

Trails and Tales

NEWSLETTER

*A forum about CASUAL hiking, biking, canoeing, kayaking and wildlife viewing
in Northern NY, and Central Florida.*

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Bunnyfeed (See Page 2)
(That's an eyedropper, not a hypodermic needle.)

The TNT Network Is Starting Up

Our trail guidebooks tell you about places to go hike, bike and canoe right in your own backyards. And our customers are very happy when they get out and explore those hidden trails. But many people are NOT getting “up and out.”

First, we are told that it is not as much fun going out on the trails alone. (Roger disputes that, but he's anti-social anyway.) Others tell us that they don't feel safe out in the woods alone. Still others are just plain afraid of getting lost, worried about bears, snakes and other things that go ‘bump’ in the woods.

After careful thought and planning, we think we may have a solution that will help more of you to get “up and out” on the trails. We are calling it the *Trails and Tales* Network (or TNT Network for short.) Essentially we will put you on an e-mail list to be notified whenever there is a scheduled walk, hike, bike ride or other TNT event, and you can join other people who also want to get “up and out.” See pages 5 and 6 of this newsletter for more information and a list of the initially scheduled dates, times and locations for TNT events.

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Wildlife Rehabilitators: Caring for injured and orphaned animals

Volunteers are dedicated to saving and rehabilitating nature's creations.

When you are injured you, or a Good Samaritan, call 911. Experts respond and start you on the road to healing your injuries. But when a baby squirrel's mother is killed in traffic, or a hawk is struck by a truck, who do they call for help?

Well first, it will be you being the Good Samaritan and making the call to the animal equivalent of 911. That would be a call to a volunteer Wildlife Rehabilitator. These are licensed professionals who are authorized to possess and rehabilitate wild critters. Once they know of an animal injury, they can advise you how to proceed to initially care for an animal before it gets to a rehabilitation facility.

North Country Wild Care is an organization that supports the efforts of its area wildlife rehabilitators by providing a hotline and funding for their operations. One of their concerns is about humans intervening prematurely to "rescue" young babies. According to their release, "In spring and summer young animals first set out on their own and will naturally be at their most vulnerable. They will often be found seemingly helpless with no parents in sight."

"Generally, mother is nearby. Mothers will not return to their young with humans in sight but they rarely abandon their babies. There is no truth to the tale that a mother will not go back to babies that have been handled by humans. If

your child or pet brings an uninjured wild baby into the house, do your best to put the baby back where mom can find it."

They also say that some baby birds can spend 1-2 weeks on the ground learning to fly while they are cared for by their parents.

Too many people try to act on their own and end up causing more damage to injured or abandoned animals. According to experts some of the worst things you can do are to move, feed, water or stress an injured or abandoned animal. Perhaps the best thing you can do is to protect the animal, keep it in a darkened location and keep it calm. Try to keep it away from overly excited children and undue noise. It will do without food or water while you make the proper calls to get it professional help.

And try to get that help as soon as possible. Well intentioned people who try to take care of wild animals on their own can often do more harm than good. By the time the animal gets worse and a rehabilitator is contacted, it is often too late to save the animal.

So, please try to do your part, but do it smart. Call for advice from experts as soon as possible and before trying to care for the animal yourself. After all, isn't that what you would expect from a Good Samaritan if you were found injured?

For more information about Wildlife Rehabilitators go to North Country Wild Care's webpage at:

www.northcountrywildcare.org

**"Nature encourages no looseness,
pardons no errors."**

Ralph Waldo Emerson

Staying Close to Home

More and more people are cutting back on travel due to the high cost of running their automobiles. Here are some ideas to help you.

Yes, the high cost of fuel is causing everybody to think about ways to reduce their travel expenses. With some common sense tips, you can save a few bucks, and still get out to enjoy the great outdoors.

First, travel less. Consolidate your trips during the week. Make one trip to the grocery store instead of three. A little planning ahead on your errand travel can save a lot of gas over a week.

Two, drive slower. Just because our guides give you directions from an Interstate highway doesn't mean you have to take that 70 mile per hour highway to get there. Grab a map, relax and take some back roads. You'll save a lot by driving slower.

