

Friends of the Outlet, Inc.

Winter 2019

Special Interest Articles

Hansen Memorial Fund
Gifts Tractor

Coming Soon: A New
Pavilion!

A Look Back: The Milo
Millsite

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Hansen Memorial Fund Gifts Tractor

The volunteers who maintain most of the Keuka Outlet Trail have a new tool — a brand new 1025R John Deere Sub-Compact utility tractor — thanks to a \$16,000 gift from the Bruce Hansen Memorial Fund. Joan Hansen Eldred and Chris Hansen visited the Outlet Trail recently to get a close-up look at the tractor which will help the hard-working maintenance volunteers maintain and improve the miles of trail property between Dresden and Penn Yan.

Norm Koek, one of the volunteers who has been donating time and the use of his own equipment over the years, worked with the Hansen family and LandPro Equipment in Hall to find the perfect tractor for the Trail's needs. The tractor was delivered to the Trail in early autumn, and volunteers have found it very helpful for clearing brush and obstacles along the Trail. The tractor came equipped with a hydraulic bucket and the Friends of the Outlet Board of Directors have approved the purchase of a brush hog. The 1025R has a 23.9 hp, three-cylinder diesel engine,

hydrostatic transmission, power steering, and four-wheel drive. This is the second time the Hansen Memorial Fund has supported a major equipment purchase for the Friends of the Outlet. A few years ago, the Friends purchased a zero-turn mower with a gift from the fund.

The late Bruce Hansen, who passed away in 1999, was a strong supporter of the Keuka Outlet Trail and Friends of the Outlet. He was a commissioner of the Keuka Lake Outlet Preservation Area, the organization created by the Yates County Legislature to oversee the Trail before it was turned over to the Friends of the Outlet. He then served in various capacities as a member of the Friends' Board of Directors, and through his business, City Hill Construction, donated countless hours of labor, equipment, and material to build and maintain the Trail. "This new tractor will help the Friends of the Outlet keep Bruce's vision of a place of great natural beauty and historic significance, welcoming to all people for family oriented

recreational activities, alive," says Friends of the Outlet President Gwen Chamberlain, adding, "We are so grateful to the Hansen family for this generous gift."

Volunteers are always welcome to help with maintenance projects on the Keuka Outlet Trail. Things are quiet through the winter months, but the chores will begin again next spring. If you would like to volunteer, visit the Friends of the Outlet website at www.keukaoutlettrail.org and click on the "Get Involved" tab.



Chris Hansen and Joan Hansen Eldred with the new tractor.

Coming Soon: A New Pavilion!

Visitors to the Cascade Mills area of the Keuka Outlet Trail will see some work going on over the winter in preparation for some improvements that should happen next spring. The building which was previously used to store maintenance equipment will be demolished by volunteers in preparation for construction of a new picnic pavilion. Ivan Oberholtzer, a former board member and Trail

maintenance volunteer, will coordinate the demolition project, as plans come together for the construction project, which may become a community volunteer effort under the supervision of a local contractor.

The new pavilion will be furnished with picnic tables so visitors can enjoy meals and gatherings at the site. The Friends remind visitors to not enter the buildings at the Cascade area, and to be cautious around the site when demolition is underway. Earlier this year, the former Visitor's Center building, which had been the target of vandals' multiple times, was secured and converted to the

maintenance building in the first step of improvements in the Cascade area. With the addition of a security camera system, and an increase of Trail users, the Friends of the Outlet have heard comments that visitors feel safer while using the Trail for recreation.

The Friends received a \$2,500 grant from the Insurance Industry Charitable Foundation to help pay for the security system. The grant application was sponsored by Stork Insurance Agency of Penn Yan.

Our goal is for all visitors to enjoy the natural beauty of the Keuka Outlet Trail in a safe and family-friendly way.



Upcoming Events. . .

January 24, 2019

Board of Directors Meeting
7:00 PM
Lyons National Bank

The meeting is open to anyone interested in the Keuka Outlet Trail and the Friends of the Outlet.

