

# TWI-LIGHTS

VOLUME 2 | FALL 2019/WINTER 2020

## West Shore Railroad Bridge

A CEREMONY WAS HELD  
OCTOBER 6TH TO CELEBRATE  
THE NEW CONNECTION TO  
LAURAVILLE LANDING

## Woods to Table

DEBORAH DENOME JOINED TRAIL  
WORKS FOR A PRESENTATION ON  
HOW TO LIVE OFF THE ABUNDANCE  
ALL AROUND US

## Our Newest Board Member

DAN EGGERT JOINS THE  
SLATE OF PROSPECTIVE  
BOARD MEMBERS

OUR "FIRST DAY HIKE"  
AT BEECHWOOD  
STATE PARK

# Fall Foliage Hike at the Sanctuary at Crowfield Farm

The fall foliage hike this year was at the Crowfield Sanctuary, a steep drumlin woods with a meadow on top. On October 14<sup>th</sup> we gathered for a fall foliage hike. It turned out the fall foliage was only at 30/35 peak, but hike provided for some wonderful discoveries. Although we were small in numbers, it ended up being a very productive working hike. I brought along trail markers to mark the trail so future hikers wouldn't get lost.

Leaving the parking lot, we hiked the red trail until it entered the woods. The woods are mixed hardwoods with maples, beech, ironwood and hickory. Most of the understory was still green but the tops of the trees were showing off their blast of colors. The red trail turns up the steep hill after about a quarter of a mile. As we hiked up this steep section, we discovered some interesting mushrooms growing on the side of the trees. The trail opens up on the top and soon we were at the junction of the green trail. We decided to hike this, and thanks to Glenn Wallis, this trail was well marked.

The green trail comes back to the red trail just before the passport marker, which is near the meadow on the top of the drumlin. My companion Paula and I both got a rubbing and then we proceeded to hike out onto the meadow. Instead of hiking back down the steep red trail we decided to hike along the top. I have never done this and was curious where it ended up and if it would provide another way to reach the passport from the north especially in the winter for those skiing and snowshoeing. We were treated to some stunning beauty of purple asters along the ridge, which offers a delightful display in the fall.

There is a farm road that follows the top of the ridge and drops down gradually to Coleman Hill Rd. At the bottom this now turns into the blue trail which heads back toward the parking area and by the pond and lean-to. Paula and I marked this well, so future hikers

have a way to get to the back to the parking lot via the blue trail. While hiking along the blue trail we found a field of peppermint.



Since I live in Lyons, I know a few things about peppermint, serving on the Heritage Board of Directors. I remember “Peppermint Patty’s” presentation about peppermint being a huge cash crop for farmers in the area. They would bring their peppermint to the H.G, Hotchkiss to be distilled. If you have ever grown peppermint it is hard to get rid of. Sanctuary only being five miles from Lyons there is a good chance this

was a former peppermint farm. I am going to do some research and see if this is true. When you are walking with a woman named Paula through a trail filled with peppermint it only makes sense to name the blue trail “Paula’s Peppermint Trail.” Following the blue trail, we soon came to a lean-to site near a small pond, perhaps this could be a future campout for Trail Works.

Following the blue trail, we were soon back on the red trail and back to the parking lot. Although the colors weren't at peak, we had a wonderful hike of over two miles and we mapped the outer loop, which will be a great skiing trail in the winter.

**MARK DECRACKER**





# From the Woods to Your Table

Trail Works would like to thank Deborah Denome for her wonderful presentation on “From the Woods to Your Table.” First some information about Deborah. Deborah Denome is an Educator, Horticultural Therapist, Herbalist and Certified Forest Therapy Guide. Since 1997 Deborah has served as Director of Shimmering Light Farm & Renewal Center and she is co-founder of Finger Lakes Forest Therapy. Over the last two decades she has worked extensively with people on a healing journey through domestic violence, addiction, disabilities and poverty. Her previous corporate career was in international training and publishing and she was the 2008 Canandaigua Athena Award recipient for her work promoting women in leadership. Deborah took us on a walk through the Trail of Hope. As we walked Deborah pointed out how to use White Pines and Hemlocks for tea, how Echinacea (Purple Cone Flower

