

TWI-LIGHTS

VOLUME 4 | FALL 2021

Hit the Trail
Winner

National Trails Day
CMV Awareness
Huckleberry Swamp

Dirty Thirty
Challenge
Beechwood
Sneak Peek

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ABOUT US

Trail Works, Inc., a not-for-profit organization, was founded in Wayne County New York in 1997 by a small group of individuals who are dedicated trail users who are interested in trail development and expanding trail use.

OUR PURPOSE

Trail Works purpose is to provide a unified voice for Wayne County trail users as well as to coordinate the development and maintenance of high-quality, year-round multi-use trails. Our purpose also embodies public education about trails and public awareness of trail issues. To carry out our purpose, we recognize the importance of the relationships Trail Works has established with local and county governments. These relationships are vital to moving ahead on any plans for trail development.

Whether we are planning trails, cutting trails, maintaining them, posting signage or using trails by hiking, riding, kayaking, snowshoeing, skiing or biking... we are all about trails.

MEET THE TWI BOARD

President	Bethany Comella
Vice-President	Mark DeCracker
Treasurer	Barb DeRoo
Recording & Corresponding Secretary	Nancy Snyder

Members at Large

Gary Abbott
Gil Burgess
Marie Cramer
Sal Vittozzi
Glenn Wallis
Rachel Wizeman
James Zeger



Trail Works Annual Wildflower Hike

Trail Works held its annual wildflower hike on May Day this year at Chimney Bluffs State Park. The Bluffs offer a wide assortment of wildflowers and wonderful views. The hike began at the east entrance, and hikers climbed the newly constructed "stairway to heaven." The wildflowers at the Bluffs included white and red trillium, spring beauty, violets, Dutchman's breeches, hepatica, trout lily, bellwort and cut-leaf toothwort. The hike was led by Trail Works VP Mark DeCracker, who not only pointed out wildflowers, but also trees and invasive species.

Mark DeCracker



Winter newsletter deadline for articles is January 31st.

Please have newsletter articles and photos sent to Trailworks@trailworks.org

Pomeroy Historic Marker Dedication at the “Poorhouse Grocery”

The “Poorhouse Grocery,” located at Enlarged Erie Canal Lock 56 just west of Lyons, NY, served the needs of people and boats along the Erie Canal beginning in the mid-19th century.



ning in the mid-19th century.

The nickname “Poorhouse” was given to the grocery



and adjacent lock because the County Poorhouse stood nearby. The red brick canal store is one of few such structures remaining today. When Lock 56 was abandoned in 1917 for the Barge Canal opening in 1918, the building was converted into a private residence, now the home of Allyn Perry. Lock 56, one of the only Enlarged Erie Canal locks with water in it, also houses miter and drop gates that are still visible in the chamber today.

Through the hard work of Trail Works Board member Glenn Wallis and his wife Joan, a grant from the William G. Pomeroy Foundation of Syracuse was awarded for a commemorative roadside marker which was recently placed in front of this historic structure.



The dedication ceremony took place on Saturday, May 15. Speakers included Trail Works President Bethany Comella, VP Mark DeCracker, Board member Glenn Wallis, current homeowner Allyn Perry, and Gene Bavis, co-Chair of the Wayne County Bicentennial Committee. Also speaking were Rhea Hayes, newly appointed director of the Museum of Wayne County History, and Edson Ennis, whose uncle David did research and photo documentation for the Canal Society of Lock 56.

Glenn Wallis



Trail Works Inc. Recognizes CMV Awareness on National Trails Day®

Lyons, New York-- Trail Works, Inc. celebrated National Trails Day on June 5 by raising awareness of cytomegalovirus (CMV), the leading viral cause of birth defects. Mark De Cracker of Trail Works hosted a special recognition of the benefits of an accessibility trail at the Trail of Hope in Lyons. Prior to touring the 1/4-mile long trail, which includes a yellow brick road and over 10,000 flowers, people gathered for a ceremony at the Ribbon of Hope rock area to hear Assemblyman Brian Manktelow read aloud the June 2021 Cytomegalovirus Awareness Month proclamation, which includes the critical statement that "It is imperative that women are educated about the virus itself and simple preventative measures, such as not sharing food with toddlers, and washing one's hands after changing infants and toddlers diapers..."