February 27, 2019

Board of Directors Meeting
7:00 PM
Lyons National Bank

The meeting is open to anyone interested in the Keuka Outlet Trail and the Friends of the Outlet.

February 28, 2019

Hot Chocolate and Cool History
7:00 PM
Penn Yan Methodist Church Fellowship Hall

March 27, 2019

Board of Directors Meeting
7:00 PM
Lyons National Bank

The meeting is open to anyone interested in the Keuka Outlet Trail and the Friends of the Outlet.

Hot Chocolate and Cool History

Are you interested in being right in the middle of history?

Travel back in time to enjoy the sights, sounds, artifacts, and people as the history of Milo Mill, Fox Mill, and May's Mill comes alive!

Join the Friends of the Outlet, in partnership with the Yates County History Center, for **Hot Chocolate and Cool History** on **February 28, 2019, at 7:00 PM** in the Penn Yan United

Methodist Church Fellowship Hall.

Spend an hour with the Dearly Departed Players listening to and interacting with the stories of the Mill owners and other early settlers involved with the industry that shaped Penn Yan. Learn about milling operations, the importance of the Keuka Outlet Creek to the mills, and the impact of the mills on the settlers' way of life.

Examine historical artifacts, ask questions, and enjoy hot chocolate and cookies on this **magical winter evening.**

Mark your calendars as this is sure to be a **fun-filled event for the entire family!**

Donations to either organization are welcome.

To attend, RSVP to community@keukaoutlettrail.org



Don't Forget to Renew!

It's that time of year again...the time to renew your FOTO membership!

Last year, your generous donations helped fund a number of efforts toward improving the Keuka Outlet Trail, including: bench seating, informational kiosks and signage, an improved and widened trail surface, free Trail events, an enhanced Web presence, and numerous safety and cleanup initiatives.

This year we hope to accomplish even more. However, we couldn't do it without the generous contributions of members just like you! Help us become a catalyst for change with improvements to the Cascade Mills site.

Please join the Friends of the Outlet for another successful year by renewing your membership OR joining us as a new member!

Membership renewal letters will be mailed in January OR alternatively, you can submit your application and payment on our member portal by clicking on: www.keukaoutlettrail.org/membership.

As always, the Board of Directors of the Friends of the Outlet thanks you for your continued dedication to our Trail. We look forward to serving you for another year!

Water Access on the Trail

A "nod" of great thanks to John Warner, Trail maintenance volunteer, for forging a water access loop located between the Turtle Pond and Seneca Mills Falls.

Two benches are in place on which to relax and enjoy the serenity of the Outlet Creek and the majesty of

the shale cliff vista. A sign marks the loop entrance.

When out for a hike, be sure to visit this tranquil respite along the Trail!

.....
FOTO Member Suzanne Barbee enjoying the new Trail Loop.



A Look Back: The Milo Millsite

Visitors to the Trail are often curious about the old smokestack and mill remnants located at the Milo Millsite, 1.6 miles from Penn Yan. The Trail, while enjoyable in its own right, has a rich history of settlers and industry not to be lost on those of us enjoying it today. Take a moment to return to an earlier time in this well researched article written by Frances Dumas . . .

A gristmill was built on this site at a time when the whole surrounding area was still the haunt of wolves.

John Lawrence had been a shipbuilder in the seaport city of New Bedford, Massachusetts. At the age of 36 he decided to move himself and his growing family (his oldest son Melatiah was 15; there were three younger sons and five daughters) to the wilderness of western New York. Lawrence's wife Anna was related to Thomas Hathaway, a leader of Jemima Wilkinson's Society of Universal Friends. Lawrence never joined the new sect, however, remaining a Quaker and all his life keeping the sober dress and old-fashioned speech associated with them.

The Lawrence family arrived during the summer of 1789, pitched a tent and lived in it until a log house could be built. That first winter it was Lawrence's gift of cornmeal that kept some of the families roundabout from starvation. In 1791 he acquired title to a large landholding in what would someday be Milo, and finally built a house and store on a 40-acre parcel along the Outlet in 1800.

