

TWI-LIGHTS

VOLUME 8 | Fall 2024



Bethany's Bench Dedication

Pocket Park
Beechwood
Update
Eastern Equine
Virus
Week of Hope

TWI-LIGHTS Fall 2024

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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.

WEBSITE: <https://trailworks.org>

Cover: by Mark DeCracker-Bench Dedication

Back Cover: by Nancy Snyder-Bentley Bond’s Red Trail

MEET THE TWI BOARD		
President	Mark DeCracker	Members at Large
Vice-President	Holly Burgess	Gary Abbott
Treasurer	Barb DeRoo	Gil Burgess
Recording & Corresponding Secretary	Michael and Caileigh Shippers	
	Nancy Snyder	Sal Vittozzi
		Glenn Wallis



Fall newsletter deadline for articles is January 31st, 2025
 Please have newsletter articles and photos sent to Trailworks@trailworks.org

Bethany Comella's Memorial Bench Dedication And Annual Trail Works Picnic



On August 20, 2024, Trail Works held a special memorial bench dedication to honor our Past President, Bethany Comella, at Beechwood State Park in Sodus, NY.

It was a beautiful calm day, but when we reached our picnic site at the sunset pavilion on the bluff, we encountered blustery winds. I personally think Bethany was present and brought us those winds because she did not like hot weather! Bethany's family was present, along with all Trail Works Board members, and other Trail Works members and friends.

We gathered to have a beautiful picnic with Lake Ontario staring right at us. We then gathered around Bethany's newly created bench made by Trail Works board member Gary Abbott. President Mark DeCracker gave a beautiful speech, and others present added words to honor Bethany. Mark then sang us a song he wrote, "God Is Watching You," and we ended the night with a breathtaking Lake Ontario sunset. It was wonderful to be among such caring, dedicated, inspiring, and positive people. Bethany was shining down upon us the entire night, and I am sure from time to time, she will be present with us all as we walk the 30-plus trails we promote. She was a true advocate of the "Dirty Thirty" Challenge.

Get out and enjoy nature's therapy at its best by walking the Trail Works trails. It's free and affordable fun!

Respectfully submitted, Marie Cramer, Trail Works member



God is Watching You

Close your eyes and fall asleep
For the stars are watching you
A stressful day with tired eyes
Oh, the sandman counts my sheep
The Sun has set the Moon is up
The frost is on the sill
Close your eyes and fall asleep
For God is watching you

Gemini, Orion, and Pisces to
Leo, Taurus and Virgo
Scorpios, Pegasus and Cancer too
Oh the stars are watching you

Close your eyes and fall asleep
For the stars are watching you
A stressful day with tired eyes
Oh, the sandman counts my sheep
The Sun has set the Moon is up
The frost is on the sill
Close your eyes and fall asleep
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© 2/13/02 Mark L. De Cracker



NEW POCKET PARK WELCOMES VISITORS TO LYONS

By Glenn Wallis

Through a New York State Canal Corporation Amenities Grant, the Town of Lyons has a new “pocket park” kiosk by the Little League field that welcomes visitors walking or cycling the Empire State Trail. Designed by Rhea Hayes from a National Parks map, a large map of the commercial area of Lyons helps trail users to find amenities and places of interest. The kiosk sign on the opposite side, also designed by Rhea, offers a tour of murals as a way to enjoy the town. A QR code will take the visitor on a mural tour, while another QR code will have a list of amenities through the Lyons Main Street Program.



Eastern Equine Virus

The eastern equine virus has been in the news a lot lately. If you are outside, whether out on the trail or just in your back yard, you could be exposed to EEE through infected mosquitos.

EEE is a rare but serious infection that causes inflammation of the brain. It can be fatal. It's most common in eastern or Gulf Coast states, but cases have been identified further west in recent years. There is no treatment for EEE, but hospitalization and supportive care may be needed.

Most people infected with EEE don't develop any symptoms. Symptoms usually occur 3 to 10 days after being bitten by an infected mosquito.

