

VHT Pathfinder

The Official Newsletter of Victor Hiking Trails, Inc.

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Congrats to VHT and Brian E.

The Genesee Valley Recreation and Park Society held their annual Conference and Awards Luncheon on November 12th at the Marriot Hotel in Greece. Among the many organizations and individuals recognized were Victor Hiking Trails and Brian Emelson, Victor Parks and Recreation Director.

Accepting the award for Volunteerism were Dave Wright, Jeff Hennick, Chauncy Young and Wizzy Geno. Supervisor Jack Marren and Town Councilman John Accorso were present to support the work that we have accomplished over the last 19 years, most of it by volunteers.

Brian's highly deserved award was the Distinguished Professional award. Voted by his peers, this is in recognition of over 20 years of outstanding contributions to his community, profession and the field of Parks and Recreation and Leisure services. Brian's wife Pauline was there to support Brian and acknowledge all the great events and programs that Brian has brought to Victor.

I encourage everyone to send a message to the Town of Victor that you appreciate all of the quality of life programs that have been instituted in Victor over the last 10 years and encourage them to continue to support our parks and trails.

Quotes found inside:

On Sunday, the group "bushwacked" the streets... *page 3.*

They ... hiked nearly 4 miles in two hours... *page 3.*

DEC will continue the City's high level of stewardship... *page 4.*

Hiking is permitted on Hemlock-Canadice State Forest. *Page 4.*

...first study to look at health benefits of environmental volunteering... *page 6.*



Left to right: John Accorso, Brian Emelson, Jeff Hennick, Chauncy Young, Wizzy Geno, Dave Wright, Jack Marren.

HIKES FOR 2011**VHT 2011 Officers:**

Dave Wright– Chairman
 Jeff Hennick– Vice Chairman
 Nat Fisher– Secretary
 Chauncy Young– Treasurer
 Carol MacInnes– Trailmaster
 Larry Fisher– Trail Boss
 David Coleman– Membership
 Ruth Nellis– Education
 Wizzy Geno— Volunteer
 Coordinator

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Volume 15, Issue 4
 Winter 2010
*The Victor Hiking Trails
 Pathfinder* is published
 quarterly for the
 members of Victor Hiking
 Trails, Inc. We
 encourage submissions
 of letters, editorial items
 and advertising
 pertaining to trails, Victor
 and the environment.
 Ask about our rates.
 To submit articles for the
VHT Pathfinder, please
 contact:

Dave Wright, Editor
 Victor Hiking Trails, Inc.
 85 East Main Street
 Victor, NY 14564

(585) 234-8226

www.victorhikingtrails.org

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January 8 : Harriet Hollister Park

February 12 : Seneca Trail from The Apple Farm to Boughton Park.

Meet at the Apple Farm at 9:00 a.m.

March 12 : Auburn Trail from Victor to Mertensia Park and back.

April 9 : Corbett's Glenn

May 14 : Genesee Land Trust, Monkey Run, Ganargua Creek Meadow Preserve.

June 4: National Trails Day

June 11: Bike ride on the Lehigh Trail to the Genesee Greenway and back

June 11: 14th Annual ADK Outdoor Expo at Mendon Ponds Park

July 9: Wesley Hill and Briggs Gulley.

August 13: Powder Mills Park. Meet at the fish hatchery at 9:00 a.m.

September 3: Ring of Fire at Bare Hill. Meet at town hall at 5:30 p.m.

September 10: Hang Around Victor Day and Victor Fest

October 8: Cleveland Hill

November 12: Mendon Ponds Park

December 10: Boughton Park

Note: Please check the message line at 585-234-8226 for details. All hikes meet at Victor Town Hall rear parking lot at 9:00 a.m. unless otherwise noted. Most hikes are relatively easy and take 2-4 hours. Always bring a bag lunch or snack and something to drink. Dress for the weather. We rarely cancel due to inclement weather.

We usually car pool to the trailhead. If gas gets expensive again, expect to share the cost with the driver. If you have any questions regarding any of the hikes, or if you have suggestions for places to hike, please leave a message at 585-234-8226.

