

TWI-LIGHTS

A group of hikers is walking along a forest trail covered in fallen leaves. In the foreground, a man with a white beard and a black jacket is looking towards the camera. Behind him, several other hikers are visible, some wearing hats and jackets. The background shows a dense forest of bare trees.

VOLUME 4 | SPRING 2021

Joint Venture

TRAIL WORKS HOSTS SUCCESSFUL HIKE WITH ADK/BLACK RIVER CHAPTER

Winter Badges

DON WINSLOW REFLECTS ON HIS EXPERIENCE COLLECTING THE "DIRTY THIRTY" IN A NEW YORK WINTER

Skijoring & Canicross

ENJOYING YEAR-ROUND DOG SPORTS ON THE TRAILS

Conservation Opportunities at CAMP BEECHWOOD



If you've been hiking at Beechwood since last October, you may have noticed or heard about a large invasive species removal project. I'd like to tell you a little about that.

I'm Calvin Maynard, and I am a Life Scout in Scouts, BSA Troop 90 out of Williamson, New York. I am currently working on my Distinguished Conservation Service Award (which used to be called the William T. Hornaday Silver Award). To earn this award I need to plan and lead 4 large conservation projects.

For my first project I organized and led approximately 2 acres of multiflora rose removal at Beechwood state park. I decided to do this project at Beechwood because in my visits there I saw there are many opportunities for conservation work to be done to make the park better for visitors and wildlife. After deciding to do my project there I asked the groundskeeper what projects need to be done and he had said one of the major issues at the park was the large amount of multiflora rose taking over.

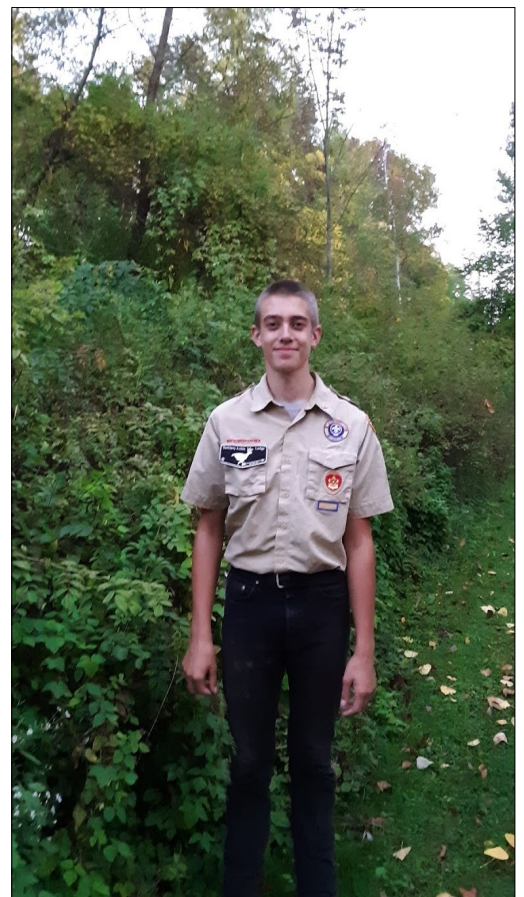
Multiflora rose is an invasive plant that rapidly spreads out and makes a cover that prevents other native plants from growing. It grows up to 15 feet tall and looks like a rose bush. It's also a nuisance for visitors to the park due to the thorns.

For the project I identified an area with the groundskeeper that he wanted to start with on the west side of the large field by the pool. Then I started to plan what I needed in order for my volunteers to be able to remove the plants. I asked around to see if I could borrow tools and then I emailed many organizations to ask if they had anyone willing to volunteer. I ended up getting a total of 75 volunteers over the 12 work-days and over 550 working hours.

I was asked to place the removed multiflora rose plants into the pool during the project to help fill it in order to reduce the instance of people entering the pool and painting graffiti in it.

In the near future I plan on doing more conservation projects in the area. I will be looking for volunteers so be sure to keep an eye out! I appreciate everyone who came to Beechwood to help with this project. I could not have done it without all the volunteers.