This store was one of the first in the area. Many years later Robert Chissom's daughter remembered that the first dry goods she ever saw were in John Lawrence's store. Her father sent her on horseback through the woods to buy loaf sugar "for some doings at his tavern" in what is now Penn Yan.

Besides his house and the store in one wing, Lawrence built a gristmill and perhaps a sawmill. In 1802, the town highway records mention a road "running northerly...to the middle of the bridge near...Lawrence's Mills."

Lawrence gave the property to his son John Jr. in 1820 "in consideration for the love and affection which I have and bear unto him." By 1825 a distillery had been added. The younger man died only a few months after his father, in the fall of 1833. The mill property was sold at auction and Aaron Remer, the executor of John Lawrence Jr.'s estate, was the high bidder. Remer died in 1841, still owning the establishment everyone called Lawrence's Mill. His executors offered the property for sale, mentioning the gristmill, the sawmill, the abundance of water power and the site's easy access. Despite all these assets his estate was unable to make a quick sale. It wasn't sold until 1845, to a man named Samuel Rail, who paid the same \$2000 that Remer had bid at the auction ten years earlier. Rail sold the property at a loss less than two years later. The conclusion is inescapable that the mills had fallen into disrepair. By this time there were several gristmills on the Outlet, and perhaps the competition with more modern technology was just too much. In any case, a Penn Yan grocer and hotelkeeper named Amasa Tuell bought the place in 1847 for \$1195 and sold it less than ten years later for \$9500. In the meantime, Tuell evidently scrapped the old gristmill business and turned exclusively to the more profitable distilling.

Tuell was a local character, advertising himself as "the man what sells groceries cheap." In 1840 he had placed an ad calling in old debts with the announcement the "I must have money or something to pay debts, this is no joke, I am in right down earnest and you will find it so ... Don't forget, if you do you will see the

White Horse coming with a genteel rider on him, with a hat full of papers." He also wanted a thousand coonskins with the tails left on.

Calvin Drake bought the distillery in the mid-1850s and by 1860 more men were employed there than in any other mill on the Outlet. They made 5000 barrels of "high wine" that year from 60,000 bushels of corn, rye and oats. As a by-product, the business produced 440,000 pounds of beef and pork; the total annual output of the mill was worth \$67,000.

Drake sold the property in 1868 (he was 81), including a house and orchard south of the mill. He reserved for himself the right to enter the orchard each year as long as he lived, to pick ten bushels of apples.

Two years later the buyers defaulted on their payments, the mortgage was foreclosed and the property once again sold at auction. Calvin Russell and his son were the high bidders at \$10,300. They ran the distillery until 1872 and then turned it into a paper mill.

Russell was probably inspired by the success of William Fox's new paper mill upstream. He didn't have to do much to convert his distillery to papermaking, since the big vats and boilers could also be used to cook straw mash into pulp. The old wooden mill was renamed, though: it was now the Milo Paper Mill.

In 1882 Russell went into partnership with John T. Andrews 2nd. Andrews was a native of Reading in Schuyler County, a 40-year-old lawyer and Civil War veteran. He already owned the Yates County Oil Mill downstream, on the site where the two men would soon build the enormous new Seneca Paper Mill. The partners also owned the two gristmills in Penn Yan, and had joined with other millowners to ensure that a railroad was built on the old canal right-of-way. Papermaking demanded enormous amounts of bulky raw materials like straw, lime and coal. Horse-drawn wagons on the unpaved roads of the time simply couldn't satisfy the mills' voracious appetite.

When the partnership broke up in 1888, Andrews retained ownership of the Milo Mill. He built an entire new brick factory across the road from the old mill on the site of John Lawrence's house. A new race was built and in 1890 the mill began production of straw pulp wrapping paper. Output increased to about 80 tons a week.