Symptoms of Eastern Equine Encephalitis (EEE) virus can vary depending on the type of illness and the person's age:

- Febrile illness: Symptoms include fever, chills, body aches, and joint pain.
- Neurologic disease: Symptoms include fever, headache, vomiting, diarrhea, seizures, behavioral changes, drowsiness, and coma.
- Mild infection: Can last one to two weeks, but you may feel tired or weak for several weeks to months.

Severe infection: Can take a few months to recover completely.

There have been no confirmed human cases of EEE in New York State thus far this year. To reduce your risk of infection, you can prevent mosquito bites and protect yourself if you live in areas where EEE circulates. Learn about this virus and how to protect yourself by checking the following link:

https://www.health.ny.gov/diseases/communicable/eastern_equine_encephalitis/



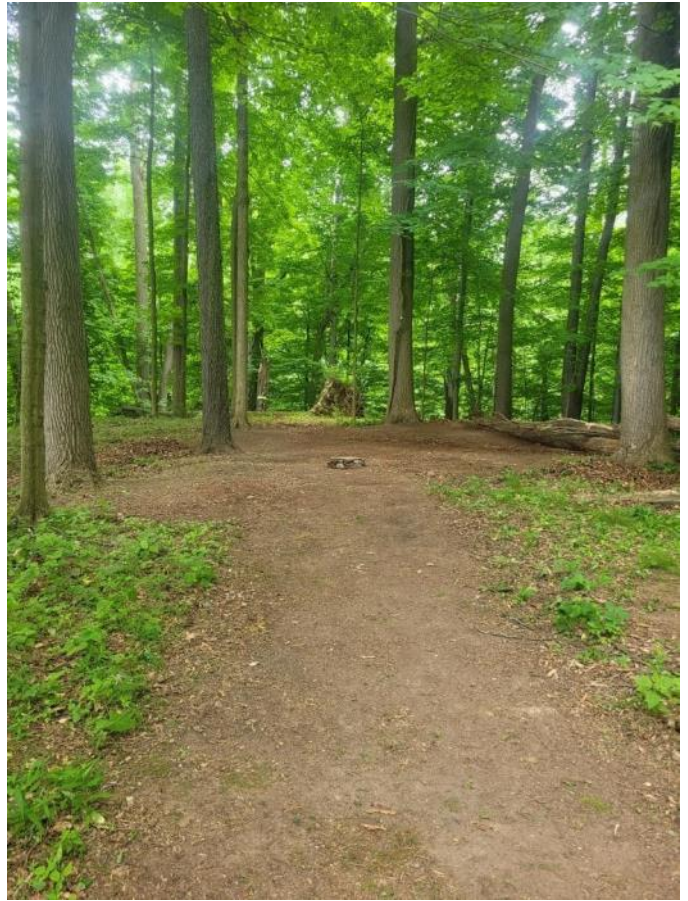
Beechwood State Park Update

With Sal Vittozzi as told to Nancy Snyder

Beechwood State Park had a busy summer for camping, its best season yet, according to Sal Vittozzi, park manager. Sal reports that as of mid-September, the campers are still coming strong! The Boy Scouts have troops registered through the end of November as well.

Sal also shared that the “*Week of Hope*” work group spent some time this summer at Beechwood, doing general maintenance work, trimming and building trails.

In addition, they built two new campsites, one at the Pixie area at the bluff, and another in the old ash grove to the north east of the old pool area, called “Hope’s Haven.”



Also on the west side of Beechwood is an old “survival” shelter or “hut,” which was given some love by the Week of Hope workers. Next time you are at Beechwood, be sure to check out these new areas!



Trail News and Notes

Huckleberry Swamp

Have you seen the two new bat houses (an Eagle Scout Project) in the “gathering area” here? A fun place to visit, you never know what you will find along the trail! Please remember that this trail closes for the winter.



