

# Trackin'



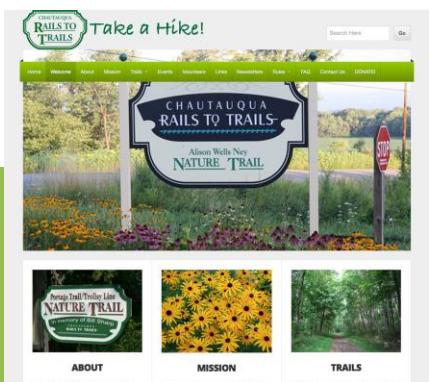
Bringing you news and information  
about your Chautauqua Rails to Trails

Spring/Summer 2016



## Inside This Issue!

- Page 2 Trail Manager's Report
- Page 3 Do Coots Fart?
- Page 4 Hard-working  
Volunteers Stymie  
Hard-working Beavers
- Page 4 Boys on the Right Track
- Page 5 A Very Happy  
B'Earth Day Party
- Page 10 Snacks for the Trail
- Page 11 Little Bit More to  
Spare



## From The Locomotive

By Robert Berke, MD – President, CR2T

Twenty-five years have passed since those frantic, early days when a group of us- John Goodell, Sam Thorndike and myself- got together and dreamed the dream of a green ribbon across Chautauqua County for all to use.

The celebration of that moment, a few weeks ago, was the culmination of years of hard work by a dedicated following of volunteers and board members, who have brought us to this juncture. We can now boast of a trail system in year-round use, with an enthusiastic group of members and volunteers who continue to share the dream.

I wonder what we can achieve in the next 25.... Come on along and help us!!!

## Check Out Our Website!

For the latest and greatest information, check us out on the web today at [www.chaurtt.org](http://www.chaurtt.org).

## Trail Manager's Report

### by Jim Fincher, Trail Manager

Early in May, County executive Vince Horrigan, County Director of Emergency Preparedness Julius Leone, County Water Coordinator David McCoy and I journeyed to Albany. The four of us met Senator Cathy Young and Assemblyman Andy Goodell for a meeting with some of Governor Cuomo's staff members to discuss the failing culvert/tunnel south of Woleben Road.

I believe our presentation impressed them with the scope of the potential disaster that could occur if the tunnel/culvert fails. We asked for the full \$1.5 million that would be required to repair the culvert/tunnel so it would last for another 100 years. The staffers appeared sympathetic to our need for repair money, but were unable to identify any at the meeting. They did say they would look into possible funding sources. So even though the trip was not immediately successful, we have at least elevated our need to a level where funding could be found. We certainly give our county leaders and our legislative members a strong round of applause and thanks for their strong support.

Join us for our "Tip One for the Trails" fundraiser at Brazil Craft Beer and Wine Lounge (3<sup>rd</sup> Street in Jamestown) on June 22, 5-8pm . Brazil will donate a portion of sales to CR2T, and we'll be featuring some raffles and games to accompany a "slow roll" through the city hosted by some of our passionate biking advocates. Check our Facebook and web pages for more details.

The PowerPoint presentation that was given at the meeting can be found on our website at [chaurtt.org](http://chaurtt.org).

We participated in a trail use count conducted by the New York State Office of Parks, Recreation and Historic Preservation. We counted people who were using the trail over the course of eight hours at three locations on the trail: Titus Road, Mayville, and Prospect Station. The projected estimates are about 2,800 uses a year at Titus Road, 6,700 uses at Prospect Station and 55,000 uses a year in Mayville. The full study is available to see on the web site, [chaurtt.org](http://chaurtt.org).

We are working to enter a float in the 4th of July parade in Mayville as a joint venture with the Chautauqua Lake Snowmobile Club. If anyone has an idea for the entry, please contact [crtt@chaurtt.org](mailto:crtt@chaurtt.org) with it. We'd be glad to hear from you.

We have examined the by-laws we are operating under and found them to need updating. Your board will be working on this project and would be happy to accept help from any of our members. Please feel free to contact us at [crtt@chaurtt.org](mailto:crtt@chaurtt.org).

Here's hoping you have a great summer. And don't forget to...