The mill was gutted by fire in 1910, but Andrews rebuilt it almost immediately. It was sold along with its water rights in 1927 to the E. L. Phillips hydropower interests and resold ten years later to the National Manufacturing Co. of Tonawanda. Dry felt was manufactured in the mill and shipped to Tonawanda for use in making finished roofing materials. This operation continued until 1961, after which the building was used for several years to rehabilitate old paper-making machinery



White-tailed Deer vs. Cottontail Rabbit



Below is a picture of coyote scat. Notice how the end of the scat looks like it has been twisted. **Fox and coyote** scat look similar, but fox scat is generally smaller. The second photo is scat from a **domestic dog**, notice the ends are not twisted.



Black bear scat is usually in a large tubular pile and usually will contain different food items depending on the time of year. In the spring, bear scat will most likely contain vegetation. In the summer and fall, it will contain things such as seeds, berries, corn, acorns and apples if available. **Scat from a raccoon** can be found anywhere from the water's edge to around your trash can. It is moderately sized and can contain anything from berries to shiny garbage fragments (raccoons are attracted to shiny objects, especially in water).



Winter Scat Identification

The winter snow provides a great backdrop for finding wildlife scat; you can learn how to identify some of the common critters that reside in our area by looking at their scat.

When first looking at scat you want to see if there are any remnants or signs of what the animal has been eating. For example, are there berries, fur, bones, or plant fibers? Identifying what the scat is made up of will narrow down the type of species that the scat can belong to. If the scat contains fur or bone then you can assume that the animal is a carnivore, like a fisher or bobcat.

Where things can get tricky is if the scat has berries or fur and berries, this comes from an omnivore like a fox, coyote, raccoon or black bear that eat both meat and vegetation. If the scat only contains plant fibers then you can assume that the animal is an herbivore. Some New York species that fit this category are deer, rabbit, porcupine and woodchuck.

The next thing to look at is the placement of the scat and its shape. Canines will generally place their scat higher off the ground such as on a rock in a trail; this is a way they mark their territory so it can be found by other canines. Scraping marks in the dirt from their paws can also be found in front of canine scat. Felines don't specify where their scat lands and the scat are tubular and sectioned. Deer and rabbit scat are shaped like a ball or marble and can be found primarily in feeding areas. The scat from black bear and raccoon is usually dark in color and will be tubular in shape. White-tailed deer scat is probably the most common that you will find. It will generally be found in a pile and each piece will be around the size of a small marble. Softer scat will still resemble the ball shape, but more in a patty form.

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Turkey scat is greenish to brown in color and it is believed that male turkeys' (toms) scat is in a J shape whereas females' (hens) scat is in more of a pile. The difference in shape is due to the different body structures between males and females.

First Day Hike

Make a New Year's resolution to your health and happiness by kicking off 2019 with an invigorating First Day Hike on the Keuka Outlet Trail.

Hiking offers inspiring ways to improve your physical and mental health, while exploring the beautiful land along the Trail.

Hiking during the winter can be fun as long as you prepare with these tips:

Dress in layers.

While it is perhaps nice to have a huge, fluffy parka on the ski slopes, it really isn't practical for the Trail. Instead, take several layers you can peel off or put on when you stop and go on the Trail. Your base layer should be a wicking fabric that will pull your sweat away from the skin. Overheating is a dangerous threat since excessive moisture that isn't allowed to escape can freeze and cause hypothermia. If you ever wondered why some of your jackets have zippers under the armpits, it's to keep air circulating and prevent your clothes from getting wet.

Wear a hat!

Our heads are filled with oxygen-carrying capillaries which fuel our brains and consume one third of the body's energy. During the colder months it is important to keep your head covered to maintain function and not lose precious body heat. You may want to bring a warmer, heavier hat for rest periods.

Keep your water bottle warm.

On the trail, a foam sleeve like a koozie will help prevent the water from freezing in a bottle. Nothing warms your body or your spirits like warm liquid. Boil water to take with you as you hike. Also, to keep water from

freezing, keep your water bottle on the inside of your jacket – properly sealed, of course.

Don't toss the sunscreen.

While this is most important if you are hiking in a snowy region, winter hikers often forget about the sun's glare reflecting off of white snow.

Be prepared for shorter days.

