

TWI-LIGHTS

A person wearing a bright pink short-sleeved shirt, black cycling shorts, a black helmet, and sunglasses is riding a mountain bike on a dirt trail through a forest. The person is seen from behind, pedaling away from the camera. The trail is surrounded by tall trees with green foliage, and the ground is covered with dry leaves and grass. The lighting suggests it might be late afternoon or early morning.

VOLUME 1 | SPRING 2018

Health Fair

TRAIL WORKS, INC. AND
BOOKS, ETC. ATTEND
PAL-MAC HEALTH FAIR

The 46ers

FREE FILM SCREENING TUESDAY,
APRIL 24TH, AT 7:00 PM AT GATES
HALL, PULTNEYVILLE

Forest Camp

REGISTER NOW FOR THIS
THREE SESSION EVENT AT THE
SANCTUARY AT CROWFIELD
FARM, NEWARK

Trail Works, Inc. and Books, Etc. Attend Pal-Mac Health Fair



On Saturday, March 24, 2018 Marie Cramer, Trail Works, Inc. and John Cieslinski, Books, Etc. owner attended the Pal-Mac Health Fair.

It was a beautiful sunny day and around 150 people stopped by our table to learn about the importance of having a healthy lifestyle which includes reading books and the many scheduled calendar of events at the Books, Etc. They were surprised a local book store gives them such a great gift of self-confidence, increasing their knowledge and how to organize their life with easy goal setting techniques. It is all for adults and children to enjoy.

As part of Trail Works, Inc., families and individuals were given the Wegmans passport book which includes 30 trails in Wayne County as part of Wegmans "Hit the Trails passport, for a healthier, better life" campaign. We were thrilled to know that the visitors that came to the Pal-Mac Fair not only knew about the Butterfly Nature Trail at Lock 30, Canal Park in Macedon,

but have enjoyed walking on it many times. We also encouraged those that maybe victims of domestic violence or know someone that has been affected, that these trails are a great way to destress in nature therapy.

The visitors were happy to know there were 30 trails total, and could not wait to either try them out individually or as a family event. What a blessing to have such an experience to get families or individuals out on the trails that only cost them their time.

Many people left our table with a big smile on their face by being challenged in a loving way and knowing there are more things out there then could have imagined so close by that are free and affordable family fun.

Thank you for such a lovely day and allowing us to be part of your day.

Warm wishes,
Marie Cramer and John Cieslinski

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TIME TO HIT THE TRAILS!

Time to hit the trails. The new Wegmans passport books are in. Trail Works has been working on this for over six months. We are excited about this book for two reasons.

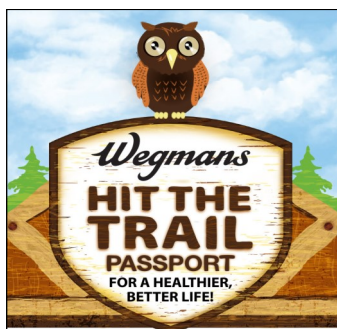
The first and most important thing is that we now have one book with thirty trails. Gone are books one and book two, with the confusion of the books looking the same. Not only do we have one book, but now we have added three new trails. There are trails for everyone from beginners to aggressive hikers, with elevation gain and length.

We are excited to announce that we have eight accessibility trails, which are called "Forever Wild for Everyone." Our trail system offers trails along Lake Ontario, the historic Erie Canal and trails in important birding areas. Perhaps you like wildflowers—we not only have some of the most wonderful spring wildflower trails, we also have summer meadow trails filled with wildflowers that attract an assortment of butterflies. Another added feature is of the passport trails of Wayne County is that seven of the passport trails have historic murals along the trail.

With the new passport books, there are present monetary incentives for those completing all thirty passports. Wegmans and Pine Creek are offering a \$250 gift certificate. If that isn't enough to get you excited to hit the trails, Trail Works will be offering a certificate of proof of completion. Also, those who complete all the trails will be listed on the Trail Works web page. We are also excited to offer a special Forever Wild for Everyone certificate for those completing all eight Forever Wild for Everyone trails. All Forever Wild for Everyone trails are labeled in the book and also at the trail head.

