

Friends of the Outlet, Inc.

Summer 2018

Special Interest Articles

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FOTO Board of Directors:

Gwen Chamberlain,
President

Phillip Rahr, Vice-President

Rachel Knapton, Secretary

Deb Clancy

Dan Condella

Kristi Hoag

Thomas McGuigan

Steve Miller

Robert Schwarting

Steven Stork

Nancy Tharp

Peg Thompson



Bringing Cascade Mills Back to Life

As the remnants of times past wither at the Cascade Mills area of the Keuka Outlet Trail, the Board of Directors are working diligently to breathe new life and purpose into the site.

A visioning exercise with Cornell's DesignConnect Studio brought inspiration. Grant initiatives and support from the **Yates County Legislature** and **Tourism Advisory Committee**, along with the support of **members** and **donors** are helping to fund the possibilities.

Security systems have been installed, and the machine shed and pavilion will be

refurbished as a picnic area and event space, targeted for completion by early fall. The former Visitor Center will also be refurbished to house all supplies necessary for the maintenance of the Trail. New picnic tables have been purchased as well as tents, a sound system, tables, and other supplies needed to host successful events.

Plans are formulating to install a bandstand at the site in the coming year.

A VERY BIG THANK YOU is extended to the **Yates Young Professionals** for hosting a deliciously successful fundraising

dinner to benefit this endeavor.

Truly, people coming together as a community can make things happen. Stay tuned to our progress and visit our website to contribute in any way - www.keukaoutlettrail.org.



Chef Ben Comstock with the Board of Directors of Yates Young Professionals and FOTO Vice-President, Phillip Rahr.

FOTO Directors Elected

FOTO's Board of Directors elected three new board members at its recent meeting. The three come from a variety of private-sector backgrounds. As FOTO sharpens its focus on improving the Keuka Outlet Trail, **we welcome the addition of these three outstanding new board members.** Their experience and expertise will strengthen FOTO's ability to continue to improve the Trail experience and increase our impact throughout the region. **Deb Clancy**, elected to a three-year term, brings extensive experience in communications, public relations, and event planning.

Robert Schwarting, elected to a three-year term, served as Yates County Planner and offers valuable engineering and organizational experience. **Steve Miller**, elected to a two-year term, holds a PhD in Rural Sociology and has worked with the USDA Forest Service and the Peace Corps. **We bid farewell to three Board Members – Leon Fontier, David Reeve, and Carol Worth.** We thank them for their time, service, and numerous contributions and are **grateful for their active leadership as judicious stewards of the Friends of the Outlet.**

In Memory

Guy Love spent a substantial amount of time on the Trail. You would often see him enjoying the sights and sounds along the Trail seated at his favorite bench. Guy also found considerable satisfaction working on projects along the Trail and took tremendous pride in being depended upon to get the work done. His life may have been complicated, but for the last few months he found friendships and a purpose thanks to John Warner and his other friends on the Keuka Outlet Trail. That's what Friends are all about.



Upcoming Events . . .

June 24, 2018

Picture Perfect: Plein Air Painting
9:30 – 11:30 AM
Seneca Mills Falls Pavilion

June 27, 2018

Board of Director Meeting
7:00 PM
Lyons National Bank

**June 30, July 28,
August 25, 2018**

Listen Up! Story Hour on the Trail – Ages 4-7
1:00 – 2:00 PM
Cherry Street Parking Lot

July 29, 2018

Foraging in the Finger Lakes
10:00 AM
Cascade Mills Falls Parking Lot

Picture Perfect: Plein Air Painting

Summer is a time of great natural beauty, and nowhere is this more evident than throughout the woodlands of the Keuka Outlet Trail.

If you love being inspired by the beauty of nature, **join us June 24th from 9:30 – 11:30 AM** for a morning of outdoor exploration and artistic expression centered around **the waterfall at Seneca Mills Falls**.