Lisa Saunders of Baldwinsville, the mother of Elizabeth (1989-2006) born with a severely damaged brain from congenital CMV, followed with a reading from the "Declaration of Women's CMV Rights and Sentiments," a document inspired by the Women's Rights "Declaration of Sentiments" launched in Seneca Falls in 1848. Lisa's reading began, "We, the undersigned, hold these truths to be self-evident; that women are

created with certain inalienable rights; that among these are life, liberty, the pursuit of happiness...and the right to protect their pregnancies from infections and all other known causes of preventable birth de-



fects. We believe women have the right to be educated about CMV (cytomegalovirus), the leading viral cause of birth defects, and how to reduce their chances of contracting it before and during their pregnancies."

The readings concluded with a placement of over 220 rocks painted silver, the official color of CMV aware-

Parents place silver rocks on the Trail of Hope to commemorate over 200 New York children born disabled by congenital CMV each year



ness, to honor the number of babies born disabled by congenital CMV in New York each year. BOCES students from Career Creations in Newark painted more than 100 of these rocks and Kristin Schuster of Canan-

daigua, mother of Autumn born in 2015 with congenital CMV, painted 110 rocks with the help of her children. Per requests from families unable to attend, Kristin wrote the names of 70 children born with disabilities from CMV on the rocks. Kristin's husband, Gregg, attended to their two younger children while daughter Autumn helped Kristin and Lisa, along with her husband Jim, place the silver rocks within a heart-shaped border. Kris and Jessica Keukelaar of Macedon were in attendance with their children, including their firstborn Kyleigh, born with congenital CMV in 2018. Like Lisa, both Kristin and Jessica worked professionally with young children during their pregnancies with their daughters born with congenital CMV. While family and friends watched the stones being placed, they listened to the song, "Had I Known (about CMV)" by Debra Lynn Alt. Some rocks bear a silver awareness ribbon and "#STOPCMV." Those



were painted by Tabitha Rodenhaus of Kenmore, mother of Kaia born with congenital CMV. The back of her rocks read: "Please help us raise awareness by posting a pic of this rock on social media using StopCMV. Thank you Kaia's Mom." Lisa and others are placing these #STOPCMV rocks along the Erie Canalway Trail.

Families affected by CMV are hoping that New York assemblymembers will co-sponsor and pass Assembly Bill A7560, named in memory of Lisa and Jim

Saunders' daughter, Elizabeth. SUMMARY OF A7560: "Establishes 'Elizabeth's law,' requires child care providers to be trained on the impacts and dangers of congenital cytomegalovirus infection and the treatments and methods of prevention of cytomegalovirus infection; requires distribution of materials relating to cytomegalovirus by certain physicians." (Assembly Bill A7560 is the same as Senate Bill S6287A, already passed by the Senate.) Assemblymember Linda Rosenthal, the sponsor of the bill, authored the CMV testing bill that passed in 2018. This new bill would ensure CMV prevention education. Assemblymember Rosenthal was moved to do something about CMV when she read the New York Times article: CMV Is a Greater Threat to Infants Than Zika, but Far Less Often Discussed (2016).

Lisa hopes that by reading aloud her "Declaration of Women's CMV Rights and Sentiments" on June 5 along the Erie Canalway National Heritage Corridor

in Lyons, the event could launch a "CMV rights" movement and be embraced in every part of the country as was the Women's Rights movement, also launched along the Erie Canalway National Heritage Corridor in Seneca Falls in 1848. In 2000, Congress established the Erie Canalway National Heritage Corridor because it was "instrumental in the establishment of strong political and cultural ties between New England, upstate New York and the old Northwest and facilitated the movement of ideas and people ensuring that social reforms like...the women's rights movement spread across upstate New York to the rest of the country..."

Lisa and her husband Jim will continue to raise CMV awareness by completing the Erie Canalway Challenge. They plan to walk the 360 miles between Albany and Buffalo and have completed 50 miles to date.



National Trails Day® Celebration at Huckleberry Swamp



The American Hiking Society's National Trails Day® is a nationally recognized trail awareness program that occurs annually on the first Saturday of June. It inspires the public to discover, learn about, and celebrate trails while participating in outdoor activities and trail stewardship projects. Locally, Trail Works held one of its celebration events at Huckleberry Swamp.

