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GENESEE
LAND TRUST

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YOU'RE INVITED TO THESE UPCOMING EVENTS!

BUTTERFLY WALK
Wednesday, June 27, 2018
10am-12:30pm, Ganargua Creek Meadow Preserve, Macedon

BACKYARD HABITAT TOUR
Saturday, July 21, 2018
9am-4pm, Rochester, Brighton, Honeoye Falls, & Pittsford gardens

BATS OF YOUR NEIGHBORHOOD
Friday, August 3, 2018
8-9:30pm, Rush

Check geneseelandtrust.org or call us at 585-256-2130 for more details and even more activities. We invite you to sign up for our Enews on geneseelandtrust.org to receive events updates as well as conservation news and stories.



Don't forget to follow us on social media for more news!



GENESEE
LAND TRUST

THE PRESERVE

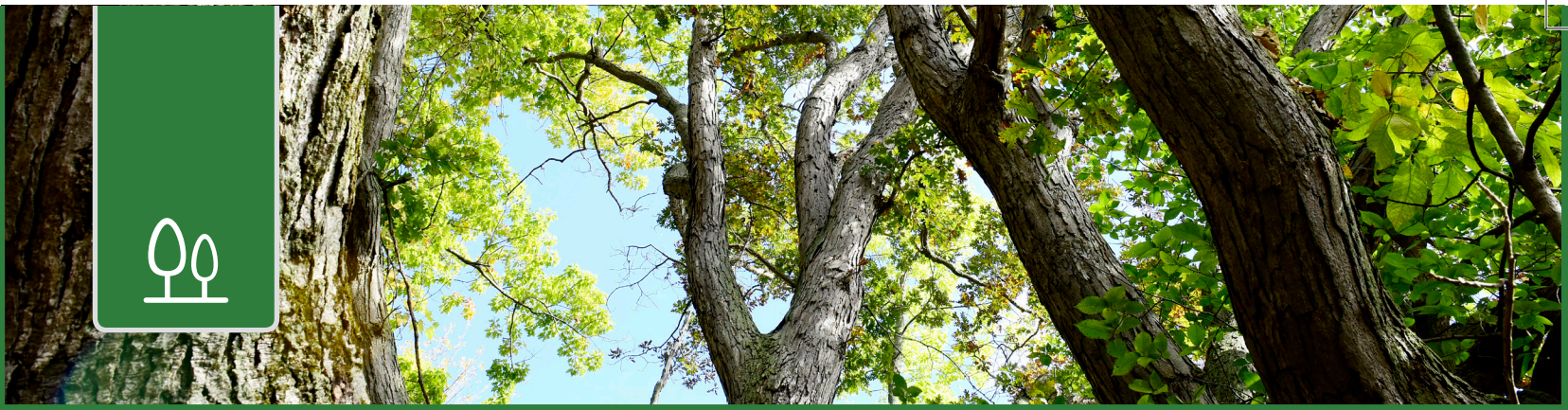
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SPRING 2018

A FARM'S NEW BEGINNING

WHAT IF ROCHESTER HAD OTHER TRAILS LIKE THIS?

HOME IS WHERE THE HABITAT IS



A FARM'S NEW BEGINNING

Sam and Sarah have known each other for over 20 years. After living in separate areas on the west coast, they both made their way back to Rochester where their families had a history of gardening and farming. "I've been all over the country, and at the end of the day, there's nowhere else I'd rather be than here," said Sam.

Seeking a way of life to give them more energy, mental clarity, physical fitness, and time outdoors, Sam and Sarah decided that they would farm when the opportunity arose. Sarah said, "I love knowing where my food is sourced from start to finish. We figured we'd have to wait a while to afford land around here."

STARTING SMALL AND DREAMING BIG

Meanwhile, Sam and Sarah created a habitat garden in their Rochester yard that brings bees, butterflies, and birds to their native plants and "mini ecosystem" as they call it. "We were thinking about getting a farm in five years or so, but everything fell into place, and we couldn't pass up the opportunity," said Sarah. When Sam and Sarah answered an ad for a greenhouse last year, they got the greenhouse and also found a farm that accelerated their plans.

Greg Palmer and Ammie Chickering, the farmers of Peacework Organic Farm in Newark, had posted their greenhouse for sale on Craigslist as they shifted toward retirement. After meeting Ammie and Greg, Sam and Sarah were eager to learn more. They signed on to work for Peacework Organic Farm for the season, learning about their philosophy, commitment to organic farming, CSA (Community Supported Agriculture) and the farm's owner, Genesee Land Trust.

PARTNERS IN THE FARM

Becky and Doug Kraai bought the Humbert Farm in the 1980s to add to their bison farm. Pioneers of the Community Supported Agriculture (CSA) movement, Elizabeth Henderson and Greg Palmer leased the land for Peacework Farm. When Becky Kraai needed to sell, Peacework Farm and their longtime CSA supporters teamed up to help Genesee Land Trust purchase the farm. A unique lease agreement was established to ensure both the farm's health and its availability to new farmers over generations.



