

# TWI-LIGHTS

VOLUME 7 | Summer 2023

Tim Wilbur  
Introduces Shore-  
line Hike Series

Trail Works Presents  
at 4H Camp Beechwood

E-bike Thoughts  
Leave No Trace  
Trainer  
Passport Winner  
And More

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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.

## COVER

Trail Works member, Tim Wilbur at the north end of the Alasa Farms Red Trail.

### 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
Sal Vittozzi
Glenn Wallis



# Shoreline Hikes Around Sodus Point



This past winter, I ran the concept of a hiking series by Trail Works board member Nancy Snyder. Having a summer cottage at Sodus Point and the number of our trails in the immediate vicinity, it seemed like a shoe-in candidate. Presented to the rest of the Board, we collectively tweaked the itinerary a bit, got some signage, and with some PR, we had a program for the months of May and June.

This diverse collection of trails included a rail-trail, state and town parks, a DEC property, a private board walk trail, and a couple Genesee Land Trust parcels in the mix. We started at Beechwood State Park still clinging to our winter coats as the north wind blew straight off the lake, and returned to Beechwood at the end of June in shirt sleeves.

Our youngest hiker was 2 year-old Solveig, who hiked the

whole Chimney Bluff trail that included 190 steps at the east end. We saw a bald eagle, and sat a while at the Eagle Scout observation deck at Macyville Woods. We outpaced the mosquitoes at Huckleberry Swamp, and skirted the mud puddles at Third Creek.

The real treasure, and my new personal favorite, is the red-blazed trail starting at Second Creek on the Alasa Farms property. This has it all; a waterfall to start, abandonment history, an Eagle Scout project, and some “ups and downs” through the woods.

At the end of the trail, a scenic overlook of Sodus Bay



where you can sit on the benches overlooking where Second Creek empties into the marsh area filled with lily pads listening to the frogs singing.

Fall newsletter deadline for articles is November 30th.

Please have newsletter articles and photos sent to [Trailworks@trailworks.org](mailto:Trailworks@trailworks.org)

# Shoreline Hikes Around Sodus Point

Attendance for the hike series was a bit thin, but this was our first attempt at doing something of this nature.



These trails around Sodus Point offer a great alternative activity should the weather at the beach be less than ideal, and/or you are looking for something different to do. Take advantage of these opportunities and perhaps I'll see you on the trail.



Tim Wilbur

Trail Works Member and "Dirty Thirty" Finisher

\*Editor's Note: Tim is also president of Ontario Pathways



# Trail Works Presents at 4H Camp Beechwood

I had the wonderful opportunity to present to 45 campers at this year's 4H day camp held at Beechwood State Park in July. It's been seven years since I retired from elementary education, so I dusted off my bag of tricks to make a fun and interesting presentation for the kids.

The campers were divided into two age groups, 5-8 and 9-12 years, and included their teenage counselors. Both the morning and afternoon groups were inquisitive and engaged. My presentation included the Wegmans Hit the Trail Passport program, The 7 Principles of Leave No Trace, and the DEC Hike Smart New York basics.



After my talk and some questions, we gathered at the east trailhead where I reminded the kids to stay on the trail, and to “walk right through the mud. It’s a badge of honor to come back with mud on your legs!” Once at the top of the hill, we hiked down the open field that once housed a swimming pool, onto the main trail, and out to the bluff to find the Passport post. Once located, each camper got a rubbing for a copy of the Beechwood page in the Passport booklet. Many kids were excited to get their first rubbing on the way to 14 more, or maybe 29 more, in order to enter our yearly drawing for a \$250 Wegmans gift card. The kids then took turns telling me what treats they would buy with that gift card. The most



interesting treat mentioned was by one camper who enthusiastically said, “sushi!”

After all the rubbings were obtained, we hiked back to the east camp grounds. I had more time allotted for the older kids, so we took a nice detour west and hiked through the larch pine plantation. Before entering the pines, I asked the kids to



keep their voices down (a tall order) in case there were deer in the woods, and to use their senses to enjoy the sights, smells, and sounds of the pines. Many noted the soft carpet of pine needles under their feet, and I heard more than one camper say, “I can smell the pine trees!”

4H Camp Beechwood is a very well organized July week of fun-filled days for kids in our area through the Cornell Cooperative



Extension. Park Manager Sal Vittozzi was there daily to help the campers with fishing, and Sodus Town Supervisor Scott Johnson made an afternoon appearance to check out all the fun. Many other members of our local community presented to the kids to make it an unforgettable week of outdoor summer fun! Special thanks to camp director Amy Pelton, and her assistants Ryan and Melissa, for this wonderful opportunity to reach the next generation of trail users!