This 79-acre nature preserve, managed by the Olga Fleisher Ornithological Foundation, is comprised of diverse, high-quality wetlands, a long boardwalk, and wooded trails for bird and wildlife habitat conservation. Trail Works board member Nancy Snyder shared some background on Huckleberry Swamp, and reviewed the seven principles of the "Leave No Trace"

Outdoor Ethics Awareness Program. Those present

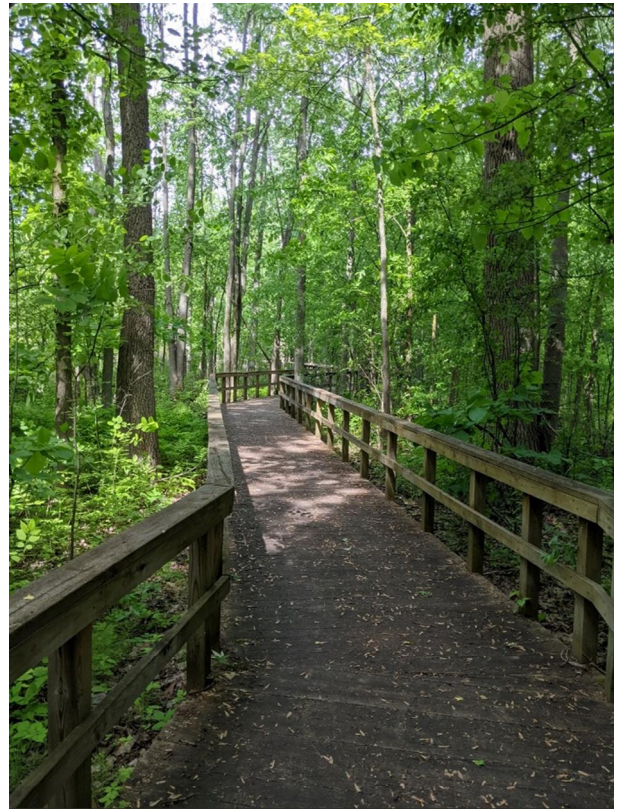


each received a “Leave No Trace” reference tag for their use.

A short way into the trail at the Passport marker, our annual drawing for a \$250 Wegman’s gift card was drawn from coupons submitted by those who had completed at least 15 of our 30 trails. The winner this year was Clara Kirsop, who completed all 30 trails with her family during the summer of 2020. Congratulations to Clara!

As participants meandered along the boardwalk, led by Trail Works President Bethany Comella, the wild-life began to emerge...turtles, frogs and too many birds to count! A chorus of bullfrogs serenaded the group. Special thanks to Elizabeth and Bill VanAcker, owners and managers of Huckleberry Swamp, for joining Trail Works for the event, and for sharing additional history and information about this local gem.

Nancy Snyder



Our Family Adventure Completing the “Dirty Thirty” Challenge

Looking back to 2020's massive shutdown, I realized that a silver lining to the pandemic was the call to slow down and spend some time exploring right here in Wayne County. We've always been outdoor enthusiasts; cycling, canoeing, rock climbing, camping, and walking in the woods are some of our favorite pastimes. So when we happened across the Wayne County Wegmans Hit the Trail Passport program, my husband Ron and I, along with our two children Clara (age 5) and Arthur (age 9), decided to take it on.

While the trails were accessible and straightforward, traveling with young kids can always heighten the adventure of a simple outing. Throughout our journey, I can remember many objections to finishing the walk. Most of them were some form of "I'm tired," "I'm hungry," or my personal favorite, "I'm not wearing shoes!" I'm still trying to figure out how that last one happened, but for the rest, you learn to be masters of distraction, carry an abundance of snacks, and trudge on.



Being homeschoolers, we are always looking for an opportunity to sneak in a little learning during the day. What a delight it was to see that many trails had historical markers and informational signs about the area. Erie Canal history is everywhere! These hikes also offered time to talk about the importance of trees, insects, and wildlife to our world. When things felt so disorderly, it was nice to feel a bond to the natural world around us.

Some of our favorite trails were the Richmond Aqueduct, Alasa Farms, and Huckleberry Swamp. I grew up in Wayne County and didn't know some of these places existed. Completing all 30 hikes while collecting the trail marker rubbing for each added a wonderful sense of accomplishment to our trips. We would have done these even without the chance of a prize at the end. However, as luck would have it, we did win! Clara's name was drawn for the Wegman's gift card, and she was ecstatic!

Our family would like to extend an enormous thank you to Trail Works, Inc and Wegmans for the worthwhile adventure.