With the gentle guidance of **artist Doug Sciorra**, enjoy the tradition of painting “en

plein air.” Experience the thrill of capturing the beauty of the waterfall and the spectacular surroundings the Keuka Outlet Trail has to offer.

The workshop, **held at Seneca Mills Falls Pavilion**, begins with a discussion of the “basics” of painting (from materials to paint handling) as well as the fundamentals of composition, color, value, edges and perspective. Instruction will focus on **painting en plein air**, including how to develop

greater skills of observation, simplification, and quickly painting “wet on wet” (alla prima) to translate what you see and experience into strong paintings.

All art supplies will be provided and you will learn to make your own easel before creating your interpretation of the Seneca Mills Falls. **No experience is necessary.**

To participate, RSVP to:
community@keukaoutlettrail.org

Foraging in the Finger Lakes

An abundance of wild edible and medicinal plants is growing right at your doorstep, even if you live in the city.

Come learn how to safely identify, sustainably harvest, and deliciously and effectively prepare these treasures.

Join Heather Housekeeper, aka, the Botanical Hiker, July 29th at 10:00 AM at the Cascade Mills Falls Parking Lot for a wild plant walk along the Keuka Outlet Trail.

Become better acquainted with wild, edible, and medicinal plants that call this Trail home.

Discover unique traits, uses, and lore as you learn how to identify, harvest, and prepare plants that likely live in your own backyard. Turn local plants into delicious meals and helpful medicines.

This two-mile walk is easy to moderate in nature and is appropriate for all ages.

Heather Housekeeper is a Certified Herbalist, long-distance hiker, author, and lover of all things wild. She has hiked the Appalachian Trail, Mountains to Sea Trail, Finger Lakes Trail, and Long Path, researching the plants and foraging along the way. She aspires every day to learn more about and connect deeper with the natural world in which she lives. Heather resides in Lackawaxen, Pennsylvania.

To participate, RSVP to:
community@keukaoutlettrail.org

Listen Up! Story Hour on the Trail

Share the fun of reading with your children ages 4-7 years!

Children and their grownups will explore stories and activities to encourage children to develop a lifelong love of reading and learning.

These **summertime programs on the Trail** are

designed to promote language and listening skills, expand children’s imaginations and arouse their curiosity about the natural world around them.

Join us on June 30, July 28, and August 25, 2018 from 1:00 – 2:00 PM at the Cherry Street Parking Lot to enjoy a story about nature or

creatures along the Keuka Outlet Trail.

Led by Sarah Crevelling and Rachel Knapp, the reading will be followed by an outdoor Arts and Crafts activity. Bring a lawn blanket for comfort. Children must be accompanied by an adult.

To participate, RSVP to:
community@keukaoutlettrail.org

Friends of the Outlet Photography Contest

Over the years, the Keuka Outlet Trail has been a source of inspiration, adventure, reflection and more, for those who have explored it. We would like to see and hear how the Keuka Outlet Trail has affected you. Share your photo and a short caption in our Photo Contest letting us know what the Keuka Outlet Trail means to you.

Ten Contest Winners will be featured in the Fall 2018 issue of the Friends of the Outlet newsletter. One Grand Prize winner will receive a Friends of the Outlet t-shirt, decal, notecard, poster, and Trail Guide.

Contest Period

June 21, 2018 – August 1, 2018 (11:59 pm EST)

How to Enter

1. Take a photo or choose one from your collection that depicts what you find special about the Keuka Outlet Trail.
2. Write a brief caption describing how the photo reflects what the Keuka Outlet Trail means to you (maximum 150 words).
3. Submit your photo and caption online to www.keukaoutlettrail.org/photo-contest by August 1, 2018.
4. Visit www.keukaoutlettrail.org/photo-contest to select your favorite photo August 3 – 16, 2018.