is used for cold medicine), how Jerusalem Artichokes are used like potatoes and Fox Grass, which is used like Flax. Deb asked me if I would dig up some Jerusalem Artichokes and prepare them for our dinner. Deb also brought along some Sumac for making tea, wild grapes, and Mountain Mint. I think the favorite was the Black Walnuts, which we had to use a press to crack open. We were treated to Jerusalem Artichokes, White Pine Tea, Wild Apples and Black Walnuts. I got good reviews on my preparation of Jerusalem Artichokes and the Black Walnuts were even better than English Walnuts. At the end of the presentation Deborah shared some books with us for edibles in the woods, Natures Garden and Edible Wild Plants. Thanks, Deb, for a wonderful presentation.

**MARK DECRACKER**





# The Erie Armada Event Was a One-of-a-Kind Experience

Those that did not get to experience this unique and one of a kind event in Macedon NY on Sept 20-21, really missed something special.

This event is like NO other in the Rochester area. Macedon Canal Park-Lock 30 was honored to be selected by the Re-imagine the Canal award winner for NYS. As we know, the Macedon Canal Park-Lock 30 is a hidden treasure so close to residents and the Main Street businesses. People from all over the world will stop by here to camp and visit the area as they travel across the USA. They all say the same thing, "This is a wonderful unique place and people are so welcoming."

Rory McEvoy, event organizer for the Erie Armada fell in love with this area and the people. This event reminded us that we don't have to travel to other states or the Adirondacks to enjoy the outdoor recreation. We can have this in our own backyard. This event improved the quality of life for all of us and it brought economic development to the area hotels, restaurants and the Main Street businesses.

The Erie Armada brought us glamping, which sold out immediately. It brought us kayaking, canoeing, an historical bike ride from Canal Park-Lock 30, butterfly nature trail to the Erie Canalway Heritage trail then to Lock 60, team building of creating your own boat craft and then enjoying the Erie Canal waters with boat competitions. The Colonial Belle boat cruising, Mid-Lakes navigation boat and the Sam Patch all allowed attendees to enjoy a ride. At night, there was a light show over

Lock 30. All day there was music, the Taste of NY tent, NY Kitchen provided unique foods and variety of different NY breweries, and much more for all to enjoy.

I want to thank the Town of Macedon for all their hard work in helping make the Canal Park and the parking lot across the street look magnificent.

Thank you for those that attended and we all look forward to enjoying this again next year.

Spread the word because the Erie Armada event organizers and I hope to see you there.

With great excitement,  
**MARIE CRAMER**





# West Shore Railroad Bridge Grand Opening



*A ceremony was held October 6th for the West Shore Railroad Bridge, which connects to the Lauraville Landing Park. Cyclists met at the Lauraville Landing to cycle the trail and participate in the ribbon-cutting, followed by cake and festivities.*



Congratulations to board member Nancy Snyder on winning the drawing for the \$250 Wegmans gift card.

Those who have hiked 15 trails are eligible for one entry, and those who have hiked thirty, a second entry.

Completed passports can be dropped off at Cornell Cooperative Extension in Newark, or mailed to Trail Works.



## Trail Works, Inc. 2020 Membership Form

Please check the type of membership:

- ☐ single (\$15)
- ☐ corporate (\$50)
- ☐ family (# of family members: \_\_\_\_\_) (\$25)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (        ) \_\_\_\_\_

Email: \_\_\_\_\_

Please make all checks payable to:

**Trail Works, Inc.**  
ATTN: Membership  
PO Box 43  
Williamson, NY 14589



# Trail Works Represented at the ADK Expo



On Saturday, June 8, Trail Works president Mark DeCracker, Nancy Snyder, and Rich Ross of our membership committee presented the new “Hit the Trail” App at the ADK Expo sponsored by the Adirondack Mountain Club of Rochester. It was a beautiful, warm and sunny day, and this well attended, annual event at Mendon Ponds Park drew many outdoor enthusiasts to a variety of workshops and displays. Mark, Nancy and Rich drew out their smart phones and guided attendees through the process of downloading the free app and maneuvering through the various app highlights. Many attendees then stayed on for a short hike through the park to earn “virtual badges” created just for this ADK event. Look for us next June as we “Hit the Trails” again at the ADK Expo!



