

# TWI-LIGHTS

VOLUME 8 | Summer 2024

Thousand Acre  
Swamp

Beechwood Erosion &  
Resilience

Invasives

Tick Protection

Thank You Corporate  
Members

# TWI-LIGHTS Summer 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:** Mark DeCracker-Red Trillium **Back Cover:** Nancy Snyder-Sherburne Park

<b>MEET THE TWI BOARD</b>			
President	Mark DeCracker	<b>Members at Large</b>	
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 September 1st, 2024  
 Please have newsletter articles and photos sent to [Trailworks@trailworks.org](mailto:Trailworks@trailworks.org)

# Beechwood State Park: A Tale of Erosion and Resilience

With Sal Vittozzi as told to Rich Ross and Nancy Snyder

This is our last article from our December 6, 2023, interview with Sal Vittozzi regarding Beechwood State Park. See past TWI-LIGHTS newsletters for “Beechwood State Park Update,” Fall, 2023, and “What’s in Store for Beechwood State Park?” Winter/Spring 2024.

We reflect on the interview with Sal Vittozzi, who shared insights about the remarkable Beechwood State Park. This park, nestled along the shores of Lake Ontario in Wayne County, New York, has a rich history marked by growth, vibrancy, disrepair, and regrowth. Today, the Town of Sodus oversees the 288-acre state park and approximately 1500 feet of shoreline.

## A Vanishing Beach

Once upon a time, the beach at Beechwood State Park buzzed with swimmers and Girl Scouts seeking respite from the summer heat. However, that lively scene has faded. The beach, once a hub of activity, is now inaccessible and covered with fallen trees and debris. Sal reported that most of the shoreline has receded a staggering 70 feet since he began his tenure in 2018.

Sal himself witnessed the erosion's impact firsthand: *"We lost 70 feet of this bluff during my time here. The cabin on the bluff, the sitting logs, the steel girder, and even a stop sign—all have eroded into the lake. When we dismantled the cabin, we preserved the popular fireplace, which people still use today."*

## Nature's Forces at Play

The causes of this shoreline transformation are multifaceted. Rising lake waters, storms, and natural wildlife all play a role. Lake Erie contributes significantly, as do precipitation, evaporation, and runoff. The outlet, controlled by structures and navigation locks around the St. Lawrence River, has been managed by the International Lake Ontario St. Lawrence River Board (ILO-SLRB) since 1960.

Sal also pointed out the impact of bank swallows. These small birds nest in burrows within the vertical sandy cliffs. Their nesting activities create holes that weaken the cliff's edge, making it susceptible to erosion.

## Addressing the Issues

Numerous studies and reports have identified the challenges facing Beechwood State Park. The SUNY College of Environmental Science and Forestry highlighted the park's limited lakefront accessibility, cluttered beach, and erosion-related debris back in May 2011.

In response, Wayne County has partnered with the New York State Resiliency & Economic Development Initiative (REDI). Since June 2019, they've been selecting priority projects across the county.

The Wayne County Soil & Water Conservation District (WCSWCD) collaborates with the county as a general contractor to address shoreline resiliency needs. Projects like the Port Bay Barrier Bar System and the Blind Sodus Bay Bluff and Barrier Bar System are underway. Crescent Beach, facilitated by Wayne County Public Works Superintendent Kevin Rooney, is also part of this effort.

Unfortunately, there are no WCSWCD projects specifically earmarked for Beechwood State Park at this time. However, the park's improvements remain closely tied to Sal's unwavering dedication.

Trail Works and other groups have worked hard to encourage readers to visit Beechwood State Park, appreciate its unique history, and witness the ongoing battle against erosion. Thank you for your continued support of Beechwood State Park. Let's work together to preserve its beauty and resilience for generations to come!



Photo courtesy of: <https://www.audubon.org/field-guide/bird/bank-swallow>

# Thousand Acre Swamp-Penfield, NY

by: Glenn and Joan Wallis

May 11, 2024. We turned off of Jackson Road onto Moore Road which is dirt, and with enough potholes to easily keep you at the 10mph speed limit. There is a home just off the road to the right after which we soon are arrived at the parking lot. There are no restrooms.