Eligibility & Entries

- Contest is open to all – FOTO members and non-members alike.
- Limit of one entry per person.
- Submissions must include both a photo and a caption in order to be eligible.
- Photos must be taken **on** or **of** the Keuka Outlet Trail.
- Photos must be the original work of the entrant.
- Photos do not have to be taken within the contest period. Older photos are eligible. Photos from any season are eligible.
- Photos must be in digital JPG format. High resolution scans of older prints are acceptable.
- Photos must not depict inappropriate or unsafe behavior.
- Review Contest Rules & Regulations online at www.keukaoutlettrail.org/photo-contest for complete details.

What Makes a Photo a Winner?

Creativity, quality, and originality are important, but so too is the story behind the picture. A panel of FOTO judges will review and select the winning entries.



“Best Friends” Winner

Congratulations to FOTO member, Daisy Travis, winner of this issue's "Best Friends" of Friends of the Outlet. Daisy and her owners, John and Janice Travis, are pictured with Daisy's new toy and snack. Daisy clearly loves her new toy!



A Serendipitous Gift

After a stormy day at the lake a couple summers ago, a turquoise paddleboat washed up on the shoreline of Marian and Paul Walrath's Keuka Lake home. Rescuing the paddleboat, the Walraths pulled it further in so it wouldn't drift away again or create a boating hazard and then started the search for the boat's owner. None of their immediate neighbors

owned a turquoise paddleboat. So, the Walraths hoped that the owner would come boating by, see it, and pick it up. A week passed with no claim and it was decided to post it as a lost and found item on the "I Love Keuka Lake" Facebook site. No takers! The Walraths stored the boat over the Winter and posted the information again the following Spring and Summer. Still no taker! As time continued to pass, the Walraths decided to list the paddleboat for sale for \$100 and had multiple

takers within the hour. Since the paddleboat was never theirs, they made the decision to donate the money from the sale. The Keuka Outlet Trail immediately came to mind. The Walraths are avid users of the Trail so this was the perfect way to give back. The Walraths enjoy the Trail throughout the year - running, walking, biking, and cross-country skiing - exploring the Trail from end to end. It's near 13-mile length makes it perfect for their half marathon training - a great resource in their backyard!

Schools Out! Time to Hit the Trail with the Kids!

Want to get your kids or grandkids out in nature and on the Trail more but not sure how to do it? We've got some helpful ideas to make hiking easier and more enjoyable for kids of ALL ages, and yes, even for YOU too!

Share Stories along the Trail or Sing Songs

One of the best things about hiking as a family is it is a time to connect with each other without the distractions of home or media (the TV!). Using this time to exchange stories and sing songs will usually result in laughing a lot!

For child-friendly hiking, nothing beats easy rhymes and familiar tunes. You can practice these well-paced songs next time you go for a family outing and test which one keeps little feet happiest on the Trail.

March and Sing (Sung to: *The Mulberry Bush*)

Along the trail we march and sing,

March and sing, march and sing.

Along the trail we march and sing,

Along the trail today.

Additional verses: We huff and puff, skip and whistle, swing our arms

I Met a Bear (Sung to: *Skip to My Lou*)

I met a bear along the trail,

I met a bear along the trail,

I met a bear along the trail,

I better step aside.

Additional verses: skunk, deer, squirrel

Along the Trail (Sung to: *Frere Jacques*)

Let's go marching, let's go marching.

Along the trail, along the trail.

I love to march fast,

I love to march slow,

Along the trail, along the trail.

Along the trail, along the trail.

Additional verses: substitute other actions for marching



Explore with a Scavenger Hunt

Who doesn't love a scavenger hunt? Perfect for young and old alike, this activity lends itself to a hike along the Trail. An outdoor scavenger hunt introduces a healthy dose of competition and discovery while giving kids a chance to try new experiences. As a family, make them a part of your outdoor adventures. Here's how to plan your own scavenger hunt.

The quickest and easiest way is to make a list of items to find, and whoever finds them first wins. If you have cameras or smartphones handy, you can add a documentation element to the hunt.