As early as October, dusk settles earlier and more quickly than in the summer. Have a good idea of the usable daylight hours before going hiking. Always carry a headlamp or flashlight with extra batteries.

Winter Tree Identification: Evergreens

Evergreen means these trees keep their "leaves" throughout the winter. Though we may call them pine needles, they are actually very skinny leaves that serve the same function as the leaves on a deciduous tree. Identifying evergreens during the winter months is almost the same as in spring and summer, with the added advantage of having mature pine cones. Growth pattern, bark, cones, needle shape and number are used to identify the different species.

Like deciduous trees, evergreens have leaves attached at the stem from the node. However, evergreen trees can have multiple needles attached to the stem in a **bundle** or sheath. This helps identify species since they differ by the number of needles they have per bundle. See the example below:



WHITE PINE



White pine usually grows straight and tall with horizontal, upturned branches. The tree has a uniformly full foliage appearance.

The bark is a light gray in color with shallow ridges. White pines can be found in well drained soils and are native throughout the state. Look at the characteristics of the twig and cone. There is a pencil in each picture for size reference:



White pine has 5 needles per bundle. The needles and stem are flexible and slender. The cone is long and narrow and about 3 to 8 inches in length. Needles are light green in color.

RED PNE

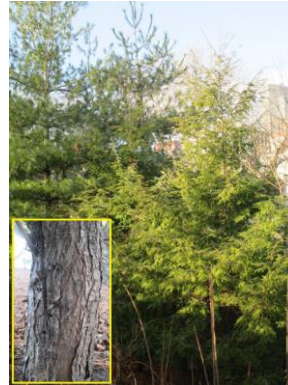


Red pine is a tall, straight growing tree with horizontal or dropping branches. The foliage looks clumpy, instead of uniformly full like white pine. The bark can have a reddish coloring and is flaky/scaly. This tree grows in well drained areas; such as a rocky or sandy habitat. Red pines are native to a small area of the state, but are often planted around reservoirs or in parks.

Red pine has two long needles per bundle. The needles and stem are thick, unlike white pine. The needles are dark green and stiff – they break in half easily. The cone is short and round; usually about 1.5 to 3 inches in length.



EASTERN HEMLOCK



Eastern hemlock has a tall straight growth pattern. The branches grow horizontally. The foliage is more of a yellowish green in color compared to white pine. In this picture there are white pine trees in the left background for comparison. The bark is scaly when young, becoming ridged with age. The trunk is reddish-brown in color. These trees grow in a shady-moist habitat, often along streams, on slopes or at higher elevations. Eastern Hemlocks are native to NY.

Hemlock does not have bundles of needles, just one short needle per node. The needles are yellow-green in color and are soft and flexible. The underside of the needle is whitish. The cone is small and round, under an inch in length. The twig is thin and flexible.



"I wonder if the snow loves the trees and fields that it kisses them so gently? And then it covers them up snug, you know, with a white quilt; and perhaps it says, 'Go to sleep, darlings, till the summer comes again.'"

- Lewis Carroll

"To appreciate the beauty of a snowflake it is necessary to stand out in the cold."

- Aristotle

Take a Closer Look at Snowflakes

In December, the season of winter begins on the Winter Solstice. By late autumn, most areas of New York State have seen at least a few snowflakes. Why not take a close look at this beautiful form of water?

Here is what to do:

Get together some black construction paper, a soft paintbrush, some toothpicks, and a magnifying glass. Get a cardboard box to store your equipment in and place everything in a sheltered spot at outdoor temperatures. An unheated garden shed or garage works well. Having all your equipment cold will keep the snowflakes from melting too fast while you look at them. If you would like to try to preserve

snowflakes, add a can of hair spray or spray acrylic (Krylon for example) and some glass microscope slides. If you want to try to preserve snowflakes, you will want to get an adult to help.

When it starts to snow, take your box outside and catch snowflakes on the black paper. If you need to, you can move them around with the paintbrush or toothpicks. Look at them with the magnifying glass. A magnifying glass works best if you hold it close to your eye and move the paper with the snowflake up close to get it in focus. Try not to breath on the snowflake or it might melt. How many sides does a snowflake have? Do all snowflakes

seem to have this same number of sides? Does the size and beauty of snowflakes change with the weather? How can you find out?