Nancy Snyder

# Rainbow of Hope

It was twelve years ago that I came up with the idea for the Trail of Hope in Lyons. At the time, it was just a pile of dirt. With the help of the Week of Hope (a community service week), the pile of dirt was transformed into a Trail of Hope, where hope is inspired by over 10,000 flowers. Over the years, I have witnessed many moving stories.

Recently, the Trail of Hope was overwhelmed with weeds from all the rain. Yes, I was discouraged, but they are only weeds. Then I ran into Leon who helped out last year, and he asked me what he could do.

I said, "How would you like to weed the Rainbow Garden?"

He said, "Sure."



The next day, I came down to do some more weeding, and found this rainbow garden. Yes, there is hope. If you don't know Leon, his house burned down last year. He turned his despair into hope for others. Mark DeCracker

## Thoughts about e-Bikes

On a Trail Works bike trip that I lead this spring, one of the three people that participated (aside from my wife and me) rode a class 1 e-bike. The e-biker would not have been able to participate had she not had e-assistance. She enjoyed the ride and being outdoors.



Parks & Trails New York's Cycle the Erie Canal tour allows class 1 e-bikes (not classes 2 or 3) on their Buffalo to Albany Erie Canalway ride. The e-bikes referred to in this article are class 1 e-bikes. Class 1 e-bikes have a maximum speed of 20 MPH and are equipped with an electric motor (without a throttle) that works only when a rider is pedal-

ing. I believe that class 1 e-bikes have an important role in outdoor recreation.

On a recent trip abroad, we took two bike tours where my wife and I would have benefitted from riding e-bikes. On the first ride, in a group of sixteen people, we were generally the last riders to arrive at destinations. This did not hold up the group, but made us feel that we had to keep up and resulted in a low level of stress. About half of the other riders rode e-bikes.



On our second trip, we were on our own, but in a much hillier terrain. We travelled the same routes as two other couples who rented the same bikes as we did and stayed at the same places each evening. We compared notes. All of us had the same complaint about having to walk up some hills. Lower gearing or e-bikes were needed. I'm sure that many other bikers that we saw during the day had no problems

# Thoughts about e-Bikes

with the hills. Some were out only to conquer the hills and with no lower gearing than ours. We met a British couple who lived in the Cotswolds, but had never cycled around their home territory. Now that they owned class 1 e-bikes, they enjoyed the slow exploration of the region they had formerly only walked or driven through.

I have met a number of folks who only cycle the Empire State Trail because it has no hills. Owning a class 1 e-bike would give them the confidence to leave the trail and explore the beautiful hills and farmland around the Finger Lakes.

There are rides I hope to take that I would not attempt without an e-assist bike.

Glenn Wallis

## Leave No Trace Trainer-Congratulations-Rich Ross

In our Spring 2022 newsletter, we shared the 7 principles of Leave No Trace. The Leave No Trace organization is devoted to teaching people how to minimize their impacts outdoors. Trail Works, and other outdoor organizations, strive to incorporate Leave No Trace principles into guided hikes and other events. The 7 Leave No Trace Principles are not rules, but rather a set of tools to empower each of us to become stewards of public lands, and of the entire outdoors, through our actions.



We congratulate Trail Works member Rich Ross, who recently completed ADK's two-day Level 1 Instructor course. Participants taking this course learn Leave No Trace skills, ethics, and techniques for educating others about these low-impact practices. In-person Level 1 Instructor Courses typically occur over two consecutive days and involve spending more than half of the course outdoors.

The training received during a Leave No Trace Level 1 course prepares instructors to teach this course.

Do you love the outdoors but are not sure how to protect it? Leave No Trace recently launched a new on-line course to empower everyone. This is a FREE, 45-minute online



training course available now. The course covers all your Leave No Trace basics, from what to do in the backcountry to your own backyard.

If you love the outdoors, please consider taking this online course. Or, better yet, join Trail Works this fall for a Leave No Trace in-person training seminar with our new instructor, Rich!

Watch your email and our Facebook page for the upcoming date. Do it for yourself, your family, and Mother Earth!

[Leave No Trace 101 Course \(Int.org\)](https://www.leave-nature.org/leave-no-trace-101-course/)



# Past Tracks

## Canal Clean Sweep 2023

Earth Day in April usually means one thing for Trail Works...Canal Clean Sweep! This annual New York Parks & Trails statewide event is held to tidy up our recreational gem - the Erie Canalway - for the upcoming season.