Third, minimize your use of car top carriers and other air drags on your vehicle. Clean out your car to reduce some weight you are dragging around. Do you really need 30 pounds of tools in your car while you go hiking?

Fourth, use our trail guides to help you stay closer to home. You will cut back on gas getting to the great outdoors by not driving as far. And, our explicit directions will take you directly to where you are going so you don't have to drive extra miles trying to find the place.

You can find some other great gas saving ideas, compliments of the State of New Hampshire, by going to their webpage at:

http://www.nh.gov/oep/programs/energy/conservation_gas.htm

Meet the Co-Authors

Mike and Roger have been friends for a long time and work very well together. We thought it was time for you to meet them.

Roger Fulton



Roger is our resident “snowbird.” He is a retired New York State Trooper who has just relocated to Glens Falls, NY. Single and unattached, one never knows where you will find him, nor what crazy ideas he will come up with next.

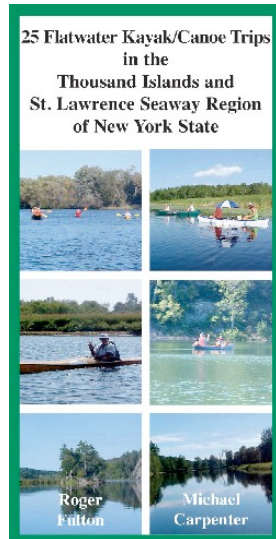
Mike Carpenter



Mike is the more stable of the two authors. Married with three grown children, he is a college professor living in Queensbury, NY. He is also the primary editor of the team. Mike can often be seen out walking with his trusty companion, Rico. (Mike is the taller one in this picture.)

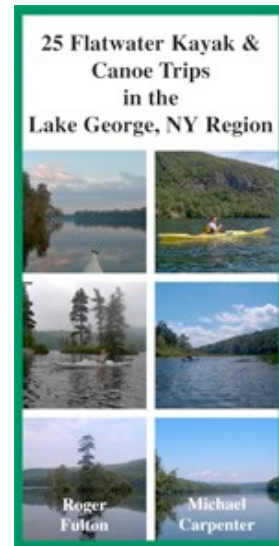
NEW Publications!

25 Flatwater Kayak/Canoe Trails in the Thousand Islands Region of New York



The Thousand Islands region is home to more than a dozen hidden lakes known, collectively, as the Indian River Lakes. In this guide to flatwater canoeing and kayaking locations, we give you explicit directions on how to find these great lakes and what you can expect to find when you get there. The book also covers five slow moving creeks you can explore and 5 flatwater river runs in the area. There are no whitewater kayaking or canoeing locations in this book. We just cover great flatwater locations where you can launch your canoe or kayak and get out and enjoy a day on the water. We also provide information about launch sites along the mighty St. Lawrence River, with proper cautions about heavy boat traffic and storms on that river. So order a copy of this book today and start exploring some areas that you didn't even know existed in the Thousand Islands and St. Lawrence Valley regions.

25 Flatwater Kayak/Canoe Trails in the Lake George, New York Region



The Lake George, NY region has many lakes, ponds and waterways that are waiting to be explored. Peaceful, quiet and serene waterways that the "common man or woman" can enjoy in a canoe or kayak. That's why we wrote this book. We have listed some of our favorite "flatwater" adventures for you, but you don't have to worry about white-water, submerged rocks or turbulent rapids. Our friends have jokingly told us that this book is for people who like to canoe or kayak, but who don't like to get wet. Maybe they're right! If you are looking for quiet places to paddle, then this book is for you!

Both of these new titles are in our standard, user friendly 4" x 8" format with full color photos, explicit directions and GPS readings. All titles are \$19.95 plus shipping and handling. To order any of our titles go to:

www.RogerFulton.com or
www.Commonmanbooks.com

The New TNT Network – Details!

As we said on page 1, you have expressed an interest in getting together with others to do hikes, bike rides and other outdoor events. So we are setting up a network and notification system so that you can get “up and out” more often, and have a better time doing it. So here are some details on how it will work.

Events: When we, or eventually you, decide on a short hike, bike rides, kayak trip or whatever, we will put it in our newsletter if we have enough advance time. As you will note, we are scheduling the first few events in detail here in the newsletter. Other dates and additional details will be e-mailed out to you a few days before the event. As new events come up, we will let you know by e-mail, with detailed directions, times, etc. Most of the events will be from our Common Man Series of hiking, biking, etc guides.