Probably the most important thing associate with walking or hiking is the physical benefits according to the government Office of Disease and Prevention and Health Promotion. "Moderate, as well as strenuous, physical activity is associated with decreased risk of cognitive decline."

MARK DECRACKER
Trail Works President

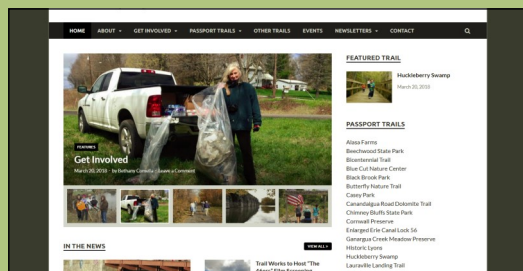


Meet Our Newest Board Member!



Growing up, Angie was interested in riding horses, playing sports, and being outside. She went to college for education and moved back to Newark upon graduation, where she loves to take advantage of the nearby trails. She is a teacher within the Pal-Mac School District. Angie and her husband, Morgan Hoven, were married in the Adirondacks in August of 2016. The two enjoy doing many outside activities together including, skiing, snowshoeing, kayaking, and hiking. They have two dogs, Charlie and Bentley, who also enjoy all the outside activities. She is a proud member of the Tupper Triad Club. Most recently, the two of them have started a small syrup business making maple, walnut, and hickory syrup. Angie is excited to be a board member and to work on completing the Trail Works Dirty Thirty Challenge!

www.trailworks.org



The web page is here! The web page is here! Yes, we are excited to announce that we have a user-friendly web page up and running. I would like to thank board members Seth Burgess and Bethany Comella for working on this project for the last few months. Keep checking back for exciting updates.



Presents...



The 46ers is a feature film that captures the imagination and inspiration of those who make scaling the 46 Adirondack High Peaks a life-changing experience.

The film provides an introduction to the men and women of the Adirondack 46er Club. It follows the stories of ordinary men and women who have done the extraordinary. What draws these people? It is not all beautiful views and comfortable conditions, because climbing these mountains is tough. The journey can be treacherous, even life threatening; yet these individuals persevere.

As spectacular as the vistas are as seen atop the peaks, so are the moving stories of individuals who set out to traverse the mountains at paces that range from intense to gentle. The result: memories and stories that last a lifetime, including those of Pete Fish, who has hiked Mt. Marcy, the highest peak in NY, more than 700 times and Ron Konowitz, the first to ski all 46 High Peaks.

FREE Film Screening

Tuesday, April 24
7 PM

Gates Hall, 4107 Lake Rd.
Pultneyville

run time of film: 1 hour www.trailworks.org



THE TRAIL BACK OR THE FIRST STEPS

BY MARK DECRACKER

As I write this I am two weeks removed from surgery on my right hip. The surgery I had is called hip resurfacing; it is similar to a hip replacement. In 2014 I had similar surgery on my left hip. One doctor described me as a 2015 Corvette with 300,000 miles on it ... Yes, my feet don't stay still.

Over the years, I was an active runner, and played multiple sports—from basketball, tennis, running, and volleyball—but as I grew older my physical activity transformed from sports to active outdoor activities. These included hiking, kayaking, and cross-country skiing. In fact, my love of cross country skiing has probably resulted in, over time, skiing what would translate into skiing across the United States. A few years ago, I skied a hundred days in a row in Wayne County.

The most important reason for me, it will be a journey back in time. I grew up in Williamson and remember many of the landmarks along the trail. Those landmarks have a special connection to my youth. The trail takes me past my grandparent's house and the middle school where I was a student until sixth grade; the trail then goes up Hubert's Hill down past the house of my great-grandmother, who was Dutch and made the best Dutch food there is, including one of my favorites—Sugar Specs. Hiking the passport trails will take me along the Erie Canal, Lake Ontario and the marsh trails full of birds.

The diversity of the Wayne County trails is amazing. Yeah, I have conquered more difficult trails; I am an Adirondack 46er, having hiked all trails above 4,000 feet in the Adirondacks. (Oh, by the way the public is

“THIS QUEST OR JOURNEY IS ABOUT THE ROAD BACK TO RECOVERY. I HAVE FOUND THAT NATURE IS ONE OF THE BEST METHODS TO HEAL THE WOUNDS, NOT ONLY FROM SURGERY BUT FROM THE DEPRESSION ASSOCIATED WITH SURGERY.”