While only half the advertised acreage, you walk through a variety of habitats. The site includes swampy forest, upland woods and a meadow. Thousand Acre Swamp is the Nature Conservancy's most frequently visited preserve in Central and Western NY.

There is an informational kiosk a short way in, and signage at all trail intersections showing the location within the entire trail system. Hiking all the trails is upwards of three miles distance round trip.

Birding is reported as being good here, and there have been sightings of foxes, deer, coyotes and weasels. We saw a raccoon running across the parking lot as we returned to our car. We saw perhaps eight species of wildflowers in bloom, but no trilliums were spotted along the Trillium Trail. Stands of blue cohosh plants were not yet in flower. A group of the fruiting bodies of the Ascomycete fungus *Xylaria cornu-damae* were growing from a mossy bed along the Trillium Trail.



Parts of the trail have tree roots and rocks protruding from the ground, and staying above water and mud is accomplished both by a boardwalk through a swamp and by planks covered with screening in wet terrain. There were still muddy places to traverse. This time of the year bring insect repellent. Way Pond at the trail's end includes a well-placed bench. There was also one along the boardwalk through the swamp.

Thousand Acre Swamp is an interesting, pleasant and mostly level hike, and would be great to ski or snow shoe.



# Protect Yourself from Ticks

If you like to be outdoors and out on the trails, you are well aware of ticks and the dangers they can bring to people and their pets. Ticks are out in force early this year because of the warmer weather we have experienced. Here is some helpful information and reminders on ticks from the NYS Department of Environmental Conservation website: [Be Tick Free - NYSDEC](#) .

Ticks are very small bugs that can spread Lyme and various other diseases through their bites. Deer ticks live in shady, moist areas at ground level. They will cling to tall grass, brush and shrubs, usually no more than 18-24 inches off the ground. They also live in lawns and gardens, especially at the edges of woods and around old stone walls. Once a tick gets on the skin, it usually climbs up the body until it reaches a protected area, such as under clothing.

## Protect Yourself

In tick-infested areas, your best protection is to avoid contact with soil, leaf litter and vegetation. However, if you hike, camp, hunt, work or otherwise spend time in the outdoors, you can still protect yourself:

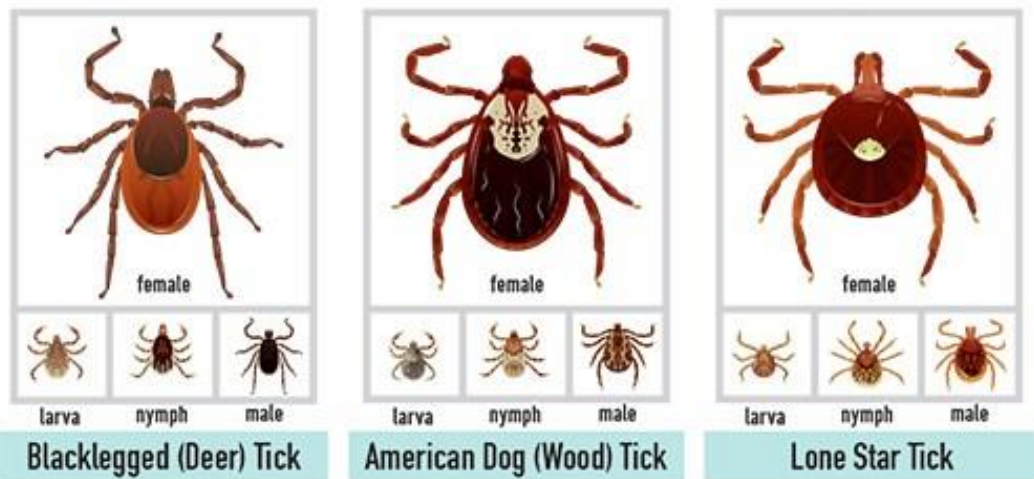
- Wear light-colored clothing with a tight weave to spot ticks easily.
- Wear enclosed shoes, long pants and a long-sleeved shirt. Tuck pant legs into socks or boots, and shirt into pants.
- Check clothes and any exposed skin frequently for ticks while outdoors.
- Consider using insect repellent on your clothing. \*
- Stay on cleared, well-traveled trails. Walk in the center of trails. Avoid dense woods and bushy areas.
- Keep long hair tied back.
- Bathe or shower as soon as possible after going indoors (preferably within two hours) to wash off and more easily find ticks that may be on you.
- Do a final, full-body tick check at the end of the day (also check children and pets), and remove ticks promptly.
- Follow your vet's suggestion for regular flea and tick prevention treatment.