Laura Kirsop

Nature Mural

When Mural Mania was commissioned to create this piece for the Children's Advocacy Center in Lyons, we were of course happy to do it; bringing color and beauty to the community through art is what we do. As a Wayne County employee with the Public Defender's Office and previously with the Department of Social Services, I was honored to collaborate with a fellow county agency. This mural means a lot to me personally as well, not only because I've spent more than 50 hours of my free time creating it, but for several



other reasons.

As someone who is a big proponent of both mental health and the arts, I hope that this will be an effective tool in helping ease children's anxiety in circumstances that can be upsetting and traumatic. Art as a means of therapy is a philosophy that we're very familiar with at Mural Mania. One artist on our team, a war veteran, creates to help cope with his PTSD and painful memories of his time overseas. Art has always been therapeutic to me, but particularly in this past year, as I faced an unexpected battle with cancer and the resulting new reality of what my already tragic story of attempting to become a mother, now looks like. I felt in creating this painting, I was able to give something positive to children that I never had the opportunity to give my own. It's this healing quality of the creative process that I hope is encouraged to every child who is curious or shows interest in this artwork.

The subject matter, composition, and colors in this mural are designed to provide a calming and comforting effect, as nature often does, while also allowing for the technique of anxiety "grounding." Anxiety grounding is using the senses to redirect from negative thoughts to being mentally present, in what will be a safe space at the Advocacy Center. I encourage staff to engage children in the visual aspect of this ex-



ercise; how many different animals they can find, what different colors they see, etc.

It is my hope that this artwork will provide some small means of assistance in the important work that the staff here are doing and comfort to the children who are going through a very difficult experience. If

nothing else, the Center has a pretty painting for their wall.

On behalf of Mural Mania, I would like to present this mural to the Children's Advocacy Center of Wayne County.

Christina Lauber

Eq-Wine Trail Ride at Alasa Farms

Saturday, July 24, was a beautiful day for more than 50 horse and rider teams to gather for the Eq-Wine Trail Ride on the trails of Alasa Farms* in North Rose, NY. Our course covered six miles through the varied terrain of woods, streams, hills, orchard lanes and



meadows. In addition to enjoying the great scenery and company, six beverage tasting stations were located on our route offering wine, craft beer, hard cider and non- alcoholic drinks. Each tasting station also had an obstacle challenge for the teams to try that resembled one of the steps in the wine making process, and concluded with a fun "sobriety test."

In addition to providing a lot of enjoyment for the participants, the event raised over \$2,500 supporting the mission of the Cracker Box Palace Farm Animal Haven located at Alasa Farms, to provide shelter and sanctuary to farm animals in need. There are a total of

10 miles of trails available for public use on Alasa Farms, and a horse is not required to enjoy them! If you are an equestrian, the next trail event for horses is the "Legends of Alasa Farms Ride" on October 23. There won't be beverage stations, but you will have a great ride and hear stories of life on this property that has 190 years of recorded history.

*Alasa Farms is a Genesee Land Trust conservation easement property. Learn more at:

<https://www.geneseelandtrust.org/public-spaces/alasa-farms>

Barb DeRoo



Sunset/Full Moon Walk at the Butterfly Nature Trail

A small, quaint group met for the Sunset/Full Moon Walk on Saturday, July 24th. With much surprise when we arrived, it was cloudy with no sunset or full moon to observe. We all made the best of it by getting to know each other, laugh, and really enjoying each other's company. They always say the most fun is the when you just wing it and be yourself! Friendships came out of that night by enjoying the Butterfly Nature Trail and the each other's stories. Priceless!

Thank you Trail Works, Inc for this great event.

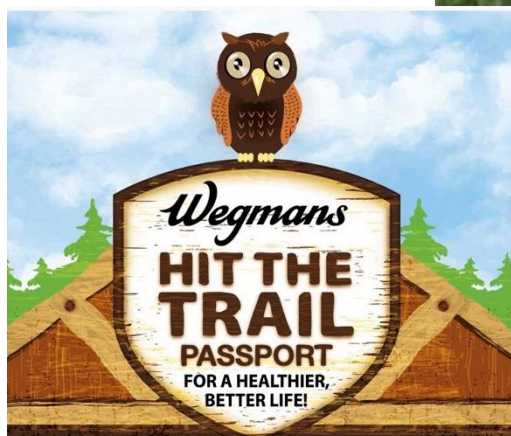
Marie Cramer



Wegman's "Hit the Trail" Passport Drawing Winner

Congratulations to Clara Kirsop on winning the drawing for the Wegman's \$250 gift card! Clara completed all 30 trails with her family during 2020. Her name was drawn at our 2021 National Trails Day hike at Huckleberry Swamp by property owner and manager, Elizabeth VanAcker.