## TAKE A HIKE!



# Do Coots Fart?

By Jeff Tome, Jamestown Audubon Society

“What would you like to know about Coots?” I asked my kids as I started to write this article. “Do they have a butt?” my kindergartner asked. (Yes they do.) “Do they fart?” asked my second grader. (I have no idea, and frankly, I am not sure I want to know.)

The questions started calming down after the seemingly required fart and butt jokes were done. “What is a Coot?” It is a small black, duck-like bird

that floats in huge flocks on Chautauqua Lake. They have white beaks and are really easy to spot right now. “What do their feet look like?” They don’t have webbed feet like a duck. Their feet look

more like an overgrown chicken foot because they are more closely related to shorebirds like rails and sandpipers than to ducks.

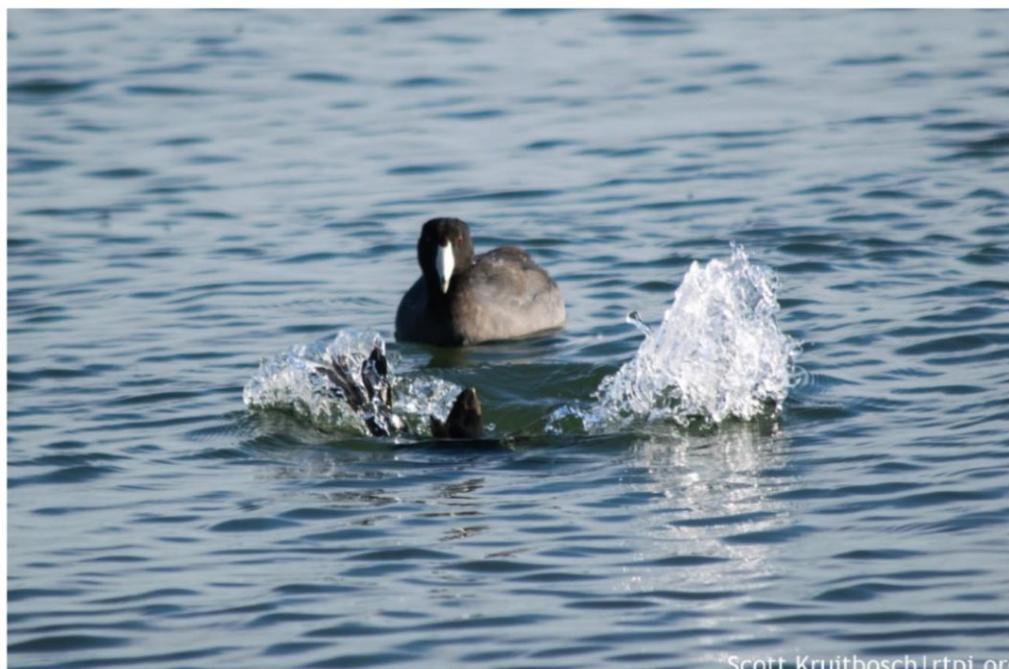
“What do they eat?” The American Coot mostly eats plants. This bird dives under the water and comes up with mouthfuls of lush green plants. I watched them do it in Celoron the other day.

My second grader, who is learning things in school asked if coot was in the dictionary. This gave me the excuse to I needed to grab a book off the shelf and ignore their questions about bodily functions. Coots, according to my old dictionary, are “a dark grey bird resembling a duck” or a “foolish old man.”

At this point, the laughter in the room cheerfully made the children forget all things fart and butt related. They also forgot completely about coots, which is normal since coots aren’t all that interesting once their bodily functions have been discussed.

A quick drive along the shore of Chautauqua Lake will probably reveal a flock of American Coots somewhere, but they are not the only bird on the lake right

now. They are one of many, many ducks, rails, egrets, swans, loons and other birds that use the lake as an important migration stop. The lake provides a great place for birds to rest and feed up before the next leg of their long journey north.



Scott Kruitbosch/LRPI.org

**Photo Credit: Scott Kruitbosch, Roger Tory Peterson Institute**

The next time

you have a free moment or two, drive to any place on the lake where you can launch a boat. Check out the variety of ducks and other birds there. You might even get lucky and see a flock of loons. The birds, not the crazy people.

The more time you spend looking at the more you will be amazed at how much is happening and how important the lake and the land surrounding it is. It is as important to wildlife as it is to people - perhaps more so.