**\*Personal Protection Using Pesticides:** There are two classes of products that you might see on the shelf. Products that contain DEET, picaridin, oil of lemon eucalyptus and IR3535 are repellants. These products interfere with the host-finding abilities of biting insects, making you hard to find. Products that contain permethrin and some plant-based oils are pesticides that kill these organisms on contact. They can be used to treat clothing, hats, shoes, and gear (backpacks, tents, etc.), and should never be applied to the skin for safety reasons.

Make sure any product you apply is labeled as a tick repellent and ensure you read and closely follow the label directions. Please visit: [New York State Pesticide Administration Database \(NYSPAD\)](#) to search for personal insect repellents that are currently registered in New York.

For more information about modifying your home surroundings for ticks, and other ways of controlling ticks with pesticides, please visit the DEC and Cornell links below:

<https://cals.cornell.edu/new-york-state-integrated-pest-management/outreach-education/whats-bugging-you/ticks/protect-yourself-ticks>



# Brief Overview of Invasive Species in Wayne County

by Rich Ross

June 3-9, 2024 is Invasive Species week; however, it doesn't matter what week, day or month, invasive species are a major concern to many people in the area. What are we talking about when we say invasive species? It's important to understand what defines them. It is clearly defined as non-native species that can cause harm to the environment, the economy, or human health. Not all non-native species are invasive; many are beneficial. However, even a single invasive species can cause significant harm. Invasives come from around the world, often introduced through international trade.

Invasive species pose a threat to nearly every aspect of our world and are one of the greatest threats to New York's biodiversity. They contribute to: habitat degradation and loss, loss of native fish, wildlife, and tree species, reduced recreational opportunities and income, and crop damage and diseases in humans and livestock.

There are a lot of them, and generally one might ask "What Can You Do to Help?" It's no surprise that as members of Trail Works, we can facilitate and educate many members, friends, neighbors, and family members. There are a tremendous number of resources available. Go to: <https://nyis.info/> for New York's Information Clearing house. Learn about the regulations regarding invasive species by going to: <https://nyis.info/ny-policies/> There are two great booklets that are really helpful.



It is important to be aware of invasive species in our local area and understand management efforts and of course educate others about invasive species. This is a great first step. Go to: [https://fingerlakesinvasives.org/invasive\\_species/](https://fingerlakesinvasives.org/invasive_species/)

I've attended the 2024 Spring Partner Meeting of the Adirondack Park Invasive Plant Program (APIPP) in Essex, NY, discussing invasive species (plants & animals) in the Adirondacks. I also learned from other attendees that there is a great app for your Android or iPhone to help identify them called SEEK by iNaturalist. You might already have it, but it is fantastic.



Secondly, we need to prevent the spread! Depending upon the activity, we can avoid unintentional movement of invasives (e.g., on hiking boots, boats and trailers, hay, mulch, and firewood). Once we find some, we can replace invasive plants in your garden with non-invasive alternatives.

To really participate in organized efforts to find and remove invasives, the Finger Lakes Partnership for Regional Species Management (PRISM) is looking for volunteers to help the fight against invasive species. If you're interested go to: <https://fingerlakesinvasives.org/invasive-survey/>. They also hold many events and host virtual events open to the public.

You might be able to pick up a great handbook in Lyons or download it online: <https://fingerlakesinvasives.org/wp-content/uploads/2021/02/invasive-species-handbook-cover.png>

Remember, our actions can make a difference in protecting our environment from invasive species! Download the SEEK app and let's find those invasives.