Sanctuary at Crowfield Farm

Owner Steve Aman and Genesee Land Trust folks tell us this trail is still open for hiking, even though there is no sign out at the road at this time. You can still drive into the property and park down by the kiosk. Please drive *slowly* and be respectful of the neighboring properties.

Third Creek Trail (Shaker Tract Rd)

The bridge over Third Creek is back in place at the south end of the trail. Thanks to DEC Field Office folks on Morgan Rd in Savannah for helping with this project. Trail Works member Gary Abbott also added more trail markers once you cross the bridge heading north to help hikers stay on the trail.



Deer Creek Woods Opening Celebration (600 Lake Rd, Ontario, NY)

The public opening and dedication of this newly created and protected property by our friends at the Genesee Land Trust will take place on Saturday, Sept 21, starting at 1pm. Why not come out and visit this newest nature preserve in Wayne County. <https://www.geneseeandtrust.org/news-stories/deercreekwoods11-22>

Hunting Seasons Are Now Open

Check the NYS DEC website for current hunting seasons as related to the trails you hike. Many state lands, wildlife management areas, and forests have different regulations and dates. Currently in Wayne County, the “*early antlerless*” season is underway as of September 14. Several other hunting seasons open Oct 1. Regular deer season opens Nov 16.



Check regulations if you are planning to hike any state lands. Some state parks allow hunting, such as Letchworth and also Chimney Bluffs, with special permits. See and be seen! Wear blaze orange, pink, yellow, anything bright that makes you and your pets safe out on the fall trails. <https://dec.ny.gov/sites/default/files/2024-07/htgsummarypullout.pdf>

Week of Hope

By Mark DeCracker

I was so glad to welcome back the Week of Hope group to the Trail of Hope for the summer of 2024. This is the first time they have been back since Covid. The Week of Hope came for six weeks this summer. They are a Christian work camp volunteering in various settings throughout Wayne County. Not only did they help at the Trail of Hope, but they also volunteered at Camp Beechwood, Lock 56, and Cracker Box Palace.

Since the day they showed up in June 2012 until now, each group has had positive influences not only our trails, but for making this world a better place. When the Week of Hope arrived on June 24, I had a to-do list a mile long. When they finished on August 1, they had completed everything on my list.

This year, the Week of Hope arrived at 9:00 a.m. on a Monday morning and would leave at 3:00 p.m. on Thursday. While they were here, their work ethic was unmatched. They worked through one of the hottest and rainiest summers in memory. Everywhere I look at the Trail of Hope, they have added new features, repaired, or refreshed old ones. This year, one of the added features was the Trail of Hope butterfly on the shed where people visiting the trail can transform themselves into a butterfly.



With all the rain and heat this summer, the weeds had grown overnight, but by the end of July, all the weeds were gone and the flowers mulched. Here are a few of the features and gardens they fixed up: painted over benches, painted a memorial bench in the Apple Dome, Ribbon of Hope, sanded and repainted the deck by Black Brook, fixed the tree house, and reconstructed the sundial.

The campers from the Week of Hope come from all over the east coast, including Virginia, Pennsylvania, Connecticut and Ohio. I have made some new connections to some wonderful people who I will continue to have contact with. It is always sad to see them go. My hope is to try to get a program with our local youth to help at the Trail of Hope. An ounce of their passion could go a long way.



Past Tracks

ADK GENESEE VALLEY CHAPTER'S 25TH ANNUAL OUTDOOR EXPO

Saturday, June 8, 2024

Trail Works members Nancy Snyder and Rich Ross again attended and supported the ADK Genesee Valley Chapter's 25th Annual Outdoor Expo. Free and open to the public, the Outdoor Expo is held at one of the area's best places for outdoor gatherings and recreation, Mendon Ponds Park south of Rochester, NY.



Several people stopped by to chat about the trails in Wayne County. Rich did double duty as Trail Works member and chapter chair of the ADK Black River Club discussing his trails in the north country.

Local clubs and organizations were on-site to talk about their work, share their knowledge of the outdoors, and provide a chance to try out the latest outdoor gear. Always fun to attend!