Multiple volunteer groups participate along the entire length of the Erie Canal. The Canal Clean Sweep event takes place every Earth Day weekend. The NYS Canal Corporation and Parks & Trails New York host Canal Clean Sweep, a weekend of 100+ spring clean-ups on sections of



the Canalway Trail, in canal side parks, and in other public areas throughout the Canal corridor.

This year for Trail Works, a small but eager group worked hard at Clinton's Ditch Historic Lock 65 in Lock Berlin just outside of Lyons. This is the site of the spillway from the Enlarged Erie Canal to the channel of Clinton's Ditch. Clin-



ton's Ditch Lock 65 was just yards to the east. The spillway was built from Lock 65 stones. This historic lock is over 200 years old.

Thank you, Gil Burgess, for coordinating this Trail Works event each year!

## Wildflower Hike

On Sunday, April 30, I woke up to pouring rain. Normally I am excited to see it raining in the spring for my gardens, but today it was different. Today I was leading the wildflower hike for Trail Works. This is one event I am excited to lead. I have a passion for spring wildflowers, and I look forward to sharing my knowledge. I have been interested in flowers since I was eight years old walking in the woods on my farm in Williamson. A few weeks earlier, I made a presentation on wildflowers at the Wolcott Library. We had a full house, and I was excited to have a large group attend the wildflower walk. This excitement was soon dampened by the pouring rain. I considered canceling the event, but if one person came, I was going to lead the walk. This year's wildflower hike was at the Kraai preserve, a Genesee Land Trust property. This is one of my favorite locations for the vast variety of flowers. When I drove down the road, I was greeted by a woman excited to go on the hike. Normally, someone this excited would be a young child, but this young child was 91 years old, and Board member Barb Deroo's mother! Lorraine was as excited as anybody I have lead on a walk to learn about the flowers.

Mark DeCracker



# Past Tracks

## Trail Works Birding and Wildlife Walk with SOAR and DEC

A small but enthusiastic group met at the DEC Field Office in Savannah for a birding and wildlife walk with Trail Works, DEC, and SOAR (Clyde/Savannah/Galen). DEC wildlife naturalist Frank Morlock led the group along two of Northern Montezuma Wildlife Management Area's restored emergent marshes and the Seneca River floodplain.



Participants saw and heard a variety of wildlife and learned about the area's natural and cultural history. The loop trail took the group along the Seneca and Savannah marshes where evidence of beaver and muskrat activity was present.



A wide variety of birds were observed or heard that morning, including a bald eagle, red-winged blackbird, marsh wren, tree swallow, song sparrow, common gallinule, great-blue heron, Sandhill crane, black tern, Caspian tern, warbling vireo, common yellowthroat, yellow-throated vireo, great-crested flycatcher, trumpeter swan, Canada goose, mallard, willow flycatcher, double-crested cormorant, yellow warbler, purple marten, osprey, turkey vulture, and swamp sparrow.

A very special thank you to Frank Morlock for his time and expertise, as well as to both Amy Bullard, SOAR Outreach Coordinator, and Jen Peeso, SOAR Program Coordinator, who provided refreshments and flowers for all who attended. The trails at this DEC location are open to the public.

## National Trails Weekend Event June 3 & 4

National Trails Day is the American Hiking Society's Day of service for hometown trails and those who love them. Historically held the first Saturday in June, Trail Works put a different spin on the event this year.

President Bethany had the idea to introduce a four-trail mini-Passport booklet to be completed over the June 3-4 weekend. Starting on that Saturday, participants were enthused about the promise of fun, a \$10 Wegmans gift card, and a new Trail Works t-shirt upon completing two mandatory trails, and two other Passport trails of choice.

Starting at the Butterfly Nature Trail in Macedon, Trail Works member Marie led the group hike, and shared the unique history of Lock 30.

At the end of the Butterfly Trail, you can see the convergence of all three historic canals; the original Clinton's

Ditch, the Enlarged Erie, and the present-day Barge Canal. The entire waterway is now commonly referred to as the Erie Canal.

Participants were then left on their own to complete two additional trails of choice.

Sunday brought the group to Huckleberry Swamp in North Rose to get the final Passport post rubbing and to turn in completed mini passports.

After gift cards and t-shirts were passed out, the group enjoyed light snacks as another National Trails event was in the books!



# Past Tracks

## At the Winner Is:

Trail Works held its annual drawing for a \$250 Wegmans gift card on National Trails Day, Saturday, June 3. Pictured here are Trail Works members Marie and Beth drawing the winning entry. This year's winner is Jillian E! Jillian is one of our "Dirty Thirty" finishers, completing all of our 30 trails in 2021. Congratulations to Jillian!