**Learn more** (<https://waynecountynysoilandwater.org/invasive-species/>) about invasive species in Wayne County, NY. <https://waynecountynysoilandwater.org/?s=invasive+species>

**Invasive Species** - NYSDEC - New York State Department of Environmental Conservation <https://dec.ny.gov/nature/invasive-species>. Every year the District publishes an Invasive Species Calendar. The calendar is now available from Wayne Count Soil & Water: <https://waynecountynysoilandwater.org/invasive-species-calendar/>



# Corporate Members of Trail Works

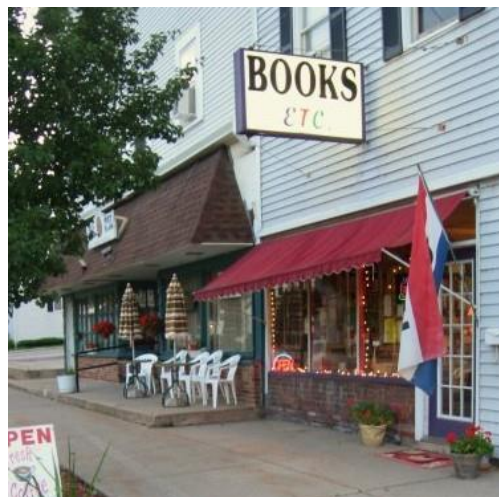
In addition to our loyal membership, Trail Works appreciates the generous support from many area businesses and local institutions. Their ongoing contributions help Trail Works move forward with the upkeep of the trails with new signage, trail markers, stone dust, pavers, and decorative flowers, plants, and mulch. Many other services are provided as well, including, but not limited to:

- Hard paper black-and-white and color copies for various Trail Works documents and quarterly newsletters.
- Bags of bird seed and bird feeder prizes for the Great Backyard Bird Count, and bird feeders for Trail of Hope
- Gravel, stone dust, and stone pavers for trails
- Space within a business for fundraising events, and matching donations for fundraisers
- Donations for flowers for Trail of Hope, Camp Beechwood, and other trail locations
- Gift cards for our annual Passport drawing, sponsoring our smartphone App, and faceplates for Passport posts
- Collection of our completed Passport booklets and contributions for our t-shirts

Our Corporate Members include:

- Books, ETC (Macedon)
- Cornell Cooperative Extension (Newark)
- Dobbins Drugs (Lyons)
- Phelps Cement (Phelps)
- Pine Creek Farm & Feed (Lyons)
- Reliant Community Credit Union (Sodus)
- Wegmans Markets (Rochester based)

Please show these local businesses and institutions your appreciation for their generous support of Trail Works of Wayne County!



Thank you Corporate Members!

# Trail News & Notes

## Sodus Point Kayak Launch Open for the Season

The kayak launch in Sodus Point is now open! This is located at the end of South Ontario St. in Sodus Point. Use the adjacent Methodist Church lot, Village Municipal lot, or the lot near the launch to park. Happy Blue Trails!



## Beechwood State Park

NYS Parks Dept. has been working at Beechwood this spring. They took down 30 dead poplar trees that were along both sides of the main trail. If you visit, be cautious as you hike down the main trail and west to the trails through the pine plantation. Our friend Sal will be busy this summer!

## Third Creek Trail (Shaker Tract Rd)

NYS DEC continues to work on this trail since our walk-through last September. At the northwest entrance, they added a new trailhead sign, and some upright posts at the new parking lot. We are told that a kiosk is planned for this entrance in the future. DEC plans to reinstall the current small footbridge for the summer while they explore other options and grants to cover the cost of a more permanent bridge. Our “branch manager,” Gary Abbott, has moved the Passport post to a more user friendly location along the trail since some trail users found it hard to locate.