Savory



Peppers



HOME IS WHERE THE HABITAT IS

What is now Genesee Land Trust's Island Cottage Woods Preserve was originally part of Bird Refuges. Birders came together to protect this land, and today the support of generous donors helps to care for the woods and trails that make it a wonderful destination for birds and people.

Each spring, migrating birds fill the tree branches with color and song. These woods, and others close to Lake Ontario, are visited by thousands of small songbirds as they rest, hunt for insects, and wait for the best weather pattern for their next flight over the lake. On their way south in the fall, they will stop here before heading on to Central or South America.

Before and after migration, this same habitat is home to animals all year long.

A GOOD HABITAT MAKES MANY HOMES

A flying squirrel, about the size of a chipmunk, with grayish brown fur and large eyes, was spotted making use of a birdhouse at Island Cottage Woods. These nocturnal animals emerge at night to "fly" from tree to tree looking for seeds, nuts, lichen, fungi, and insects to eat.

Flying squirrels don't actually fly – they climb trees and then jump into the air spreading out the long folds of skin along the sides of their bodies to glide as far as 200 feet. They live in woods with big trees and clear, open space under the trees to glide. They often take over woodpecker nest holes in trees as their homes.

Screech owls make their homes in these same woods, raising their young, also using old woodpecker nesting holes. About the size of a robin, a screech owl hunts at night for large insects and small mammals. These owls hide in plain sight during the day, relying on the patterns of their feathers to act as camouflage against the bark of trees.

A habitat is home for so many creatures, some that we rarely see and others we glimpse often. By conserving natural habitats across the region, these creatures too can have homes protected for generations to come.



Yellow-Rumped Warbler



Blue-Gray Gnatcatcher



Screech Owl



Flying Squirrel



TRAIL KEEPERS WANTS YOU!

Are you looking for a great way to get out on the trails, meet others who care about nature, pick up some outdoor skills, and give area trails a boost? We have the perfect opportunity for you.

Trail Keepers is a new volunteer program to care for trails and habitat. You will visit different nature preserves to clear existing trails and help with new projects. Outings take place from spring through fall on the third Thursday of each month from 3-5pm.

You are welcome to come once or come every month. We will provide the clippers and loppers; no heavy lifting is required. We hope you will bring your ideas, energy, (and friends!) to the Genesee Land Trust trails this season. For more information or to sign up for one or all of the events, email Kevin at kfarrell@geneseeandtrust.org. See you out there!

HAPPY HOUR HIKES

Take a mid-week break this summer and explore some great spots around Rochester followed by a refreshing craft beer at one of our fine local breweries. What could be better than hikes and hops?

Hikes are 3-5 miles each and begin at 5:30pm. We expect to finish by 7pm and will break for a snack before heading to a local brewery for a drink and dinner (if you so desire). Bring your water bottle and appropriate shoes.

JULY 11
Gosnell Big Woods & Knucklehead Craft Brewing

AUG. 15
Wild Hill Farm & Irish Mafia Brewing Co.