# Hard-working Volunteers Stymie Hard-working Beavers

By Jim Fincher

If you've walked north from the Titus Road trailhead, you might have seen this stump a few yards in on your right. Obviously, a beaver had been trying to take the tree down for dinner. But how do we account for the chainsaw work? There is a young man in his mid-80s named Charlie Lindquist who appreciates the trail enough to take his ATV maintenance vehicle to the rail-trail and help maintain it. Charlie lives on Cortright Rd in Busti which means his trip to the trail is no small feat. Charlie saw the gnawed stump and knew the tree would soon block the trail so took action to drop the tree off the trail. Great work Charlie. Thank you for your help. We really appreciate it.



## Boys on the Right Track

By Bill Ward



Boys on the Right Track is a regional organization that helps teach young boys to live emotionally and physically healthy lives. The participants learn to run through conversations surrounding technique and how to pace yourself for a distance run. However, the focus of the program always shifts back to how the participants can become well-rounded young men and handle different scenarios with confidence and knowledge. The Ripley BOTRT program is currently in their 3rd session which run 9 weeks in duration for two, hour and a half sessions a week. The boys thoroughly enjoy the challenge of improving themselves and contribute great insight to our conversations. BOTRT got a taste of trail running at our B-Earth Day Party April 23. From the looks on their faces, we're guessing that this run won't be their last on the trail.



[Facebook.com/  
ChautauquaRailstoTrails](https://www.facebook.com/ChautauquaRailstoTrails)

## A Very Happy B'Earth Day Party

by Bree Aggett

On April 23, CR2T leaders of the past and the present gathered at the Off the Grid Experience in Portland to celebrate 25 years of Chautauqua Rails to Trails. Brocton Central School's National Honor Society co-hosted the event that aimed to educate the public about Earth-friendly services and vendors throughout the region, provide Earth-friendly fun and games, offer a leisurely fun run, and honor the Trailblazers (founders and leaders) of Chautauqua Rails to Trails.

The event kicked off with fun run and walk (5k, 10k, and farthest distance). We were very impressed with the turnout which included 26 runners hailing from all over the county, and even some individuals from nearby counties and Pennsylvania.



With a time of 22:25, 11-year old Elias Quintero of Ripley was the winner of the 5K run. Adam Szablewski, 32, of Portland was the winner of the 10K run with a time of 52:03. Rose Carr was the "longest distance" run, logging 12.15 miles along the trail.



Earth-friendly vendors from around the community donated their time and energy to promote environmentalism, and educate the public. Vendors who participated included Lindy Stranahan of Norwex, Annabelle Kim of Greenair, Connie Bates of DoTerra Essential Oils,

## A Very Happy B'Earth Day Party (continued)

Chautauqua County Master Gardeners,  
Chautauqua County Soil & Water Conservation  
District, Off the Grid General Store, and Solar  
Chautauqua.



The Brocton National Honor Society students made the event fun, offering activities for the kids. They helped kids construct band instruments with recycled materials, planted seeds in take-home containers, and sold goodies at the bake sale. They also collected pop cans and bottle donations to return.



## A Very Happy B'Earth Day Party (continued)



Several local bands donated their time to provide musical entertainment. Featured were The Blue Mule Band, Dan Vogan and John Sitzenstatter, Claude Shuckers, and Bill Ward.

The highlight of the event was the honoring of our "trailblazers." Robert Berke, President, read a resolution from US Representative Tom Reed's Office, celebrating Chautauqua Rails to Trails. He reminisced about his early efforts alongside Sam Thorndike and John Goodell to establish the rail trail. \*\*



NYS Senator Cathy Young was present to commend the efforts of past and present leaders of Chautauqua Rails to Trails and to express her gratitude for the preservation of this resource in the community.

## A Very Happy B'Earth Day Party (continued)



Andy Goodell, NYS Assemblyman and son of the late John Goodell, spoke about his father's early involvement in the organization and the work he did to have CR2T incorporated.



Jim Fincher, Trail Manager, and Bob Berke distributed commemorative railroad spike plaques to the individuals who were instrumental in establishing Chautauqua Rails to Trails.



A B'Earth Day party would not be complete without birthday cake. The party concluded with the enjoyment of cake and musical entertainment.