Trail Works Table Event—Williamson Wellness Fair

Saturday, June 8, 2024

June 8 was a very busy day for Trail Works! Not only were we at the ADK Outdoor Expo, but we were also at the Williamson Wellness Fair at the Williamson Middle School.

New board members Caileigh and Mike Shippers were representing Trail Works, hosting a table for us and spreading the good word about the trails we promote and advocate for in Wayne County.

They were busy talking with folks about the health and wellness benefit of walking and being outdoors, and handing out literature, newsletters and Passport books!

Thank you, Caileigh and Mike!



Past Tracks

Galen and Savannah Bike Ride

June 15th, 2024

Saturday June, 15th turned out to be a beautiful day for a bike ride. While I hoped for a bigger turnout, six cyclists made for a perfect day. Approaching the dirt road leg of our ride along Lockpit Road, an unaccompanied fawn emerged from the woods on our right, and crossed the road just ahead of us. Our route included part of an alternative way on which I have led through-bikers heading east along the Empire State Trail, and one that both avoids Route 31 and gives riders a quieter and more interesting view of eastern Wayne County.

The Empire State Trail was routed entirely along Rt. 31 from Brown Road to Montezuma and not through Montezuma National Wildlife Wetlands land because of an eagle nesting along the preferred off-road section. So, our ride traversed a berm overlooking a different section of Montezuma National



Wildlife Wetlands. Here, on what was once muckland used for potato production, we saw some intact and some collapsed muskrat lodges, various waterfowl, a great blue heron, and a couple of Osprey nests with screeching inhabitants. It was here that Trail Works board member Gary Abbott reminisced about his childhood at and near this exact spot, across the road from where he grew up.

We stopped where Hogback Rd. rejoined the Empire State Trail (Rt. 31) to complete the loop. Here, Sharon Van Liew, our fourth Trail Works member, shared her knowledge of and experience with Savannah Dhu. We would be able to recognize Savannah Dhu property behind the fences to our north along Rt. 31 as we travelled westward toward our starting point at Lauraville Landing. The other three participants were my wife Joan and a couple who Joan and I had first met as they checked out the signage at Lock Berlin Park a few days before the ride. They were from Arizona, nearing the end of a year's stay in Wayne County, and eager to learn about the local area.



Submitted by, Glenn Wallis

President Mark at the Sodus Farmer's Market

August 7th, 2024

Wednesday, August 7, President Mark represented Trail Works at the Sodus Farmer's Market in the Village of Sodus.

He did double duty as he was also their musical guest for the day! Trail Works has been a health and wellness guest at the market for a few years now, and it's a bonus for folks when Mark is available as he shares his songs and music as well.

Thank you, Mark!



Past Tracks

Shoreline Hikes of Summer 2024

By Tim Wilbur

They were short, they were local, and you could see or feel the great lake at any time. This was our Shoreline hike series featuring Tim Wilbur and Tom Kolankiewicz as they alternated as hike leaders.

Starting in May, Tom was at Cornwall Preserve, just west of Pultneyville, hiking from the nearby winery to the bluffs overlooking Lake Ontario. In June, Tim took the lead with a hike down into Beechwood State Park for another view of the lake. In July, Tim this time went inland a bit to Macyville Woods Nature Preserve in Sodus Point, but the lake was still in view. Tom had August with a hike along the lake at Chimney Bluffs State Park. The last in the series had Tim taking a September hike to Second Creek at Alasa Farms which empties into Sodus Bay with Lake Ontario once again in the background.



We had some repeat hikers, one hiking club, and several new people getting a sample of the local Sodus Point lakeshore area hiking opportunities. Look for us again next year!

Editor's Note: Special thanks again go out to Tim and Tom for leading multiple hikes for us this summer!