This year we have scheduled more hikes in Victor or the surrounding communities. We are also leading shorter and easier hikes to encourage families and younger hikers to join us.

We always hike as fast as the slowest hikers, so don't worry about not keeping up. If we need to split into more than one group, that is not a problem.

So pick a hike and come enjoy the fun.

Past Hikes

October 8-10: Adirondack Weekend Adventure.

Eight people traveled to the Adirondacks for some fall hiking in God's country. The weather was perfect for the Saturday climb up Vander Wacker Mountain. Lunch was enjoyed at the summit where a fire ranger tower still stands. On Sunday the group "bushwacked" the streets of Schroon Lake Village before heading for home. A group picture was taken at 10:10 a.m. on 10/10/10. As usual, Marcia Bryan was a most gracious host. More photos on page 7.



Hiking past the deserted ranger's cabin.

November 13: Crescent Trail at Old Foley Rd.

Eleven hikers trekked on the single-track trails in Perinton that are part of the Crescent Trails. They met at Old Foley Road parking lot and hiked nearly 4 miles in two hours on a crisp, sunny morning. The group was led by Greg and Jim from the Crescent Trails Board of Directors and enjoyed seeing parts of Perinton that most residents don't even know exist. More photos on page 8.



Taking a break in the sunshine.

December 11: Dryer Road Park to
Ganondagan

Eleven outdoor winter adventurers enjoyed a warm (35 F) hike from Dryer Road Park to Fort Hill and on to Ganondagan State Historic Site, a distance of about 4 miles. Most of the group continued on to Mickey Finn's for a well deserved and wonderful lunch.



Starting the hike at Dryer Road Park.

Hemlock-Canadice State Forest

Hemlock-Canadice State Forest is located 20 miles east of Geneseo, between the hamlets of Hemlock and Springwater. It covers approximately 6,684 acres in the towns of Livonia, Conesus and Springwater in Livingston County and the towns of Richmond and Canadice in Ontario County.

Hemlock and Canadice Lakes have provided drinking water for the City of Rochester and adjacent communities for more than 100 years. In order to protect water quality, the City acquired much of the watershed property around the lakes. Over the decades, the land was planted and/or naturally reverted to forest, with few remaining traces of its former uses except for stone walls. Today, Hemlock and Canadice Lakes, with their steep forested shorelines guarding the deep clear water, show visitors a glimpse of the past when all the Finger Lakes were wild lakes.

We ask visitors to respect this very sensitive area as a source of public drinking water.

Recreation

The City of Rochester has been able to allow public access for decades, by limiting uses to activities that will not affect water quality. DEC will continue the City's high level of stewardship and protection of the lands and waters, while maintaining public access for fishing, hiking, nature study, boating and hunting. Activities in Hemlock-Canadice State Forest are now subject to DEC's Rules and Regulations for the Use of State Lands, [6 NYCRR Part 190](#), as well as any other applicable state statutes, rules and regulations.

In addition, specific regulations - [6 NYCRR 190.26](#) - have been developed by DEC, mirroring those established by the City of Rochester, allow many recreational activities on Hemlock-Canadice State Forest, but prohibit uses that could threaten water quality.

Fishing - Fishing is allowed in most locations on Hemlock-Canadice State Forest.

- o Park in provided spaces. Do not block roads, trails or

boat launches.

- o No cleaning, gutting or depositing entrails within 100 feet of any water.
- o Do not transport or introduce any aquatic plants or animals into the water.
- o It is unlawful to possess or operate a boat, to ice fish, to traverse the ice or water, or to fish from shore on:
 - On Hemlock Lake: north of the northerly boat launch, and between Boat Launch Road and Hemlock Lake.
 - On Canadice Lake; within the northernmost 500 feet of the lake

o

Boating - Boats are allowed, but a mechanically propelled vessels must be less than 17 feet in length, and any motors must be 10HP or less. A non-mechanically propelled vessel must be less than 24 feet in length. Do not transport or introduce any aquatic plants or animals into the water.

See Fishing, above, for areas where boats are prohibited.

