

Minnesetah Current

Volume 4 Issue 2 – Summer 2023

Friends of the Outlet Newsletter featuring the Keuka Outlet Trail



DON'T MISS THE THIRD ANNUAL CELEBRATE CASCADE!

Whoever was on weather duty in 2021 and 2022, please join us again for the third annual **Celebrate Cascade on Sunday, September 17, 2023 from noon to 4:00PM** at Cascade Falls and Pavilion at the heart of the Keuka Outlet Trail! If the first two years are any indication, more than 200 people of all ages and exercise interests will gather to celebrate the bucolic gorge and waterfalls that are now fully available for the general public to see and enjoy. Please come celebrate a glorious early autumn day and place in upstate New York State. The event is free.

We must first thank our important sponsors, who make the day possible: Lyons National Bank, The Moorings on Keuka, Shoreline Rentals, and Lattimore Physical Therapy.



With their critical support, we are able to once again bring the live and festive music of St. Vith and The Soul Section. In addition to the usual lawn games, such as corn hole and bocce, Friends of the Outlet are inviting fellow not-for-profit organizations to share their information about the essential work each organization does to make our community a very special place in this world. Among them will be: Penn Yan Public Library, Yates County Master Gardener, Save the Cupola, and Yates County Community Center.

Cascade celebrants will enjoy an assortment of local vendors for refreshments. This year we will be welcoming Climbing Bines, Lake Drum Brewery, Laurentide Beer Co., Anthony Road Wine Co., Scout Vineyards, Lake Life Catering, LaMonarka food truck & Seneca Farms ice cream.





Another new opportunity this year will be the Mill to Mill 5K or 10K Races sponsored by Willow Running. Under their banner of “Where Run and Fun become ONE,” the group has organized several other races along the trail – but this one is particularly focused on the beloved mills of the Keuka Outlet Trail. Advance online registration is encouraged by clicking here: <https://runsignup.com/Race/NY/PennYan/MilltoMill5K10KKeukaOutletTrail>

Both the 10K and 5K races begin at Cascade Falls at 10:45AM and 11:00AM respectively, and return to Cascade Falls to enjoy the Cascade celebration.

“Friends of the Outlet and Willow Running have collaborated for several years on a few different races, and we enjoy bringing the runners to the trail to enjoy the beautiful scenery and quiet setting,” Kenn Walker, a member of the Friends Board of Directors said. “New friends of all kinds continue to experience the Keuka Outlet Trail in a wide range of dynamic modes of movement. I’m sure the batch of runners on September 17th will thoroughly enjoy the post-race festivities of Celebrate Cascade.”

Please note: Volunteers are the lifeblood of Keuka Outlet Trail and special events like Celebrate Cascade are particularly dependent on the support of many volunteers. Please consider signing up by contacting Carol Worth at carolworth280@gmail.com.



Wouldn't it be great to see these little tikes from last year taking their first steps on the Keuka Outlet Trail on September 17, 2023? Perhaps size ½ hiking boots are on order!



New Hopeton Campground Set to Open

Phil Whitman and other Friends of the Outlet members set out 23 years ago to provide a campground for hikers of the Keuka Outlet Trail. Thanks to the maintenance crew and many other volunteers, including Phil Rahr, whose leadership helped secure a grant from Yates County TAC fund, this dream will soon become a reality. Sometime soon (see the Keuka Outlet Trail website and social media offerings for the official opening), the Hopeton Campground will officially open with four campsites available.

Back in 2000, Phil Whitman used a grant to purchase Morrie's Mountain to be made into a primitive campground via a NYS Parks, Recreation and Historic Preservation grant. This site was a figure eight go-cart track in the 1950s and 60s. Today, the old track layout is used as the driving area for campers. This land can be found at 1025 Hopeton Road approximately one half mile east of the Hopeton Road parking area of the Keuka Outlet Trail. A sign marks the new driveway, which is a dirt road with millings mixed in for stability and guard rails for protection. The new gate will soon be open to allow campers to enjoy a quiet camping experience from May 1 to October 1.



