

Finger Lakes Trail NEWS

Fall 2014



Inside...

- * *The Lady in Black*
- * *FLT Catskills Fire Tower*
- * *Like Stairways to the Sky*



FALL 2014

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!

COVER: Rick Roberts climbing new trail up to Rock Rift Tower in the Catskills with Scout padding along behind. Th s summer's fi st Alley Cat crew created five new miles of off- oad trail. Photo by Kenny Fellers

THIS PAGE: Chenango County fall. Photo by Warren Johnsen

President's Message

Pat Monahan

Fall will soon be showing its true colors. It is a gorgeous time of year to finish the outdoor chores around the house and go for a colorful walk in the woods. I would like to take this opportunity to say thanks to all our trail maintainers. They mow grass, cut limbs, clear out water breaks, freshen up blazes and clear the trail from weather related storms. They are out there at least three times a year to guarantee that you have a safe and relaxing experience on New York's premier foot path.

The Board of Managers has placed a major emphasis on marketing strategies for this year. As a result of many Board discussions, we will be known and recognized as the FLT. Finger Lakes Trail Conference will be used for official business only. We will use a standard logo. It is the familiar yellow and green logo found on our trail head signs. The Board also established our tag line as "Finger Lakes Trail ~ New York's premier footpath." In addition, the Board approved money to be spent to upgrade our website. The "new" website will be easier to navigate for the many types of users who visit the website. Additionally, we will be collaborating with NYS Parks to develop a social media presence and a brochure for targeted distribution in and around New York State. This project is funded through a NYS regional economic grant. There will be more marketing efforts as the year progresses. Our Board will review what has been accomplished and what needs to be done next in the areas of marketing and membership at the November Board retreat.

I also would like to let you know that two of our own were recognized for their outstanding volunteer efforts along the



Tony Rodriguez

Pat at Labrador Hollow

North Country Trail at the Minnesota Hiking Celebration in Duluth in August. We are proud of Ron Navik, Trail Builder Award, and Jarret Lobb, posthumous Sweep Award, who received national recognition for their efforts. They are truly an inspiration to all of us.

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

Add some New York color to your life—go take a hike!!! 🍁

Welcome New Vice Presidents

Two new vice presidents were appointed at the June 1 reorganizational Board of Managers meeting at Cazenovia College. I would like to welcome Charles Schutt as Vice President of Finance and David Newman as Vice President of Trail Preservation. Charles recently graduated from the University of Buffalo with a Bachelor's degree in accounting. He is currently working on his master's degree. Charles is the head swim coach of a very successful team in the Buffalo area. Charles lives in Wheatfield. David has recently retired from a small business where he spent three years after a 35 year career at Kodak. He was actively involved in business negotiations and reviewing legal documents for the company. Dave and his wife Laurel have been active with the FLT for many years. He is an avid biker as well and lives in Honeoye Falls.

FINGER LAKES TRAIL

New York's Premier Footpath

In the Catskills: The Lady in Black

Larry Blumberg and Warren Johnsen

Our boys in Binghamton and Norwich lead rich fantasy lives. We extracted the following admissions of their adventures with pleading and tongs in order to share it all with our readers. Editor

Well, it's a fairly short story, considering the LIB (lady in black) is an elusive, extremely shy individual.

One day I was hiking in the Catskills with Scott Lauffer and Ken Morgan; this may have been about a decade or so ago. It was a typically warm and humid summer day when we approached a trail junction, where per our practice we would wait up for each other and grab a quick drink and snack.

Suddenly, literally out of nowhere, appeared a lady dressed in a black long-sleeved shirt as well as a black, wispy skirt, along with some sort of street shoes...very strange, considering the weather and the fact that we were hiking in the mountains; after all, this was a typically strenuous Catskill hike. I looked up as I was fiddling with my pack to say hi and to engage her



Lady in Black, by Warren Johnsen. How did this one work, when other pictures hadn't?

www.fingerlakestrail.org

in conversation, quite curious as to where she had been, where she was heading, and why she was dressed as she was. She smiled at me, but admittedly said very little beyond agreeing that it was indeed a nice day for a hike.

Meanwhile Scott and Ken, who maybe had been a minute behind me or perhaps taking a bush break at the time of my conversation with the LIB, both excitedly started telling me about this strange lady they had just seen. It was uncanny, like she was some sort of ghost who appeared at will to freak out other hikers. How could they have seen her when she was there, alone, with just me?

A couple years later Warren, not aware that I am the only one ever to have conversed with the LIB, starts concocting this story about having all sorts of experiences with her, but I know that the distinction of having conversed with the LIB belongs just to me!

Hence, his numerous attempts to write what amounts to be a novel about the LIB, but that's all it is, just a fictional account. I humor him, though, because he is at least amusing.

Larry Blumberg

Warren Johnsen's version:

Thursday the 23rd of July, I skipped work and headed for the Catskills. It was a wicked humid day but very exciting as I believe I hiked with the infamous "Lady in Black." She was very quiet, not at all talkative, a beautiful woman, and appeared into my life from nowhere! She was pleasant but wouldn't reveal much about her identity. We hiked together for almost 6 hours and when we neared the end of the hike, I tripped over a log, lightly scraped my forehead, and cut my hand. She assisted me with the dressing of my wounds, supplied bandages, and then disappeared into nowhere, gone but not forgotten. Luckily during the day she allowed me to take several pictures of her. When I returned home from the hike I decided to check out the photos, and much to my surprise she did not appear in any of the scenes. I know I hiked with her, I took numerous photos, and I have the makings of yet another scar.... It was really humid; do you suppose???

Trail Dawg

8/16/09: This morning, quite early, I headed for Ashokan High Point in the Catskills, to meet the "Lady in Black." When I arrived at the trailhead, she wasn't there but I could smell the fragrance of her perfume in the air; she had started up the trail without me. After walking for about twenty minutes, I met up with two guys and three dogs heading back down. The man in the front asked me if I was Trail Dawg.

"Yes, why do you ask?"

He said I have a warning for you; there are some bees right along the trail. He said a *continued on next page...*



The Lady in Black's ride at Alder Lake, per Warren's photoshoping and vivid fantasies.

lady dressed in black was hiding behind a large rock and asked him to relay the message. They had upturned a large rock in the trail as a marker. One of the dogs was stung so they decided to turn back.

Eventually I encountered the upturned rock and skirted the bees. Within 10 minutes I met up with the "Lady in Black" who was smiling; she knew I had avoided the bees. We proceeded up the trail on this day with temperatures in the high 80's, certainly not Norwegian weather. The summit arrived in around 5 miles and it was really hot, not a breeze to be had, and after such a steady climb, a breeze would have been welcome. I noticed fairly fresh bear scat and decided it was time for me to start singing; I was belting out Holly Holy by Neil Diamond, and soon encountered a father and son, chuckling about my singing. Believe me, they were not surprised to see that it wasn't really Neil coming down the trail. The "Lady in Black" doubled over with laughter and she almost soiled herself.

Soon we had finished the loop and were heading back to the trailhead. The trail is located right next to the Kanape Brook and this is where the "Lady in Black" attended to my longtime sore ankle. She had me soak my ankle in the cold brook water and massaged it afterwards... OMG that felt good. Soon after she quickly disappeared, not wanting to continue on to the trailhead.

9.82 miles in the heat for 5 hours....do you suppose?

Trail Dawg

Late fall, 2011: The "Lady in Black" wanted me to meet her on Blackhead Mountain in the Catskills today...I couldn't disappoint her so off I went this AM, with snow shoes and micro spikes based on the last reports I had read about the area. Driving through Prattsville was an eye-opening experience; the downtown area was devastated by the storms Irene & Lee. These people's lives will be changed forever. There is a pile of debris from destroyed homes and businesses that literally made me sick. After I followed a detour, no problems getting to the trailhead; many road repairs have been accomplished. There were quite a few cars in the lot; I headed up the trail. No sight of the "Lady in Black" but I could smell her perfume in the air, patchouli...I knew she was on the trail.

I reached the junction of two trails and that is where the "Lady in Black" met up with me. We chatted and then headed for the summit of Blackhead Mtn, still without snowshoes or micro spikes; the trail was clear. Soon we encountered a pile of berry laden bear scat; luckily it was frozen and not a fresh deposit. Three hikers approached us; she stepped off the trail just out of their sight. Soon we reached the summit, took a break and I asked her if she would join me in the Parade of Lights in Norwich; sadly she said she preferred not to, wanting to keep a low profile.

It was now time to head back down the trail, an easy descent with only a few icy sections. As we neared the trailhead it was time to say our goodbyes as we heard voices of approaching hikers. The "Lady in Black" disappeared with a beautiful smile, saying we'll meet again...soon. I breathed in a final whiff of patchouli and went on my way with a beaming smile...

Trail Dawg

Last night I noticed the dome light was on in my Honda Element. There on the dashboard was a black envelope, with Trail Dawg lettered in gold on it. Inside it said, "Meet me early, very early at Vroman's Nose." When I arrived at the trailhead, the trail to Vroman's Nose was closed, due to flooding. Another envelope lettered in gold, for Trail Dawg, was attached to the kiosk. It said, "Meet me at church..." Church??? What in the world does she mean, Church???

As it turned out she wanted to meet me at Church Street, where the Long Path Trail crosses the street. As soon as I ventured up the "open" Long Path Trail, off of Church Street, I smelled her distinctive patchouli lingering in the air. We proceeded up the short steep trail to the summit, and wandered around for a couple of hours savoring the incredible views above the Hudson River.

We were both hungry; the LIB brought liverwurst with onions on two slices of French bread and I unveiled my Spam, much to her disgust.

"Are you still eating that crap?" We seldom bicker but I fired back, "Liverwurst with onions isn't much of a picnic fare..." So we decided to have lunch at Little Italy in Cobleskill, down the trail in town. She had disappeared on the descent, like normal, but when I went inside, the "Lady in Black" was already waiting for me, a nice cold Molson Canadian sitting on the table... She had already placed an order for pizza. Incredible pizza, absolutely the best pizza I have ever had. We enjoyed our lunch, along with the beer, and had a wonderful conversation. She excused herself, gave me a beautiful smile, and hurriedly disappeared, ever her style. I paid for the meal and exclaimed to the cashier, "This is the best pizza I have ever had; we'll be back..."

He said "We???"

Do you suppose?

Ah, but the patchouli still lingers on my clothing...

Trail Dawg 🍁

Executive Director's Report: More than just a trail

Dick Hubbard

During the past few months I have met with several agencies across the state who provide services in the tourism, travel and visitor information sector. You would know these agencies as your town or county Convention and Visitor Bureau or, as the business component, a Chamber of Commerce. These offices provide essential services to encourage and promote regional tourism and businesses. Now that some of them have been personally introduced to the Finger Lakes Trail, they become familiar with and better understand what our trail offers and how they can use and promote the FLT in their region.

Tourism is a very organized industry! We might often think of larger destinations like Niagara Falls or New York City, but all along the Finger Lakes Trail opportunities for travel and tourism exist. Working in partnership and developing cooperative relationships with agencies helps develop a broader awareness and appreciation for the trail; therefore, after all, tourism bureaus do help promote the trail and encourage participation in various events and activities.

When I talk about the Finger Lakes Trail, I always suggest that we are a resource available to others. Whether to a county visitor center, a B&B near the trail, a restaurant or an outdoor enthusiast, I present us as a recreational resource available for use as a footpath across the state. I marvel at the impact that all of our volunteers have given in hours of service to create something that, at one time, did not exist.



Jodi LaPierre, Ithaca/Tompkins County Convention & Visitor Bureau Visitor Services Manager with me discussing events in the Ithaca Travel Guide.

So we are a wonderful natural resource that is fun to promote. As members, friends, volunteers and staff, we already know this! But let's take another look at what the Finger Lakes Trail brings to the table in economic impact. That's right, and although we may just think of getting out on the trail, building the trail and providing access to it, it has an economic element that we may not often consider. I found that there are only limited studies available to provide good resource material about economic impact specific to hiking in New York State.