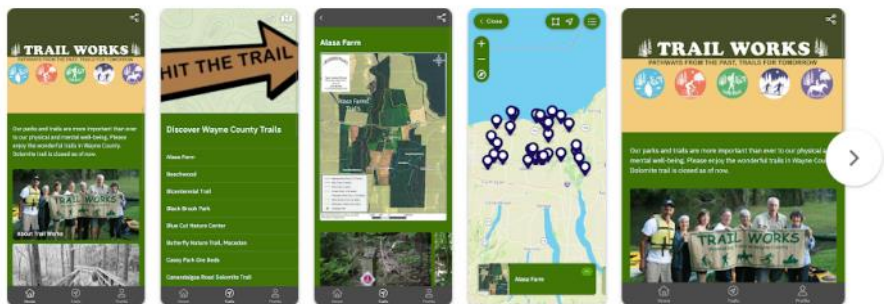


## Bethany's Bench Dedication

Many Trail Works members have contributed to the memorial bench for our dear friend and past president, Bethany Comella. So far, we have received approximately \$600 in donations...thank you to those who have contributed! While we are still working on this project, it may be delayed somewhat for a variety of reasons. We are looking to place the bench in Taylor Park in Lyons, next to Bethany's former home. While we have received verbal permission from the Town of Lyons to put the bench in this location, working with local governments doesn't always go as fast as we would like. Please stay tuned.

## “Hit the Trail Wayne County” Smartphone App

Trail Works has been working with Wegmans and phone app developers for over seven years. An updated version of our phone app is now available from the Apple or Play stores. Our ongoing issues with Apple have finally been resolved, so Apple users can now download our app (search for Hit the Trail Wayne County). We have received recent reports of badges from the old app not transferring to the new one, as well as app users not getting location alerts and badges when coming to our Passport posts along some trails. Please be assured we are working with the new app developer, STQRY, and Wegmans, to have these issues resolved.





# Past Tracks

## Annual Canal Clean Sweep 2024—Bringing Joy

by: Judy Groves

On a windy, overcast Saturday in April, the NYS Canal Corporation held its annual Canal Clean Sweep event. A group of 15 volunteers from Ithaca, Geneva, Rome and towns in Wayne County joined forces to help clean up Lock 56 in



Lyons. Brush and small trees grew on the lock island and along the bank of the canal. This prevented a clear view of the canal side home of Allyn Hess Perry, which was built in 1855 as a grocery and chandlery to serve those who worked on canal boats. Laughter mingled with chain saws and weed-wackers as we set out to clear the way for boaters, bikers and walkers to clearly see the old house.

Allyn is extremely grateful for the group of people who help to clean up the old lock. For several years, the annual clean up and private individuals have worked to clear brush, plant flowers and improve the appearance of the lock. She looks forward to the small army who descend on clean-up day every year.



However, this year she wasn't present, and her absence was strongly felt by those who came to work. Allyn was in the hospital and very unhappy she could not be there to cheer on the volunteers. One participant said it wasn't the same without the "Queen Bee." Nonetheless, everyone worked hard and regular texts messages to Allyn, along with pictures of the clean-up, helped her to feel a part of things.

At the end of the day, she surprised the few remaining volunteers with a visit! Even before she went to her daughter's home to recover, she insisted on going to the house to see what had been done. As she got her first look out the window and could see the cleared island



and bank, she could hardly believe the transformation. She was giddy with joy that "canalers" could now clearly see the lock area and the house. Allyn's passion for Lock 56 and the old house she's called home for 77 years is evident in all her conversations. She spreads the message to all who will listen that Lock 56 is a place to experience.

Those of us who know Allyn and have explored the old lock couldn't agree more. The entire canal system holds many treasures, but Allyn Hess Perry and her home at Lock 56 are truly unique.



# Past Tracks



## Wildflower Hike at Kraai Preserve\* with New (and old) Friends

by: Nancy Gift

As a child, I hiked with my grandparents in Cedar Mountain, North Carolina, and learned about wildflowers from the trails around their house – hepatica, pipsissewa, cranefly orchid, mountain laurel. As a young adult, I hiked with botany classes and with friends. My grandfather had advised me never to hike alone, and it was a directive I took

fairly seriously for a long time. Then, when I was in my late 40's, divorced and with my children grown, I started hiking by myself in the mountains near my home in Kentucky. For about 10 years now, I've been a mostly solitary hiker, only occasionally going with my kids or spouse or a friend or two, taking a lot of photos so I can share what I saw on social media when I get home.

My spouse and I moved to Newark just a couple of days after Christmas, and since then almost everyone we've met has been from work – lots of great folks, but not the same as having friends. We are loving Wayne County – the drumlins creating a rolling landscape much like our childhood home of central Kentucky. So much to explore! With our trail apps and google maps, we've explored a lot in four months. But I hadn't yet been to Kraai Preserve.