The primitive campground is designed for tents only. FOTO asks that no RVs, campers or any other motorized camping equipment take place at the Hopeton Campground. There are port-a-potties, but no running water or electricity. A maximum of eight people may occupy a site with up to two tents. There are three sites with platforms for tent campers. These platforms allow drainage on wet days and a flat surface to set up a tent above the dewy, rough ground. One site provides a lean-to for more comfort and protection from the elements. All sites have picnic tables and fire rings. FOTO asks that all firewood be purchased locally. All sites are handicapped accessible

Currently, camping is available on a first come, first serve basis. FOTO asks each group to complete a Sign-Up Form before camping and be respectful of other campers. Each group can camp for up to five days in each calendar year. A campground ranger will be around daily to check on all campsites. At this time,

FOTO is not charging for the campsites, but rather asking for campers to make a donation to Friends of the Outlet or become a member.

Hopeton Campground R U L E S

- 4 sites: 3 Tent sites; 1 Lean-to site**
 - All sites are first-come, first-served!** *(No advanced reservations at this time!)*
 - All campers must complete the Sign-Up Form available at campground sign-in kiosk or at www.keukaoutletrail.org/signupform**
 - Maximum Total Campground Capacity: 32 people**
1. Before tent or site set-up, all campers must completely fill out two copies of the Sign-Up Form available at the campground sign-in kiosk. Deposit one copy into the sign-in kiosk slot & the other copy must be displayed in the plastic, picnic table sleeve throughout your stay.
 2. Maximum stay is 5 days. One stay per year.
 3. Quiet hours are 10:00 PM to 8 AM
 4. Maximum of (8) people per site.
 5. Maximum of (2) tents and (1) vehicle is allowed at each site. Overflow car parking is available at the Hopeton Parking lot (at the top of the entrance road).
 6. Registered campers must be 18 years or older.
 7. Fires only permitted within fire rings. Fires should never be left unattended and must be extinguished at night.
 8. Campfire wood must be locally sourced from within a 50-mile radius. No gathering or cutting wood on premise.
 9. No generators and no RVs permitted.
 10. Dogs must be controlled and kept on leashes or confined within the campsite at all times. They should also be kept quiet.
 11. One car per site is allowed. Any additional vehicles must be parked in the overflow area adjacent to the camping loop. Please park only in these designated areas. Do not block the roadways.
 12. Removal of any vegetation, plant life, flowers, etc. is prohibited.
 13. No fireworks allowed or discharged. No flying paper (“Chinese”) lanterns.
 14. Trash is carry in carry out, no dumping
 15. Alcohol is prohibited.
 16. Leave no trace of your visit (including dog waste).
 17. All visitors to Hopeton Campground should consider becoming a member or making a charitable donation to the Friends of the Outlet.
 18. In case of an emergency, please contact the Yates County Sheriff Department by calling 911.



Sustainable Harvesting on the KOT for Nocino

John Britton has always been into unique and niche things. He currently leads the distilling program at Tree House Brewing Company in Charlton, Massachusetts. John is recognized for his creative approach to making spirits, gravitating toward eclectic ingredients. Working first as an apprentice at St. George Spirits in California and then as head distiller at Ann Arbor Distilling, he learned hospitality working alongside Ari Weinzweig at local Ann Arbor favorite, Zingerman's Deli. John is also a classically trained guitarist.



John noticed walnut trees on Tree House Brewing Company's farm and decided to give making nocino a try. Nocino is a traditional Italian liqueur made with immature common walnuts (*Juglans regia*, also called English walnuts or Persian walnuts, the type of walnut typically found in grocery stores around the world). Less known is that this drink can also be made with immature black walnuts (*Juglans nigra*, the native North American walnut variety and also the variety that was growing on Tree House Brewing Company's farm). John first gave nocino a try in 2022. The results were promising but he quickly noticed that there weren't enough walnut trees on his company's farm to produce nocino at scale. He looked around for an immature black walnut supplier and found [Black Squirrel Farms](#) in Yates County, NY, managing a regional black walnut collection program, and they

just seemed right. John reached out to Black Squirrel Farms to see if they would be willing to be a supplier of immature black walnuts for nocino.

Emily Reynolds, Black Squirrel Farms product manager, saw the potential and started to look into the details. Not just any immature black walnuts will do. Walnuts for nocino need to be harvested before the nuts develop a hard shell because they need to be cut in half before use. Also, the walnuts which fall off

the trees on their own early in the season are problematic because those nuts have been rejected by trees themselves and could be prone to quality issues. Therefore, the green walnuts harvested would need to be picked off the trees at just the right time using a tool that was up to the job.