My active life style changed in a blink of an eye after surgery. I have gone from skiing over five miles to now moving across the room with a walker. It has given me an appreciation for those depending on others, say pushing a wheelchair down the Trail of Hope. My path back with more than likely be two or three weeks using a walker, transferring from to a cane at three weeks and eventually to hiking poles.

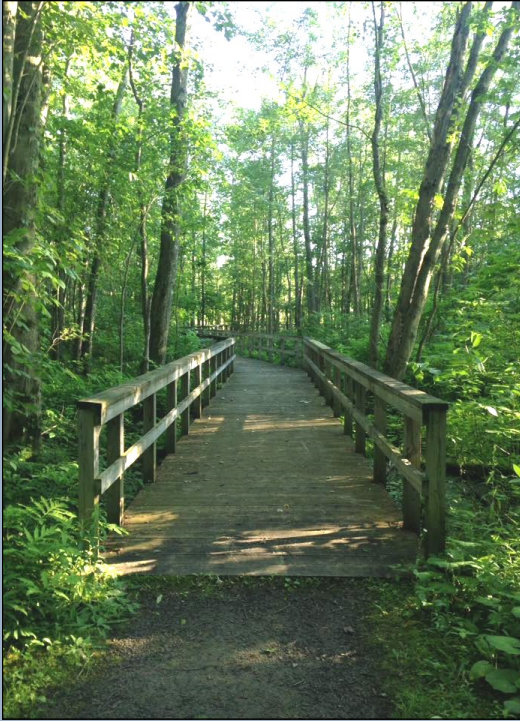
My plan is to start hiking all thirty passport trails in the Wegmans Passport book starting in about five or six weeks. I will start hiking the eight Forever Wild for Everyone trails, followed by the trails at are two or three miles long. My plan is to finish on the Town Loop trail in Williamson, N.Y.; for one it is the longest trail, it is also the first trail that was developed under the direction of Trail Works.

invited to a showing of the 46ers documentary on April 26 at 7:00 p.m. in Gates Hall.)

This quest or journey is about the road back to recovery. I have found that nature is one of the best methods to heal the wounds, not only from surgery but from the depression associated with surgery. I invite everyone to join me as I hike the thirty-passport trails over the next few months. In fact, I am encouraging anyone with hip replacement or knee replacement to join me on the trail of recovery.

Happy Trails,
MARK DECRACKER
Trail Works President

Trail Spotlight: Huckleberry Swamp



Huckleberry Swamp... a walk through nature. Huckleberry Swamp is a project of the Olga Fleisher Ornithological Foundation, Inc (OFOF). OFOF is a private, non-profit organization founded in 1979 for the preservation of habitat for birds and wildlife.

Location: Catchpole Rd., North Rose.

Hiking Distance: .8 miles loop, 1.4 miles total.

Difficulty: Huckleberry Swamp is a “Forever Wild for Everyone” trail; easy with some boardwalks.

Passport Marker: approximately 1/10 of a mile in on the western entrance; it is to the left of the first bridge you come to.

Features: 79 acres of diverse, high quality wetlands for bird and wildlife habitat conservation. A wildlife observation deck and boardwalk meanders through a variety of wetland habitats including emergent marsh, Green Ash Wetland, and Red Maple Wetland. Huckleberry Swamp provides significant functions including storm water retention, groundwater recharge, wildlife habitat, and possibly rare plant habitat. Springtime heron rookery. A new feature at Huckleberry Swamp is the Fairy House Trail. Closed on Mondays and winters.

May Farm XC Ski and Winter Hike

As winter weather continued to keep everyone guessing, it did not keep 25 trail enthusiasts from enjoying an afternoon hike and XC Ski at the May Apple Farm in Williamson on Super Bowl Sunday afternoon. Heading out on the snow mobile trails, most opted for a winter hike, but 6 people enjoyed a cross country ski.