Something like fifteen of us met at the literal end of the road where the trail began, and folks met and greeted each other. Ganargua Creek, just a few feet away, slipped along its banks, and the green understory of the woodland trail made me impatient to begin. I exchanged names with a few folks, signed in, and suffered through the start-of-trail photo to mark the occasion. I've been told sometimes that I seem aloof, but the truth is that I am painfully shy about meeting new people – but this group made it easier.

Finally, we started walking. OK, we took a few steps, and the flower finding began. Toothwort, white and yellow trout lilies, trillium. Our leader, Mark, asked about a plant



# Past Tracks

I recognized – bloodroot – and as a reward for recognizing my old friend, I got a heart painted on my face with its red sap.

I felt like I'd been initiated into a tribe I was really happy to join. A minute later, a woman behind me asked me to stop, and she reached down and squashed the mosquito working on my calf – and then I knew I was truly among friends.



The wonders continued – red trillium, bluebells, wild ginger, hepatica (I thought of Grandmother Clara and felt her with me for a moment), mayapples, squirrel corn, rue anemone, blue and black cohosh, horsetails, ramps. Over my years of moving, I've realized that it's not just Kentucky that's home, but the plants of Appalachia – I'm at home here now. And then, something new entirely – variegated green trillium, a local mutant. And the companionship of other people, loving the sport of finding wildflowers in the rain – showing each other, sharing excitement and names of flowers and each other.



There are trails for hiking, for logging miles and seeing amazing views from hilltops or lakeshores. Kraai is not that trail. We didn't even cover a mile, but we saw so much, and shared so much, in that brief window of rainy spring before the trees shade the understory.

*"I'm so grateful to Mark and Nancy and all the Trail Works folks for transforming habitats into communities, and for all y'all for making this Kentuckian feel welcome"*

\*Kraai Preserve is a Genesee Land Trust property [<https://www.geneseeandtrust.org/public-spaces/kraai-preserve/>]

# Past Tracks

## Cornwall Preserve Hike Saturday, May 25, 2024

by: Paula Shultes

Tom Kolankiewicz led Trail Works members, Genesee Valley Hiking Club members, and an Ontario Pathways member on a joint hike to the Cornwall Preserve in Pultneyville, on Saturday, May 25 at 12 noon. The weather did not look promising as we gathered at the Boom Point Winery parking lot. The rain held off and our group of 19 hikers headed out.



We began walking through the Hance Farm orchards heading for Lake Road. Once we reached the entrance to the Cornwall Preserve, Jim and Carol May gave us a bit of history on the preserve and the work that has been done, and is planned to be done, at this beautiful spot. After crossing the meadow to the edge of the lake, we paused as a group to admire the view and watch the approaching storm clouds. We entered the wooded portion of the Preserve and heard the first rumble of thunder. Tom gathered us together and said if he heard another rumble, we would turn back. We continued along through the woods until the next rumble sounded - safety first...so we turned back.

Due to the approaching weather, Tom decided to cut our hike short and led us along the shoreline and into the cemetery. The group stopped at the Civil War obelisk to read the inscriptions.



There was a steady mist of rain falling as we crossed back into the orchards and returned to Boom Point. It was wonderful to reconnect with old friends and make new ones. The event ended with delicious wine tasting, cheese and crackers, and chocolate! Thanks to Tom for leading us and to Boom Point for their hospitality!

## And the Winner Is...

The Wayne County Trails Passport winner for 2024 is **Kimberly Rockwell of Clyde!** Kimberly's name was drawn from many entries during our annual National Trails Day Hike on June 1, when we stopped at the Passport post along the Sherburne Park Nature Trail to hold the drawing. Kimberly receives a \$250 Wegmans gift card for completing 15 of our promoted Wayne County trails. Kimberly was surprised to receive our call and very happy to be our winner this year! Congratulations, Kimberly!

