

Friends of the Outlet, Inc.

Spring 2018

Special Interest Articles

Jemima Wilkinson: Our
"Friend"

Keeping History Alive



Jemima Wilkinson: Our "Friend"

Truly a "Friend" of the Outlet, Jemima Wilkinson was an important religious prophet and utopian leader in early America. Recently, she has been highlighted in college U.S. history text books as the first American-born woman to found a religious movement, and as an early strong female figure who led a group of devoted followers, including some powerful and wealthy men, in an age when almost all women were relegated to the household sphere.

Wilkinson was born into a Quaker family in Cumberland, Rhode Island, on November 29, 1752, the daughter of Amy Whipple and Jeremiah Wilkinson. Growing up on her father's marginal farm, Jemima had little formal education. She lived during a time when religion was vitally important to ordinary persons and when many religious sects vied for the attention of religious enthusiasts in rural areas.

When Wilkinson was eighteen, she became caught up in the

last wave of a religious revival known as the First Great Awakening, which emphasized the personal inner experience with God.

On October 4, 1776, when she was twenty-four years old, Wilkinson fell extremely ill with typhoid fever. On the fifth day of the fever, she became unconscious and appeared to be close to death. When she awoke, Wilkinson declared that she had actually passed through the gates of heaven and had been raised from the dead. She announced that she had a new spirit within her, the "Publick Universal Friend," and from that day on she used that name and would not answer to her birth name.

Jemima sought to fulfill her dream of establishing a utopian colony of her own followers. In the early to mid-1780s, Wilkinson sent several members to explore upstate New York. In 1788, twenty-five members of her church, most from Rhode Island, founded a new town in the wilderness region of

upstate New York, about one mile west of Seneca Lake. All of the settlers contributed to a joint fund for the purchase of about 14,040 acres in what are now the towns of Milo and Torrey. In March 1790, Wilkinson and her followers moved to the new town in New York state, which upon their arrival contained 260 residents and was the largest town in the western part of the state.

Wilkinson eventually made her headquarters in an impressive five bay, two-and-one-half five-story Federal-style house, built about 1809 in Jerusalem, which still stands. She passed away on July 19, 1819 at age 68. She had "left time" as the Universal Friends put it.

The Society of Universal Friends did not long survive its charismatic founder. Her portrait, her Bible, sidesaddle, broad-brimmed hat, carriage, and many of her papers may be seen today at the Oliver House Museum in Penn Yan.

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Meeting Jemima and early Hopeton settlers at the FOTO Hot Chocolate and Cool History Event at Yates History Center



Upcoming Events . . .

March 21, 2018
Board of Director Meeting
7:00 PM
Lyons National Bank

April 14, 2018
Dinner with Friends: The Village of Hope
6:00 PM
Penn Yan Elks

April 15, 2018
May 20, 2018
A Mindful Walk
10:00 – 11:00 AM
Cherry Street Parking Lot

April 18, 2018
Annual Meeting
7:00 PM
Lyons National Bank

April 22, 2018
Something to Lean On:
Carving a Walking Stick
11:00 AM – 1:00 PM
Seneca Mills Falls Pavilion

Celebrate Service,
Celebrate Yates
1:30 – 4:30 PM

April 28, 2018
A Walk on the Wildflower Side: A Spring Wildflower Walk
9:00 AM
Dresden Trailhead

May 12, 2018
Watch the Birdie! An Early Morning Bird Walk
8:00 AM
Hopeton Parking Lot

June 2, 2018
Walk for Water and National Trails Day
9:00 AM - 2:00 PM
Penn Yan Boat Launch

Walk for Water on National Trails Day

Each year on the **first Saturday of June** is **National Trails Day**.

To celebrate National Trails Day, the Friends of the Outlet will hold events to promote awareness of the wide variety of benefits that the Keuka Outlet Trail provides, encourage people to discover the Trail, raise awareness of Trail issues, and instill excitement for the outdoors.

Mark your calendar for June 2, 2018, and don't miss this fun-filled day for the entire family!

Enjoy the beauty of the Keuka Outlet Trail as you leisurely stroll, all the while **supporting three**

host community organizations - the Friends of the Outlet, Penn Yan Rotary, and HTS Congo.