Armed with their lists, kids check items off as they hike. A sampling of what kids might find:

- Birch bark
- Frog
- Bird
- Moss
- Mushroom
- Acorn
- Squirrel
- Pine cone
- Animal scat
- Animal print
- Snakeskin
- Natural object colored blue
- Piece of trash
- Butterfly
- Rock with a hole in it
- Ladybug
- Cloud that looks like an animal
- Ant
- Dog wagging its tail
- Feather
- Leaf
- Twig shaped like a letter
- Spider web
- Flower

Unlike all the other items, whose locations can be noted but left in place, kids can pick up pieces of trash and add them to a carry-out bag: a game and a lesson, all in one.

Make a Nature Mobile

Hang your favorite nature items from a mobile and watch them slowly spin.

What You Need: Nature objects – flowers, pinecones, pretty rocks, leaves, seeds; Two sticks – each about one foot long; Yarn or string

What You Do: **Gather items from nature that you think are cool.** For this activity, it helps to keep the items small. Look at what you gathered. If you the items have a small hole in them already, that makes them ideal. If they do not, can you figure out a way to tie yarn around them so they don't fall? Or can you figure out a way to put a small hole in the item without damaging it?

Tie the two sticks into a cross with yarn or string. Make sure there is a long piece leftover so you can hang it up. Then hang up the cross from a branch or shelf. Attach yarn or string to each natural item you want in the mobile. Then tie them to a stick. As you add items, you'll need to move them out or in on the stick to get the mobile to balance. Keep playing

with your items until the whole mobile is even.



Leave No Trace

We all share responsibility for taking care of the Keuka Outlet Trail. When we behave in a gentle way, we leave it just as beautiful and rugged for the next person as it was when we found it.

CHOOSE THE RIGHT PATH - Stay on the main trail to protect nature and keep from wandering off by yourself. Steer clear of flowers or small trees. Once hurt, they may not grow back!

TRASH YOUR TRASH - Pack it in, pack it out. Put litter, even crumbs, in trash cans or carry it home. Use bathrooms or outhouses when available. If you have to "go," act like a cat and bury poop in a small hole 4-8 inches deep and 100 big steps away from water. Place your toilet paper in a plastic bag and put the bag in a garbage can back home. Keep waterways clean by keeping soap, food and poop out of lakes and streams.

LEAVE WHAT YOU FIND - Leave plants, rocks and historical items as you find them so the next person can enjoy them. Treat living plants with respect. Hacking or peeling plants can kill them.

RESPECT WILDLIFE - Observe animals from a distance and never approach, feed or follow them. Human food is unhealthy for all animals and feeding them starts bad habits. Protect wildlife and your food by storing your meals and trash. Control pets at all times or leave them at home.

BE KIND TO OTHER VISITORS - Make sure the fun you have in the outdoors doesn't bother anyone else. Remember that other visitors are there to enjoy the outdoors. Listen to nature. Avoid making loud noises or yelling. You will see more animals if you are quiet.

Make-Your-Own Trail Mix Bar



Never underestimate the power of a simple activity. Kids will have SO MUCH fun with this, and it couldn't be easier.

Just set out some bowls of small snack foods (peanuts, pistachios, cheese crackers, dried fruit, animal crackers, and chocolate chips), and let them put together their own mix in individual bags.

Hip Pocket Activities

A Fistful of Sounds:

Materials: none

Gather everyone in a circle. Explain that you will all be silent for a minute and you will each be keeping track of all the different sounds you hear on your fingers. Have everyone hold up both hands and close their eyes. Announce when a minute starts and ends. Have everyone open their eyes with their hands still in the air and look around at everyone else's fingers. Ask each person to name some of the different sounds they heard.

Shape Search:

Materials: small pieces of card cut into squares, circles, oblongs and "squiggles," etc. Take a new look at your surroundings by trying to see them as a collection of shapes. Take one card at a time and try to find the shape in the plants, buildings, water or animal tracks in your place.