Difficulty: Initially all of our events will be “easy,” so almost anyone who can put one foot in front of the other can join us. We’ll see how it goes and we, and eventually you, can schedule more difficult events if the network wants it.

E-mail notifications: We will only be sending Network notifications via e-mail. So e-mail us telling us you want to be on the TNT Network list and give us your e-mail address. **We will not share your e-mail address with anyone else.** We would anticipate about 3-5 events per month for the foreseeable future. Send your name and e-mail address to Roger at Roger@RogerFulton.com and he will add you to the list.

Showing up: If you don’t participate by showing up at these events, the network will quickly fall apart. So the success and continuation of the network is up to you. If Mike or Roger are there, we will join you on the event. If for some reason we can’t be there, then you can decide if you want to go with the others who show up. But we will try to make all of the initially scheduled events until the network gets bigger. That way you will also finally get to meet the guys behind the Common Man Exploration Series of books.

Guests: Please encourage your friends to join us, and to join the network. They can e-mail Roger with their e-mail addresses and he will put them on the network e-mail list.

Fees: There are currently no fees, and as long as you and your friends keep buying our books, we won’t have to charge any fees to run the network.

Questions: We can’t anticipate everything so let us know if you have a question about the new TNT Network.

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Trails and Tales and the Common Man Exploration Series are intended to help you to enjoy and preserve the environment. Please send us your thoughts, your articles, your ideas, and certainly your feedback on any of our publications or the new network. We’d love to hear from you. Reach us by e-mail at:

Roger@RogerFulton.com

or

mjcarpenter@adelphia.net

Trails and Tales Events

June, 2006

Wednesday, June 21, 2006, 6 pm,

Hudson Pointe Nature Preserve

We'll kick off the new Network and the first day of Summer with a 1.75 mile easy hike at the Hudson Pointe Nature Preserve off Exit 18 of the Northway. This is hike #2 in our Lake George Area hiking book. See you there and bring a couple of friends.

Sunday, June 25, 2006, 3 pm

**Feeder Canal – Five Combines,
Hudson Falls**

A 2 mile easy hike at the Feeder Canal – Five Combines. Hike #1 in the Lake George hiking book.

July, 2006

Wednesday, July 12, 2006, 3 pm

Cole's Woods, Glens Falls

Length depends on the group. Hike #5 in the Lake George hiking book.

Sunday, July 16, 2006, 3 pm

**Colonel Williams Monument, Lake
George**

An easy, 2.5 mile historical walk on a mostly paved trail. Hike #12 in the Lake George hiking book.

Wednesday, July 26, 2006, 6 pm

Town of Moreau Recreation Area

We'll travel about two miles of easy and mostly shaded nature trails. Located off Exit 17N of I-87. Hike #24 in the Saratoga Springs hiking book.

Sunday, July 30, 2006, 3 pm

Hudson River Recreation Center

Join us for a very enjoyable, easy, 1.8 mile walk on a down and back, wide open trail off Exit 21 of I-87. This is Hike #13 of the Lake George hiking book.

August 2006

Wednesday, August 9, 2006, 6 pm

Shelving Rock Falls

Off Exit 20 of I-87 near Ft. Ann, we will do a 1.5 mile trek that leads past a beautiful and secluded waterfall nestled in the woods. Near Exit 20 of I-87. This is Hike #8 in the Lake George hiking book.

Sunday, August 13, 2006, 3 pm

Grandmother's Tree Nature Trail

Located at the Pack Demonstration forest off Route 9 and Exit 23 of I-87 near Warrensburg, we will travel a 1 mile easy loop on a gravel trail. The highlight will be Grandmother's Tree, a 325 year old, 175 foot white pine tree and you can hear the rest of the story about Grandmother's Tree on the trail.

Okay, you get the idea with these scheduled hikes. About a week before the event we will e-mail you with a reminder and much more detailed instructions on where to meet and how to get there. We'll try to be there to join you.

Other "events" may be scheduled in between these that are listed if the Network wants them.

Remember, the success of this network depends on your participation!