Hiking is most often associated with backcountry recreation and camping, and as trail use grows and more trails are

developed, communities are recognizing the economic, social and health benefits of trails and hiking, according to the American Hiking Society. Possibly the most significant value that the FLT offers is to the rural communities that we pass through. In a discussion about the economic impact of trails, American Trails, Inc., states that a major benefit of trail tourism is the money that is spent in rural towns and in more economically disadvantaged areas. Many of the people traveling to a trail and spending a night or more in the area are economically well off and have significant discretionary income.

While there are useful and recent studies that show the economic impact of multiple use trails like the statewide Canalway Trail, nobody seems to focus on the impact of single-use back country trails separately. Our numbers visiting each trail county aren't huge, and are primarily invisible to local businesses, but the effect is there. One end-to-ender, the late George Zacharek, actually kept track of the money he spent walking the whole main trail, never sleeping out in the woods. Even though gas was about \$2.65 when he finished the FLT, he and his wife spent over \$7000 on the project!

Adding to the above, further studies point out that the growing outdoor recreation industry is responsible for more than 140 million Americans who make outdoor recreation a priority in their daily lives and spend \$646 billion a year to support it (*Outdoor Industry Association, 2012*). It quickly becomes obvious that there is a significant tie-in with trails and the economy.

Tourism is an important aspect of promoting the FLT and a great way to connect us to the local and regional areas we cross. There is no denying that hiking and outdoor recreation account for significant increases in consumer spending, local business development, community benefits and a direct link to increased public health.

In early May, Governor Cuomo announced the launch of New York's largest tourism campaign in decades, committing nearly \$60 million to grow the industry, create jobs and attract even more visitors to the Empire State. Designed to lure new visitors and spotlight the state's natural beauty (among other things) the initiative should benefit the FLT and be part of the attention to tourism as *New York's Premier Footpath!*

I hope you will do your part in helping promote the Finger Lakes Trail as a special resource to those you know. Talk to your local and state representatives and let them know you support our footpath and relate the importance of the trail as a contributor to tourism and economic growth! 🍁

Contact: Dick Hubbard
Hubbard.RDH@gmail.com
716-604-8380

The F T Now Has Its Own Catskill Fire Tower

Rick Roberts, East & Central Catskill Area Coordinator

Technically it's not the FLT's tower but we do now have the trail to it.

The Rock Rift Fire Tower is on Tower Mountain and overlooks Cannonsville Reservoir on our Map M28. It was built by the CCC in 1934 and was in service until 1987. The original trail to the tower seems to have been abandoned at least 50 years ago in favor of new road called Fish Hollow, constructed for a subdivision on Tower Mountain. Luckily the subdivision met with financial difficulties and very few homes were built.

Four years ago I had heard that there was an unrestored fire tower on the mountain but had no idea where it was since Tower Mt. has a long sprawling ridge line with several communication towers on it. Finally with the help of Charlie Laing of the DEP (New York City's water agency that oversees the forested lands around reservoirs), I was able to locate it. My next problem was to find the original trail and fortunately my GPS software showed a trail of some sort leading to the tower, so I was off to find it. The GPS mapping must have taken the information for this trail from some very old maps because on the ground it was completely overgrown and difficult to find. However, after two attempts I did find and GPS the old trail, climbing 1100 feet to the top of Tower Mt.



Rick Roberts

Rock Rift Fire Tower, not open for climbing until it is restored and made safe.



Jacqui Wensich

Mike Granger entertained with his banjo on the Roberts' patio; the crew stayed in their house for the week, a very generous provision. Volunteers that week were Donna and Bruce Coon, Matt Branneman, Colleen Townsend, Pete Stapleton, Kenny Fellers, Bob Moses, Jacqui Wensich, Jim White, Rick Roberts, and Mike Granger.

Reportedly the state is going to sell the Rock Rift Fire Tower to the town of Tompkins, where a local group wants to restore it. Currently one cannot climb it, but the day will come. No view is available from this mountain top until the tower is made safe.

Now to find a route off the mountain, in the opposite direction, to connect to the existing FLT. Here, again, after several attempts, I came across an old logging cable drag line that was used to pull logs down the mountain to a landing site very close to the FLT. I estimate that the drag line was originally horse powered and is at least 100 years old. However, the telltale moguls created by the logs being dragged up and over obstacles were still very evident. So I now had a 5 mile route up Tower Mt. to the tower and down the other side, and except for a 1/2 mile section, almost all on DEP property. Convincing the one private landowner, Ron Cossetta, was much easier than I had hoped for; Ron immediately said he had no problems with a trail on his property as long as we closed it during deer season. In fact he now mows a small section of the trail thru a grassy field.

As I was planning out the 2013 Alley Cat project I realized that putting in 15 miles of new trail was too much for one



A revised FLT map M28 will be produced once the route is GPS'd and Greg Farnham can create it, but here is Rick's working copy of the new loop to Rock Rift Fire Tower. Those with memories will recall that we featured Rock Rift, now drowned by the reservoir, in last summer's article on the Alley Cat project which built trail south of the reservoir, because part of that new trail walked the railbed above the once busy town.



Rick Roberts with his new beagle Teddy who joined last summer's Scout on these adventures.

season. However, I did want to get the 7 miles of FLT off the local roads so I scouted out and made use of abandoned portions of old state Rte. 10 to get the FLT from Dryden Brook Rd. to the NY Rte. 268 bridge over the Cannonsville Reservoir. The tower trail would have to wait until 2014.

The first 2014 Alley Cat project was held in the first week of June and with the help of nine other volunteers and the master cook, Jacqui Wensich, we completed the 5 miles of trail in 4 days, including almost all the blazing.

As of this edition of the *FLT News*, the trail may be finished and open for business. All I need to finish it is one day and 4-5 volunteers to do a final cleanup, install the signage and add some blue blazing. That blue blazed trail is the portion of the old Rte. 10 that I used last year to keep the FLT off the highways. It will now create a loop trail, starting and ending at the Rte. 268 bridge.

In 2011, the FLT around the Cannonsville Reservoir was a 20 mile road walk. The road walk now is less than ½ mile and I'm working on eliminating that as well. We do still need sponsors to adopt parts of the new trail, other than the 1.5 miles Bruce and Donna Coon took on.

What's next?? How about the 13 mile Denning Road walk? I had just started my 1985 thru-hike of the FLT when I hit the Denning Rd. I said at the time, "Somebody's gotta do somethin' 'bout this." Well, I guess I'm the somebody. 🍁

A Naturalist's View

D. Randy Weidner

Hiking the Finger Lakes Trail, like any other woodland trail, presents the hiker with innumerable opportunities to look at trees and their impact on the environment. Vitally important as primary producers, trees convert sunlight and carbon dioxide to sugars through photosynthesis. The plant's

Fungi have two major functions.

metabolic processes then combine these sugars into more complex molecules like cellulose, the structural component of plant cell walls. Over the lifetime of a tree, hundreds of pounds of plant material accumulate as the tree grows ever larger and ever older. But all that once lives eventually dies. Dead trees might continue to stand for some time, even as wind, winter, and other adverse environmental conditions break off branches. Foresters call such standing dead trees "snags." Even these snags play a role in the overall vitality of the forest, serving as homes for insects, birds, and mammals like raccoons. Hikers will also often notice the presence of various fungi, like shelf fungi, on these snags. It would most often be wrong to conclude that the fungi you notice on dead trees are the cause of their demise. But those fungi may well contribute to the ultimate collapse and fall of the dead tree.

Biologists understand that fungi are unique enough organisms to be classified in their own kingdom, an organizational rank equal to plants and animals. There are several features of fungal biology to differentiate them, but the two most obvious traits are: 1) a heterotrophic, absorptive mode of feeding and 2) cell walls of chitin, not cellulose. To further explain how animals and fungi differ: animals, ingestive heterotrophs, ingest (eat) food produced elsewhere and absorb the nutrients from their gut. Fungi secrete digesting enzymes into their local environment and then absorb the nutrients from food produced elsewhere. And to differentiate plants and fungi: plants, cellulosic autotrophs, make their own food through photosynthesis, and are supported by cell walls of cellulose. Fungi, as noted above are heterotrophs (get food from elsewhere) and are supported by cell walls of chitin. This all sounds pretty heavy but bear along and it will become clear how important these differences are.

Regarding relationships with trees, fungi have two major functions. First, one major functional group of fungi forms mycorrhizal associations with trees. This means that underground, tree roots are very closely surrounded, and in some instances even invaded, by strands of fungal hyphae. These hyphae assist the plant roots in absorbing nitrogen and other essential nourishments from the soil. Further, hyphae physically protect the tender plant roots from environmental insults and invasion by bacteria (recall antibiotics come from fungi). In exchange, the tree shares sugar from photosynthesis with the fungus, which allows it to grow and reproduce (send up mushrooms). Second, a whole different functional group of fungi digests dead plant material, freeing the nutrients formerly locked up in tree tissues to be recycled in Nature. This process is commonly referred to as rot. The rest of this essay is a lot about rot.

So you are hiking your favorite section of trail, and to your surprise, the big snag you noticed with shelf fungi when last you hiked here, has fallen across the trail. Now you know why it fell. Those shelves you see are the reproductive structures (mushrooms) of the fungal hyphae invading the dead tree. They did not kill the tree; they moved in after it died, and got right to work digesting the tree's cellulose. As more and more of this structural material was lost, the tree eventually crumbled and fell. Now if fungi were plants, and had cellulose not chitin for cell walls, this could not happen as they would also digest themselves. Look at some down trees with shelf fungi. Are all the shelves oriented in the same direction? If so, they were all there before or after the tree fell. But if some shelves seem to be at right angles to the others, you know some of them formed after the tree toppled. Underneath those shelves are



Randy Weidner

either gills, or pores, or possibly toothed structures from which spores are dropped. This spore surface always develops facing the ground, whether the tree is standing or not. So shelves formed on the standing tree would be at right angles to shelves formed on fallen trees.

The fact that the tree is down means little to the fungus. The process of rot will continue until all the available nutrients are exhausted. This process takes many years in northern latitudes. The shelf fungus that dropped this tree may run its cycle only to be replaced with a succession of other fungi, which along with insects, mites, worms and bacteria will eventually completely recycle the tree. In the early stages of this process, competing fungal hyphae will battle it out for control of the resource. While all trees produce cellulose, they also produce lignin in varying amounts. Lignin is a very complex cross-linked sugar, which further strengthens the trees cells and promotes movement of water through tree tissue. Lignin turns wood brown, and also tints the water of wooded streams brown. It is highly resistant to degradation, and not all decaying fungi can destroy lignin. That is why you will readily notice two kinds of wood rot, white rot, wherein the fungi have destroyed the lignin and the cellulose, and red rot whereby only the cellulose was digested. Look at several rotting logs to see if they are crumbling into pieces that are white or red. Each species of fungus involved in log decay is either a white-rotter or a red-rotter, but there are several species of each. I hope you did not find this essay a lot of rot, but rather that we have enhanced your appreciation of the workings of the natural world. 🍁

Our sincere thanks for gifts
in memory of:

Tom Noteware
from

Center Street Sunshine Committee
Terrence & Barbara Woodworth

Donald McCabe
from
Kenneth Lewaine



Answer to the Spring “Name That Map!” Quiz

So, you hiked the FLT or parts of it. Let's see how observant you were! Send your guess to:

Jacqui at jwensich@rochester.rr.com

Previous Picture:



Ed Ressler

Liberty Pole Cemetery on
Crystal Hills Trail Map CH3.

Correct ID:
Terry McConnell

New Picture:



Carrie Ellen Williams

Forever

Dave Newman, Vice-President of Trail Preservation

You see our Mission Statement in each issue of this publication, on the Contents page: ***“The mission of the Finger Lakes Trail Conference is to build, protect, enhance and promote a continuous footpath across New York State. Forever!”***

Twenty-three words: Mission Statements are usually concise like that. The Boards who put these things together, if they are doing it right, put a lot of effort into making sure that each word is exactly the correct word for the purpose. As your new Vice President of Trail Preservation, taking over from my longtime friend Ron Navik, I found it interesting to ponder just what my new job is and how it plays to that Mission Statement.

