June, 2, 2012. Yes, you read it correctly; we will be hiking all of the 562 miles of the FLT main trail in ONE day!

You are invited to come join this collective effort by volunteering to lead one of our 75 hikes or by walking with others who have already volunteered to lead a hike.

We are arranging regional picnics to follow the hike itself so even if you are unable to join us for the hike, please join us at one of these regional picnics to help us celebrate 50 Years of the Finger Lakes Trail!

To find out more about the event or how you can become involved please visit our page at our conference website at <http://50.fltconference.org>

We look forward to seeing a Finger Lakes Trail One Day End to End Hike becoming realized for the first time ever!

If you have any questions, please feel free to call Roy at 607/785-3141 or Larry at 607/797-0912.

Roy Dando and Larry Blumberg

RDando@verizon.net, LBlumberg@stny.rr.com



"You will find in (nature) a very agreeable and conversable friend, if you will cultivate her intimacy."

From *Kenelm Chillingly* (1873),
by Edward Bulwer-Lytton

Quote provided by Doug
Cunningham



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

Can you place the scene on the left? **In the spirit of the 50th Anniversary, name that map and longtime FLT contributors.** Photo by Tom Reimers, circa 1992. The answer to the winter issue's Name That Map is on page 17.

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
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Eastern NY

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

Thank You



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Finger Lakes Trail Conference, Inc.

Calendar of Events

April 14..... Annual Wally Wood (Spring) Hike. International Loop, Dryden/Cortland area. See page 38.

April 21..... Trail Council Meeting in Canandaigua.

April 21, 22 Chainsaw Training. See page 23

May 5..... Board of Managers meeting, Virgil Town Hall.

May 5, 6..... Chainsaw Training. See page 23.

May 18..... Deadline for submitting material for the summer issue of the *Finger Lakes Trail News*.

June 2 National Trails Day. 50th Anniversary End-to-End Hike. See page 39.

June 15-17 FLT 50th Anniversary Weekend at Keuka College. See pages 9-15.

July 21 Annual Ed Sidote (Summer) Hike. Chenango County, map M24. See page 38.

August 2-4 NCTA Annual Conference in Augusta, MI (more information at northcountrytrail.org)

September 21-23... Fall Campout at Robert H. Treman State Park near Ithaca. Hosted by the Cayuga Trails Club. Save the Date!

October 13..... Erv Markert (Fall) Hike. Crystal Hills Branch.

See Trail Topics, page 24, for this year's Alley Cat projects.

2012 County Hike Series, Tompkins County. 4th Saturdays, with two exceptions: 4/28, 5/19 (3rd Saturday), 6/9 (2nd Saturday), 7/28, 8/25 and 9/22. The September hike will take place in conjunction with the FLTC Fall Campout. See page ??

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

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6111 Visitor Center Road
Mt. Morris, NY 14510

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ONE day hike of the
Finger Lakes Trail

562 MILES! 75 separately led
7.5 mile hikes

50TH
ANNIVERSARY
1962-2012

SATURDAY, JUNE 2ND, 2012
National Trails Day

For more information on how to get involved contact:

Roy Dando OR Larry Blumberg
rdando@verizon.net lblumberg@stny.rr.com
(607)-785-3141 (607)-797-0912

CHECK OUT
<http://50thconference.org>

Artwork by Stephanie Zdimal

First ever ONE day hike of the entire Finger Lakes Trail
See page 39 for more details