NANCY SNYDER





# KAYAKING MAXWELL BAY AT CAMP BEECHWOOD

## BY MARK DECRACKER

What started out as a calm day in the early morning on September 14<sup>th</sup> turned into the lake rolling over by later in the afternoon. It also started out calm and relaxing for me as I was driving down to get another kayak at Lake Bluff. When I got to Lake Bluff, I got out to get another kayak, I looked in the back of my truck and there was no kayak. Apparently, the straps had come loose. Instead of picking up the second kayak for my wife Diane I was suddenly in search of mine. I jumped in my truck thinking the worst, a missing kayak or a smashed-up kayak. On the way back I called [board member] Gary Abbot to let him know I had a “slight problem.” “As we were tracing our steps, I looked to the left on Ridge Road near Alton and a guy was loading my kayak in the back of his van. I yelled out to him “That is my kayak.” All was good and I got my kayak back and with no damage. Now we were running late, no worries Gary was holding up the fort and entertaining the women who were already waiting at Beechwood. We got to Beechwood around 2:15, but we still needed another kayak for Diane, no problem one of the women had an extra one. Now what are the odds of that? So, after a crazy start we were finally ready to go. I would like to first start by giving a shout out to Wayne County Soil and Water for clearing the water chestnuts out of the creek.

We had smooth sailing going until we went out into Lake Ontario. What was a calm lake in the morning was turning over? Once we had gotten over the fear of paddling on the lake, we decided to head to Sodus Point, which was about two miles away. One of the kayakers decided to turn around she had a dinner date, so we all pressed on. At times it got interesting especially when you looked ahead, and a kayak would disappear on the horizon from a wave. We had arranged for a ride back to Beechwood from Sodus Point so we wouldn’t need to paddle into the wind. It wasn’t long before we were entering the channel and heading to the sandy area on Sodus Bay to pull out. Someone said, “Where is Gary?” I said he was right behind me before I came into the channel. I immediately ran over to the beach and looked for Gary. He was a speck on the horizon. Apparently, he was going back to Beechwood. As we were driving back to Beechwood we were checking at the overlooks and there was Gary paddling away. When we got to Beechwood I was greeted by Gary. I guess he didn’t hear we were going to Sodus Point. After a crazy day all was good. One of our kayakers Sue said it was the first time kayaking on Lake Ontario and “She loved it.”





# MEET OUR NEWEST BOARD MEMBER



Daniel Eggert joined Trail Works at the beginning of 2020. As an experienced seedsman in the vegetable and flower world, Daniel's experience working with plants has cultivated a love for nature. Daniel gained farming experience through the WWOOF program when he spent the spring of 2016 in South Australia working on diversified organic farms. Through this hands-on experience, he developed a love of food, and a deep passion for organic and regenerative agriculture. This experience also helped him understand the correlation between nature, health, and well being. Daniel currently resides in Macedon, New York where he is turning his half-acre homestead into an oasis for life and striving to reach a personal goal of self-sufficiency. He is part of the Cornell Small Farms Program Baskets to Pallets, which helps teach farms how to scale up their business and reach new market segments. He also participates in the American Farmland Trusts Soil Health Trainers program. This group of growers, researchers, and advocates work with farmers to understand the latest research focused on managing the health of the soil and the ecosystems that exist in the earth. Daniel is excited to be a part of the amazing work Trail Works is doing to help create beautiful trails that are safe, enjoyable, and symbiotic with the surrounding ecosystem.

## Election of Officers

Below you will find open positions and those nominated to fill those positions. Please select three or write-in a currently-active Trail Works member. All currently active Trail Works members are eligible to vote. If you are unable to attend Trail Works Inc Annual Meeting on Tuesday, January 21<sup>st</sup> 2020 at 7:00 p.m. in the Lyons Community center at 9 Manhattan St, Lyons NY, please mail your ballot to:

Trail Works Inc PO Box 43 Williamson NY 14589-0043 by Friday January 17<sup>th</sup>.