We encourage everyone to get outdoors to complete 15 or 29 (formerly 30\*\*) of our Passport trails. Use the Wegmans "Hit the Trail" Wayne County Passport Booklet or Smartphone App to register the trails you complete, and turn in your coupon(s) to the Cornell Cooperative Extension in Newark for next year's drawing. The booklet pages can also be downloaded from our website by following this link: <https://trailworks.org/new/wp-content/uploads/2021/02/Passport-PDF.pdf>

**\*\*Please Note:** The Dolomite Trail in Walworth has been closed. As a replacement, please consider hiking either the Macyville Preserve Nature Trail in Sodus Point (a Genesee Land Trust property), or the Hojack Wolcott to Red Creek Rail Trail. Of course, we will certainly accept the completed booklet with 29 trails after the closing of Dolomite! If you have questions, please email us at [trailworks@trailworks.org](mailto:trailworks@trailworks.org).



# Past Tracks



## National Trails Day Hike June 1

by: Nancy Snyder

The American Hiking Society promotes National Trails Day as the perfect opportunity to set off on a local trail with others in your community. It is also a day of service for hometown trails and the people who love them! National Trails Day is held each year on the first Saturday of June.

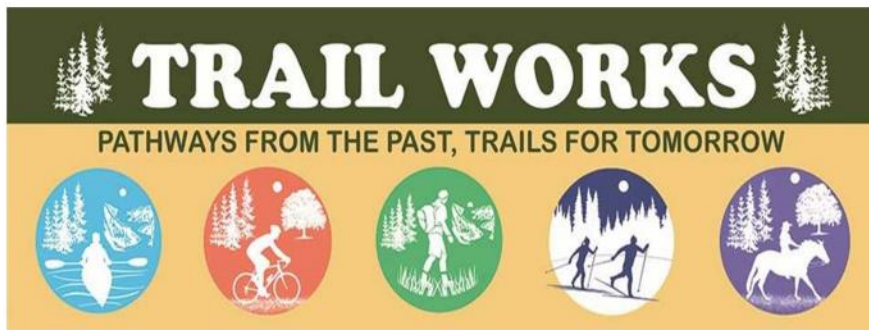
Trail Works participated this year with a hike at the Sherburne Park Nature Trail in Walworth, NY. This well-kept, easy-to-walk, one-mile grassy trail outlines Sherburne Park's ball fields, playgrounds, and picnic pavilions. It features an observation deck over Black Creek, along with various native plants and trees.

Our small but enthusiastic group started out on the red trail which winds around the north end of the park where we spotted a new picnic table (see back cover). The trail then turns south towards the observation deck. We stopped at the deck to see if we could spot any wildlife, but alas, no movement along the shores of Black Creek...only the cacophony of bird calls! My Merlin App recorded 10 different bird species that day!

Our next stop was at the Passport Post to get rubbings and to draw the winner of the \$250 Wegmans gift card which is drawn each year on National Trails Day. This year's winner was Kimberly Rockwell from Clyde...congratulations, Kimberly!

We then continued along the south end of the trail and wound our way back north towards the parking lot. Along the trail, we spotted several new bird houses and many varieties of wildflowers. We all commented on the buttercups we used to enjoy so much as children. Happy Trails!





## **TRAIL WORKS INC. SUMMER 2024 SHORELINE HIKE SERIES**

**JOIN TRAIL WORKS MEMBER TIM WILBUR THE SECOND SUNDAY OF EACH MONTH FOR A GUIDED HIKE ALONG OUR FAVORITE TRAILS!**

**LOOK FOR THE "TRAIL WORKS HIKE TODAY" SIGNS ALONG THE ROADSIDE**

**10:00 AM UNLESS OTHERWISE NOTED**

**JUNE 9 - BEECHWOOD STATE PARK, LAKE ROAD, SODUS  
MEET AT UPPER WEST ENTRANCE PARKING LOT – 10:00 AM**

**JULY 14 - MACYVILLE WOODS NATURE PRESERVE, 7474  
SEAMAN STREET, SODUS POINT – 10:00 AM**

**AUGUST 11 - CHIMNEY BLUFFS STATE PARK – MEET TRAIL  
WORKS MEMBER **TOM KOLANKIEWICZ** AT THE **EAST BAY  
ROAD** ENTRANCE PARKING LOT – **12 NOON****