Black Squirrel Farms alone doesn't have enough walnut trees to make immature black walnut harvesting at scale feasible. However, there is

no shortage of black walnut trees in Yates County. From a combination of their own trees, trees owned by members of their black walnut collection program and trees along the Keuka Outlet Trail, 142 lbs of immature black walnuts were harvested and sent to John at Tree House Brewing Company. Twenty-five pounds were gathered from Keuka Outlet Trail trees. Nocino requires 2-3 months of aging before it is ready so the flavor of these Yates County black walnuts will have fully infused into the liqueur just in time to be enjoyed during the 2023 harvest and holiday season.

The Friends of the Outlet, Inc. serves as responsible stewards of the Keuka Outlet Trail's natural resources. This can include occasionally allowing sustainable foraging which does not cause ecosystem damage, such as harvesting immature black walnuts from mature, producing trees. Mindful sustainable foraging can support the development of creative products like black walnut nocino. Black Squirrel Farms has provided a small donation to The Friends of the Outlet, Inc. and, now with one year of immature black walnut harvesting experience, hopes to make immature black walnut harvest an annual endeavor and increase the quantity gathered each year.

Meanwhile, John plans to continue to expand Tree House Distilling's offerings. Another Tree House project is vodka made with kudzu, which sounds too good to be true. John, we wish you every success.

This article and companion images were submitted by Sara Tyler.

In Loving Memory of Jeff Spencer



This past May, the Friends of the Outlet lost one of its own when Jeffrey Spencer passed at the age of 67 in May of this year. A lifelong resident of Yates County, he had a passion for the outdoors and often took to the Keuka Outlet Trail for hiking, birding and also fishing – though he seemed somewhat reluctant to actually catch fish. He was a voracious reader, particularly on war and conflict, and was fascinated by the indigenous people who lived lightly on the bounty of the Finger Lakes and were the first hikers along the KOT. As a mason who worked hard at his trade, he leaves behind many solid structures throughout the area, including rebuilding of the four connected chimneys in the Wagener Mansion on the top of the Bluff. He was predeceased by his son, Garrett, by just 20 days and he leaves behind many other loving family members and friends. Those who wish to make a contribution to the Friends of the Outlet, Inc. in his honor and memory are encouraged to send a check to PO Box 65, Dresden, NY 14441 or use the online payment system.

Information about Mr. Spencer was excerpted from The Chronicle-Express Obituary section.

Have you heard the new KOT Audio Tour yet?

Friends of the Outlet, Inc. (FOTO) recently released a new free audio tour on Spotify honoring the history of the trail that stretches across Yates County from Penn Yan to Dresden. As you hike, jog, ride, or otherwise move along the Keuka Outlet Trail, you will find these small, scan-able signs in various locations. By scanning the QR code into a smart device, listeners can hear stories about the trail's history as told by volunteers from Friends of the Outlet's board of directors. The 18 audio tour sites are numbered from west to east, the direction that the Minnesetah River flows. Trail visitors can visit all the sites from dusk to dawn, but listen to them in any order.



The Spotify engagement report lists 397 plays with Site #9 at Seneca Falls and Site #1 in Penn Yan tied for first place. The tour will take you from end to end on the seven mile path with tales of many historic sites, including mills, and remnants of the canal and railroad which once operated on the site. Site #14 features a tribute to Yates County's poet laureate, Ralph Seager (1911-2008). Seager recites his poem, "The Outlet Trail," which is also available as a poster from Friends of the Outlet website. The following link opens the [Keuka Outlet Trail Audio Tour](#) in Spotify. Bring your own earbuds!



The KOT's Pet Poop Policy

This past month the FOTO Board of Directors unanimously adopted the following language for the Keuka Outlet Trail's Pet Poop Policy.



We are pleased to welcome you and your dogs to the Keuka Outlet Trail. Please pick up and carry out all dog waste from this natural area. Doing so is not only courteous and clean, but preserves water quality, allowing safe fishing and other activity in or near the water.