Less than half of the trail runs on publicly owned land where we can generally be confident that it can stay “Forever.” The rest is on private property owned by about 725 landowners who have given us permission for a foot trail that is open to the public to walk, hike, jog, run, snowshoe or ski. Over time, as owners change, these agreements need to be renegotiated or the trail winds up a road walk. That “Forever!” word in our mission is really challenging; sometimes it looks like it means we will forever need to be rerouting the trail!

Every landowner who gives us revocable permission to cross their property is important to the FLT and we owe them our sincere gratitude for their generosity.



Lukas, Connor, and Josiah Lanning enjoying the new Bock-Harvey Preserve near Ithaca, a wonderful example of protected trail AND scenery.

Some landowners have also made their permission “Forever!” This is accomplished by a simple legal document called a Trail Easement which allows the foot trail to remain in a certain position on the landowner’s property --- Forever! As the property is sold or subdivided in the future, the trail stays. Obviously, this has a huge value for FLTC as one more section that is protected “Forever!” As for the landowner, they retain all rights to use their land in any way they want to, except they give the public right to cross the land by foot and they agree not to build a structure that blocks the trail.

There is another way we can protect the trail Forever! We can own it. Four generous landowners have given us their property, and our Board of Managers has recently voted to accept the donation of a fifth parcel. We’re not out actively knocking on landowners’ doors and asking them to give us their property, but for some owners it may be an attractive option to consider. Imagine the landowner with a cabin and an adjacent wooded property. They don’t want the wooded parcel to become a next door neighbor’s cabin, but they also don’t like the tax bill. Hmm... give it to FLTC with a restriction on development and the owner gets an immediate tax deduction, the annual property tax bill goes to \$0, and the wooded property remains a wooded property. In other cases, the FLT crosses “landlocked” private parcels way back in the woods where the current owner may not be using the property as they once did, but the value is sufficiently low that listing it for sale and finding a buyer may be a challenge. A donation to FLTC gets rid of the tax bill, gets the immediate deduction, and is going to be a whole lot easier than finding a real estate agent who is willing to list a \$10,000 property for a potential 6% commission. Giving FLTC the property outright is a bit more complicated than giving us an easement, but it isn’t too hard.

There is a third way landowners might choose to grant “Forever!” permission to the trail, restrict what can be done on the land, reduce their tax bills, and maintain ownership of the land. The combination of a trail easement and a conservation easement meets this objective. FLTC gets a trail easement, which allows the foot trail. The landowner also gives a conservation easement to a land trust, such as the Finger Lakes Land Trust. Typically that might say that a portion of a farm’s acreage must remain as open space (for example, can’t have buildings on it, ever). Clearly, the land is now worth less, as it can’t ever be subdivided into housing lots. An expert appraisal is made to determine “how much” the value of the property has been reduced by giving the easement to the land trust. The owner gets a tax deduction for the reduced value of the land, the annual tax bill goes down because the land is now worth less, the owner still owns the land and can use it for farming or forestry, and FLTC gets permanent permission for a foot trail. It can be a powerful legal vehicle to achieve the landowner’s goals in certain circumstances.

One of the first things I did in taking this new job is take a close look at our easement records. Have a look at the chart. Between the generosity of many landowners and the work of many volunteers, we've quietly made a pretty amazing start to that "Forever!" word. 84 of the 725 private properties the FLT crosses are protected, Forever!

	Easements	Owned	FLTC Forever
Allegany	8	0	8
Cattaraugus	0	1	1
Chenango	1	1	2
Cortland	4	0	4
Delaware	0	0	0
Erie	2	0	2
Livingston	9	0	9
Madison	4	0	4
Onondaga	2	0	2
Ontario	8	1	9
Schuyler	3	0	3
Steuben	33	0	33
Tioga	0	0	0
Tompkins	3	1	4
Wyoming	1	0	1
Yates	2	0	2
TOTAL	80	4	84

Clearly we don't expect that we will get easements or ownership of all of the 641 parcels that are not Forever! But we do intend to continue the dialog with our landowners. Many of them are proud to have been a permitting landowner on the FLT for decades. When the time is right, we hope that more of them will be in a position to help us keep the trail there – Forever! – by granting FLTC an easement before they sell.

As for our members who aren't landowners, what can you do to help? First and foremost, when you're out hiking and do see a landowner, pause for a moment and thank them for allowing the trail. Beyond that, be considerate! They own the land and you are the guest. Our permission is for a foot trail, not a bike trail, horse trail, motorized vehicle trail or a convenient place to hunt.

I started this article asking "What is my new job?" Mostly, the answer is I'm now the guy who helps to get easements in place. Other FLTC volunteers get the "build" part of the mission or the "enhance" part or the "promote" part, but I'm here to focus on that "protect" part. I look forward to working with our landowners and volunteers as we continue to ***build, protect, enhance and promote a continuous footpath across New York State. Forever!***

Volunteers or landowners, please give me a call at 585/415-3668 or send an email to danewman@rochester.rr.com if you want to talk about Forever. 🍁

Working Toward Forever from Another Angle



Foreground left to right, Bruce Matthews, Executive Director of North Country Trail Association, Dick Hubbard, Exec. Dir. of FLTC, Quinn Wright, Treasurer FLTC, Bill Coffin's back.

Speaking of efforts toward "Forever," during our spring weekend in Cazenovia, a group convened to hear Bruce Matthews' report of latest progress toward a Memorandum of Understanding among the NCTA, National Park Service, and NY's Office of Parks in order to establish the status of the North Country Trail through state park properties, and thereby prevent any more travesties like the bulldozing of the trail in Madison County year before last.

Our sincere thanks for gifts in support of
David Galvin
for End-to-Ending
 from
 Danielle Besso

Honoring Our FLT Volunteers

It's always a pleasure to present awards to members who have contributed to our big shared project, the Finger Lakes Trail, so the Recognitions Committee has a fun job. At our spring weekend in Cazenovia, we presented the following honors to deserving people.

There was no question in our minds that **Jarret Lobb's** efforts in the background on behalf of our financial health would have

garnered him a **Wally Wood Award** had he lived past last December. How we wish we had honored him while he was still alive, but "too late smart." His wife Barbara Lobb accepted a hiking stick for him, because he HAD wanted to hike the trail

end-to-end, and brought us all dangerously close to a moist eye. We're so glad she has chosen to continue joining our activities.

The **Clar-Willis Award** was presented to **Tony Rodriguez** for his years' long work coordinating trail maintenance for the miles tended by ADK-Onondaga Chapter in the center of the state and up the Onondaga



Irene Szabo

Tony Rodriguez is surprised with the Clar-Willis Award for extraordinary trail work.



Roger Hopkins

Pat Monahan presents the Wally Wood Award, our highest annual honor, to Barbara Lobb, who accepted for her husband Jarret.

others, and their trail work shows it! He was presented with a truly useful Corona hand saw in a leather scabbard that can be fastened to a pack.

Matt Branneman, who runs our Alley Cat projects as VP of Construction, received only the second award named for **Gerry Benedict**, because both men gave way beyond the ordinary to special projects along the trail. The first awardee,



Roger Hopkins

Ron Navik, left, presents the Gerry Benedict Award to Matt Branneman.

Trail. Letters of nomination from several ADK-ON members over the last few years have praised Tony and urged recognition of his work, all the way up to proposed sainthood. He keeps every segment attended by a trail steward, joins work parties himself, manages people with gentle persuasion and encouragement, and rewards his stewards with an annual picnic to thank them. Everybody loves how he treats

Ron Navik, nominated Matt most of all because his construction experience has streamlined our projects to the point that whole days are saved on things like shelters. Nor is Matt retired, so he takes time off from his own work to attend our Alley Cat weeks, whether they involve construction or trail building.

A brand new award was introduced, the **Bill and Ellen Garrison Award** intended to honor landowners who go above and beyond permission for the trail, something we're always grateful for, by enhancing our experience there. Some landowners embrace the trail in ways that go far beyond hosting the footpath; they assist hikers with water, do trail work, allow camping or donate easements to protect the trail corridor forever. Some even donate property to the conference.

We named it for Bill and Ellen Garrison, who were our first landowners to INVITE the trail onto their property from adjacent land, to OFFER an easement without even being asked, and then to build one of the nicest shelters imaginable, the Evangeline shelter on Map B3 between Prattsburgh and Hammondsport. Even after a neighborhood child burned it down, they used their insurance to fund a new one, bigger and better than ever. This is the welcoming spirit that defines this award's intended recipient.

The clear choice for the first honorees of this award are members of the **Bock-Harvey family** who donated the trail part of their family property to the Finger Lakes Trail and protected it with a conservation easement held by the Finger Lakes Land Trust. Four of them graciously came to our celebration and accepted this award, richly deserved.

The Recognitions Committee (Ron Navik, Mary Domanski, Steph Spittal, and Irene Szabo, Chair) continues to be frustrated by a dearth of nominations from our own members! We cannot know every deserving volunteer out there, so NEED input from all corners of the trail. Irene is on the parallel committee for the North Country Trail Association, which has only a little more than twice our membership, yet sends in many dozens of nominations for their annual awards, so why can't our members beg us to recognize their local heroes, like ADK-ON members did for Tony Rodriguez?

Speaking of the NCTA awards, at the August North Country Trail Hiking Fest in Duluth, Minnesota, two of our own were recognized! **Ron Navik** received one of the **Trail Builder Awards**, especially because he dealt with more danged reroutes due to changes in permission than any human should have to face, including the huge change near Swain a couple of years ago, which involved benched side-hill trail up



Four members of the Bock-Harvey family who accept our first Bill and Ellen Garrison Award as special landowners. Left to right: Dave Bock, Joanna Bock, Dan Bock, Lydia Edlund

steep Rattlesnake Hill. And **Jarret Lobb** received the **Sweep Award** posthumously, due to his huge work behind the scenes to ensure our financial integrity and good health.

Please share nomination ideas with us any time. We WANT to hear from you. 🍁

FLT Recognitions Committee

Irene Szabo, Chair treewenie@aol.com or 585/658-4321 or 6939 Creek Rd, Mt. Morris 14510

FLT MEMBERSHIP FORM

Name _____
 Address _____
 City/State/Zip _____
 County _____ Phone (_____) _____
 Email _____

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

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	Pathfinder.....
Student (full-time; give permanent address) ..	\$15	Trailblazer.....
Youth organization	\$15	Guide
Adult organization	\$50	Life (individual).....
Business/Commercial		Life (family).....
(includes a listing on the FLT website).....	\$100	

A HYMN TO HIKING IN THE CATSKILLS

Rick Roberts, from his President's Message to the Catskill Mountain Club

I just finished John Burroughs' book, *Pepacton*, first published in 1881. Burroughs was born in the Catskills in the Delaware watershed. He calls the East Branch of the Delaware the Pepacton as did the people of his time. *Pepacton* is a series of essays discussing his view on a variety of things in nature such as honey bees and wild flowers or recalling his adventures on the Delaware and surrounding Catskill Mountains.

In his essay called "Footpaths" he bemoans the lack of paths or byways leading into the woods or connecting neighboring towns and villages thus forcing people to use the public highways. He obviously spent some time in England for he tells of the numerous footpaths there, connecting towns and farms and buildings throughout the country, where a person can walk freely without fear of trespassing. There, he states, an established footpath has legal status and cannot be blocked and can be used by anyone.

Well, we here in the U.S. are still without footpaths connecting villages and farms and still have to rely on the public roads. However, if Burroughs were alive now, I'm sure he would marvel at the vast network of foot trails that cover his beloved Catskills. How he would enjoy hiking to the summit of Slide or Belleayre or spending a night or two in the Beaver Meadow Lean-to.