Taking A Closer Look:

Materials: one leaf/ pine cone/ acorn for each person -

choose an appropriate item, but make them all similar - i.e. all maple leaves

Gather in a circle. Give a leaf to each person. Ask them to take a couple minutes to get to know this leaf SO well that if they were to lose it they could recognize it again. Gather all leaves. Begin to pass the leaves, one at a time, to your right. Give the following instructions: "If it's YOUR leaf, hold onto it. If it's not, pass it on." When all have been reunited, share some of the characteristics they used for identification. How did they feel when they found their friend again?

Drawing Swap:

Materials: small clipboards and paper and pencils Have everyone line up along a stretch of the Trail, or in a circle, facing out, and sit down. Ask each person to pick ONE detail of a tree, plant, geologic formation, etc. that they find particularly interesting. They then draw that detail, not the

whole scene. When they are satisfied that they have captured the distinctive quality, have them switch drawings with a friend, or collect them all and distribute them. The task is to try to find the detail that was drawn by the other person.

Belly Botany:

Materials: circle of string; paper and pencil

Use a string to make a circle on the ground. Lie down and look. Draw a circle on your paper. Map everything you can find within the circle. Share. What did you find that surprised you? Take an ants' eye view of life in this small plot.

Last Picture:

Materials: none Before you leave the Trail, have everyone imagine that they have one picture left in their camera. The "camera" is made by framing pointer fingers and thumbs into a square and looking through it. Which "shot" would each person choose for their last picture. Share.

“It’s not

how

many

miles you

walk, it’s

how

many

smiles

you

share.”

“Happiness
held is the
seed;
Happiness
shared is
the flower.”

Foraging for Food in the Wild

When you go on a hike, you might notice how amazing the fresh air feels pumping into your lungs, or that jolt of energy you get from being in nature. But when you are out there, you can also be thinking about dinner.

So, why not turn your everyday hike into an educational opportunity and learn about some of the plants available for you to consume? Better yet, why not collect some of the plants and see if you can find a recipe to prepare them?

Here are some rules that every forager should live and breathe by:

- Familiarize yourself with the weeds, herbs, bushes and trees in the area and try to learn as much as possible about the ecosystem of which you are a part.
- Learn to identify them correctly and investigate all their uses. Try to understand it as part of a larger ecosystem. With which other plants does it form communities? Is it native or invasive? Does it protect the ground or deplete it of any of its nutrients? Building this kind of holistic knowledge base will give you a much deeper insight into the nature of a plant and its role within the ecosystem.
- Learn to identify the poisonous plants you are likely to encounter. **DO NOT EAT ANYTHING YOU CANNOT POSITIVELY IDENTIFY AND DEEM SAFE.**
- When you think you know a plant, always cross reference to be 100 percent sure because non-edible look-alikes can fool you.
- Don't be greedy! Familiarize yourself with the plants that are listed on the endangered species list for our area. Apart from being unethical, it is also illegal to pick endangered plant species. Instead of taking rare plants, consider sowing their seeds in the wild.
- Only pick as much as you need and never take ALL the plants of any one kind in a given patch. After harvesting an area give the plants plenty of time to recover before returning to the same patch. Be very careful when it comes to harvesting roots. Remember that often harvesting roots means the death of the plant, so before you start digging ask yourself if this plant is really plentiful and if it can sustain a harvest of its roots. If in doubt, don't collect.
- However tempting it may look, never pick in places that are subject to pollution, roadsides, industry or heavy spraying of farm chemicals (pesticides, herbicides, fertilizers etc.).
- Collecting wild edibles growing in soil that was brought in from another area may not be desirable. It could be soil that was contaminated with pesticides, herbicides or fertilizers.
- Don't collect from nature reserves - these are areas set up to protect wild species, so give them their space and let them be!
- Cast seeds of native species to the earth and to the winds once in a while - as a way of giving something back. Consider adopting a little patch that you are particularly fond of.
- When you are out and about, never leave any litter behind.

Once you have collected your wild edibles make sure your body will not reject this new food.



Wild Grape Vine Burritos

Bean burritos wrapped in nutrient-dense grape vine leaves makes this meal a very healthy choice.