To preserve a snowflake, spray a microscope slide with hairspray or spray acrylic. Catch a falling snowflake on the sticky surface of the slide. Set the slide somewhere where it will stay cold but where no more snowflakes will fall on it, maybe in your supply box with the lid closed. Leave the slide for a few hours until the hairspray or acrylic dries and the water in the snowflake disappears. If you can, look at the finished slide under a microscope.

Snowflake Fun Facts

Snowflake Sizes

The smallest snowflakes are called Diamond Dust crystals, and they might be as small as the diameter of a human hair. The faceted crystals sparkle in sunlight as they float through the air, which is how they got their name. They are somewhat rare, appearing in bitter cold weather.

The image below shows the sizes of a variety of stellar snowflakes when compared to a penny. It includes the largest snow crystal ever

photographed, measuring 10 mm (0.4 inches) from tip to tip.



By the Numbers

About a billion million snowflakes

fall each second, averaged over a typical year.

That's enough snow to make one snowman for every person on earth every ten minutes. (Of course, this is quite a rough estimate. The amount of total snowfall each year is not known well, nor is the average size of a snowflake.)

Frozen

About 98% of the Earth's water is in the oceans, leaving 2% as fresh water. About 90% of that fresh water is permanently frozen, mostly locked up in the Antarctic and Greenland ice sheets.

Snowflake Bentley

From the earliest memories of our childhood, many of us can remember hearing the phrase "no two snowflakes are alike". This discovery was made in the small rural town of Jericho, Vermont by Wilson A. Bentley (1865-1931).

A self-educated farmer, Bentley attracted world attention with his pioneering work in the area of photomicrography, most notably his extensive work with snow crystals (commonly known as snowflakes). By adapting a microscope to a bellows camera, and years of trial and error, he became the first person to photograph a single snow crystal in 1885.

He would go on to capture more than 5000 snowflakes during his lifetime, not finding any two alike. His snow crystal photomicrographs were acquired by colleges and universities throughout the world and he published many articles for magazines and journals including, Scientific American and National Geographic.

In 1931 his book "Snow Crystals", containing more than 2400 snow crystal images, was published by McGraw-Hill. On December 23, 1931, Bentley died at the family farmhouse in Jericho. Because of his

wonderful work with snow crystals, he became affectionately known as "Snowflake" Bentley.



Got Cabin Fever? Tips for Winter Fun!

Instead of going stir crazy, try these fun things to do with kids in winter.

- Make homemade hot cocoa with marshmallows.
- Go sledding together. (Don't forget to bundle up and bring the bike helmets for added safety!)
- Make paper snowflakes and hang them up in unexpected places around your home.
- Go bowling. If your kids are young, try the 'duck pins' for little ones.
- Use your phone's camera to make a slow-motion video of the snow accumulating outside your window. Then send it to family members via email to show them how deep the snow really is!
- Make a graph showing each day's high and low temperatures for the week. Then make predictions about next week and see who's closest to each day's actual temperature.
- Make ice cream using snow.
- Go roller skating at an indoor rink that plays your favorite music.
- Have a snowball fight. If your kids are different ages/sizes, set a few ground rules up front.
- Play board games together, and be sure to introduce the kids to some of your favorites!
- Make a pine cone bird feeder using peanut butter and birdseed. Then hang it outside a window where you'll get to see the birds enjoy the treat each day.
- Take a guess at how much snow is on the ground. Then grab a ruler and go measure it to see how much snow you've gotten this year.
- Make greeting cards for residents of a local nursing home. Then take a 'field trip' to deliver them together.
- Make snow angels in your yard and watch the snow fall together.
- Buy a kid-sized shovel and shovel the driveway or sidewalk together. (If the snow is really deep, be sure to carve out a 'lighter' area for your kids to work.)
- Visit your local library and check out books on winter themes. Then come home and take turns reading to one another. Bonus: use your phone to record one another reading and then save the recordings for bedtime stories on a night when you're extra exhausted.
- Draw and color a mural showing a winter scene. Then hang it up in your living room where the kids will enjoy seeing it every day, or mail it to a family member who lives in an area of the country unaccustomed to snow.
- Build a snow fort together. Or, if it's too cold outside, build your own super fort indoors out of blankets, pillows, and large boxes.
- Take a knitting class at your local craft store and make hats for each other.
- Fill a spray bottle with colored water and write in the snow. This is a great way for young kids to practice their letters.
- Bundle up and take a walk during a snowstorm.
- Make a snowman sun catcher and hang it in a window that catches the bright morning sun.
- Collect old winter coats from family members and friends. Then donate them to a local charity.
- Use the back side of some leftover wrapping paper to draw and color life-sized pictures of one another.