He hints that footpaths should be established but remains far from advocating for them. He seems to realize that paths of the sort he found in England would be all but impossible to establish here, for he states that the people of his time did not wish to walk. "One would think the people had no feet and legs in this country, or else did not know how to use them,"

he writes. That seems to hold just as true today as it did 1881. Although I grew up in the Catskills and traversed its local hills, valleys and farms around the Delhi area, hunting, fishing or just plain exploring, I did not hike a trail until I was nearly 45 years old. I had come across a book about the Appalachian Trail that I had given my grandfather several years before. I read it, got hooked and went out and bought a backpack, borrowed a tent, stove and cooking gear. Three years later I hiked the 565 miles of the Finger Lakes Trail and two years after that the AT, then the Long Trail, Ocalla, the John Muir and Glacier. I consider myself one of those lucky few who know the pleasure of hiking and the serenity of the forest and back country.

Burroughs writes that "It is not the walking merely; it is keeping yourself in tune for the walk, in the spiritual and bodily condition in which you can find entertainment and exhilaration in so simple and natural a pastime... When the exercise of your limbs afford you pleasure, and the play of your senses upon the various objects and shows of nature quickens and stimulates your spirit, your relation to the world and to yourself is what it should be; simple and direct and wholesome.....Life is sweet in such moods, the universe is complete, and there is no failure or imperfection anywhere."

The trails of the Catskills are here waiting for you. Come, enjoy them with us. 🍁

Joan Young

GOOD NEWS: Recent Landowner Permissions and Easements

Dave Newman, Vice-President of Trail Preservation

Robert and Elisabeth Wild of Fairport, N.Y., have granted a permanent easement on their recreational property in Ontario County's Town of South Bristol on the Bristol Hills Trail, FLTC Map B1. This highly used portion of the trail starts at the "Jumpoff" at Ontario County University of

Rochester's Mees Observatory property and then enters the Wild's property before continuing downhill to a small landlocked parcel owned by FLTC where the Beaver Pond Lean-to is situated. The Wilds are strong supporters of the Finger Lakes Trail; in addition to this generous easement, Bob is the trail steward between Bristol Hills Trail access points 1 and 2.

John and Sarah Sellers of Bradford have granted a permanent easement to their property on Sugar Hill Road in Schuyler County's Orange Township, Map M13. The trail to the south and west of this property is on Sugar Hill State Forest land for over two miles, so this 888' long easement allows a permanent path to get out to the road. Lynda Rummel negotiated this



Tony Orsini has built new trail to eliminate part of the roadwalk between Boyce Hill and Bear Creek State Forests on Map M4, and added this fireplace and bench creekside near Cash Park, owned by the local school district. Delightful!

easement with the Sellers and Lynda wants you to know that this donation comes from the second generation of family members to host the FLT. Sarah Sellers was a Yorski, and the original FLT route was across Yorski property that has since been sold. You may have heard of or seen the huge "Yorski Oak" that shelters the trail entrance on Sugar Hill Rd.

John and Sarah frequently offer water and information to folks using the FLT.

Just west of Franklinville in Cattaraugus County, FLTC member Anthony Orsini, working with Regional Trail Coordinator Marty Howden, has obtained landowner permissions and is finishing up construction of new trail that will eliminate a road walk on Tug Hill and Bear Creek Roads, Map M4. The exact trail location will soon be captured by our GPS mapping team, map updates published, and a new section of the FLT opened to the public. We thank landowners Christa Pipo, Richard Dotterweich, Danny Laird, and the Board of the Franklinville Central School District for allowing this new route for the FLT to cross their private property. 🍁

Finger Lakes Trail Business Members

Pack Paddle Ski
Holiday Valley Resort
Vinehurst Inn & Suites
Bath Veterinary Hospital
Bristol Views Bed & Breakfast
Davidson Shoes, Inc.
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154 E. Morris St.
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Ellicottville, NY
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Naples, NY
Canandaigua, NY
Rochester, NY

Bath, NY

info@packpaddleski.com
jeshbaugh@holidayvalley.com
info@vinehurstinn.com
bathvh@stny.rr.com
howens49@rochester.rr.com
m.hogan@shoestoboot.com

camp@hickoryhillcampresort.com

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

Like Stairways to the Sky

Story and Photos by Joan Young

FLT End-to-End #370, and among the first ten to walk the whole 4600-mile North Country Trail.

“The hills they are fantastic, like stairways to the sky. We’re having fun in the summer sun, but we have to wonder why.” Three hot and weary hikers jokingly wrote the next (not) hit country tune in the summer of 2000. Marie Altenau, Bess Arden, and I trudged over Jimmerson Hill and its two unnamed northern neighbors in a single day. Those climbs (and descents) of 720, 700, and 560 feet (far western map M2) forever defined the Finger Lakes Trail for me. Seemingly insurmountable obstacles in my life are nicknamed Jimmerson Hills.

How fitting that the hike this spring, to finish the eastern main FLT, again featured a Jimmerson Hill day. However, this time it was Mary Smith Hill, Middle Mountain and Cabot Mountain,



Purple Fringed Orchis in Allegany State Park.

offering up 782, 715, and 630 feet of successive ups and downs in only 9.8 miles (maps M30/M31). Oh, and just throw in the little bump of Beech Hill, elevations not even mentioned although the descent is described as “steep.” Ya think? Marie and I thought we were getting old. When we walked into Little Pond campsite we were greeted by a cheerful ranger. “Where did you walk from?” he casually asked.

“We came over from Holiday and Berry Brook Road,” we answered with some serious nodding of heads. His eyes

widened with newfound respect. “That’s quite a hike,” he responded solemnly. We thanked him and smiled the knowing smiles of the near famous and young at heart. As soon as he left, we

decided we were too tired even to go out to eat. We scarfed down crackers and peanut butter in the car and crawled into the tent to rejuvenate for the morning, 13 years, 328 days older than when we summited dear old Jimmerson.

These six hills, and all the hundreds in between, make a completion of the Finger Lakes Trail no mean feat. OK, I’m number 370 to do it. Not exactly a trend-setter. That’s not a problem for me. I’m just glad to be a part of the great group of people who have hiked across New York State.

When I took my first hike on the FLT, in 1994, I hadn’t even yet decided to do the entire North Country Trail. I just wanted a place to escape the stress of caring for my aging mother for a couple of hours. Marie and I first hiked west from NY route 96 along Treman gorge, and then east up Lick Brook with its hidden falls. Refreshing doesn’t begin to cover it. Day trips to Robert Treman State Park had been part of my childhood experience, growing up just north of Ithaca. And that’s where I took my first official steps on the Finger Lakes Trail as an adult. The gorges, glens, lakes, waterfalls, rivers, “cricks,” and hills of New York must be genetically coded into my DNA. Whenever I drive east from my longtime home in Michigan, a sense of peace overcomes me as the ridges that make north-south travel in New York a trial begin to block my vehicular way.

Two dogs hiked portions of the trail with me. My beloved Chips, who loved to backpack, died in 1999, but he went on a couple of New York hikes. Strangely enough, Maggie the Vizsla’s one multi-day hike was on the FLT. With her bad hips the vet told me she could not carry a pack. But Marie and I brought her on a long weekend jaunt to see how she would like it. She did not! She did not like being cold, wet, tired, or outside at night. Night noises made her jumpy. All she wanted to do at the end of each day was curl up on her bed, which we adults had lugged to the lean-to, under a blanket, which we adults had lugged to the lean-to, and be fed nice dog food, which we adults...



In 2002 Joan hit the 2002 mile point in her quest to walk the whole North Country Trail. She memorialized the event on the tiny earthen dam between two ponds in Klipnocks State Forest on Map M9, west of Hornell.



Bess Arden and Marie Altenau descend into Rock City with some trepidation. (Marie wearing same shirt 14 years ago- she will L-O-V-E this! See the stone wall picture.)



Marie emerging from the skinny cliff path that enters Excelsior Glen, just east of Watkins Glen.

I also completed a big North Country Trail milestone on the FLT, the completion of 2002 miles in 2002, at the watershed division between the Genesee and the Susquehanna Rivers, in Klipnocks State Forest. One Fourth of July was spent at Cobb's Campsite. Marie, Bess, Irene Szabo and I played with sparklers, oh, and hauled that grill up the hill for all of you!

Hopeful North Country Trail end-to-enders are continually shocked to discover that hiking across New York is not just a group of low-key afternoon strolls linked together. In fact, the FLT presents challenges from the Allegheny National Forest of Pennsylvania to the Long Path in the Catskill Mountains.

On the other hand, its close proximity to many thousands of people makes it a favored destination not only for all those who are seeking a challenge, but also for those who just need to get away from the unreal world for awhile, and for those who find any trail a challenge.

I have in mind a childhood friend whom I now visit on most of my trips east. She's had many physical struggles over her lifetime. We were drawn to each other so long ago by a shared love for the outdoors. Getting reacquainted in 2010, I was disheartened to discover that she could barely walk. However, she wanted to get outside and try. We did a short out-and-back hike on the FLT near Watkins Glen, not much more than a quarter mile. We also visited the Finger Lakes National Forest, where we used to camp when it was simply "The Blueberry Patch." With no way to get around to lovely outdoor destinations, her exuberant joy in those few minutes might seem out of proportion to those of us who can go to the woods pretty much whenever we want. Each spring since then, she has been a little stronger. This year,

we hiked two miles, including some hills, on the FLT, again in Tremans State Park. The trail is near enough to where she lives that she can walk to it, and then do a short hike in the woods. I believe this is an important part of her healing.



A woodchuck peers out at passing hikers along the short road walk through Burdett, east of Watkins Glen. Joan wondered how many hikers he had seen pass.

There must be hundreds, if not thousands, of stories like this across the state, where people who will never be on the E2E list have the opportunity to enjoy a bit of nature because of the vision and commitment of the Finger Lakes Trail folks. I thank all of you who make the long and short escapes into the woods possible.

Of course, everyone wants to know my favorite places. It's impossible, because my favorite hike is the one I'm on at the moment. That said, Lick Brook falls has remained a special place. I was delighted with Excelsior Glen near Seneca Lake, because that was not open to the public when I was a child; it was completely new to me. Mountains are mesmerizing. How could I not like the views from Split Rock and Walton Mountain Road? Rock City is fun with its streets and alleys of stone, and Watkins Glen was where I cut my hiking teeth. I'm told that immediately after a family outing there, when I was two, a toddler harness was purchased for me. They could not get me to stop dancing on the rock walls.

Maybe not so nimbly, but I'm still dancing. Oh yes, and climbing, more slowly, those stairways to the sky.

After they finished the FLT in the Catskills, Marie and Joan went to Vermont to complete what will become the eighth state on the North Country Trail, all the way to the NCT's future junction with the Appalachian Trail and Long Trail. 🍁



Joan and Marie Altenau (left) sitting along a stone wall in the Finger Lakes National Forest.

End-to-End Update

Jacqui Wensich, End-to-End Coordinator

Newest End to Enders

Main Trail: #370 Joan Young, Scottville, Michigan; Joan also completed the entire 4600 mile North Country Trail over twenty years. Joan was one of our early webmasters.

#371 Brian Tanzman of Villages, Florida. (continuous hike 30 days) Brian has completed 14 major long distance trails.

#372 Rita Jensen of Bath, **#373** Carol Romeo of Elmira, **#374** Josephine Kish of Painted Post, completed their hike July 13th. The three amigos did much of their hiking through the county hike series.

#375 David Galvin of Binghamton *aka* Porky Pine completed his continuous hike in 45 days. Check out www.trailjournal.com (Finger Lakes Trail 2014-his link)

Updates:

Bullthistlers' Rich Natoli and Tom Bryden are continuing their main trail hike as are Dale Smiley, and Katie and Thaddaus Rutkowski of Whitney Point. Mike Crompton of Rochester (recently from the Marine Corps) spent the month of July backpacking on the newly discovered FLT. He plans to write and take photos along the way. Aaron Keller is working on the branch trails. Dave Gantz of Pennsylvania plans to thru hike in August.

Always check www.fltconference.org/trail conditions for the **latest** trail conditions.

Car Spotters:

Joyce Ermer of Little Genesee joined the car spotter list. She is also with the Steuben County Hike Series. E2Ers Gunther and Geraldine Keil of Trumansburg also joined the list. Ken and Margaret Reek are no longer car spotters; they have moved to Colorado. Thanks to both of them for all of their work in many areas benefitting the FLTC.