CALVIN MAYNARD





Trail Works and SOAR

“Hit the Trail”

at Turtle Pond

Trail Works, Inc. partnered with SOAR Clyde/Savannah/Galen for a delightful, brisk morning hike through the woods at Savannah’s Turtle Pond Trail on Saturday, March 6. A dozen people joined the fun! This hidden gem is part of the 30-trail system Trail Works promotes within Wayne County. Local resident and Trail Works Board member Gary Abbott provided a short history lesson of the area before the hike. He told some tall tales about the adjacent Tamarack Swamp, Crusoe Lake, and the Crusoe House, which served as Savannah’s first Post Office and meeting house. Hikers were then able to earn their winter hiking badge with the “Hit the Trail” App, or a Passport post rubbing using the Wegmans “Hit the Trail” Passport book. Thank you Amy Bullard and Jen Peeso at SOAR for joining us and providing snacks and water. Special thanks to Gary Abbott for his interesting history lesson! Keep an eye on our website and Facebook page for information on our next hiking event!

NANCY SNYDER



Great Backyard Bird Count



This year five members of Trail Works were in stiff competition for the annual backyard bird count. It was neck in neck with Nancy Snyder and me. I thought I had it wrapped up with the Yellow-Bellied Sapsucker. I was sure with 18 birds I was the winner. Just as I was getting ready to celebrate with the 50 lbs. of bird seed, Chris Horn posted that he had seen 21 birds. When I went to deliver the bird seed, I can see why he won. His house is surrounded by pines woods—a good haven for birds. I would like to thank Pine Creek for the donation of bird seed. Here is a list of the 21 birds Chris saw. Blue Jay, Cardinal, Nuthatch, Junco, Sparrow, Finch, Redpoll, Pine Siskin, Titmouse, Northern Flicker, Robin, Bluebird, House Finch, Dove, Crow, Downy Wood Pecker, Hairy Wood pecker, Red Belly Woodpecker, Starling, Red Tailed Hawk, Pileated Wood Pecker.



Meet Our New Board Member



I love to walk & I love nature! I work at the Newark Public Library and lead a walking club called the Trail Blazers. Some of my fondest childhood memories are of time spent in the woods around my grandparents farm, building forts with my siblings, exploring and seeking adventure. Now that I'm the grandparent (funny how quickly that happens!), I take my grandchildren out to explore whenever possible! I am so happy to be a part of this fantastic Trail Works organization!

Rachel Wizeman

Reflections on Winter Badges

DON WINSLOW

What a great way to motivate yourself to get outside this past winter and hit the trails! Our winter wasn't as snowy and got off to a late start, so it didn't always feel like winter when out on the trails. I was able to do several trails on each outing, getting all 30 of them done by the March 14th deadline.

I started off closer to home hitting the trails in the NE portion of the county, Casey Park, Bicentennial, Cornwall, Dolomite, Sherburne, and the Town Loop Trail in Williamson where I also got to do some winter maintenance on several geocaches I have placed in the park. I couldn't believe there weren't more people out that day as I had the parks and trails to myself.

Next, I headed south to cover Garnargua, the Butterfly Trail, Palmyra Wetlands, and Lockville to visit the passport markers and get more badges on the app. I had been to each one of these before geocaching over the years so it was nice to remember those adventures. The switchback hill heading down to the passport marker at



Garnargua is one of my favorite parts. Again, so few people were out and about, it was easy to maintain social distancing.

I received the next several badges from Kraai, Crowfield, Blue Cut, E Lock 56, Historic Lyons, Trail of Hope and Black Brook over several days of trav-



elling to work teaching at Lyons High School as well as lunch breaks and after school time. How fun is it to go on a hike before going to work! I also got to see some building in Lyons that I didn't know the historical significance of.

On another outing my wife accompanied me in the car to the NE

part of the county hitting Beechwood, Sodus-Wallington, Alasa, Third Creek, Chimney Bluffs, Whistlewood, and the Falls in Wolcott. I was surprised at all the logging going on at Alasa. I do some orienteering races there, so I guess it might be time for our club to update the map we use. Chimney Bluffs is always beautiful although the wind that day was brutal. I had never been to Whistlewood and Third Creek and actually had some trouble locating the marker there.

I finished up the series over a couple days visiting the SE corner of Lauraville, Montezuma, Turtle Pond, Galen, West Shore, and the Richmond Aqueduct. I don't get out this way as often and enjoyed it very much. My favorite in this section was the aqueduct and reading the historical signage and finding multiple new geocaches. I couldn't help but wonder what it was like back in the day. The trail system was fun to navigate and a lot of folks were out on this warm end-of-winter day.