Along the way to Cascade Mills Falls, participate in family-friendly activities, nature talks and demonstrations, art activities, and more.

At Cascade Mills Falls, enjoy a cookout and picnic with tasty bites to eat, play lawn games, take in the scenery, or just sit back, relax, and enjoy the day.

The five-mile **Walk for Water** will begin at the **Penn Yan Boat Launch at 9:00 AM**, where participants will pick up their t-shirts and materials and head out

on this action-packed adventure.

Park a car at the Cascade Mills Falls area for the ride back or take the shuttle provided. **You don't have to walk the five-miles to get involved.** Join us anywhere along the Trail to participate in the activities, talks, demonstrations, and art or join us for the tasty cookout at Noon at Cascade Mills Falls.

All proceeds benefit the Friends of the Outlet, Penn Yan Rotary, and HTS Congo.

Register at:
www.keukaoutlettrail.org/walkforwater

Watch the Birdie! An Early Morning Bird Walk

Grab your binoculars...it's **time to go birding!**

Join us at the **Hopeton Parking Lot on May 12, 2018, at 8:00 AM** for a fun-filled morning with the Trail's feathered friends.

Observe the **exciting spring migration of birds on the Keuka Outlet Trail** with **Lynn Donaldson, Eaton Birding Society Trip Leader.**

Learn how to use field

marks, habitat, song, and behavior to identify birds as they settle into their spring and summer homes.

Beginners are welcome.

The pace is slow – approximately a mile walk.

Please bring binoculars, water, a hat, and sunscreen/insect repellent.

Birder Field cards are included.

To attend, **RSVP at:**

community@keukaoutlettrail.org



Something to Lean On: Carving a Walking Stick

Always wanted to carve wood?

Join us on **April 22, 2018, from 11:00 AM to 1:00 PM** at **Seneca Mills Falls Pavilion** to create a walking stick that will make you the envy of other hikers on the Trail.

Under the tutelage of **local carving instructor, Doug**

Sciorra, learn how to select, prepare, and **safely carve a walking stick to call your own.**

Learn the basics of knife safety and foundational carving skills as well as the anatomy of the human face, essential to creating a successful project and turning your walking stick into a work of art.

All tools and materials will be provided.

Prior woodcarving experience is not required.

To participate, **RSVP to**
community@keukaoutlettrail.org



Keeping History Alive.....

History is a series of stories that can teach us lessons, give us insights into a variety of concepts, or entertain us. Every story serves a purpose, even if to simply relay a message. Without history, without chronicled stories, we would never see anything but the now.

There are many of our community members whose heritage dates back five generations to the Revolutionary War era. This story begins with David Wagener and his descendent, George Reigelsperger.

Several years ago, George, David Wagener's grandson five times over, wanted to return to his Bath roots and invest in the community. He discovered the Wagener Estate was for sale and recalled stories his mother used to tell about growing up in the area. Simultaneously, George's cousin had been researching the family's ancestry and promised to share his discoveries with George.

Many of the family stories had been forgotten over the years when David's great-grandson and George's great-grandfather, Charles, "a spoiled rich kid," according to George, abandoned his family to travel West to become a world champion skeet shooter. George's grandfather, Earl, was 13 when his father left, and was so angry and humiliated by the defection that he forbade his three daughters to ever speak of the Wagener family. In fact, Earl even dropped the "e" in his own last name. It was when George's mother went to live with George and Maryann in Sammamish, Washington, that many of the stories came to light as she shared them with Katie, George and Maryann's daughter.

David Wagener, regarded as the founder of Penn Yan, journeyed along the Sullivan Trail in 1791 to the Publick Universal Friend's settlement on the west side of Seneca Lake. Wagener bought an interest in the colony's gristmill on the Outlet and ran a public house nearby. Wagener ultimately purchased a great deal of land, that is now Penn Yan, and several mills along the Outlet Trail, including an interest in Birkett's Mills. He built the Wagener Estate in 1794 to be close to his holdings and when he died in 1799 divided his property among his children. Abraham got the land north of the Outlet, with the sawmill. Melchior got the much less extensive land south of the Outlet, plus the new gristmill, home farm, and care of his mother. It may mean something

about the relationship between the brothers that Abraham almost immediately built a second gristmill on the north bank, and Melchior responded by building another sawmill, this one on the south bank. In any case, soon after 1812, Melchior left with his family for another home in Pulteney. George's line traces back to Melchior.