E2E hikers Barbara Nussbaum and John Andersson, Cayuga Trails Club, sent this note to car spotters Bev and Dale Fox of Bainbridge. "Thank both of you and your son for driving us to the start of our hike today and for all your efforts that you have put into creating and maintaining this beautiful section



Karen Serbonich and Barbara Nussbaum with car spotter Rick Roberts

of trail and the Dry Brook Lean-to. We had a wonderful hike today and were back at our car at about 3:40 pm. The many wildflowers and the beautiful lush green mossy forests we went through have made this hike very special and delightful."

NOTE: Thanks to those who have become spotters. Car spotting is a great assistance for hikers, so accepting the offered gas money gives hikers a way to thank you back. We ALWAYS need more car spotters, so please email jwensich@rochester.rr.com to apply or find the form directly from the website. This includes the Branch Trails. (For a complete list call or email me below)

"Happy Hiking" from Ed Sidote
97 years young September 12, 2014 🍁

Contact: Jacqui Wensich
jwensich@rochester.rr.com
585-385-2265

HUNTING SEASON: PAY ATTENTION!

Many of our permitting private landowners own their country property ONLY in order to hunt in peace each fall, so let's not intrude on their time there. If you must hike during, for instance, gun deer season, make it on public property and wear significant amounts of blaze orange. Not red, not brown, not green, but **BLAZE ORANGE**. It's the only safe way. Those properties actually closed to hiking are marked on up-to-date maps, so make sure yours are the latest.

Turkey Oct 1 - Nov 15

Bear Bow 10/1 - 11/15, 12/9 - 17
Guns 11/16 - 12/8
Muzzleloaders 12/9 - 17

Deer Bow 10/1 - 11/15, 12/9 - 17
Gun 11/15 - 12/8
Muzzleloaders 12/9 - 17

A Walk on the Wordy Side

Marla Perkins

Onomastics is the study of proper names, especially, for many scholars, the study of family names. I received an interesting question from a couple of FLT readers (thank you, McCarty's!) who were wondering about the names of state forests along the trail, particularly the potential confusion between McCarty Hill State Forest and McCarthy Hill State Forest. (Information for this article is taken from the New York State Department of Environmental Conservation webpages and from ancestry.com.) I begin by trying to resolve the confusion: there are indeed two state forests, one of each name. McCarty Hill State Forest is in western New York, in Cattaraugus County, and is often associated with Rock City, which is one of my favorite places to hike and which was considered holy ground by the indigenous peoples. McCarthy Hill State Forest is near Addison, in Steuben County, and is one of the few places along the Finger Lakes Trail that I associate with incredibly aggressive and numerous mosquitos.

McCarty and McCarthy (without an "a" in the Mc) are both Irish, with connections to Irish royalty—very long ago. The names are variants of one another, and there is some disagreement about which is the earlier variant. The McCarty's of western New York were one of the original families of what was called the New Ireland settlement in Carrollton, New York. They came from Dunnail, County Clare, Ireland, and were probably fleeing the potato famine.

McCarty Hill State Forest lands were acquired in the 1930s when poor farming practices and/or economic upheaval resulted in the landowners becoming unable to continue to support themselves as farmers, as happened with many of the former farms in the State Forest system. McCarty Hill State Forest was therefore available for the Civilian Conservation Corp and the improvements that were conducted as a way to provide work for people who had none.

McCarthy Hill State Forest was a more recent acquisition, part of the Park and Recreation Land Acquisition Bond Acts in the 1960s. Details of the acquisition are not easy to acquire. Because of its more recent acquisition, McCarthy Hill State Forest was not improved by the Civilian Conservation Corps. One of the major differences between this forest and the forests of the CCC era is that this forest does not have large plantings of non-native softwoods.

Other state forests indicate partial histories of the areas in which they are located. I have always liked the word "Shindagin," which is the main distinguishing word of the Shindagin Hollow State Forest. It seems to be a word from a member of the Iroquois Confederation, probably the Cayuga tribe, given the location. Unfortunately, even more so than for "Connecticut," the meaning of the term has been lost, with the term remaining only as evidence that people lived in the area before the English-speakers took over.

"Otselic," of Otselic State Forest, is a term that has fared a bit better; it is an Oneida word that means "place of wild plums." It was also a Depression Era acquisition and had many improvements made by the CCC, including large plantings of non-native softwoods.

Beals Pond State Forest is located closer to the Catskills and has a complex set of possible histories. Beal is an English name of a number of possible origins. One origin is Old English, from a compound that probably indicates a bend in the river, and that names a number of families in or from the Northumberland and Yorkshire areas of Britain. Another origin is an Anglicization of an Old French term for beauty (related to the current words "beau" and "beauty") or an Anglicization of the Old French term for someone who lived near a rice mill. When the latter two options are the background, they indicate some of the effects of the Norman Conquest of 1066 on the language and names of the British Isles. Another background is as an Anglicized version of an old Germanic term for "hill." These are true examples of homonyms—words that are spelled the same but that have different meanings and origins.

Cuyler Hill State Forest hints at the Dutch history in New York State, with Cuyler being a variant of the Dutch word for "potato planter," thus indicating the New World influence on the diet of Europeans. Potatoes were domesticated by the Incas of Peru and Chile and spread throughout the temperate regions of the western hemisphere. Potatoes were taken to Europe by Spanish and English explorers and were planted as a food crop. They quickly (in under 200 years) became a staple of the European diet, to the extent that when a disease wiped out much of the potato crop in Ireland, potato farmers and many others were forced to flee the resulting famine, thus giving us the McCarty and McCarthy Hill State Forests, through which the Finger Lakes Trail is located. 🍁

Marla Perkins, Ph.D., is a linguist and is studying to become a speech therapist. She grew up on the slopes of Connecticut Hill and through-hiked the FLT in 2004 (#181) and has spent her vacations on the trail ever since. She now lives in Flagstaff, Arizona, with her cockatiel Mo, who also enjoys day hikes on the Arizona Trail. She welcomes comments, questions, and suggestions for future columns: marla.perkins@nau.edu.



Send **address changes** to
Finger Lakes Trail Conference
6111 Visitor Center Rd.
Mt. Morris, NY 14510
or FLTinfo@FingerLakesTrail.org

Trail Topics: Trail Sponsor News

Steve Catherman, Vice President of Trail Maintenance



Partnering with the New York State Department of Environmental Conservation

Through our Volunteer Stewardship Agreements that we have in place with the various New York State Department of Environmental Conservation (NYSDEC) Regions across the state, the Finger Lakes Trail Conference enjoys a mutually beneficial partnership with this agency. Formerly known as Adopt-a-Natural-Resource Agreements, these contracts allow our trail to exist in State Forests, Wildlife Management Areas, Wilderness Areas and Unique Areas across the state. In return for allowing our trail on their lands, the state receives a well-maintained foot trail system that promotes and enhances public access to these areas.

Typically, the NYSDEC approves any proposed trail reroutes or construction projects on their lands through Temporary Revocable Permits. These permits enable the FLTC, often through Alley Cat work crews, to improve trail sections and construct facilities such as puncheon, bridges and shelters along the trail. Funding for these projects may come from various sources, the National Park Service or the North Country Trail Association if the section of trail is part of the North Country National Scenic Trail, from various grant programs, or straight from line items in the FLTC budget. Rarely, however, does funding come directly from the NYSDEC, especially upfront money, meaning that the FLTC doesn't have to expend money first and then apply for reimbursement as is the case with many funding sources.

So I was happily surprised to receive a call from NYSDEC Region 8 Senior Forester Gretchen Cicora last fall asking for any FLTC projects in her region that we would like to submit for possible state funding and construction in 2014. She explained that this priority funding program was targeted for ***“enhancing access to NYSDEC lands.”*** We had been considering a new bridge for some time on the blue trail over the seasonally high creek in High Tor Wildlife Management Area about a quarter-mile south of the parking area at Parish Hill Road on Map B1, northern Bristol Hills Trail east of Naples. Not really expecting to get it, we submitted this project and then learned over the winter that it had been approved by the state, funded upfront with \$10,000, and would be constructed by NYSDEC Operations Crews this year.

Since last winter, I have met several times on-site with Scott Burg, the head of Operations out of the NYSDEC office in Bath, and Bureau of Wildlife Management personnel from the Avon regional office to finalize plans for the project. As a result of these meetings, and due to challenging construction access and site constraints, the proposed bridge span has grown to 45', the budget has significantly increased and the NYSDEC has decided to bring in a contractor to construct the bridge. Because of the large cost increase, funds for the bridge

will now be allocated to the project through ***the Federal Aid in Wildlife Restoration Act, better known as the Pittman-Robertson Act, in which “Congress extended an existing 10% tax on ammunition and firearms used for sport hunting, and earmarked the proceeds to be distributed to the States for wildlife restoration.”***

As of the writing of this article, the bridge is set to be ordered from a company in Pennsylvania, E.T. Techtonics, that specializes in lightweight fiberglass trail bridges and is scheduled to be constructed by the Pike Company from Rochester this fall. Look for some photos of this scenic crossing in the winter edition of the FLT News.

The next piece of good news I received from the state was again from Forester Cicora this summer in the form of an offer to spend \$1000 of state money for construction supplies for a project or projects on the FLT in State Forests in NYSDEC Region 8. This funding will be coming from the ***Trails Supporter Patch Program***, wherein ***“Patch proceeds help maintain and enhance non-motorized trails throughout New York State. Among those trails that benefit from the patch are some of New York’s finest and most well-known, including the Northville-Placid Trail, the Finger Lakes Trail, and the Long Path.”*** I polled our Regional Trail Coordinators in this region to determine their needs and we decided to submit a request for a \$300 open air fiberglass privy in Pigtail Hollow State Forest at Granma's Campsite on Map B3, and 70' of puncheon in Texas Hollow State Forest on Map M15 east of Watkins Glen. These two projects have now been approved by the state with the stipulations that the money must be used only for materials and the FLTC will have to provide the labor to install them. We hope to purchase materials and construct both projects this fall.

The week after I heard from Gretchen, I received an email from Justin Sievers in the Albany office of the NYSDEC, who was reviewing our proposed bridge design for a crossing of Michigan Creek in Danby State Forest on Map M17 in Region 7. This bridge replacement was scheduled to be part of Regional Trail Coordinator Paul Warrender's Alley Cat project this summer. Justin was OK with our design of laminated 2" x 12" dimension lumber for this 24' span bridge, but after conversations with their Division of Operations regarding splices and deflection issues, they (NYSDEC) agreed to purchase (2) 5" x 12" glue-laminated timber stringers from Unalam of Unadilla for this project and have them delivered to the site. Fabrication of the beams was expedited to correspond with Paul's project schedule, upfront payment for the beams was provided through Region 7's



Rock "paving" under construction during Alley Cat 1, building the trail to Rock Rift Tower in the Catskills.

contractor, Bothar Construction from Binghamton, and the beams arrived on-time at the site on the first day of construction. This \$1600 contribution to our project came from the *New York State Environmental Protection Fund* that *"supports the stewardship of public lands, including state parks and millions of acres of public lands throughout the state. Through partnerships with volunteer organizations, state agencies use stewardship funding to manage trails and lands, protect natural resources, preserve wildlife habitats, make critical capital improvements at parks and campgrounds, educate students about conservation and provide access to persons with disabilities."*

These four projects would have been difficult, if not impossible, to achieve this year under the constraints of our 2014 budget, and the bridge in High Tor may not have become a reality at all were it not for the support of the NYSDEC. This level of partnership with our organization is something that I haven't experienced in my time with the FLTC, but it is most surely welcomed! Many thanks to all those people responsible for making these projects happen!