Please fold your ballot in half with the blank side out, label it BALLOT and mail it in an envelope with your return address on it, or bring it to the Annual Meeting. **If you have not paid 2020 dues, you will need to do so to vote. Please fill out the application form in this newsletter and send it with your ballot. Thank you!**

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### MEMBERS-AT-LARGE

☐ Cindy Aman

☐ Dan Eggert

☐ Glenn Wallis

☐ \_\_\_\_\_

☐ \_\_\_\_\_



# Trail Updates

A big thank-you to Gary Abbott and Mark DeCracker for hiking, mapping, and marking the Third Creek trail at Shaker Tract Road in the Town of Huron. The trail is state property, and contains over two miles and 500 acres of mature woodlands, secondary growth, fields, wetlands, and water access to Third Creek, a major tributary to Sodus Bay. The map that will appear in the new passport book (more below) is tested and correct, and the trail is now well-marked. There is hope in 2020 to put a small bridge in that crosses one of the minor waterways (a log crossing is possible now). Thanks again, Gary and Mark!

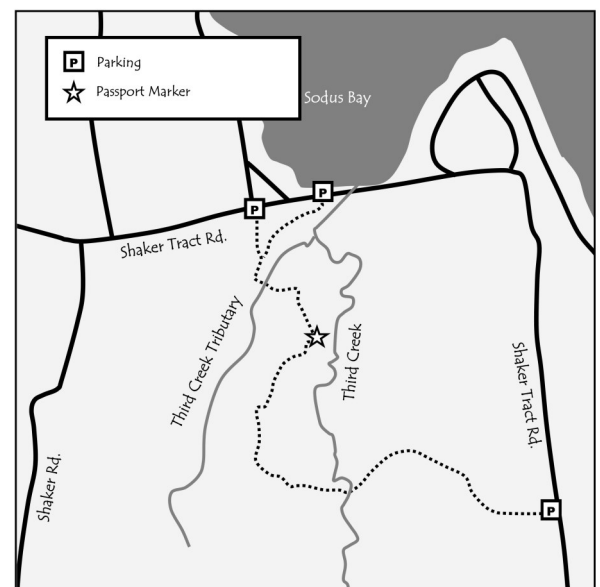
At the Dolomite Trail in Walworth, a new sign designed by board member James Zeger will mark the trail for those passing by on Canandaigua Road. The trail is made possible in part by a donation from past board member Stan Weller. Thank you, James and Stan, for your work with Dolomite!

As mentioned earlier, the Wegmans passports are receiving an upgrade. Our hope is to provide the most accurate maps as possible; this has meant combining satellite imagery with testing the trails ourselves, resulting in what are the most accurate trail maps to date. The maps have also been reformatted to look similar, and contain driving reference points so somebody visiting for the first time will know where to go. The passports themselves will contain updated trail descriptions, along with a quick guide of what activities are possible on the trail (kayaking, skiing, biking, dog-walking, etc.). Look for this new passport in early 2020; until then, check out the “Hit the Trails” app in the app store, or find it by visiting our website at [www.trailworks.org](http://www.trailworks.org).

Lastly, Trail Works now carries liability insurance for group events and work days. We also had a sign made to place at the head of a trail to let you know when somebody is there working (don't worry – we always bring extra tools!). Thank you to everybody who helped in 2019 to make our trails more enjoyable for all.

**BETHANY COMELLA**

P.S. Also, check out the newly-paved trail heading east from the Route 14 bridge in Lyons!





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

# Frank E. Jadwin State Forest Sunday, February 9, 2020

Trail Works has been invited by member Rich Ross for some snowshoeing around the Public Forest Access Roads near his home on Sunday, February 9th, from 1:00-3:00 p.m. **From Rich—**”There are many unplowed state access roads that are great to see what the wilderness has to offer. All the roads are pretty level and should be easy to manage. Follow this up with chili, campfire and hot cocoa at my home Contact via email: [ross97@gmail.com](mailto:ross97@gmail.com) or phone: 267-218-0921. (PS. Depending upon the weather, you might need 4WD to get out there where I live.)”

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