David also left the family burying ground for use of the inhabitants of the village. This was confirmed by deed of his son Abraham in 1833, but it was definitely mentioned in David Wagener's will, which he wrote a few days before his death. His was the first burial there, in what is now Lake View Cemetery, and his stone still survives.

Future generations of the Wagener family left their mark as well. Melchior's son David, George's great-great-grandfather, was granted four patents for inventions applied to the processing of buckwheat and grapes.

George is proud of his family heritage and the family's contributions to the region. His story reminds us that our community is rich with stories and that deep connections develop through their telling. There is always something to learn so, **talk** to your neighbors, **tell** your stories, and **keep** the history alive!



George and Maryann Reigelsperger in front of the Wagener Estate Bed and Breakfast. The original beams and structure, milled by David Wagener in 1794, are the foundation of the home.

"Best Friends" Winner

Congratulations to FOTO member, Bailey Thompson, winner of this issue's "Best Friends" of Friends of the Outlet pet treat. Bailey and her owners, Rick and Jean Thompson, are pictured on the Trail with Bailey's new toy.



DEC Notification

The New York State Department of Environmental Conservation is planning to treat the Keuka Outlet with a lampricide (TFM) June 7, 2018. An alternate treatment date will be June 11. This treatment's aim is to reduce the numbers of parasitic sea lamprey in Seneca Lake. The Keuka Outlet has been treated six times since 1982. This has helped to improve the survival, growth, and appearance of fishes, especially trout and salmon in Seneca Lake, according to the DEC.

These treatments have no significant impacts on the environment or non-target organisms, and do not pose a hazard to human health, according to the DEC letter we have received. However, the New York State Department of Health advises against stream water consumption, fishing, swimming, livestock watering, or irrigation in the treatment area during and immediately following the application. This health advisory will be posted along the entire treatment area.

Information about lampricides and stream treatments can be found at the Great Lakes Fishery Commission's website:
http://www.glfc.org/pubs/FACT_4a.pdf

Calling All Volunteers!

April is shaping up to be a very busy month along the Keuka Outlet Trail as we prepare for the height of the hiking season.

The Friends of the Outlet welcome volunteers to help us complete some projects along our favorite pathway, **and here's how you can help:**

The **annual Celebrate Service, Celebrate Yates day is planned for April 22, from 1:30 to 4:30 PM.**

Volunteers can choose to work at sites all over Yates County as part of this annual community service day organized by Keuka College and the Yates County Chamber of Commerce.

FOTO needs your help at the Cascade Falls and Visitors Center.

We want to make this area a gathering spot where we can host events in the future. We will be working to remove some potential

hazards at the site and get a start on improvements to the Visitors Center building.

The event begins with brunch at Geiser Dining Commons in Dahlsstrom Student Center from 11 AM to 12:50 PM, followed by a kick-off celebration at 1 PM, before leaving for work sites.

Volunteers who pre-register before Wednesday, April 3, will receive a free T-shirt at check-in. Walk-in volunteers are also welcome. To register, visit:
www.keuka.edu/celebrate-service-celebrate-yates

If you can't make it but would like to support the effort with a donation to help cover the cost of supplies send a check to Friends of the Outlet, P.O. Box 65, Dresden, N.Y. 14441 or visit our website to donate through PayPal.

YYP FOTO Fundraiser

Join the Yates Young Professionals on **April 14, 2018, at 6:00 PM at the Penn Yan Elks** to celebrate the history and toast the future of the Keuka Outlet Trail.

Enjoy a three-course meal with authentic, historical recipes, chosen to honor the settlers of Hopeton in the 1790s, and local cider to toast the **Event Center Project** at Cascade Mills on the Keuka Outlet Trail. **Chef Ben Comstock will prepare the 1790s inspired menu.**

Don't miss this opportunity

to step back in time!

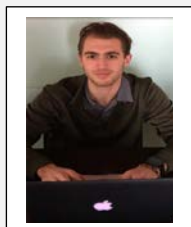
Tickets for the Dinner with Friends: The Village of Hope are \$35 per person.