HELP WANTED

Trail Sponsors for the Crystal Hills Trail for the following trail sections:

- (a) Map CH1, Moss Hill shelter to Wixon Road/Meads Creek Road intersection: about 5 miles mainly through state forest land in South Bradford and Meads Creek State Forests.
- (b) Map CH2, Mose Road to Maple Street in Addison: about 5 miles, including 2 short spur trails, through woods, a tree farm and a cemetery into the Village of Addison.
- (c) Map CH3, McCarthy Hill State Forest to the Pennsylvania border: about 8 miles, beginning at the southern edge of the State Forest, through a portion of the Pinnacle State Park, and then on low volume town roads with great views to the Pa. border.

Contact Pat Monahan, Crystal Hills Trail Coordinator, at (607) 936-8312 or pmonahan@stny.rr.com.

Roof repair at trailhead bulletin board: the shingles on the Cobb property's roadside kiosk need replacing, so someone lightweight and nimble is requested for this small task. Lightweight is required because the original plans were misinterpreted by an electrical engineer on site, so the roof is oddly supported. Shingles can be supplied. Site is on Map M4, east of Ellicottville in Cattaraugus County.

Contact Irene Szabo, decidedly not lightweight, at (585) 658-4321 or treeweenie@aol.com.

Mowing help wanted: too much for me (Irene again!) any more, so looking for mowing relief at three sites:

- (a) Cobb's (see above). Short quick mowing job but is needed about five or six times per summer, especially in May, June, and July. A normal mower with cutting raised to about 3-3.5 inches is sufficient.
- (b) Also a much bigger mowing job on either side of Bean Station Road on Map B3, south of Prattsburgh in northern Steuben County. Needed only about three times a season, mostly fairly easy mowing, but a good half-mile about four passes wide.
- (c) Map B3, east of Glen Brook Rd at Access 17. Damp path in bushy area between wooded sections east of DEC parking spot on road, so usually cannot be mowed until at least July; once a year will keep the bushes at bay. Hard to bump the mower over rooty path near road, then fairly easy, so big and muscular volunteer helpful at beginning. 🍁

Contact: Steve Catherman
 stevec@roadrunner.com
 607-569-3453

Trail Topics: Water is a Trail's Worst Enemy

Lynda Rummel, Vice President of Trail Quality

Apparently, these days, when it rains it really does pour, and scour the earth it does, too. After the extremely heavy rains of May 13-15 turned Yates County into a disaster area, I walked a section of the Bristol Hills Branch up on Italy Hill, between the Italy Hill-Prattsburg Rd. (CR 32) and Pulteney Rd. (map B2), just to the west of Keuka Lake. Standing on the shoulder of CR 32 waiting for one of the landowners to join me, the woods looked normal, familiar, and comforting. We live only a few miles away and had endured the same rains as had Italy Hill. In fact, we had watched the rains come over Italy Hill and pour down upon it while pelting our roof with the biggest drops of rain I'd ever experienced. It had sounded like I imagine a machine gun sounds, so I expected to see signs of destruction similar to the 1991 ice storm. Instead, trees with leaves were standing, as was the tall grass in a nearby field. Across the road, the cornfield looked really muddy, but nothing was flattened.

Then we walked down the road bank and along the downward sloping trail into the woods, and everything changed. Everywhere water could run, it had, pushing leaves, broken limbs, and all sizes of rocks into piles ahead of it, rubbing the forest floor down to mineral soil and sometimes even bedrock. Uphill from the trail, an old, overgrown stock- or fire-pond that had been dry for decades had over-flowed, and the reliably running stream that roughly parallels this part of the trail had clearly run at a torrential rate, exposing more underlying rocks and tumbling some of them on end and further down the hillside. The bark had been skinned off several large trees along the creek.

It was like looking at a natural war zone, and water had won the battle against the land and the things that live on it. Crayfish were among the losers; the battered skeletons of several large ones were scattered along the edge where the creek water had receded. Their white corpses stood out vividly against the dark, wet landscape. In many places the tread was completely gone, and although the ground could be walked over, only the orange blazes told us that a trail had once been there.

Further into the woods, we came to a stretch of trail that descends sharply. Unfortunately, the lesson here was that when a trail follows the fall line, water will inevitably turn it into a creek bed. In my view, the best thing to do on this steep section would be to put in a couple of switchbacks across this small descent, with a trail grade of no more than 15% and a very well-done out-slope of 2-5%, with occasional shallow dips on the outer edge as well. Benching-in the trail this way would keep water from flowing down the trail, keep run-off flowing across the trail, and keep the hiker descending at a reasonable rate. Benching is hard work, however, and may require a crew at some time, especially since the section sponsors currently have their hands full helping their daughter reclaim her house, which was devastated when Flint Creek, in Italy Valley, flooded as a result of these downpours. Had this been done before the heavy rains, the trail section might have survived in relatively

good condition. However, we do not always have the luxury of running the trail section gently across the hillside, but a wash out may help persuade a landowner to let us rebuild the section in a more sustainable way.



A little further on we crossed a property line and swung north on a skid road that descended into a ravine that had suffered another raging creek. Here the landowner asked that we move the trail and suggested we move it to higher ground, which we have since done. As a result, the trail is back where it was a while ago, possibly before the infamous ice storm downed a whole pine plantation across it and definitely before the area was logged. With the consent of another landowner who already hosts the trail, we've flagged a reroute along a property line which runs along a small ridge above the creek, so it should stay a lot drier than when it followed the skid road into the bottom of the ravine. The lesson here is obvious: if and when we have the choice between following along the creek bank or staying well above it, stay high...and dry. Flash flooding seems to be a characteristic feature of our southern tier area, so we trail builders need to try to anticipate where water will run and build the trail out of harm's way whenever we can. This may make for a less beautiful stretch, but it should make for a stretch that is more sustainable and requires less remedial work.

A note of geological interest:: water from this part of Italy Hill doesn't flow into Keuka Lake. It does flow east, but it meets up with Five Mile Creek, which comes out of Jubertown Swamp and runs south into the Cohocton and thence the Susquehanna. There is no south-flowing outlet to Keuka Lake; water from Keuka Lake heads east through its natural outlet to Seneca Lake and on to the Erie Canal north of here. So, this part of Italy Hill is, in a way, where the waters part.

Visit the Finger Lakes Trail website and go to the segmented interactive map, find the Bristol Hills Trail, zoom in on the stretch between Italy Hill-Prattsburg Rd. and Pulteney Rd., and then select the USGS topo (ArcGIS) display from the drop down menu, so you can see the interesting geography of this location and see how the trail in this section was lying on the terrain. The relocated segment is just ever-so-slightly to the west of the north/south stretch in between CR 32 Prattsburg-Italy Hill Rd. and Pulteney Rd., but those few feet mean the difference between being dry atop a little hill and being wet below it.

If you are interested in learning about how to better manage water on the trail, you're welcome to attend one of our Fall Trail Management meetings, scheduled this year for the Town Hall in Virgil on November 8th and the Scout House in Bainbridge on November 15, both from 10-3. Contact me at ljrassoc@roadrunner.com for directions. 🍁

Trail Topics: Alley Cats

Matt Branneman, Vice President of Crews & Construction

The first Alley Cat of the season was a huge success. The trail re-route near Cannonsville Reservoir M28 added five miles of new trail. The new trail goes up and over Tower Mountain near an old fire tower with some great views along the way. It took the volunteers only an amazing two and half days to complete the re-route, including new blazes.

Alley Cat #2 was equally successful. The project replaced Diane's Crossing in Michigan Hollow State Forest on Map M17 south of Ithaca. The existing bridge had been rebuilt by the Boy Scouts in the early 2000's where they reused the beams from a much older bridge in the same place. The creek had been running over the bridge decking as well as deteriorating the foundations. It was overdue to raise the height of the bridge over the creek and to create new cribbing. This project was completed in only two and a half days. *(I remember the dedication of that first bridge in the earliest 1990's! Editor)*

Alley Cat #3 is shaping up to be a success also. By the time this is printed it will be completed. The re-route will add over five miles of new trail through Hoxie Gorge State Forest M20. There will be three new foot bridges and puncheon built and installed.

Due to overachieving volunteers, I am happy to announce the Rock City State Forest re-route on Map M2 just north of Allegany State Park will be completed before its scheduled Alley Cat. It has created a mile of new trail to separate the FLT from a shared mountain bike trail.

Matt himself blazing at the top of the new trail to Rock Rift Fire Tower during Alley Cat #1.



Jacqui Wensich

Thanks to everyone who participated in this year's Alley Cats. 🍁

Contact: Matt Branneman

607-220-7812

mattbranneman@gmail.com

Trail Topics: Mapping Input

Greg Farnham, Vice President of Mapping

HELP WANTED!

We are looking for individuals interested in helping maintain our FLTC maps who have experience with our map-making software (ArcGIS). FLTC will provide a license to use this software to individuals who can help.

Thank You

Landmax Data Systems, Inc.
5919 E. Henrietta Rd. Rush, NY14543
(585) 533-9210
www.landmaxdata.com



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



Greg Farnham

Contact: Greg Farnham

greg.farnham@me.com

Allegany County, More Cows Than People

Story and Photos by Mike Goodwin

It was June 5th, and I had hiked on Finger Lakes Trail Map M8 west of Hornell from the 4.2 mile mark at Route 70 to the 13.2 mile mark, the start of a hike from near Swain to Bath. Short day, since I was dropped off shortly after noon. I thought I had found what is called Bossard's Cabin on the map, but I was puzzled by the three strands of barbed wire right across the front porch, making the cabin inaccessible. Wondering

if this was really the right place, I doubled back and found I had missed the stile that took me over the barbed wire fence after which the side trail continued to the rear of the cabin. Surprised by the size and furnishings of the place, I wasn't convinced this was the right spot until I found the logbook/register. Wow! This was going to be a great place to spend the night! I signed the book, thanking the Bossards for their generous hospitality to hikers.

After unpacking a few things, I sat on the porch swing and enjoyed the great view, clicking off a few photos while I snacked. A couple of chipmunks scrambled around the woodpile near the porch. But then, I heard something snort, a much bigger, deeper sort of snort than a little chipmunk could make. Along ambled a brown cow, curious about me, and slowly approaching me on the front porch, sitting on the swing with my knees nearly to the wire. She drooled ... a



I clicked off a few more pictures. She was so close I could clearly read her ear tag; "Honey Dip" was her name. A minute later, her black-and-white Holstein pal, "Panini," came along. They both nibbled at the bark on the fenceposts. I'm guessing they were trying to say, "Look at us, reduced to eating bark, while you sit there with a tasty granola bar. Surely you want to share!"

I thought back at them, "No, I'll finish this myself, and don't call me Shirley." They wandered off. 🍁



lot. Maybe she was hoping I'd share my granola bar, but instead I left the swing and moved back to a bench a few feet back from the barbed wire. She leaned her head over and drooled more. Sorry, I'm not a fan of being drooled on and wanted my granola bar, all of it.

Lots of memorable things happen on the Bossard's hillside farm, where the trail frequently makes little changes as they change the fence lines. Back in the eighties my dog Maggie met her first electric fence with a wet nose, and I fell to my knees in the cow lane where the trail was that year. It was inches deep in wet mud and cow flop, and there I was on hands and knees with a full pack on. Luckily there is sizeable Slader Creek at the bottom of the hill, which has its own legacy of stories of imaginative ways people have crossed it! Editor



Eagle Scout Project Resurrects Campsite on Map M9

Ron Navik

On June 22, 2014, Luke Basler, with the help of fellow Scouts from Brighton Troop 77, family and friends, resurrected a dilapidated campsite on FLTC Map M9, south of Slader Creek Rd, west of Hornell. The outhouse, built in the mid-70's, had been severely attacked by porcupines and was pretty much unusable. It was difficult to get any water from the nearby spring because the catch pond had filled in with sediment. Luke and his crew have rebuilt the outhouse, including providing a real toilet seat, a new back wall, new translucent plastic ceiling, a fresh coat of paint, and a new hole in the ground underneath. The spring now has two inflow pipes to a sunken plastic sump pump crock and an outflow pipe. While the outflow is rather slow, hikers and



Scott Ireland

The group, with Ron Navik on left, and Luke Basler in red hair in back.