Unlike horses and other plant eaters, dogs have a high-protein diet. This means that dog waste is acidic, high in nitrogen, and contains germs that cause disease. It is not fertilizer, but damages plants. In addition, dog poop left here will make its way into the water nearby, which can lead to algal blooms (murky and smelly water) and could introduce Salmonella and E. coli, which can make humans very sick.

If you enjoy the clear water and healthy plant life, please help keep it that way by removing your dog's waste on and off the trail.

Flat Stanley Tours the Keuka Outlet Trail



Thank you to Mrs. Fingar and Miss Warren, teachers of the Penn Yan Elementary School for introducing us to two of their students, Jace and Jayse. With excellent coloring and penmanship, we met their two "Flat Stanleys," and as these photos indicate they received a full tour this summer of the Keuka Outlet Trail.

The Flat Stanley Project is an educational project that was started in 1995 by Dale Hubert, a third grade schoolteacher in London, Ontario, Canada. The project features paper cut-outs based on the title character of the 1964 children's book *Flat Stanley* by Jeff Brown. The project facilitates reading and writing skills of elementary school students, while also promoting an interest in different people and places.



Students involved in Flat Stanley projects read the story of Flat Stanley and are subsequently given black-and-white cut-outs of him for them to color. The students are also asked to write a story about him, including details such as where he is from, his daily routine and his interests, then they mail their Stanley to someone, such as a friend or relative. The person

receiving the Flat Stanley is asked to take a picture with the cut-out doll and correspond back, via email, regular mail (or newsletter :-) to the student recounting Flat Stanley's adventures along with the accompanying photo. The student then shares the photo and letter with their class. By the end of its first year there were 13 classrooms participating in the project across the province of Ontario. Classrooms in the United States shortly followed suit and by 2006 the program had grown to 6,000 classes in 47 nations. By 2011, it was reported that at least 88 countries were annually participating in the Flat Stanley program.



“Of all the paths you take in life make sure a few of them are dirt.”

- John Muir

KOT Pavilion Rentals



Getting outside in nature to spend time with family, friends, as well as colleagues, employees or classmates on the Keuka Outlet Trail has long been known to be therapeutic. The Friends of the Outlet Board of Directors and Maintenance Team recognize the importance of these opportunities. Over the years, the Friends have created two different pavilions to encourage outdoor excursions for all kinds of groups of people. They offer shade on a hot day; cover from a rainstorm; a place to unpack a lunch and sit a spell; or an area to gather, unite, meet, greet and sometimes

celebrate a special occasion or address important issues together.

The Bruce Hansen Pavilion at Seneca Falls was introduced more than a decade ago and continues to serve all kinds of trail users with two concrete picnic tables and adjacent benches. More recently, the Friends



renovated and refurbished some of the old facilities at Cascade Falls to provide a larger pavilion offering cover from the sun, rain or snow with eight picnic tables.

This year, these facilities will be available to rent and reserve in advance for special events. If you are interested, please review the following Pavilion User Rules and Guidelines.

Keuka Outlet Trail Pavilion User Rules & Guidelines

- **Cascade Falls Pavilion** - *pictured above* (Approximate GPS Coordinates: 42.664281,-76.984925)
Occupancy Limit: over 200 but not to exceed 500 total people (including guests, staff or vendors)
 - **Bruce Hansen Pavilion at Seneca Falls** (Approximate GPS Coordinates: 42.660534,-77.005041)
Occupancy Limit: 50 total people (including guests, staff or vendors)
1. **All events are carry in/carry out.** Recycling, off-site composting and avoiding single-use plastic is strongly encouraged. For large events, the FOTO dumpster could be made available upon request for an additional fee.

2. Rental and Service Fees:

Unreserved Usage: Both pavilions are open daily for small, unscheduled gatherings for individual and family use. These can be birthday parties, anniversaries, reunions, etc. The pavilions are available on a first-come, first-served basis when no prior reservations have been secured or posted at the Pavilion. No fee is charged, but a donation to the Friends of the Outlet Trail is appreciated.

Reservation Fees for Advance Scheduled Coordinated Events at either pavilion:

Size of Reserved Event	Non Member Cost	Cost for Current Friends of the Outlet Members (in good standing)
Under 50 people	\$50	\$25
Under 200 people	\$250	\$200
More than 200 people	\$500	\$400

All Reserved events or gatherings must be secured a minimum of 7 days in advance, and larger events over 200 people require a minimum 30-day reservation. Full payment is required when submitting the reservation.