Tickets can be purchased at Lyons National Bank, Stork Insurance, or online at www.keukaoutlettrail.org/dinnerwithfriends.

To attend, purchase tickets by April 1, 2018.

All proceeds will benefit the Friends of the Outlet and the Cascade Mills Renovation Project.

Meet Thomas Alfieri – FOTO Intern



The Friends of the Outlet were fortunate to benefit

from the expertise of Keuka College biology major, Thomas Alfieri, who logged 150 hours in the month of January completing his Field Period internship.

Thomas assisted the Board of Directors with a variety of projects including sorting

and archiving historical documents, updating third party websites, organizing events, and contributing materials for publication.

Thomas also worked closely with the FOTO Community Relations Committee to design and produce an

informational Trail Guide promoting the historical, geographical, and environmental significance of the Keuka Outlet Trail.

We are thankful for the time, effort, and passion Thomas gave to FOTO and wish him well in his future endeavors.

Take a Walk on the Wildflower Side

As winter gradually recedes and the weather begins to warm, nature greets the returning migratory songbirds with budding trees and the striking displays of delicate, new blossoms unfurling. This is spring wildflower season.

To help you fully appreciate this brief, remarkable time of year, here are some tips for where to look, what to look for, and when to find all kinds of spectacular wildflowers. If you are new to identifying wildflowers, **pick up a field guide** and look up the varieties mentioned below before you head out.

Keep a Weather Eye Open

The season typically begins in late April, but it can fluctuate by a week or two due to lingering snow cover, variations in elevation or temperature, or whether or not a particular slope faces the sun. To experience the full breadth of the season, take a walk every two weeks from the middle of April to early June.

A Fleeting Glimpse

The majority of spring wildflowers need to bloom, be pollinated, and store enough food for the following year—all before the leaves on neighboring trees have fully appeared. Some of the earliest species (and those needing the most direct sunlight) are known as *spring ephemerals*. These are plants that, after flowering, virtually disappear in a few short weeks.

If you want to catch a glimpse of trout lily, make sure you get out during the **first week of May**.



Trout Lily

Think Long and Hard(y)

Some early flowering plants have thick, long-lasting leaves that you can see throughout the year. You'll find hepatica (which can have white, pink, or blue flowers) on rich forest floors **in May**.



Hepatica

The Gang's All Here

You'll see the greatest diversity of spring wildflowers around the **middle of May**, with some ephemerals still remaining and mid-May flowers in their full glory, joined by a few late-May wildflowers that are just beginning to appear. Red trillium and marsh marigold are two of the most vibrant flowers at this time. You'll find the bright-red, nodding flowers of wild columbine perched on rocky outcrops. In wetlands, a careful search will reveal Jack-in-the-pulpit.



Marsh Marigold



Jack-in-the-Pulpit



Columbine

Look but Don't Touch

When taken by the beauty of a particularly exquisite wildflower, it may be tempting to pick just one to take as a memento. But wildflowers are a crucial foundation of their ecosystems, and many creatures, particularly pollinators, depend on them for survival. Additionally, many species of wildflowers are quite rare and fragile.

FOTO Event

Spring is blooming on the Keuka Outlet Trail and we have just the right experience for you! **Enjoy an easy walk to see wildflowers on the Trail** led by Cornell Cooperative Extension master gardener, Caroline Hunt.

Don't miss this **Walk on the Wildflower Side** on **April 28, 2018, beginning at 9:00 AM, at the Dresden Trailhead Parking Lot.**

Expect to see Trillium, Jack-in-the-Pulpit, Wild Geranium, Marsh Marigold, Garlic Mustard, Wild Ginger and many more as well as other plants that make up the eco-system of the Trail. **A Wildflower Field Guide will be provided.**

Participation is limited to 20.

RSVP at:

community@keukaoutlettrail.org

*"Come with me
into the woods
where spring is
advancing, as it
does, no matter
what, not being
singular or
particular, but
one of the forever
gifts, and
certainly visible."*

- Mary Oliver

"The real miracle is not to fly or walk on fire. The real miracle is to walk on the Earth and you can perform that miracle at any time. Just bring your mind home to your body, become alive, and perform the miracle of walking on Earth."

- Thich Nhat Hanh

Take a Mindful Hike

Physical activity. Beautiful scenery. Who doesn't like the occasional hike in the great outdoors? And when you add a little extra awareness to the experience, your outing can benefit both your body and your mind.