Scott Ireland

campers can remove the cover and dip their water bottle or pot, if they are in a hurry, and allow the crock to refill at its own pace. They also rebuilt the fire ring and lined the side trail and tent sites with downed logs. To finish off the project, they put up a new sign at the entrance to the access trail. This will be a much more comfortable campsite for future hikers and campers as a result of their efforts. 🍁

Ron Navik, left, and Luke Basler.

Turtle Tales

Earlier this summer I came down to the bottom of the hill from doing trail work at the Cobb property on Map M4 near Ellicottville, where a swampy area and major creek make us grateful for the fabulous bridge built by an Alley Cat crew in 2002. Blocking the mowed trail to the road was a huge snapping turtle, right where the trail was narrow on the beavers' worn path, hemmed in by thick honeysuckle thicket on both sides. What's a chicken girl to do? My dog Sandy had no collar, either, because she thinks they're for babies and Bad Dogs.

Luckily for us, a railroad also travels that valley bottom, so Sandy and I did a naughty thing. One CAN hear a train coming, so we felt fairly safe in walking the tracks another quarter mile west to our neighbors' track and creek crossing where we knew we could walk up through their yard to the highway. Whew.

Bad Irene



Warren Johnsen

A snapping turtle captured the safe way. Notice that pointed beak? It's hard and serious. I tried pushing a snapper out of the road once with a piece of steel downspout, but the turtle wheeled fast and chomped on the pipe with a scary loud bang.

FLT NAMED HIKE EVENT

Saturday, Oct. 11, 2014

Erv Markert Fall Hike

Onondaga / Skyline / Fellows Hill Trails

Map:

FLT Map #O1 (Onondaga Trail -- Cortland and Onondaga Counties)

Hike Leaders:

Sigi and Horst Schwinge

sigischwinge@aol.com or [315-437-6906](tel:315-437-6906)

Hike Description:

Short Hike, 6 miles -

Take in the sights found on this stretch of the Skyline Trail from Heiberg Memorial Forest to Labrador Pond (with boardwalk over the pond's wetlands) and on to the lower end of Tinker Falls.

Long Hike, 10 miles - continuing after the short hike, we climb steeply up Tinker Falls on a new stone stairway recently built by an ADK Pro Crew, walk behind the falls and up more stairs to the top. From there we take the blue-blazed Onondaga Trail over Jones Hill with breathtaking views over Labrador Pond and the valley below. Dropping down to the serene Spruce Pond we take the new 1.3 mile section of the orange blazed Fellows Hill Trail through some beautiful glens and along creeks with little waterfalls, to our endpoint on Herlihy Rd.

Meeting Location:

Meet at 9:00 AM Herlihy Rd. to coordinate car shuttles for the short and long hikes. Meet at the parking area on the right side of the road at the first trail crossing of the Fellows Hill Loop Trail, this is after the pavement ends.

Directions:

Take I-81 to the Tully exit #14, go east on NY Rt. 80 for about 5 miles, then turn right on Herlihy Rd for a little over 1 mile.

Howard Beye Winter Hike

January 10, 2015,

somewhere along the Letchworth Trail.

Leader Cate Concannon, catrina616@gmail.com,

585/880-4456

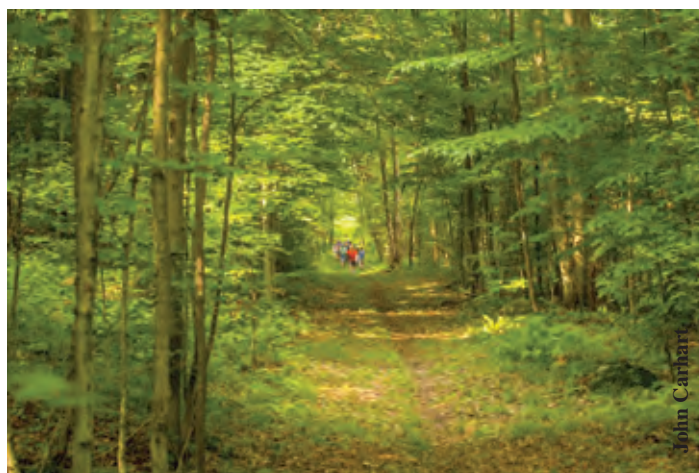
Details in our next issue.

August 2nd Sidote Hike



Larry Blumberg

Ed Sidote, for whom this annual hike is named, at the trailhead. He was end-to-ender #3!



John Carhart

Beckoning lane through state forest, during this summer's Sidote hike.

Ed Sidote Summer Hike Report

Larry Blumberg

The Ed Sidote Summer Hike was held on Saturday, August 2nd, and led by Warren Johnsen, Bruce Coon, and Donna Coon of the Norwich-based Bullthistle Hiking Club. The hike's namesake, Ed Sidote, was at the trailhead to greet the participants for this hike which took place in the Pharsalia area of FLT Map M23 in the heart of Chenango County. Ed, who is finally getting up in age (he'll be 97 in September, 2014), opted not to hike with the group this time around, but instead hung out at the nearby Balsam Inn in anticipation of Warren's post-hike celebration get-together.

The 30 or so participants, mostly from the Bullthistle and Triple Cities Hiking Clubs, were given the choice of hiking either a nine mile route or six miles on very gentle terrain on a high plateau in state forest lands just above Bowman Lake State Park and the Berry Hill Fire Tower. If you are a cross-country skier you'll want to be sure to revisit this part of the trail; it will make for great skiing!

Since this is the 10th anniversary of the Bullthistle Club, this hike served as one of the Bullthistle Club's "anniversary" events, and they really turned it into quite an event with snacks and hot dogs prepared for the hikers at the new Pharsalia Woods Lean-to (built in 2013), along with tours of the lean-to which included a visit to the privy with its new privacy screen, a chance to sit in the lean-to's new wooden rocking chair, and a stop at the memorial "Ed Sidote - Mr FLT" rock bench. No question, the Pharsalia Woods Lean-to is certainly one of the nicest lean-tos on the whole FLT! Be sure to check out the hike pictures at triplecitieshikingclub.org; click on the "TCHC Photo Albums" link, and look for the August 2nd album entry. You'll see Ed Sidote's orange jacket and smiling face on the album cover!



Larry Blumberg

One of the new eastern Passport Series posts where participants make a pencil rubbing of the E5 number to show they did this hike.

Our many thanks, again, to the Bullthistle Hiking Club for hosting and leading this summer's Finger Lakes Trail "Ed Sidote" hike. 🍁



John Carhart

Part of the hike group arrayed with the suffused glow of a forest halo.



Larry Blumberg

Last year's new open air fiberglass crapper with accessories added, a vision screen, and weatherproof supplies.

Spring Weekend...or, what you missed if you weren't there

Donna Coon

ADK-Onondaga put on a superb unique Spring Weekend, this time a joint event for both the Adirondack Mountain Club and the Finger Lakes Trail Conference. It was great having both my ADK and FLT friends together at the same venue and Cazenovia was the perfect setting. From the start everything ran smoothly. Signage was clear. I found my way to registration and on to my room with speed and ease. I was very grateful for the folder that helped keep me on track throughout the weekend.

Soon we were off to the gym parking lot to join others who would be hiking Hoxie Gorge. A central check in and staggered leaving times led to smooth and timely departures. Mary Coffin pointed us to our hike leader Mike Ogden. I was glad to see Barb Lobb whom I had hiked with before and Carol, a fellow Bullthistle Hiker. My husband Bruce volunteered to help with the car shuttle. A tall friendly rugged fellow also named Bruce, along with Carol, rode in our car. On the ride I found out that "Bruce" was Bruce Matthews, North Country Trail's Executive Director. What a treat! We learned he had been busy doing important advocacy work for the NCT in both Washington, D.C., and Albany.

The hike went well. We returned with great appetites for a delicious meal. Friday ended with an awe-inspiring presentation by Dr. Manoj Vora, one of very few who have summited the highest peak on each of the seven continents.

For Saturday, May 31st, the activities offered were various. Besides hiking there were opportunities to bike and paddle.

Or one could visit a museum or a winery. After we ate a tasty breakfast and packed our lunch I was off on another hike. This time we would be visiting Paradise Garden Lean-to, a nice section of trail on map 22 where one has the chance to be in Cortland, Madison and Chenango Counties all on one short hike. Our leader was Tony Rodriguez. I was looking forward to meeting Tony, since it seemed I had been seeing his name often. With Tony as our easy going, fun loving leader the group soon bonded. Ours was a diverse group. We had the youngest person attending the weekend and most likely the oldest, Bill Brosseau. I don't remember how old he is, but I do know he was moving better than I. We were treated to stories about the building of the lean-to in 2008, and about Howard Beye to whom the lean-to is dedicated. This was his last Alley Cat project before his untimely death.

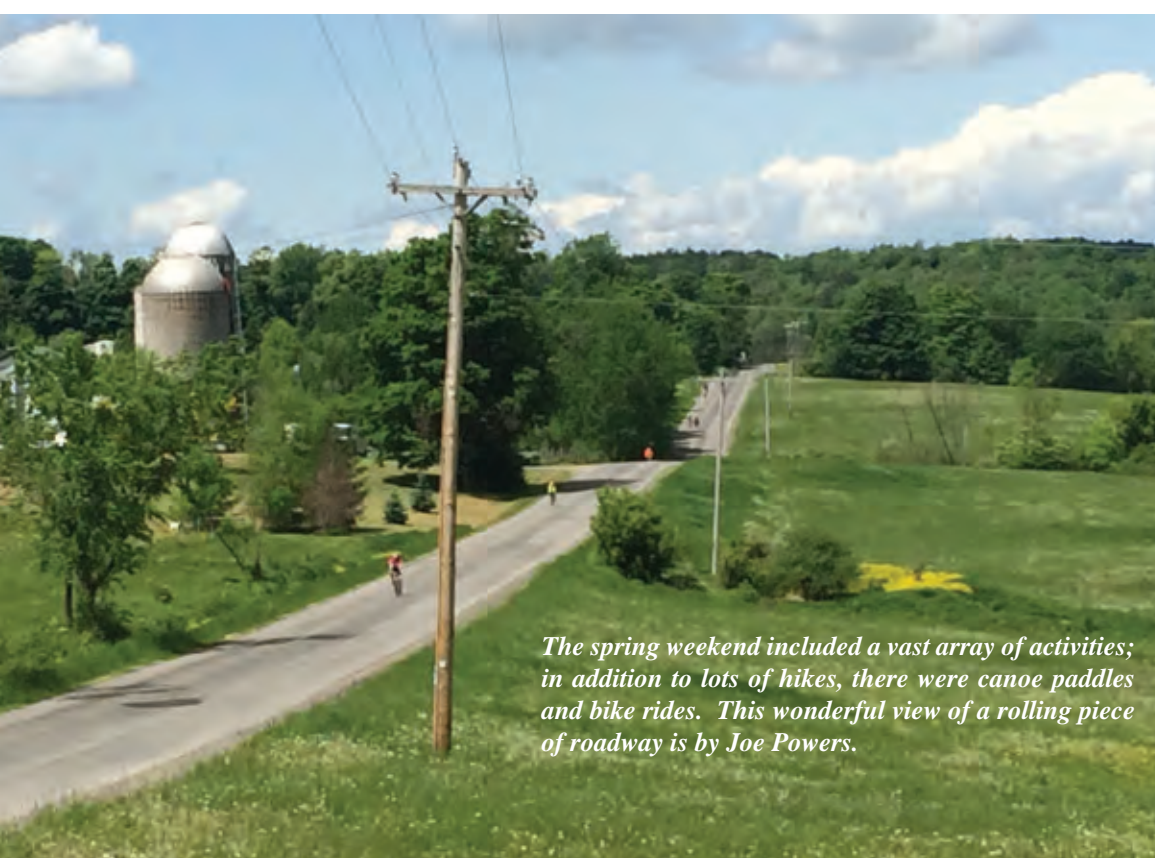
We were back in plenty of time to clean up before the Forever Society Reception. This is always a great socializing event and a chance to become a Forever Society Member by contributing \$1,250 to help preserve the Trail forever, as the first contributor Ed Sidote did.