## A Very Happy B'Earth Day Party (continued)



Trailblazers (L to R): Tom Parker, Dick Rockwell, Jim Fincher, Robert Berke, Bill Fugagli, Kay Fugagli, Evelyn Thorndike, Pauline Thorndike, Virginia King, Marty Sanden, Norma Floccare, Les Johnson, Joan Smith

Several honorees were unable to attend the event. In addition to those present, our sincere thanks go out to: Wayne Anderson, Tom Baer, Ceil Bingham, Diane Clark, Nancy Hanks, Karen Harvey, Jean Haynes, Bill Lawson, Bill Mealy, Lillian Ney, Tom Regalski, Bill Tobbe, Ben and Amy Webb, and Jim Webb.



Take a Hike!

# Snacks for the Trail!

A few of our board members (and their families!) wanted to share recipes for their favorite trail snacks with you to try out this summer.

Big thanks to Bille Ward (Bill Ward's daughter) and Keith Carrow for sharing directions for these treats!

## Bille Ward's Banana "Cookies"

### Ingredients

#### Bill Ward's Banana "Cookies"

##### Ingredients-

1 Mashed Banana

½ Cup Quick Oats

Any mix-ins you like (nuts, chocolate chips, raisins, coconut, etc.)

### Directions

-Mix all ingredients together

-Shape into ¼ cup cookies

-Bake at 350° for 30 minutes



## Keith Carrow's Banana Oatmeal Breakfast Bars

### Ingredients:

- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 3 medium ripe bananas
- 2 teaspoons pure vanilla extract
- 1/4 cup unsweetened applesauce
- 1/4 cup honey or agave nectar if vegan
- 1/3 cup chocolate chips

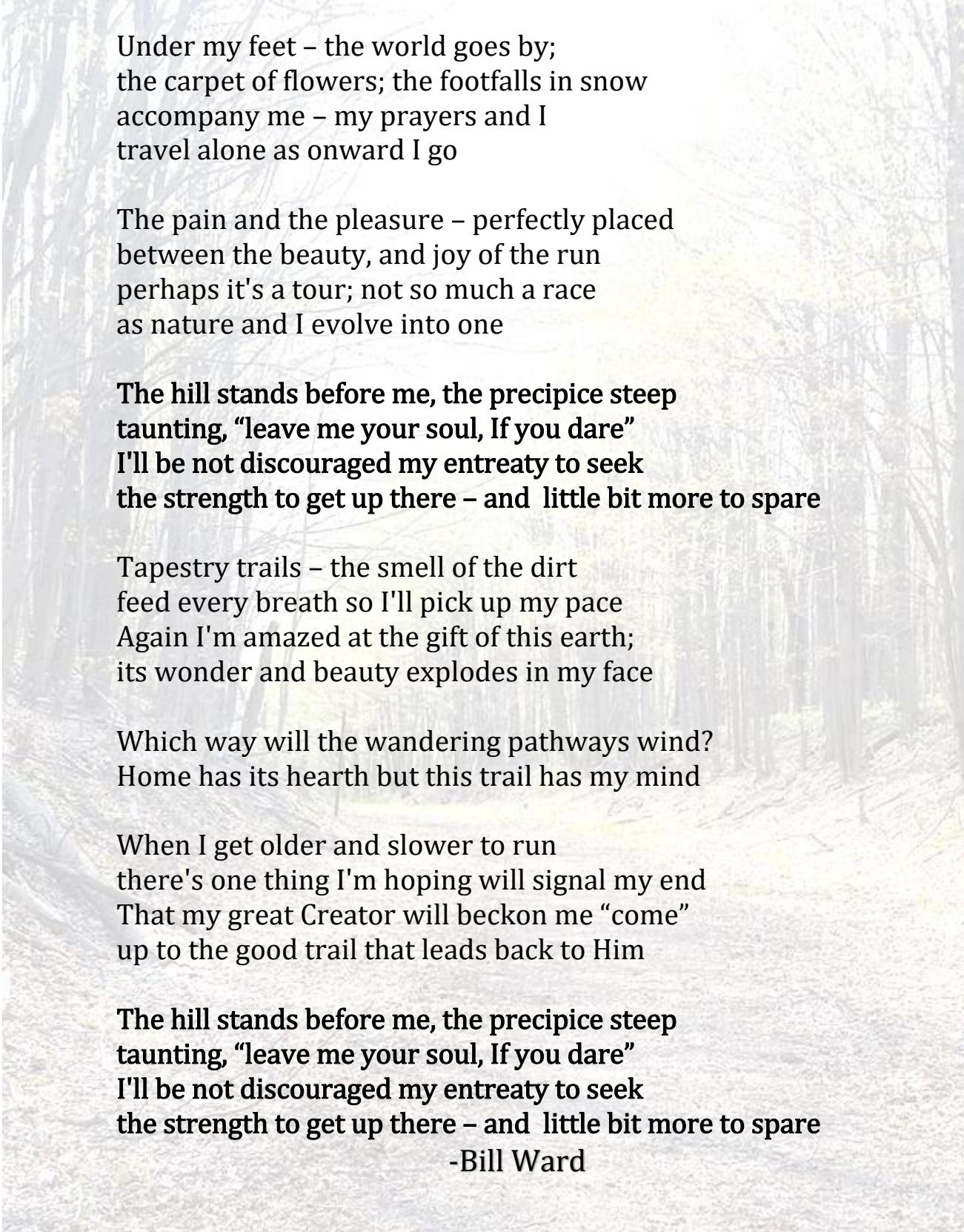
#### For chocolate drizzle:

- 2 tablespoons chocolate chips
- 1/2 teaspoon coconut oil

### Directions:

1. Preheat oven to 350 degrees F. Spray 9x9 inch baking pan with nonstick cooking spray.
2. To make oat flour: Place oats into blender or food processor and blend for 1-2 minutes until oatmeal resembles flour. You may need to stop blender and stir oats a couple of times to ensure that all oats have been blended. Transfer oat flour medium bowl; whisk in baking powder, baking soda, salt /and cinnamon; set aside.
3. Place bananas, vanilla, applesauce, and honey into blender; blend 1-2 minutes or until smooth and creamy. Add to oat flour mixture and mix until just combined.
4. Gently fold in 1/3 cup of chocolate chips. Pour batter into prepared pan, spreading evenly with rubber spatula. Bake for 15 minutes or until knife inserted into center comes out clean or with just a few crumbs attached. Cool 10-15 minutes on wire rack.
5. Prepare drizzle by adding 2 tablespoons of chocolate chips and coconut oil in microwave safe bowl. Microwave on high 30 seconds; stir well to combine then drizzle over the top of bars. Cut bars into 16 squares and enjoy!

# Little Bit More to Spare



Under my feet – the world goes by;  
the carpet of flowers; the footfalls in snow  
accompany me – my prayers and I  
travel alone as onward I go

The pain and the pleasure – perfectly placed  
between the beauty, and joy of the run  
perhaps it's a tour; not so much a race  
as nature and I evolve into one

**The hill stands before me, the precipice steep  
taunting, “leave me your soul, If you dare”  
I'll be not discouraged my entreaty to seek  
the strength to get up there – and little bit more to spare**

Tapestry trails – the smell of the dirt  
feed every breath so I'll pick up my pace  
Again I'm amazed at the gift of this earth;  
its wonder and beauty explodes in my face

Which way will the wandering pathways wind?  
Home has its hearth but this trail has my mind

When I get older and slower to run  
there's one thing I'm hoping will signal my end  
That my great Creator will beckon me “come”  
up to the good trail that leads back to Him

**The hill stands before me, the precipice steep  
taunting, “leave me your soul, If you dare”  
I'll be not discouraged my entreaty to seek  
the strength to get up there – and little bit more to spare**

-Bill Ward



## Support The Efforts of CR2T!

Yes, I want to support CR2T's effort to change the abandoned rail lines of Chautauqua County into multi-use trails which can be enjoyed by all.

Individual \$25     Sustaining \$100

Family \$40     Benefactor \$500

Patron \$60     Sponsor \$1000 & up

Business Partner \$100/\$200 per year for 10 years

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Detach & mail form to: Chautauqua Rails to Trails, P.O. Box 151, Mayville, NY 14757. *Thank you!*



P.O. Box 151  
Mayville, NY 14757  
cr2t@chaurtt.org