This is the 6th year that Carol & Jim May have hosted this event. Some years, when the snow is good and the trails are in great shape, participants have been known to ski all the way to the Pultneyville Deli! Returning to the barn, where a campfire welcomed them, hikers and skiers enjoyed snacks they had brought to share.

As Spring is upon us, keep an eye on the Trail Works website for other fun opportunities to “get out!”

Trail Works events can be found online at www.trailworks.org/events.



from our friends at the Sanctuary at Crowfield Farm...

FAMILY FOREST CAMP: UNPLUGGING YOUR CHILDREN/ GRANDCHILDREN AND CONNECTING THEM WITH NATURE



The Family Forest Camp program is a day long adventure focused on nature and connecting with family. This adventure will be offered during the spring, summer, autumn seasons. We will focus on awakening your past child so that you can share and connect with your kids and grandkids in a profound and lasting manner. All the hard work is done by the program facilitators so that you and your grandchild can share in the bounty and beauty of nature together. Both generations will leave sharing common memories and stories of your time spent in nature having fun together and with a new understanding of each other.

Program—The day event is organized around different activities. We will break for lunch at mid-day around a campfire.

Register now, space is limited! Family registration for 3 session event: \$195 (early bird price before May 1st) Some scholarships available. **Questions: Contact Steve at (315) 945-5559.**

The Family Forest Camp program runs May 15th, July 14th, and September 19th.

TrailWORKS! Newsletter Submissions

Our Trails Committee has been hard at work figuring out how to keep our thirty trails looking beautiful and ready for exploring. In that spirit, we're beginning a new tradition of "TrailWORKS" days!

On the first Saturday of each month, from 9:00 a.m.—Noon, you are invited to join us at that month's "trail-in-need" for clearing, putting up signage, and any other sprucing-up the trail might need. We'll share each month's trail through Facebook, email, and newsletter when they've been chosen.

Please email trailworks@trailworks.org if you would like to lead one of these work days, if you notice a trail needs some extra love, or if you have any questions.

Please note that the deadline for submissions for the Summer 2018 "TWI-Lights" newsletter is June 15th.

Please be sure to send all submissions to Bethany at bella.comella@gmail.com.

We will be sending out a hard copy of the newsletter to all of our membership at the beginning of each year; otherwise, we will be sending digital copies unless a hard copy is requested. If you would like to continue to receive a hard copy, please email Bethany at the above email address.

TRAIL WORKS, INC.
PO BOX 43
WILLIAMSON, NY 14589

trail works calendar

APRIL, MAY, & JUNE 2018

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| APRIL 8 | SOAR Hike Black Brook Park, 2:00 p.m. | MAY 6 | Wildflower Hike Chimney Bluffs Park, 2:00 p.m. |
| APRIL 17 | Monthly Meeting LNB, Ontario, 7:00 p.m. Program: Wegmans Passport | MAY 15 | Monthly Meeting Park Presbyterian, 7:00 p.m. |
| APRIL 20 | Frogs Evening Walk Crowfield Sanctuary, 7:30 p.m. | MAY 22 | Trails Committee Craft 120, Newark, Noon |
| APRIL 21 | Ganargua Creek Clean-Up Hosted by Zion Church Men Victor/Wilkinson Rd., 9:00 a.m. | JUNE 2 | TrailWORKS 9:00 a.m., Trail TBA |
| APRIL 21 | Erie Canal Clean Sweep Lock 65, 9:00 a.m. | JUNE 2 | Bike & Hike Wayne County Casey Park, 2:00 p.m. |
| APRIL 24 | Trails Committee Craft 120, Newark, Noon | JUNE 9 | ADK Expo Mendon Ponds Park Mendon, NY |
| APRIL 24 | Film Screening: The 46ers 7:00 p.m., Gates Hall <i>donations appreciated</i> | JUNE 19 | Monthly Meeting LNB, Ontario, 7:00 p.m. |
| APRIL 28 | "Spring Fling" Huckleberry Swamp, 10:00 a.m. | JUNE 26 | Trails Committee Craft 120, Newark, Noon |
| MAY 5 | TrailWORKS 9:00 a.m., Trail TBA | JUNE 27 | Butterfly Walk Ganargua Creek Meadow Bunker Hill Drive, Macedon |