Thanks for the adventure!



SKIJORING & CANICROSS

Enjoying year-round dog sports on the trails

Let's expand our vocabulary with two new words—"Skijoring" and "Canicross." Both are related to our great outdoors and between the two of them, we can have fun all year long. When I discovered them, it was completely by accident. You see, I was simply starting to give up on training my dog to heel on a leash when on walks or runs. Before Tucker, the year and half old Brittney, there was Sailor, the Yellow Lab. Sailor was great at heeling while walking and running from nearly the beginning and our 13 years together. Sailor was perfection in a pooch, he was my proof that I knew how to train a dog. But no matter what I did with Tucker and his training, we were only getting marginally slow results on a leash, and his pulling I found out was a major trait of the Brittney Breed.

By the time his first winter with me hit, I kept thinking how I need to be smarter than Tucker and fix our yanking problem. Got to thinking that maybe if I give him too much of what he wants, that he will simply get it out of his system. Originally thought of putting on rollerblades before the snow flew, but never owned any. Also, there is the fact that I only did skate as a child with old fashioned roller skates and actually broke an arm at a rink when learning - so that seemed like a bad idea. So, once switched from running to more skiing, I eventually decided to finally try and get even with him. After putting on my cross country skis, got the idea to try and bring him along and just hold his leash instead of my ski poles and see what happens. Turns out, he has an inner Husky and loves it! Here in this country, it is a much more common thing to do with horses pulling a skier, but why not dogs?! After doing more research including seeing a local running friend on Facebook try it with her Yellow Labs, learned that it is called Skijoring (or also spelled Skijourning with a 'U') and more common in Europe with dogs, especially those over 40lbs that can do most of the pulling.

The word "joring" can be added to other activities you can be pulled on, for example "bikejoring" is probably the next more common one but probably more dangerous. And since Tucker likes swimming so much, I'm

sure there is going to be some boatjoring in our future! Sailor did a lot of that over the years with small sailboats when wind died, or just for fun pulling me around Sodus Bay in our inflatable dinghy—all years before we even knew there was a term for it!

Back to this past winter, soon, I was buying a special bungee leash, special harness for Tucker as well as a hip-harness for myself so I could have less strain on my back, better balance, and have my hands free for poles again. I started teaching skijoring commands to Tucker: "line-out" (get in front), "hike" (go, or speed up), "Whoa" (stop), Gee (right), Haw (left), "On-By" (straight ahead, get back in front), "Easy" (slow down, and of course the one he is the worst at). This all goes with lots of positive reinforcement when he does the right thing. I will always remember my first soft face plant into fluffy snow, and when Tucker stopped (not that he had a choice),

he came back to lick my face. He immediately wanted to start again before I could even get up.... and yet I wanted to continue as well, and started laughing at myself while trying to get up with the thought that if Tucker could talk, in that moment he would be saying "Now Dad, who was the smart one all along, this is fun, lets go again!"

We discovered that snowmobile trails were also great to follow in, as he naturally would follow their gentle turns through the fields and trails, and at every fork, Tucker would quickly learn the commands on where to go. Besides typical hiking trails that exists year round, we discovered some very seasonal trails this past winter - as in all over and on top of Sodus Bay. We spent hours and miles going all around and among the snowmobilers and ice fisherman in a truly unique experience on the snow-covered, beautifully placid and brilliantly white sun-soaked frozen Bay. Of course did it when it was at its thickest and very little risk with lots of potential rescuers within sight and ear-shot.

In terms of the skis, the only downside I've learned is that cross country skis do not turn very well and require

"Shared physical activity, and having the great feeling that you and your pulling partner are communicating well with one another can enhance your trail experiences and take it to the next level."

lots of brute force technique and even luck—therefore I may try skate-style skis next season. However, I have a feeling that classic cross-country skis may still be best despite the turning challenges, as when going up hills (didn't seem to be any of those on the bay!) and other times when you need to assist your dog with legs and poles, you just can't beat the simpler and less-demanding inline technique that classic skis are designed around.