Ingredients:

- 10 large grapevine leaves
- 1 can refried beans
- 1 cup cooked quinoa
- 4 onions finely chopped
- taco seasoning to taste
- spaghetti sauce
- grated mozzarella and cheddar cheese

- garlic salt and pepper to taste

Instructions:

Preheat oven at 350 degrees F.

Sauté three quarters of the chopped onions. In a bowl, mix the can of refried beans, the quinoa, sautéed onions, and taco seasoning.

Cover a baking sheet with parchment paper.

Place some of the burrito mixture in the center of a grape

leaf, roll and place on baking sheet with the folded side faced down. Repeat with the remaining leaves.

Once arranged in two rows, spoon some spaghetti sauce over the folded leaves. Take the remaining onions and place them over the burritos. Sprinkle some grated cheese over the burritos then season with garlic salt and pepper.

Bake 15 minutes.



Spring Awakens on the Trail



FOTO Event participants enjoy a **Mindful Walk**, led by Sarah Thompson.



Learning to **carve a walking stick** at a **FOTO Event**, with Doug Sciorra.



Spring Cleanup – Keuka College students “**plogging**” on the Trail.



Penn Yan Elementary students celebrate Arbor Day planting trees along the Keuka Outlet Trail.



Marcus Whitman students assist the DEC in stocking fish in the Outlet Creek.



New picnic tables for the pavilion at Cascade Mills Falls are assembled with the help of volunteers during **Celebrate Service, Celebrate Yates**.



Business After Hours held at Cascade Mills Falls.



Ah, spring. What better time to go outside and celebrate the return of migratory birds? Birders at the **FOTO Early Morning Birding Event**.



Early spring blooms sighted at the **Walk on the Wildflower Side FOTO Event**.



A Spring catch from the Outlet Creek!

“The goal of life is to make your heartbeat match the beat of the universe, to match your nature with Nature.”

- Joseph Campbell



We're on the Web!
See us at:
www.keukaoutlettrail.org

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Trail Coordinates:
42.661N, -77.044W
42.680N, -76.958W



FRIENDS OF THE OUTLET, INC.
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CUSTOMER NAME
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Plogging, Anyone? Eco-Friendly Fitness

Already adopted by thousands of Europeans (and now by Americans), plogging -- a play on the Swedish 'plocka upp' (meaning 'pick up') and 'jogging' -- is the act of picking up litter while running. Combining going for a jog with intermittent squatting, plogging offers exercise benefits while supporting the community and the environment.

Plogging is brilliant because it is simple and fun, while empowering everyone to help create cleaner, greener and more beautiful communities. Litter impacts our quality of life and economic development, and often ends up as debris, polluting our waterways and oceans and harming wildlife and the environment. With plogging, all you need is running gear and a bag for trash or recyclables, and you are not only improving your

own health, but your local community, too.

Ready to get plogging?
Consider this:

1. You're simultaneously keeping yourself, your community and the environment healthy!
2. The Trail has convenient trash bins-- find one along your run or dispose of your plogging "treasures" when you get home.
3. Gather a group of fitness-minded friends and turn plogging into your own cleanup event.
4. Exercising is a natural euphoria, so couple that with the amazing feeling you get knowing you're giving back to your community and you'll have the ultimate "runner's high!"
5. Plogging combines cardio and strength in your workout with every squat you take picking up litter to be thrown away or recycled. In 30 minutes of plogging a

typical user will burn 288 calories.

6. Return any bottles, cans and other recyclables in for cash...and become a profitable plogger or donate the cash to the Trail.
7. Meeting people and socializing is inevitable once you hit the plogging trail -- plus it makes for cool social posts #DoBeautifulThings #plogging
8. Plogging is perfect for introverts who might not love the crowds of a community-wide volunteer event, but still want to lend a hand while moving their legs and feet!
9. Tag photos of your plogging cleanup efforts using the hashtags #plogging and #DoBeautifulThings to encourage this growing community of eco-aware runners!

Stay in touch with the Trail to help get connected to others who share your love for our community and the environment.