Those who have hiked 15 of our Passport trails are eligible for one entry, and those who have hiked all 30 trails, a second entry. Completed Passports can be dropped off at Cornell Cooperative Extension in Newark, or mailed to Trail Works.



Summer on the Blue



This summer, we adventured on some of Wayne County's "blue trails!" We kicked off our moonlight paddles at Wide Waters Park in Newark on the night of the last Strawberry Moon. While the moon proved elusive, the stars came out and it was a beautiful evening to be out on the canal.

For our July paddle, we headed out to Sodus Bay in Huron, launched at Third Creek/Sawmill Cove, paddled around Nicholas Point, and down along the east side of the bay. Glow balloons bobbed along behind our vessels and classic tunes drifted in the summer breeze as we watched the sun set on a very enjoyable evening.

In August, we decided to really chase the sunset and set forth from Sodus Point. Just in time, we rounded the lighthouse as the sky broke out in a stunning array of color! The most beautiful paddle to date! Adding to the magic of the evening, the air was filled with monarch butterflies fluttering around us as we stayed on the water to watch the sun sink low on the horizon. When we reluctantly headed back to shore, we were surprised by the appearance of a Blue Moon! Oh, what a night!

This has been a wonderful summer to paddle Wayne County, and we hope to cap off these kayak adven-



tures with a final sunset paddle or two in late September or early October. So, grab your paddles and bring a friend...you know we'll be there with the glow sticks! Thank you to all who've attended these events. You are the special ingredient that has made these paddles so memorable.

Rachel Wizeman

Re-Imagine the Canal Programs



This summer, there were free “On the Canal” Excursions in five different areas within New York State. This project was to support local businesses and encourage new ones. The following excursions were offered:

1. Medina: cruise the canal by fishing, kayaking and hydro bike tours
2. Palmyra-Macedon: kayaking and bike tour
3. Cayuga-Seneca Canal: biking and water taxi loop
4. Montezuma Wetlands: guided birding tour and kayaking
5. Amsterdam: kayak and bike from Port Jackson to Yankee Hill Lock

Glamping with Tentrr & Camp Rockaway were also available to reserve. There were five sites to book your “glamping,” or “glamour camping” experience:

1. Palmyra-Macedon Getaway at Lock 29
2. Montezuma Canal View at Lock E-26
3. Oak Island Vista
4. Yankee Hill Getaway
5. Champlain Lock 5-Schuylerville (Camp Rockaway).

The Canal Revitalization Trust is vital to ensure a positive future for the NYS Canal System. It would support the sustainability and revitalization of the Canal System, receive philanthropic and other public or private contributions, ability to issue grants and incentives, and support projects and programs that would positively impact Canal operations and benefit stakeholders.

Canal Project Updates:

Iconic Lighting program: Celebration by illuminating iconic canal infrastructure, hoping to be implemented by Sept/Oct 2021.



Completed the Empire State Trail: a nearly a \$300 million investment establishing a 750 mile multi-use trail system across New York State.

Fishery Programs: successfully launched in 2021, expanding the program in 2022.

Aquatic Invasive Species (AIS) Program: completing a preliminary feasibility study for potential AIS solution in Oswego and Rome. Currently one of the most invasive aquatic species, the Round Goby, is now in the Hudson, and the invasive Hydrilla is in the Western section of the State. The Re-Imagine leadership is working diligently to make this project a priority. They recognize that the Aquatic invasive species issue can no longer be ignored because the threat is NOW here. By ignoring it and not doing anything, it will be too late to ensure the longevity and future of the NYS Canal System.



Marie Cramer

“Tuesdays on the Towpath” Lyons to Lock Berlin Cycle Event



The Trail Works sponsored “Tuesdays on the Towpath” ride on August 31st was a truly great ride in many ways. First, the area finally experienced pleasant weather, relatively cool and sunny. Then there



were the riders, just 10, many of whom either reconnecting or finally meeting someone they only knew of. While bikers are generally friendly sorts, this seemed more like a happy family reunion.