So, what then is Canicross? Well, it turns out to be the running version of Skijoring... it is simply running behind Tucker as he pulls me on trials (or sidewalks between trails), and the key word is "pulls." As others see us coming they usually can't resist commenting, and one of my standard responses is that I'm just jumping up and down, the dog is the only reason we're moving... and this is the technical definition: "...the dog is attached to the runner's waist with a bungee leash. In this way, whenever the runner's feet are off the ground, the dog pulls the runner forward." I've seen it explained that Canicross was basically invented to continue to train the skijoring dogs in the off season so that they keep their pulling fitness as well as to keep hearing and responding to all of the commands. I am worried that if a day comes when I have to run without him, that I will be extremely slow and out of shape, because the muscles used between solo running and canicross I'm sure are similar, yet different!

I do have a remote with a vibration button (is shock capable but stick with vibration) for his e-collar that I may have to use if he doesn't respond to commands, usually due to wildlife or other dogs, but is getting less and less use as training progresses. Also, have a "Fi" collar that has a GPS and cellphone plan so I can track him for up to two days anywhere there is cell coverage if he ever gets away from me (Brittneys are also known "bolters"). The "Fi" collar is a nice safety net in our training progression, as there was one phase where we used a long 40 foot line I held about 7 feet behind Tucker that dragged in a loop behind us, so there was more a possibility I could lose the bitter end in a bad fall, but IMHO outweighed the ability to let out more line if he goes in the wrong direction before responding.

It does take practice and training, and seeing gradual improvement is very rewarding. Besides patience being a requirement, also hydrate your partner more than even

yourself, and more than you would think. Just running along side is one thing, and continuously pulling is going to really require hydration and frequent breaks so they continue to enjoy it. Also, to do it right, you end up with more gear than you would think - but it soon becomes habit. For example, not only do we have his GPS collar (wears 24x7 unless charging once a week), but also a training collar and remote, his harness, my harness, my cellphone (with app for GPS location), bungee leash, skis and poles, helmet, goggles, or trail running shoes, a watch and road ID bracelet, sunglasses and a waist belt with water (especially for Tucker) along with some pepper spray just in case. Every time Tucker sees us getting ready for skijoring or canicross, he gets all excited and can't wait, which makes it seem like it takes me forever to get everything ready to start while he is running in circles and barking "come on Dad, let's do this!" and yes, after finally getting going with all that gear, if there's anything we end up having to turn around to get that was forgotten, it always seems to be the poop bags!



Hoping that if you have a dog or know someone who does, that this is maybe something worth exploring at your own pace. Not only could it get you out on the trails more (since it's not just for you, but also for your loyal four-legged companion), but it is also a great bonding experience. Shared physical activity, and having the great feeling that you and your pulling partner are communicating well with one another can enhance your trail experiences and take it to the next level. And also, if you happen to see Tucker and I come running by, please don't be offended if we "On-By." Tucker needs to learn that stopping to socialize isn't expected or done often in the middle of pulling. Sudden stopping could be disastrous when I'm on skis when we're likely moving at a respectable speed (yes, besides turning, cross-country skis take practice to stop as well I've learned, as controlled falls are always a quick option). Surprisingly/fortunately, Tucker did quickly learn that when I'm behind him, he naturally seems to be less distracted in random directions and stopping less, the faster we are going. So yeah, canicross, and come next winter, skijoring, is something I hope you can fall for, just like Tucker and I did! Who's the smarter one now?!

DAVID DRUSHLER



TRAIL WORKS

Hosts Successful Hike With ADK/Black River Chapter

On Saturday, March 27th, 19 hikers joined together for an early spring hike at Chimney Bluffs and Whistlewood.

The parking lot filled quickly at 10 am with travelers from as far away as Harrisville, NY, to meet with many smiling faces to see Lake Ontario and the world-famous Chimney Bluffs. The event leaders, Nancy Snyder and Rich Ross, provided introductory remarks, pointing out the hazards of the trail, the need to stay on the path and observe the guidelines of Leave No Trace.

The hike began on the west end of the park where many could look out onto the lake and then headed eastward toward the Bluff Trail. While social distancing was observed, the troupe soon approached the Bluff and enjoyed the view. Several had seen the view before and for others, it was the first time. Mark DeCracker met the group after coming up from the east end of the trail and discussed significant items and answered several questions. This is a very short trail about 1 mile in length, 2-mile RT.