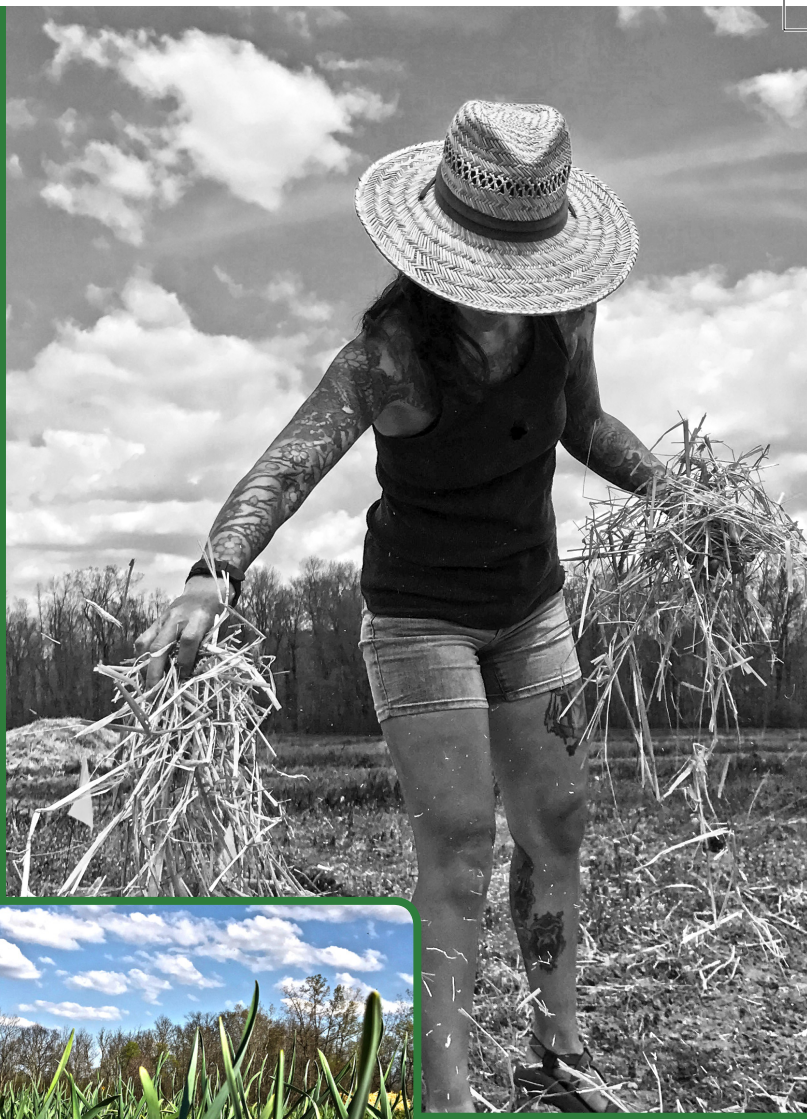


Top: Volunteers at Cornwall Preserve
Bottom: Trail hike at Braman Preserve

For Greg and Ammie, Sam and Sarah gave them to chance to retire from farming, take care of family, and welcome new farmers to the land. For Genesee Land Trust, this was the hoped for transition on the land – farmer to farmer.

These new young farmers were a good fit. “We share our garden bounty with others and want to grow the reach. We hope we can inspire people to eat healthy and grow their own food. We want to be there to help,” added Sarah.

Full Lotus Farm, as the farm is now called, offers CSA shares, educational workshops, and a model for local conservation. Sarah and Sam are excited to add an exercise component to their farm to encourage an overall healthy lifestyle. Check out www.fulllotusfarm.com to discover more about their no-till, permaculture farming methods that benefit the land and water and see how you can be part of this movement.



Sam and Sarah
mulching; garlic
growing in the field



PLANNING AHEAD FOR CONSERVATION

Your love of the land can live on when you remember Genesee Land Trust in your will or with a planned gift. With the tax laws including those of 2017, a very beneficial tool for charitable giving is the designation of Genesee Land Trust as a beneficiary for your IRA or 401(k).

You can plan to ensure local lands will continue to provide wildlife habitats, local foods, and enjoyment for children and families across the region. If you have questions, we’d be happy to connect you with experts. Call Gay Mills at (585) 256-2130 or email gmills@geneseeandtrust.org.



WHAT IF ROCHESTER HAD OTHER TRAILS LIKE THIS?

Sometimes people look past an opportunity. Blinded by complexity, overwhelmed by the details and obstacles, an opportunity—in this case the possibility of creating a community hub—can be dismissed as an impossible dream.

But not so with Theresa Bowick. Theresa, a nurse who lives in the El Camino neighborhood of Rochester, saw what would become a centerpiece of the community. The timing was perfect, as the City of Rochester, working in partnership with Genesee Land Trust, other partners, and hundreds of donors, foundations, and volunteers, constructed the new 2.25-mile El Camino trail in 2012.

A PATH OF POSSIBILITIES

But this was more than a trail in Theresa's eyes. "People may see a trail as a place to exercise, but this trail is the place that we use to give kids and families the skills and vision to realize their dreams," explained Theresa. Together with a dedicated group of volunteers, she founded Conkey Cruisers, a unique neighborhood cycling program. Based at Conkey Corner Park, they cruise on El Camino trail.

"I started to have conversations with the Conkey Cruisers (as the bikers call themselves) and grew the cycling program into a wellness and educational experience for everyone," said Theresa. Neighbors ride together three nights a week in the summer months with bikes and helmets provided by the program, funded by small grants, helped by community partners, and overseen by Theresa.

"Conkey Cruisers is my second family...It is a place where families can be healed and be shown that no matter where you live you can live a healthy lifestyle." – *Ranita Williams, Conkey Cruisers teen leader and St. John Fisher college student*

The trail has become part of the community fabric, with community dinners and Theresa and her volunteers coming together to welcome people from all walks of life. "This trail, and our program, has been a way for people to get to know each other, to reconnect kids and elders as well as those who didn't get outside much. As a nurse I know the negative impacts of loneliness and isolation. We are changing that," added Theresa.

"Conkey Cruisers is providing opportunities for kids to become the adults they want to be."

– Theresa Bowick



Theresa Bowick and Ranita Williams; Conkey Cruisers riding in the summer

"We help build life skills using the neighborhood as a focus. Sometimes it's securing a driver's license or understanding how to help out as a member of our community. Conkey Cruisers is providing opportunities for kids to become the adults they want to be," she said. "Wouldn't it be great if Rochester had other trails like this? More communities could have a trail that becomes the backbone of their neighborhood family," Theresa said.

"When people see us riding on the trail, they smile and beep their horns because they are happy to see something positive in their community. This program changed my life and is continuing to change lives every day."

– Ranita Williams

CARING ABOUT CONSERVATION ALL YEAR LONG

Become a monthly member to make a difference all year long. Giving monthly is a way to share your commitment to local land conservation – caring for the land and programs connecting children and families to nature. It is one of the most effective ways you can help us and is easy to do.

Visit geneseeandtrust.org and click on **Donate** to make your first monthly gift and you can unsubscribe at any time. You'll have our thanks, every day!