**SEPTEMBER 8 - ALASA FARMS BENTLEY BOND'S RED TRAIL  
MEET AT TRAILHEAD AT THE BOTTOM OF RED MILL ROAD  
PARK ON EITHER SIDE OF ROAD – 10:00 AM**

### **Hiking Tips:**

**Dress for the weather**

**Wear proper foot gear**

**Hiking poles are helpful**

**Use sunscreen**

**Use insect repellent**

**Bring water**

**Bring a snack**

**Families welcome**

**Dogs must be leashed**

**Questions?**

**Email us:  
trailworks@  
trailworks.org**

# Dogs on Trails

by Carol May

On recent hikes, I have noticed a proliferation of doggie poop bags, tied neatly and left along the trail side. Really, people - thanks for picking it up... but please finish the job! Let's all practice "Leave No Trace" as we bring our furry friends on hikes! One of my favorite Dog signs.



## 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



# Reminders

**HIKE SMART NY**

**10 HIKING ESSENTIALS**

- 1. NAVIGATION**  
map, compass, GPS system
- 2. INSULATION**  
waterproof/windproof jacket, hat, gloves, thermal, wool socks (pack extra)
- 3. LIGHT**  
headlamp, flashlight, lantern, extra batteries
- 4. FIRST-AID SUPPLIES**  
pre-made kit or customized
- 5. EMERGENCY KIT**  
whistle, signal mirror, duct tape, pocket knife/multi-tool
- 6. FIRE**  
matches in waterproof container, lighter, fire starters
- 7. FOOD**  
high-protein and high-calorie items
- 8. WATER**  
plenty of water, water filtration system
- 9. SUN & INSECT PROTECTION**  
sun glasses, sunscreen, hat, bug repellent
- 10. EMERGENCY SHELTER**  
tent, space blanket, tarp

Carry these essentials on all hikes for a safe and enjoyable experience.

NEW YORK STATE Department of Environmental Conservation  
IN AN EMERGENCY CALL: 911  
1-833-NYS-RANGERS (1-833-697-7264)

NEW YORK STATE Department of Environmental Conservation

**Leave No Trace Principles**

- 1. Plan ahead and prepare**
- 2. Travel and camp on durable surfaces**
- 3. Dispose of waste properly**
- 4. Leave what you find**
- 5. Minimize campfire impacts**
- 6. Respect wildlife**
- 7. Be considerate of other visitors**

Photo Credit: Janet Bachant

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Trail Works, Inc.  
 P. O. Box 43  
 Williamson, NY 14589  
[www.trailworks.org](http://www.trailworks.org)  
[Trailworks@trailworks.org](mailto:Trailworks@trailworks.org)

## Trail Works Membership Form

Check Type of Membership:

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

Name:

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Address:

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City:

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Phone:

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State:

Zip:

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Email:

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Make Checks payable to Trail Works, Inc.

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

**Trail Works Inc.**

PO Box 43

Williamson, NY 14589

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## Trail Works Event Calendar June-September, 2024

<b>Date</b>	<b>Event</b>
June 8	ADK Outdoor Expo Mendon Ponds Park Beach area, 9:30 am – 3:30 pm
June 8	Williamson Wellness Fair Williamson Middle School, 10:00 am – 2:00 pm
June 9	June Summer Shoreline Hike Beechwood Upper West Entrance, 10:00 am
June 15	Bike Ride (Rain date June 16) Lauraville Landing Clyde, 9:45 am
June 18	June Monthly Meeting 7605 Lake Bluff Rd Wolcott, 7:00 pm
July 14	July Summer Shoreline Hike Macyville Woods Nature Preserve Sodus Point, 10:00 am
July 16	July Monthly Meeting, Alasa Farms, 7:00 pm
August 11	August Summer Shoreline Hike Chimney Bluffs State, Park East Bay Rd entrance, 12:00 noon
August 20	August Monthly Meeting with Picnic, Beechwood State Park, Lower East Entrance, 6:00 pm
Sept 8	September Late Summer Shoreline Hike Alasa Farms Bentley Bond's Red Trail, 10:00 am