LATE BREAKING NEWS



Wayne County Public Health

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Tel: (315) 946-5749 • Fax: (315) 946-5762

Email: WCPH@co.wayne.ny.us

Diane Devlin, Director of Public Health



Public Health
PREVENT. PROMOTE. PROTECT.
Wayne County, NY

For Immediate Release

September 3, 2024

Wayne County Public Health Confirms Human Case of West Nile Virus and Urges Residents to Practice Prevention and Protection against Mosquito Borne Illnesses

Lyons NY-Wayne County Public Health is reporting a confirmed human case of West Nile Virus. The infected resident is currently hospitalized and receiving care. West Nile Virus is spread through the bite of an infected mosquito. West Nile Virus infections occur most often during the summer and early fall. West Nile virus infections can cause serious illness and, in some cases death. According to the NYSDOH, "Most people (70-80%) who are infected with West Nile Virus show little to no symptoms." Those over the age of 50 are at the highest risk for serious illness. Symptoms of West Nile Virus may include fever, headache, body aches, skin rash, and swollen lymph nodes. More severe symptoms may include high fever, headache, neck stiffness, muscle weakness, vision loss, numbness, and paralysis.

Local health official, Diane Devlin, RN, BSN, MS Director of Public Health urges Wayne County residents to take preventative measures to protect themselves and their homes from mosquitoes. Devlin said, "The most effective way to reduce risk of infection from West Nile Virus is to prevent mosquito bites and reduce the mosquito population in and around your home." To reduce mosquito populations:

- Remove sources of standing water.
- Minimize exposures to mosquito bites by using insect repellents containing DEET, picaridin, or oil of lemon eucalyptus. While administering insect repellent, be sure to follow all label instructions. Adults should apply repellent to their own hands first then apply to children's exposed skin.
- Wear long sleeves, long pants, tuck pants into socks, and tuck shirt into pants when outdoors during increased mosquito activity times at dusk or dawn.

For more information on insect repellents visit the EPA [Repellents: Protection against Mosquitoes, Ticks and Other Arthropods | US EPA](#)

For more information on West Nile Virus visit [West Nile Virus \(WNV\) Fact Sheet \(ny.gov\)](#)

Please contact Wayne County Public Health at (315) 946-5749 or wcph@waynecountyny.gov with any questions or for additional information.

Your Health Matters to Us!

•Adult & Children's Immunization • TB Program • Lead Poisoning Prevention • Communicable Disease • Rabies • Maternal & Child Health Education • Public Health Emergency Planning & Coordination • Public Health Education • Child Safety Seat • Bicycle Helmet • Tobacco Prevention & Cessation • Early Intervention • Pre-K Program • Child Find (ICHP) Infant/Child Health Assessment Program•



TRAIL WORKS



PATHWAYS FROM THE PAST, TRAILS FOR TOMORROW



Trail Works, Inc.
P. O. Box 43
Williamson, NY 14589
www.trailworks.org
Trailworks@trailworks.org

Trail Works Membership Form

Check Type of Membership:

_____	Individual	\$15
_____	Family	\$25
_____	Corporate	\$50
_____	# of Family Members	

Name:

Address:

City:

Phone:

State:

Zip:

Email:

Make Checks payable to Trail Works, Inc.

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Trail Works Event Calendar September-December, 2024

Date	Event
Sept 21	Huron Day! Table Event North Huron Rd, Wolcott NY 10:00 am – 3:00 pm
Sept 28	Joint Hike at Cracker Box Palace at Historic Alasa Farms w/Farm Tour & Winery Stop 12:00 noon
Oct 15	Monthly Board Meeting 7:00 pm Marion Historical Society Marion NY
Oct 19	Fall Foliage Hike Cornwall Preserve Pultneyville NY 12:00 noon
Nov 9	Ontario Craft and Wellness Fair Table Event Ontario NY 10:00 am - 2:00 pm
Nov 19	Monthly Board Meeting 7:00 pm Park Presbyterian Church Newark NY
Nov 29	#OptOutside Hike Location/time TBD
Dec 17	Monthly Board Meeting and Holiday event Location/time TBD