The ride was varied with stone dust trail and on road sections. We viewed four cobblestone houses, Lock 54, and the historic map signage at Lock Belin Park. We also passed a barn that housed mules in canal days and the owner of which invited riders to tour, a home that was once a tavern along Clintons’ Ditch, and old peppermint fields (where mint was grown for the

Hotchkiss Peppermint Co.) now wooded, swampy, and run by the Bergen Swamp Preservation Society.

Amazingly, we experienced extremely little vehicular traffic. This, along with the few miles of trail riding,



allowed participants to get to know one another along the way.

Thanks to the Trail Works cheerleader, board member Marie, who was in the parking lot snapping pictures of our return. Special thanks to board member Nancy for getting the word out, supporting the ride with refreshments, helping with logistics and joining the ride. And thank you Pamela at Chittenango Landing Boat Museum for helping us be a part of this wonderful program.

Glenn Wallis

Time Never Stops the Reason for The Season

You hear the “Reason for the Season” associated with the Christmas Season. I am going to put an outdoor spin to this. Anybody who follows me on Facebook knows I am an avid cross-country skier; in fact I skied 62 days this winter, and I would have skied more if there was snow early in the year. I know many people complain about snow and winter, and leave the area for warm and sunny weather, but embracing the seasons is the reason I love this area.

Spending time in the outdoors during Covid has proven to be especially important getting that vitamin D and sunshine; it is great for your immune system. In fact, I was never sick during the winter. I really think there is something to breathing all that indoor circulated air. Ever look at your computer screen after a few days? It is full of dust. Being outside is good for your soul and good for your health.

A few years ago, I wrote a song called “Time Fades Away.” It reflected the seasons. It can also be associated with the sounds of the seasons.

Winter

Wintertime by the fireside
Creaky shoes and rosy cheeks
Peace and calm and solitude

Winter is a time to take the skis to places I will not go in the other season. There is no mud, no bugs, clear views through the trees. Long shadows on the snow cast by lower sun angle can be breathtaking. It is that peace and calm and solitude that I like the most. While I am out skiing by myself, it is a chance to leave all that stress behind. It was especially important this year during Covid and after a long ski, it is great to sit by the fire with my rosy cheeks.

Spring

Soon the sap will rise
First signs of springtime
And soon the trillium will bloom in the woods

Spring is that season of transition from the cold north winds to the southern breezes of change. I put my skis away for the winter and tap the maple trees for syrup. The sap is the first sign of spring, and while tapping the trees, the peace of winter is slowly being replaced with the migration of spring birds, and the sounds of peepers. The sound of the peepers and red wing black birds draws me to the woods to see one of nature’s most beautiful displays of woodland wildflowers. Have you ever seen woods full of trilliums under the canopy of leaves in their green/gold colors? This is my time to slow down and smell the flowers.

With camera in hand, I have often spent hours and hours looking below my knees. Soon the canopy of yellow/green turns dark green and flowers no longer have the sunshine to produce chlorophyll. In a way, the fall and spring really have short seasons of the peak of brilliance. Those three or four weeks bring out the best in nature’s color palette. Now it is time for summer.

Summer

It's summertime on an elm street lane
Hot time for lemonade
Sitting on an oak tree swing

Perhaps when I wrote this, I was looking back on my childhood when elm trees lined our streets. Those trees are gone from the street that still bears its name, but other species, they are disappearing. The elm trees of yesterday are the now the ash trees of today. Summer with its hot time for lemonade is a time to hit the water with the kayak, either on the many lakes in New York State or on the Erie Canal. It is also a time for those long hikes in the Adirondacks with the longer days.

With the warmer weather, you need to remember the sun-screen, repellent, and water. Those wonderful sounds of

cicada and tree frogs echo in my mind in summer.



Fall

Autumn brings the clear cool days
Of blue skies and golden leaves
With scarlet trees

With the shorter days come the colors of falls. Those clear, cool days of blue skies and golden leaves with scarlet trees are described in as a series of adjectives, awesome, WOW and amazing. As you hike along these trails in the fall, the puzzles of colors are at your feet and in the sky. I only wish it would last longer. Those shorter days bring cooler temps and the gray sky of November and early December.

Mark DeCracker

What is Forest School?



Have you ever ventured to a local park or trail and wondered where all the children are? Childhood is not what it once was. Children are spending more and more time indoors. This past year of remote learning has only exacerbated the abundance of time children spend in front of screens instead of outdoors. Although our communities offer hiking trails and parks, many children never get the chance to interact with them.