Boats may not be stored on this property

To help stop invasive species from contaminating the Lakes, please:

- o do not launch boats at Hemlock & Canadice Lakes within 5 days of boating on other waters;
- o wash down your boats after removing them from other waters;
- o check your trailer and propellers;
- o do not "bring" any water from other lakes or streams;
- o do not flush motors, bilges, bait buckets, livewells, etc. within 100 feet of any lake or stream, and
- o "carry in/carry out", i.e. leave no trash behind.

Swimming - No swimming, bathing, water skiing, or tubing.

Trails - Hiking is permitted on Hemlock-Canadice State Forest. Please respect all posted boundary lines.

- o There are approximately 14 miles of marked hiking

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(Continued from page 4)

trails on Hemlock-Canadice State Forest.

- o Dogs must be kept on leash or controlled at all times.
- o Motorized off-road use is prohibited, including, but not limited to, ATV's and 4x4's.
- o Snowmobiles are only allowed on designated trails, after big game season ends and with sufficient snow cover.
- o Possession or riding of horses is prohibited on the property.
- o In winter, it is unlawful to traverse the ice in the locations prohibited to fishing.

Camping - Camping is not allowed on this property.

Fires - - No campfires or charcoal fires.

Hunting and **trapping** are permitted on the property in accordance with all game regulations, unless otherwise posted. Traps may not be set on public road right of ways. Body gripping traps set on land must be at least 100 feet from public trails.

Target shooting is not allowed.

Permanent tree stands are prohibited. However, a tree stand or blind is allowed, provided that it does not injure any trees, is properly marked or tagged with the owner's name and address or valid hunting or fishing license number, and is placed and used during big game season, migratory game bird season, or turkey season, but no more than thirty days in one location per calendar year.

Geo-caching is allowed although caches must be marked with the owner's contact information and may not be placed in dangerous or ecologically sensitive locations.

[Additional Tips for Using State Forests](#)

Facilities

North Hemlock Boat Launch - Located at the north end of Hemlock Lake, accessed from State Highway 15A, with room for vehicles with trailers to park.

South Hemlock Boat Launch - Located at the south end of Hemlock Lake, accessed from State Highway 15A, with room for vehicles with trailers to park.

Canadice Boat Launch - Located on the east shore of Canadice Lake, accessed from Canadice Lake Rd, park along Canadice Lake Road.

Canadice Canoe Launch - Located on the south end of Canadice Lake, a short walk from Canadice Lake Rd, with room for vehicles to park.

History

The Hemlock-Canadice State Forest comprises about 6,684 acres in Livingston and Ontario Counties. Beginning in 1896 the City of Rochester started acquiring the properties adjacent to Hemlock Lake, in order to protect the public water supplied by Hemlock Lake. In June of 2010, most of the land was sold to the State of New York, and re-named the Hemlock-Canadice State Forest in the process.

Early on the City of Rochester realized the value of a water supply protected by forest cover. However, much of the watershed property being acquired in the early 1900's was in agricultural use. Therefore, in 1902, an aggressive tree-planting program began in order to provide the desired forest cover. During the next 29 years, 3.7 million conifer seedlings were planted on 3,000 acres. The remaining acres naturally re-grew to trees without needing to be planted.

The planted species included Scots pine, white pine, red pine, Norway spruce and a few others. In 1929 disease was noted in the plantations. Dr. H.H. York, NYS Forest Pathologist, was called upon to investigate. Three fungal diseases, "new to Dr. York," were observed. A cooperative effort between Rochester and the Department began. In order to retain forest cover if the conifers died, a program to underplant the stressed conifers with hardwood seedlings commenced. To provide the seedlings, a hardwood nursery was started by the City in 1934. From 1936-1940, 475,000 hardwood seedlings including oak, hickory, ash, walnut, and others were planted beneath the conifers. This effort was apparently not very successful, due largely to the conifers not dying out. However, there are remnants evident today, where straight rows of planted

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hardwoods illustrate this unique work.

Field Notes

In the process of purchasing the entire shoreline of these two small Finger Lakes, the City of Rochester has preserved Hemlock and Canadice Lakes as the only Finger Lakes with no house or cottage development along the shorelines. This unique condition offers a serene atmosphere, with their steep forested shorelines guarding the deep clear water, and gives visitors a glimpse of the past when all of the Finger Lakes were wild lakes. Protecting water quality continues as the most important function of this property.