## ADK/EXPO

June 10th, Saturday.

Nancy Snyder and I traveled to Mendon Ponds, outside of Rochester, NY. The trip ended up to be a fantastic day in the park with plenty of activity, information, entertainment and great food. Presented by the Genesee Valley Chapter of the Adirondack Mountain Club and Monroe County Parks, the Outdoor Expo is a celebration of the great outdoors. There were over 30 demonstrations and workshops on topics including hiking, paddling, backpacking, camping, bicycling, gardening, mushroom identification, and birding.

Both chapters of the ADK (Genesee Valley & Black River) and Trail Works were on-site to talk about their work and share their knowledge of the out-



doors. Various vendors provided a chance to try out the latest gear... including kayaks and canoes on the pond! There were hikes on the park's beautiful trails, crafts and a petting zoo for kids, live music and food.

The event was free, open to the public, and fun for the entire family at beautiful Mendon Ponds Park. The Black River



Chapter (Jefferson & Lewis County) booth was next to the Trail Works (Wayne County) booth and had many visitors both familiar and interested with what each group had to offer.

Rich Ross

# Past Tracks

## Old Wolcott Heritage & Strawberry Festival

June 17, 2023

A huge crowd turned out for the Old Wolcott Heritage & Strawberry Festival on this beautiful Saturday. Before 1826, the towns of Butler, Huron, Rose, and Wolcott were one – simply called – Wolcott. Trail Works has Passport trails in the town of Huron (Third Creek, Chimney Bluffs, Whistlewood), town of Rose (Huckleberry Swamp), and the town of Wolcott (Wolcott Falls).

Board member Nancy Snyder represented Trail Works for the day, and was met by enthusiastic hikers looking for new trail opportunities. People were surprised to see the number of trails we have in Wayne County, and several walked away with new Passport booklets. Fellow board member Mark DeCracker was near by painting a new mural for the Bicentennial.

Look for this event to be held again in two years (June, 2025).



## Trail Works T-Shirts Available



New Trail Works t-shirts and sweatshirts are available. They come small, medium, large and x-large.

T-shirts come in teal and maroon. Sweatshirts are available in maroon.

T-shirts can be purchased from board members and at Trail Works events .

Call Mark 315-573-8170



# Past Tracks

## Macedon Main Street Businesses First Friday of the Month Events Begin

On July 7th, Trail Works was asked to participate in this community event. It was a beautiful night out. Trail Works and Selena, who displayed her hand knitted craft items, both had a table outside on the sidewalk. With each unique Main Street business, Businesses of Reflections, the Macedon American Legion -Philip Steiger Post 494, Salvatore's Pizzeria, and Books, Etc, there was life brought back onto Main Street. This event brought back the feeling of community pride. It had positive vibes, laughter, comradery and many wonderful conversations.

Trail Works was able to showcase the Wegmans Hit the Trail Passport booklet and smartphone app available for trail users in Wayne County. These trails provide history, bird watching, wildlife, nature education on different trees, plants, and flowers, and health incentives. Come relax, decompress, and enjoy nature therapy at its best. Some trails are "Forever Wild for Everyone Trails" (i.e. handicapped accessible).

Trail Works also partnered with Macedon's "Rabbits on Parade" event on August 4th. Remember to shop local and help support your small businesses!

Respectfully submitted by Marie Cramer, Trail Works member





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[www.trailworks.org](http://www.trailworks.org)  
[Trailworks@trailworks.org](mailto:Trailworks@trailworks.org)

## Trail Works Membership Form

Check Type of Membership:

<input type="checkbox"/>	Individual	\$15
<input type="checkbox"/>	Family	\$25
<input type="checkbox"/>	Corporate	\$50
<input type="checkbox"/>	# of Family Members	

Name:

---

Address:

---

City:

---

Phone:

---

State:

Zip:

---

Email:

---

Make Checks payable to Trail Works, Inc.

Mail to: Trail Works, Inc.  
P.O. Box 43  
Williamson, NY 14589

Trail Works Inc.

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## Trail Works Event Calendar September-December 2023

Date	Event
9/19	Monthly meeting - Zoom
10/17	Monthly Meeting - Zoom
10/21	Fall Foliage Hike
	Hojack Trail - Wolcott to Red Creek-Starting Point TBD 10:00 AM
11/11	Leave No Trace Training
	Beechwood State Park-East Entrance Pavilion Area 10:00 AM
11/21	Monthly meeting - Zoom
11/24	#OptOutside Hike
	Location/Time TBD
December	Monthly Meeting/Holiday Party
	Date/Time/Location TBD