Child advocacy expert and author of [Last Child in the Woods](#), Richard Louv, emphasizes the importance of direct exposure to nature for developing the physical and emotional health of children. He links what he terms “nature-deficit” in American children to an increase in obesity, attention disorders, and depression.

Meanwhile, many European countries are embracing outdoor learning. Many young children in Germany, Sweden, and Denmark are benefiting from Forest Kindergartens, where they spend their entire school day learning outside. Throughout the United Kingdom, educators are participating in Forest School training and leading Forest Schools in their communi-

ties. This exciting trend is slowly beginning to gain a foothold in America as well.

Visitors to a Forest School setting would witness a woodland aglow with joyful children. These learners dance and play in waterproof suits splashed with



mud. They dig for worms on rainy days, build shelters on snowy days, and gather in a circle of log stools to

tell and listen to stories. They make art, create games, tie knots, identify plants, birds, and animals, and protect habitats. They smile, and laugh, and learn a lot!

Forest School lessons are strategically designed to teach empathy, compassion and tolerance. Two basic rules taken into the forest are "take care of yourself" and "take care of each other." Children enter the woods understanding that the forest is a friend whom



we must treat with respect. Children explore, investigate, learn and play in a manner that will not damage the forest environment. Students are taught that we share the woodland with plants and animals and we must treat their home with care.

Forest School is a unique educational experience and process that offers children the opportunity to develop confidence and self-esteem through hands-on learning experiences. Children engage in motivating and achievable tasks and activities throughout the year and in almost all weather. Children work with tools, creatively explore the environment, learn physical and social boundaries, and grow in self-confidence while developing an understanding and appreciation of the natural world. This helps children to develop into resilient individuals, capable of recognizing their potential and overcoming adversity. Forest School promotes the holistic development of children, fostering resilient, confident, and creative learners.

One goal of the Forest School model is to help students build confidence in decision making and evaluating risk. New learning is offered to children in small achievable tasks. As a child's self-confidence grows, so too does self-understanding of individual strengths and weaknesses. As children move through the woodland and attempt various activities, they become more aware of their own abilities, and better able to judge their own aptitude.

When children are sheltered from all situations perceived to be dangerous, they are never able to learn to assess potential dangers for themselves. Too often we see this result in adolescents and young adults suffering the consequences of poor decision making. However, participation in Forest School activities allows children opportunities to begin to evaluate perceived



risks and create action plans to ensure their own safety. When children are allowed to assess situations and contribute to the solutions at a young age, they grow to become experienced problem solvers and planners.

Forest School learners are keen observers, collaborators, scientists, engineers, and environmental activists. Shouldn't all children learn this way?

Trail Works members already understand the many benefits of nature for our own mental and physical well being. Let's not forget to share that same knowledge and experience with children.

Darlene Martino

Trail Works member Darlene Martino is a local educator who has traveled to England to train as a Forest School Practitioner.

Why We Need Nature

You ask why we need Nature. Every year society spends more and more time trapped inside playing video games or watching the latest reality shows. As Henry David Thoreau said it best in 1856, that "man is richest whose pleasures are the cheapest." It has always been these simple pleasures of nature that have meant the most to me. Whether watching the sunset on a mountain lake or walking in woods in the spring looking at the beautiful wildflowers at my feet. It is nature that gives me my inspiration. It is important that we introduce our children to nature. The values of introducing our children to nature at an early age will pay dividends forever. Appreciating the beauty we are surrounded by will only help us appreciate everyone around us and grow as a civilization. In all my years of hiking, I have never heard anybody expressing anger while on the trail. Oh, we might complain how cold it was or the rain pelting down on our face, but we never forget those times. But the times we truly never will forget are those times a child discovers that special wildflower or the setting sun.

Mark DeCracker



Trees with Red Leaves

Red is produced by warm, sunny fall days and cool fall nights.

Leftover food in the leaf is transformed into the color red through anthocyanin pigments. These red pigments also color cranberries, red apples, blueberries, cherries, strawberries, and plums.

Some [maples](#), sweetgum, and [oaks](#) have red fall leaves. Dogwoods, black tupelo trees, sourwood trees, persimmons, and some sassafras trees also have red leaves.

Yellow and Orange Shades

Chlorophyll is destroyed with the onset of autumnal conditions, which reveals the orange and yellow leaf colors, or carotenoid pigments.