Today, Hemlock-Canadice and all State Forests in New York are managed for multiple benefits to serve the needs of the people of New York. Sustainable management practices ensure a perpetual supply of timber, a diversity of wildlife habitats, compatible recreational opportunities and clean water.

Driving Directions

From the North:

Take Exit 9 off of Interstate Highway 390. Travel south on State Highway 15, in Lakeville turn east on State Highway 20A, follow 20A just past the hamlet of Hemlock continue straight onto State Highway 15A.

From the South:

Take Exit 3 off of Interstate Highway 390. Travel north on State Highway 15, in Springwater continue straight onto State Highway 15A.

Important Phone Numbers

NYS DEC

State Land Management

7291 Coon Rd.

Bath, NY 14810

607-776-2165

607-776-2165

Law Enforcement: 585-226-6706 585-226-6706

Emergencies: 911

This information is from the NYSDEC website:

<http://www.dec.ny.gov/lands/66521.html>

Want to Be Healthy in 20 Years?

By Ruth Nellis

Attention retirees! You probably know that volunteering on environmental projects is strongly linked to greater physical activity, but did you know that it also leads to better self-rated health and fewer symptoms of depression over a period of 20 years. Researchers found the environmental volunteers are half as likely as nonvolunteers to show symptoms of depression 20 years later, whereas other forms of volunteering lower one's risk by roughly 10 percent. This comes from a study online in the [Gerontologist](#) (February 19) and an article in the Cornell University publication, [link](#) Fall 2010.

The authors of the study analyzed data collected over a period of 20 years in Alameda County, CA., an examination that followed nearly 7,000 adults. This is the first study to look at the health benefits of environmental volunteering in a large

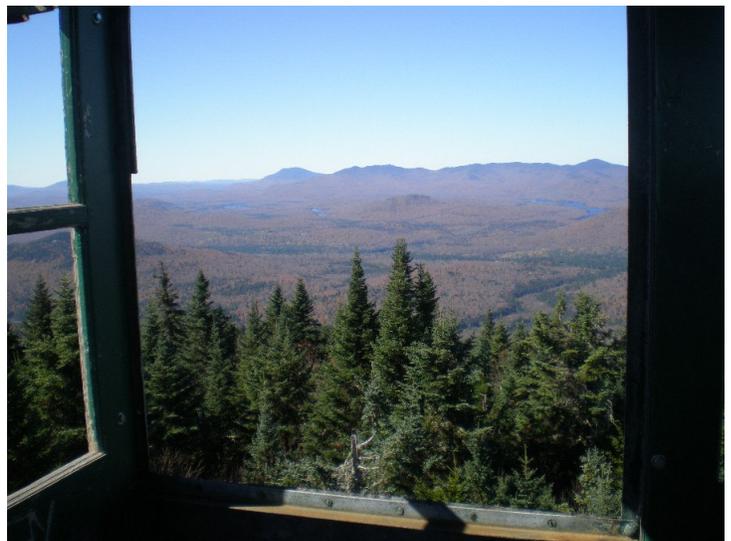
population over an extended period of time, unlike past studies that focused on a one-time survey or data set.

Environmental activism is often associated with younger adults, but older adults not only benefit from being in nature but also from protecting the environment and generating the notion of working to achieve something for the good of future generations. They can help the Earth and themselves at the same time.

Spending time outdoors in the natural environment is a critical factor.

Future studies may focus on whether conservation efforts could benefit older adults who suffer from constant pain and chronic conditions.

The study was done by Dr. Cary Reid at Weill Cornell Medical College and Thomas E. Fuller-Rowell, PhD at the University of Michigan.



We had a beautiful weekend in the Adirondacks for hiking Vander Wacker Mountain, taking in the gorgeous view from the old ranger tower and sightseeing at the north end of Schroon Lake.



Another great Saturday hike, this time in Perinton on the Crescent trail. This loop hike began and ended at the Old Foley Road parking lot off Mosely Road. We had a great guide that showed us some wonderful trails through wooded areas and past some neighborhoods.



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