Hiking with friends while enjoying great conversation and laughter is a wonderful way to spend time. But unless we make a conscious effort to stop every now and again and really pay attention to where we are and what we are doing, we can miss a tremendous amount.

Stopping and consciously engaging our senses when out hiking not only calms and grounds us – relaxing both mind and body – but it also deepens our connection to the natural world. Mindful hiking is really remembering to stop and smell the roses.

Making the effort to stop along the way and bring conscious awareness to your senses will not only bring you into the present moment and deepen your connection to your

surroundings, it will also bring your mind and body back into a state of balance. Your body will start to relax and your mind will begin to settle.

It is estimated that approximately 90% of our attention is taken up with our thoughts. That leaves just about 10% of our attention for our bodies. By consciously holding our awareness in our bodies, without forcing anything, we can encourage the body to begin to soften and relax. Throughout your hike, stop every now and again and try one or more of the following exercises:

Look – Enjoy a few moments in silence as you look around and consciously engage your sense of sight. Start by turning around slowly and deliberately taking in the 360-degree view as you do.

Look up – explore the sky, the patterns in the clouds, the canopy of the trees above. Look down – notice shadows, patterns, colors, and textures on the ground. Sit or lie down for a moment to absorb your surroundings.

Now look closely at an object

that catches your attention, such as a leaf or the bark on a tree. Allow your gaze to soften as you explore the object. Gently observe its color, shape, and texture. Look for subtle details you might have missed at first glance. Allow yourself to become really curious about what you're looking at.

Listen – In this exercise simply stop and enjoy a few moments in silence as you consciously engage your sense of listening. Even after you've finished the exercise and started walking again, try to remember from time to time to slow down and consciously tune into that sense of listening.

If it feels comfortable for you to do so, close your eyes. Or, if you prefer, simply lower your eyes, keeping your gaze soft. Allow yourself a few moments to settle into your body.

Begin to tune into the sounds around you. There's no need to search for sounds. See if you can simply allow sounds to come to you.

-excerpt from www.mindful.org

FOTO Event – Mindful Hiking on the Trail

Don't just take a walk.
Take a mindful walk.

Join the Friends of the Outlet for one or all of the Mindfulness Walks, held rain or shine, each third Sunday of the month from 10:00 – 11:00 AM on April 15, May 20, June 17, July 22, August 19, September 16, and October 21, 2018.

Walks will originate at the **Cherry Street Parking Lot.**

Learn to practice mindfulness surrounded by the beauty and ever-changing seasons of the Trail. **Led by Sarah Thompson**, each hour-long walk will heighten your awareness and bring your attention to experiences occurring in the present moment.

Instructions will be given before walking in silence.

A light snack will be offered afterwards.

Each walk is limited to 10 participants.

RSVP at least one week prior to the date of the walk OR now for the walks that you are interested in attending at:
community@keukaoutlettrail.org

Enjoy an experience that will bring you closer to nature and your body!

Hot Chocolate and Cool History

On a cool winter evening, history enthusiasts experienced first-hand vivid recreations of the early Hopeton settlers.

The event, sponsored by the Friends of the Outlet, in partnership with the Yates History Center and the Dearly Departed Players, demonstrated how our ancestors worked, lived, and played.

John Nichols, played by Rich Stewart; the "Publick Universal Friend" (Jemima

Wilkinson), played by Anita Gaston; Elizabeth Smith, played by Stephanie Olsen; and, Mrs. Charles Williamson, played by Lisa Harper, shared stories of their life experiences. Artifacts from Jemima Wilkinson's life were also showcased.

Earlier in the day, students from St. Michael's learned about early life along the Trail and the mills that were powered by the Outlet Creek. Students had the opportunity to grind

buckwheat groats, and grasp the mechanics of mill operation.

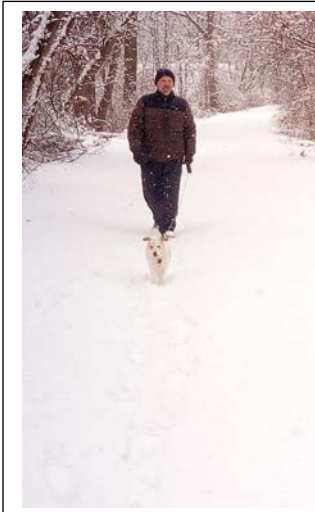
The Flour Shop Café and Bakery, providing cookies and cocoa for attendees in both sessions, warmed this winter event.