The awards ceremony followed another delicious meal. The ceremony was filled with joy, some sadness, and well deserved standing ovations. Barbara Lobb accepted The Wally Wood Award for her deceased husband Jarret Lobb. The Clar-Willis award went to an unsuspecting Tony Rodriguez while the Gerry Benedict award went to Matt Branneman. The Bill and Ellen Garrison award was graciously received by the Bock- Harvey Family.

The day ended with a trio of very talented musicians, Honky Tonk Hindooz. A few of us even ventured forth and danced.

From the time I entered the beautiful campus of Cazenovia College to well after I left, my body and soul were nourished. Good food, lasting friendships, inspirational leaders. It was the best!

The 2015 Spring Weekend will be hosted by the Bullthistle Hikers in Norwich, land of Ed Sidote, my local hiking club. 🍁



The spring weekend included a vast array of activities; in addition to lots of hikes, there were canoe paddles and bike rides. This wonderful view of a rolling piece of roadway is by Joe Powers.

First Annual North Country National Scenic Trail Day Hikes on the concurrent Finger Lakes Trail [FLT] and North Country National Scenic Trail [NCNST], September 27

On the 4th Saturday in September, annually, North Country Trail Assoc. (NCTA) members will host an event on the NCNST so that all NCTA Chapters and Affiliates (like the FLTC) will celebrate a section of the trail on the same day. Events will also celebrate National Public Lands Day as nearly half of the NCNST is on public land. It is exciting to think that almost every trail maintaining organization will be hosting an event on the trail the same day.

In New York there will also be hikes on the NCTA CNY Chapter section, east of Syracuse; contact jacobr7@yahoo.com. And for a hike on the Adirondack route, western end near Forestport, contact maryccoffin@gmail.com. Below are two hikes to be held along the Finger Lakes Trail system.

North Country National Scenic Trail Day Hike, *Highland Forest*, FLT Map O2

Leader: Lucy Hawkins, Lucy_Hawkins@rocketmail.com
Highland Forest North Country Trail end to end, 5 miles, Map O2, ADK-Onondaga section. We will climb gentle, forested hills on the west side of the park then drop to DeRuyter Lake on the east side. Expect spectacular autumn vistas.

Meet at 10:00 AM at Highland Forest, Skyline Visitor Center.

Directions: Highland Forest is on Route 80 in Fabius, NY, south of Syracuse and north of Cortland. From the west, exit Interstate 81 in Tully and take Route 80 just east of Fabius or approach from the east via Route 80.

Please note the new user fee of \$3 per person in Highland Forest.

North Country National Scenic Trail Day Hike, *Little Rock City*, FLT Map M2

Leader: Mike Schlicht, pageazi@yahoo.com, 716/ 316-4388

Hike Description: Approx. 10 miles, parts very hilly. Our hike will start at the base of the Holimont Ski Resort (6921 Rt. 242) which is just east of Ellicottville, NY. We'll raise our heart rates by climbing UP the ski hill and then will enjoy the sights of Ellicottville from the top of the mountain. From there, we'll traverse south towards Little Rock City along the top of the mountain before descending towards Camp Seneca and then see the results of a tornado that touched down in this area in 2010. Shortly after ascending the hill we'll encounter the St. Lawrence divide. Water

from this part of the mountain either flows towards Lake Erie and the Atlantic Ocean, or South towards the Allegheny River and the Gulf of Mexico. We will then encounter the skyscrapers of Little Rock City. The trail was rerouted last year to encompass more of the treasure trove of multistory rocks as big as buildings. We will then have a nice downhill hike towards our cars but not before we cross a rock bridge built in 1860.

Meeting Time and Location: We will meet at the roundabout at the end of Stone Chimney Road at 9:00 am. Stone Chimney Road is just north of Salamanca, NY on Rt. 353 and goes through a golf course. When parking your car, please park on the right side of the road to limit the potential for golf ball sized ... uh ... golf balls from hitting your car.

If you are coming from the north or east, drive to Ellicottville, NY, take Rt. 242 West towards Little Valley. When you reach Rt. 353, turn left and proceed south, looking for the golf course on your left.

If you come from the south, take 353 north out of Salamanca and turn right into the golf course onto Stone Chimney Road. Once we assemble at Stone Chimney Road, we'll car pool to the Holimont Ski Resort to start our hike. 🍁

Join the North Country Trail Association

A Special Deal for FLTC Members!

Now you can join the North Country Trail Association for just \$23 per year! You'll get a subscription to North Star magazine, and the satisfaction of helping develop the North Country National Scenic Trail. To join, send this coupon to:
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Name as it appears on card: _____
Signature: _____

Welcome New & Returning Members

February - July 2014

Lucinda Allen
Cathy Anderjack
Brian Armstrong
Jean-Pierre Arnaud
Keith Banister
Vincent Bauer
Timothy Bergan
Theresa Berna
Boy Scout Troop 85
John Burnham
Sharon Canfield
Matthew Chapman
Anthony Contento
Alison Diner
Beth Dollinger
Timothy Domanski
Mark Dye
Nigel Dyson-Hudson
Thomas C. Ensman
Dennis Ferlito
Linda Foster
Paula Friant
Leonard & Patricia Fuller
David Galvin
Fred Gillette
Martha Hawksworth
Pamela Henderson
Christine Herpfer
Joyce A. Hill
Brent Houston
Rob Hughes
Scott Ignaszewski
Robert & Virginia Illi
Jackie Jablonski
Jeff James
Tim, Kathy & Matt Jones
Michael & Melinda Kernan
Clifton Ketchum
Donna Kiley
Lyle D. Kinney
Carol & Barry Kobrin
Robert Kopfman
Michael R. Landry
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Gwyneth Lymberis
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Scott Magee
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Dave Matthews
Sheila Meese
Ronald Mercel
Eric & Amy Mercovich

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Bath, NY
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Jupiter, FL
Canandaigua, NY
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Lancaster, NY
Harford Mills, NY
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Oswego, NY
Warren, NJ
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Newfield, NY
Honeoye, NY
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Camillus, NY
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Moravia, NY
Great Barrington, MA
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Willseyville, NY
Cohocton, NY
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Binghamton, NY
Manlius, NY
Norwich, NY
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Pittsford, NY
Wolcott, NY
Brooklyn, NY
Ithaca, NY
Hamden, NY
Victor, NY
Bath, NY
Rochester, NY
Avoca, NY
Rochester, NY
Bergen, NY

Christopher Miller
Margaret Mitchell
N.Y.S.A.T.E. Section No. 6
Richard & Pat Ortlepp
Daniel O'Shea
Dana L. Oviatt
Barbara & Don Owens
Jeffrey Patterson
Susan Perciasepe
Robert Phipps
Cheryl Pipkin
Norma Platt & John Boettcher
Robin Pulver
John Rauth
John Raynor
Ted Robinson
David Rudd
Timothy Russell
Martin Ruszaj
Charles Schutt
Patrizia Sione
Paul E. Smith
John Smith, Jr. & Joanne C. Smith
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Kelly States
Scott & Matthew Stevens
Kim Sweet
Eric Szucs
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Anthony Uttaro
Dr. Scott Waldeis
The Walther Family
Sterling & Jean Weaver
Levi & Mildred Weaver
Dale Webb
D. Randy Weidner
Lisa Weismiller
Lynne Whelden
Bill & Valerie Yust

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Corning, NY
Hornell, NY
Orchard Park, NY
Preble, NY
Manlius, NY
East Aurora, NY
Rochester, NY
Larchmont, NY
Fairport, NY
Rochester, NY
Webster, NY
Pittsford, NY
Springwater, NY
Tonawanda, NY
Oxford, NY
Rochester, NY
South Otselic, NY
East Amherst, NY
N. Tonawanda, NY
McGraw, NY
Bath, NY
Montour Falls, NY
Ithaca, NY
Knoxville, TN
Chicago, IL
West Seneca, NY
Arcade, NY
Sidney, NY
Rochester, NY
Naples, NY
Olympia, WA
Pittsford, NY
Bath, NY
Horseheads, NY
Bath, NY
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Canton, PA
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FLT Office Hours

Monday/Tuesday & Thursday/Friday
9:00 AM to 2:00 PM

There are exceptions so please call in advance
to be sure someone is in the office.



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Just a Short Autumn Hike on the FLT

Story and Photos by Jennifer Scott Schlick

The grasses and weeds and even the sign at the trailhead are covered with frost, sparkling in the slanting rays of late morning early autumn sun.

I walk alone today, if you consider hiking with two dogs “alone.” And then there are the birds.

As I cross the first bit of meadow, warblers and juncos, not the least bit shy, flutter in front of my face, foraging in the shrubs and weeds for seeds and bugs. If only they would sit still I might manage a picture even without a 300mm lens. I think of Tom who could probably tell me what kinds of warblers they are. Oh, but if I stop here, I’ll never make my goal: the shelter by lunchtime.

The rise through the meadow, gentle at first, becomes steep. Just before entering the woods, I turn: Route 86, the Southern Tier Expressway, winding through the Allegheny Mountains, one week past peak autumn color, lies below.

I’ve driven this road hundreds of times and longed to explore the round, rolling hillsides on foot. Today I get my chance, if only for a couple of hours. I cross a boundary, a line of very old sugar maples strung together loosely with bits of rusty barbed wire.

Yellow aspen leaves against a perfect blue fall sky.



The forest on the other side is open, spacious, and made up of much younger trees. I am grateful for the white blazes without which it would be impossible to find the trail due to a fresh fall of colorful leaves hiding the ground.

A few hopeful songbirds try to flip the seasons with their spring songs. Year-round residents voice their “here I am” foraging notes. The nasal “pent pent pent” of a white-breasted nuthatch... The insistent “chick-a-dee-dee-dee” from the black-capped bird of the same name.

The loudest sounds are my labored breathing, the thumping of my heart as I ascend the steep hillside, and the crunchy rustling of dry leaves beneath my feet. A blue jay practices a borrowed sequence from another bird’s repertoire, then shouts, “Jay, jay, jay!” which I take to mean, “Get out your camera and photograph these brilliant yellow leaves against this crystal clear sapphire blue sky.” So I do.

The hum of the wheels on the highway fades to silence after I reach the crest and descend into a more peaceful woods. Here, only airplane noises can reach me and there don’t seem to be many of those today.

Leaves on the branches above are thinning as the blanket beneath my feet deepens. My nose stings from the frosty cold. My stomach reminds me that there’s an apple in the backpack. I tell it to shush and be patient. We’ll be at the shelter in a few more minutes.

The trees on this side of the ridge are older and their stateliness calms me. My pace slows, my heartbeat normalizes. Just as I have left the sound of the highway behind, so, too, my worries and stressors are abandoned. I am home. 🍁



Trail snacks on the picnic table by the shelter.

continued on next page...

www.fi_gerlakestrail.org



A frosty morning indeed!

This Hike: Jennifer started at the northern-most access point of the Finger Lakes / North Country Trail that goes through Allegany State Park (Finger Lakes Trail Map 1). The trailhead is on Bay State Road, just after you get off the Expressway, long before you enter through the Park Gate.

Jennifer hiked to the Trail Registry / Shelter that is northeast of Beck Hollow Road, had lunch at the shelter, and then hiked back out again. Everything is always in great shape; the trail stewards for this section are amazing!

George Zacharek, 88, Died on August 29th at Home in Baldwinsville

Winner of the 2008 Wally Wood Award, George was memorable for his many projects to spread the good news of our trail, for making videos of many programs at our FLT weekends, and for his bratty sense of humor. End-to-ender #132, he was noted for keeping track of how much money he spent on his hiking quest, something most of us would rather avoid knowing. He was an active member of the ADK-Onondaga Chapter and a devoted Board member of the FLTC in earlier years.

Contributions are requested to the Finger Lakes Trail, 6111 Visitor Center Road, Mt. Morris NY 14510. George will be missed.

George Zacharek in the Catskills finishing his end-to-end hikes as #132 to walk it all. With him is his wife Cindy, who hiked much of the way across the state with him.



Finger Lakes Trail Conference, Inc.
6111 Visitor Center Road
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