Deep orange is a combination of the red and yellow color-making process. These yellow and orange pigments also color carrots, corn, canaries, and daffodils, as well as egg yolks, rutabagas, buttercups, and bananas.

[Hickory](#), ash, some maples, the [yellow poplar](#) (tulip tree), some oaks (white, chestnut, bear), some sassafras, some sweetgum, [beech](#), [birch](#), and [sycamore](#) trees have yellow leaves in the fall.

<https://www.esf.edu/pubprog/brochure/leaves/leaves.htm>

Mark DeCracker





TRAIL WORKS 2022 MEMBERSHIP

Dear Trail Works Members and Friends,

If you have not yet renewed your Trail Works membership for the 2022 year, your membership will soon expire. Thank you for your previous support for Trail Works' mission, and we hope we can continue to count on your support for the coming year.

Please take a moment to return your membership dues (Individual-\$15.00, Family-\$25.00, and Corporate-\$50.00), along with the renewal form.

Trail Works is a nonprofit organization dedicated to being a unified voice for Wayne County trail users and to co-ordinate the development and maintenance of high-quality, year-round, multi-use trails.

Your dues help us to embody public education about trails and increase public awareness of trail issues. We recognize the importance of the relationship Trail Works has established with local and county governments. These relationships are vital to moving ahead on any plans for trail developments. So, we are all about trails—planning trails, cutting trails, maintaining trails, posting signage and enjoying trails.

We strive to preserve Wayne County heritage and green spaces for the enjoyment and recreation of our future generations. Please renew your membership today.

Happy Trails, Trail Works Membership Team

Trail Works, Inc, 2022 Membership Form

<p>Please check the type of membership:</p> <p><input type="checkbox"/> single (\$15)</p> <p><input type="checkbox"/> corporate (\$50)</p> <p><input type="checkbox"/> family (# of family members: _____) (\$25)</p>

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____

Email: _____

Please make all checks payable to:

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

Soon the Foliage will Fly

It was October 1979, in fact October 18th. I was sitting in the village park in Geneseo just relaxing and I remember looking up to the sky to see the trees on fire. The leaves were red, orange, and yellow against the bright blue sky. I was in awe. I then looked down to all the students walking on the sidewalk, not one of them looked to the sky to see all the trees in their splendid fall colors. I said to myself, how can they not be moved by this beauty? In a few short weeks, the leaves will be gone, the days shorter, and the color palette gone. I was so moved by this beauty, later I grabbed my guitar and wrote the song below.

Soon the Foliage will Fly

Brightness in the trees
And the color in the leaves
They're only there when I see
For tomorrow they're bare
No matter how hard I stare
The wind will grasp them, then they are free

Soon the fall is drawing near
And soon the leaves will disappear
Bringing winter with old man's fear
But, before the cold arrives
Open your eyes and realize
That it's one short season before the cold arrives.

A few weeks later, this song, along with my fall foliage shots, were featured on the "Best of Bud," a weatherman from Channel 9 in Syracuse. After I wrote this song, I made a pledge to myself that I would make a trip to the Adirondacks every year to see the leaves change. The best time to see this wonderful display in the Adirondacks is the last week in September or the first week of October. I had surgery one year and couldn't drive for a week, so I had a friend drive me to the Adirondacks to keep the streak alive. The foliage turns in the Adirondacks early because of the higher latitude and elevation.

This year's trek is to Indian Lake. Two to three weeks later, we are treated to this beautiful display in up-state New York and Wayne County. This year, we are having our fall foliage event at Casey Park in Ontario on October 16th at 2:00 p.m.

Mark DeCracker

Camp Beechwood Update

Please consider [making a donation directly to Camp Beechwood.](#)



Trail Works Inc.
PO Box 43
Williamson, NY 14589
www.trailworks.org

Trail Works Event Calendar

Oct/Nov/Dec/Jan

Date	Event
Oct 16	Fall Foliage Event @ Casey Park, 2 pm (hike or kayak)
Oct 19	Monthly Board Meeting, 7pm
Nov 16	Monthly Board Meeting, 7 pm
Nov 26	Black Friday Hike @ Macyville Woods Nature Preserve* 10 am
Dec 21	Monthly Board Meeting and Holiday Event, 7 pm
Jan 1	First Day Hike @ Alasa Farms* 10:30 am

*Macyville Woods Nature Preserve and Alasa Farms are Genesee Land Trust properties. Learn more at: www.geneseeandtrust.org.