The hike returned via the Drumlin Trail south, then the East-West Trail, returning to the cars and lunch. Several enjoyed a Chicken Bar-B-Q put on by the Lakeside Riders/Snowmobile Club on the 104.

The group reconvened at the kiosk at Whistlewood after lunch. Several local people left after the morning hike and a few others joined in for the afternoon hike. After a few interesting points from Mark, they proceeded up to the top of the ridge and enjoyed the trek south through the woods. The main 1.25-mile loop is the site of a former Girl Scout Camp, now part of the NYS DEC Lakeshore Marshes Wildlife Management Area (Beaver Creek Unit).

This was the first event between two different hiking chapters with similar interests. The Black River Chapter was very appreciative of the effort and hospitality extended by Nancy and Trail Works.

RICH ROSS

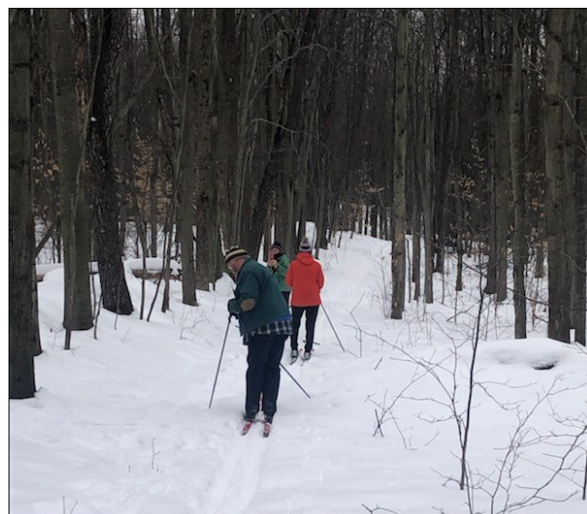




11th Annual Winter Hike

Over 20 people joined us on a 25-degree day for some winter fun at Carol and Jim May's Farm in Williamson on Valentine's Day! The group was made up of Trail Works members and many new comers we hope will become members. Ages ranged from youngsters to retirees, and Tucker the dog "skijoring" (meaning ski driving) with his master! We had groups of hikers, those on snowshoes, and others on cross country skis all enjoying the day. We made use of the trails through the orchards and searched for the hidden pond, Joe's woods, the "grand canyon" loop, and "junk car" lane before heading back to the barn for wine tasting of Jan's homemade wine! Special thanks to Carol and Jim May for hosting us again this year. Happy Trails!

NANCY SNYDER





ENCHANTMENT OF WILDFLOWERS

by Mia Surakka

When I moved from Finland to Ithaca, NY with my husband, one of my interests was how close to nature our place of residence will be. Nature and roaming in forests have always been a very important part of my life and I prefer to live in places, where recreation areas are easy to access.

My mother used to walk with me in the forests and meadows. She taught me how to recognize various plants. She was, and still is, very fond of flowers, herbs and everything related to nature and her yard is blossoming during summertime. For many years I have sent her seeds of different flowers, joking that she could urge even a broomstick come into flower. When I called her and asked her to count the plants growing around her house, she counted almost two hundred different species.

I am grateful to my mother for sharing her enthusiasm. She has inspired me in many ways. I have just finished writing of my compilation of short stories, which includes flower symbolism and Victorian-era folklore known as “flower language” as an important part of narration.

My husband and I were lucky to meet Mark De Cracker,

a resident of Lyons and the proprietor of Peppermint Cottage Bed and Breakfast, when we rented his cottage for our first anniversary day. Mark is a nature and wildflower lover, and his passion is to show people how beautiful and enchanting nature can be. He wants to motivate children to walk in forests with their parents instead of watching television and playing video games. I respect Mark’s sublime mission and I really think he is doing a great job.

Mark told us that Wayne County’s wildflowers are blossoming from April to beginning of June. He invited us to walk with him and his daughter Hannah through his favourite forest at the beginning of May. Mark also videotaped our walk and made a little interview of our experiences.

Our wildflower walk was an exhilarating and aesthetic experience. When we entered the forest, I noticed it was somehow grove like, lighter and brighter green than the Finnish forests, which are mainly shady coniferous forests.