Winter Journey Sticks

A journey stick is essentially a memento of a nature walk, featuring fallen items collected while on the walk (no picking from plants!); these might be things like leaves, twigs, flowers, berries, feathers or anything else natural that you find along the way.

Younger children can use a rectangular piece of cardboard with double sided tape attached to secure the items to the card. Older children can make a journey stick the traditional way, by choosing a stick and attaching items to it using string or wool. It's a very simple nature craft requiring very little preparation, and you can build it into any outdoor exploration. Consider making journey sticks from each season and getting children to compare what nature has to offer at different times of year.



*“In seed
time
learn, in
harvest
teach, in
winter
enjoy.”*

- William Blake

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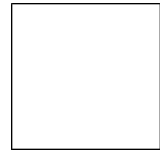
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Trail Coordinates:

42.661N, -77.044W
42.680N, -76.958W



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CUSTOMER NAME

STREET ADDRESS

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CITY, ST ZIP CODE

Embrace Winter and Connect with Nature

Outside of the tropics, winter is a time of rest. It's a time when much of the natural world begins to turn inward and withdraw into itself. Everything slows down, insulates itself, reacting and responding to the colder temperatures—including us humans.

Unless you're that rare person who prefers cold temperatures, odds are you think winter is an unpleasant thing. With that attitude, it's easy to take this period of rest a bit too far. You might spend days inside, cocooned against the cold, except when you absolutely have to go out into the chill for work, errands, etc. For some, the combination of shorter hours of daylight combined with cold temperatures and snow, can make healthy rest veer off into lethargy and borderline depression.

But it really doesn't have to be that way. To quickly change your perspective on winter, one of the easiest things to do is to start participating in an activity that is dependent on winter conditions, or takes on a new meaning in winter. All of a

sudden, rather than dreading snow and colder temperatures, they become something to look forward to. They are no longer impediments or nuisances, but rather something to seek out.

Choose a Winter Activity

Besides the perhaps obvious winter activities of downhill or cross-country skiing and snowboarding, snowshoeing and winter hiking offer fresh, unique, and often strikingly beautiful perspectives on the natural world. Running and biking don't have to stop in the cold either. The same goes for walking daily.

Be Prepared

All it takes to enjoy outdoor winter activities is the appropriate clothing. It does require an upfront investment, but it doesn't necessarily have to be a large expense. Being properly outfitted for winter is always prudent, but becomes much more important when temperatures drop steeply. A night spent outside unexpectedly in the

summer may leave you uncomfortable and hungry, but it can harm you in the winter. Know your limits, your experience, and make sure your family or friends know what you're up to. If you're headed into less-traveled areas, going in groups of at least three is wise.

Enjoy the Solitude

With the exception of resort-based activities, where you'll likely be surrounded by people, one of the greatest advantages of getting out into nature in winter is the solitude. Even the most popular trails, tracks, and beaches often clear out quickly come December. Slow-moving activities naturally lend themselves to reflection, concentration, and an experience of being present in your surroundings. Even faster-moving sports can bring quasi-meditative experiences, particularly once you've become proficient at them.



We're on the Web!

See us at:

www.keukaoutlettrail.org