Once a reservation is secured, the event's coordinator will receive an emailed Reservation Certificate from FOTO which must be posted and secured by the event coordinator at the scheduled pavilion 24 to 48 hours before the event in the designated reservation information posting frame.

3. **Alcohol Restrictions:** Alcohol is not allowed on the Keuka Outlet Trail but can be served and consumed in either pavilion with proper proof of liability insurance that lists the Friends of the Outlet as additional insured. Proper proof of insurance must be provided to Friends of the Outlet prior to the event.
4. Proof of insurance is also required for all reserved, non-alcoholic events.
5. Parking must remain in designated areas as specified by the FOTO representative.

6. Keuka Outlet Trail must remain open to the public during all events.
7. No open fires unless in designated areas (cooking pits/grills).
8. No fireworks or flying paper (“Chinese”) lanterns.
9. It is the responsibility of the event coordinator to provide adequate port-a-potties for larger events, as deemed by a FOTO representative.
10. Reservations must establish an “event coordinator” with complete contact information and must be prepared to pay the full rental fee in advance of the event to hold the specific date and time. The event coordinator will receive a Reservation Certificate which must be posted at the respective Pavilion 24-48 hours prior to the event by the event coordinator.

Information and online reservation forms will soon be available on www.keukaoutlettrail.org/



The Outlet Trail Poem Poster

The “Come walk with me...” poem written by the late poet and local professor Ralph W. Seager gives an inspiring description of the Keuka Outlet Trail from its unique geology to its incredible ecology. Calligrapher Robyn Ballard and illustrator Kathi Lee Dean added their creativity to make an outstanding, 11” x 17” poster and a perfect piece of artwork for framing. The poster is only \$10 and will grace the walls or halls of your loved one’s home for decades.

Just go to the KOT store:

<https://www.keukaoutlettrail.org/shop-1>

Outlet Trail Friends from Afar

If you entertained family members and friends who visited our area from outside Yates County, perhaps you took them to the Keuka Outlet Trail to see the waterfalls or give some four-legged friends a bit of exercise. How about making these visitors Friends of the Outlet too? Maybe an individual member (\$20), or a group/family membership (\$40), or just a beloved puppy dog who probably loves the trail most of all! (\$10 Pet Patron). Next time they visit, they will have a special connection to the trail, you’ll be supporting a local treasure and we’d love to share photos of these Friends of Afar.

As a 100% volunteer organization, support for the Keuka Outlet Trail comes in all shapes, sizes and forms. Members play an essential role in the success of this not-for-profit organization, and we hope you will renew and even upgrade your membership. The more support we receive, the more new projects we can tackle, such as the Seneca Falls Accessibility project. Imagine walking the trail with a distant relative or maybe cross-country skiing it this winter* and exploring the new Campground, stopping at the Cascade Pavilion for lunch, or looping through one of the new side

trails the maintenance team created. This upcoming holiday season, please consider making your friends and relatives members. It's a great, long-distance gift that keeps on giving. Thanks!

Memberships can easily be submitted at <http://www.keukaoutlettrail.org/membership>.

Or send a check to: ***Friends of the Outlet, PO Box 65, Dresden, NY 14441***

Please include: Full Name / Email Address / Postal Address.

___ \$20 Individual ___ \$40 Family ___ \$10 Pet (each) ___ \$100 Booster

Current Friends of the Outlet Officers and Board of Directors:

Keith Prather, President Jay Saner, Vice President Megan Wilkinson, Treasurer Donna Rae Sutherland, Secretary Steve Stork, Past President	Deb Clancy Allison Laws Michael O'Brien, Director of Electronic Communications Judson Reid Rob Schwarting Chet Thompson Kenneth Walker Carol Worth
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Friends of the Outlet Mission:

The Friends of the Outlet, Inc. is a non-profit organization working with the community to preserve, protect and develop our properties along Keuka Outlet Creek to provide an area for natural, physical, outdoor and historic oriented recreation and education, while serving as responsible stewards for the natural resources of our organization.