Our guide knew well what to seek. At the beginning of the path Mark found immediately Bloodroot (*Sanguinaria Canadensis*). It is a white petaled flower with

a bright yellow center. Mark showed us how cut Bloodroot, which “bleeds” reddish juice. Bloodroot was used by the American Indians as body paint, as a fabric dye, and as an herbal remedy.

Close to the Bloodroot grew Wild Ginger (*Asarum canadense*), which is not related to ginger, even though its rhizomes smell and taste similar. Wild Gingers flowers are curious and attractive purple jugs hiding close to the ground under the big leaves. The flowers completely escaped our attention before Mark pointed those out. Also a small and delicate pink Spring Beauty required a beady eye to be found.

Next Mark demonstrated us the origin of Squirrel Corn’s (*Dicentra Canadensis*) name. Squirrel Corn has white, pendant-like, and heart shaped flowers and a fern-like foliage. When you dig its root up, you can discover corn-like, yellow tubers that are clustered along its root-stalk. We pondered if squirrels really like to eat those as snacks. Squirrel Corn belongs to the Bleeding-Heart genus as well as another white, heart shaped spring flower called Dutchman Breeches (*Dicentra Cucullaria*). The name of the Dutchman Breeches will make you smile, when you see a row of little, white flower-pantaloons hanging on a stem.



We continued our walk and stopped to admire spiral-headed young ferns and vines which were climbing high along the trunks of the trees. Suddenly we heard noisy flapping and saw a wild turkey taking wing from the underbrush. The turkey startled us a little bit but Mark was very pleased as he managed to videotape its wild flight.

The next focus of interest was a peculiar flower called Jack-in-the-Pulpit (*Arisaema triphyllum*). Jack-in-the-Pulpit has a trumpet shaped, light green flower with dark purple or brown stripes. Spathe, which in this case is known as “a pulpit”, carries a spadix or “a preaching Jack”. Jack-in-the Pulpit is poisonous if ingested and Meskwaki Indians used it to poison their Sioux enemies. When the plant is properly dried during many months, it becomes edible and can be used as herbal medicine.

The most characteristic and visible flower of Spring Forest is Trillium and its several colour variations. The White Trillium carpet covered the slopes and the hollows of the forest base and I understood why Mark talks about Trillium Heaven. Mark also showed us red Trillium, rare green striped Trillium and one mutation which had light green petals. The green one was extraordinary for me and my husband because we have not seen a completely green inflorescence before. The rarest flower which was introduced to us was white Trillium, which had four petals instead of normal three. Mark told us he calls this rarity Quadrillium.

At the end of the path I discovered a single blossoming Yellow Trout Lily (*Erythronium americanum*). It is easy to recognize because its mottled leaves resemble colouring of speckled trout and it has bright yellow lily flowers. Trout Lily is also known with common names Adders Tongue and Dogtooth Violet.

Only annoyance during our hike was small black flies, which tried to bite us and crawl into our noses and eyes. However, those were quite harmless, and a minor irritation compared to Finnish black flies and mosquitoes which are really bloodthirsty, myriad and unbearable bugs.

We had a great time. We could have spent the whole day in the forest searching, exploring and photographing. I really agree that Spring Forest is the special place, which makes good to heart and soul and inspires imagination. I am already eager to use this experience as a source of a fairy tale story.

MIA SURAKKA

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trail works calendar

MAY, JUNE, & JULY 2021

<i>date</i>	<i>event</i>	<i>date</i>	<i>event</i>
MAY 1	Wildflower Hike 10:00 a.m., Chimney Bluffs	JUNE 13	Family Hike and Picnic Beechwood State Park
MAY 15	Pomeroy Sign Installation 11:00 a.m., E-56	JUNE 15	Monthly Meeting Location TBD, 7:00 p.m.
MAY 18	Monthly Meeting Zoom, 7:00 p.m.	JUNE 26	Full Moon Paddle Widewaters, Newark
MAY 23	Spring Planting Trail of Hope	JULY 10	Sunset & Full Moon Walk Butterfly Nature Trail
JUNE 5	National Trails Day 10:00 a.m., Huckleberry Swamp	JULY 20	Monthly Meeting Location TBD, 7:00 p.m.
JUNE 5	National Trails Day 1:00 p.m., Trail of Hope	JULY 31	Family Hike & Craft Blue Cut Nature Center