Snow Shoes, Snow Balls, and Snow Angels



..... Winter is Always Fun on the Trail!



*"Keep close to
Nature's
heart...and
break clear
away, once in
a while, and
climb a
mountain or
spend a week
in the woods.*

*Wash your
spirit clean."*

—John Muir



We're on the Web!

See us at:

www.keukaoutlettrail.org

Mailing Address:

Friends of the Outlet
PO Box 65
Dresden, NY 14441

Email:

keukaoutletfriends@gmail.com

Trail Coordinates:

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



FRIENDS OF THE OUTLET, INC.
PO BOX 65
DRESDEN, NY 14441

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FOTO Clip and Save Event Calendar

With spring and beautiful weather almost here, we highly recommend spending some time outside. Nature offers one of the most reliable boosts to your mental and physical well-being. So, hit the Trail and **enjoy these fun and free Trail events** for the whole family.

APRIL 14: 6 PM Dinner with Friends: The Village of Hope Penn Yan Elks Lodge: Enjoy a three-course meal with authentic, historical recipes, chosen to honor the settlers of Hopeton in the 1790s, and local cider to toast the Event Center Project at Cascade Mills on the Keuka Outlet Trail. Chef Ben Comstock will prepare the 1790s inspired menu. Don't miss this opportunity to step back in time! All proceeds will benefit the Friends of the Outlet and the Cascade Mills Renovation Project.

APRIL 15, MAY 20, JUNE 17, JULY 22, AUG. 19, SEPT. 16, OCT. 21: 10 AM TO 11 Mindfulness Walk Cherry Street Parking Lot: Led by Sarah Thompson, each hour-long walk, will practice the essence of mindfulness. Instructions will be given before walking in silence, and a light snack offered afterwards.

APRIL 22: 1:30 - 4:30 PM Celebrate Service, Celebrate Yates: Help us as we strive to create a Multi-Purpose Community Space and Event Center at Cascade Mills Falls. All skill levels welcome.

APRIL 22: 11 AM - 1 PM Something to Lean On - Carving a Walking Stick Seneca Mills Falls Pavilion: Learn how to select, prepare, and carve your very own walking stick with artist Doug Sciorra.

APRIL 28: 9 AM A Walk on the Wildflower Side - A Spring Wildflower Walk Dresden Trailhead Parking Lot: Enjoy an easy walk to see wildflowers on the Trail led by Cornell Cooperative Extension master gardener, Caroline Hunt.

MAY 12: 8 AM Watch the Birdie! Hopeton Parking Lot: Observe the exciting spring migration of birds on the Keuka Outlet Trail with Lynn Donaldson, Eaton Birding Society Trip Leader.

JUNE 2: 9 AM - 2 PM Walk for Water on National Trails Day Penn Yan Boat Launch: Enjoy the beauty of the Keuka Outlet Trail as you leisurely stroll, all the while supporting three host community organizations - the Friends of the Outlet, Penn Yan Rotary, and HTS Congo.

JUNE 9 & 10: Keuka Lake Arts Festival Penn Yan Boat Launch.

JUNE 24: 9:30 TO 11 AM Picture Perfect: Plein Air Painting Seneca Mills Falls Pavilion: Join the Friends of the Outlet and artist, Doug Sciorra for a Plein Air Painting experience.

JUNE 30, JULY 28, AUG. 25: 1 - 2 PM Story Hour on the Trail for Children Ages 4 to 7 Cherry Street Parking Lot: Join us to hear a story about nature or creatures along the Keuka Outlet Trail. Readings will be followed by an outdoor Arts and Crafts activity. Bring a lawn blanket for comfort. Children must be accompanied by an adult.

JULY 29: 10 AM Foraging in the Finger Lakes with the Botanical Hiker Cascade Mills Parking Lot: Join Heather Housekeeper, aka, the Botanical Hiker, for a wild plant walk along the Keuka Outlet Trail.

RSVP to: community@keukaoutlettrail.org