

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed it is the only thing that ever has." -Margaret Mead

PATHWAYS

VOL 17 NO 1

THE NEWSLETTER OF THE MENDON FOUNDATION

WINTER 2010

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30 YEARS ON THE ERIE CANAL • TEAM 2228 COUGAR TECH • HOT JAZZ THE ENCORE • MENDON STATION PARK IMPROVEMENTS • HONEOYE FALLS FIRE DEPARTMENT • MEMORIES OF THE MENDON STATION FESTIVAL



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on the cover...

Lisa Moosbrugger, District Advisor for the Art Department in the Honeoye Falls-Lima School District, and Harold Coogan, Photography Instructor at the High School, selected the photo that appears on the front cover of this issue. Approximately 50 students submitted entries. It wasn't an easy decision! Entries for this issue were limited to students in the photography class, but for our next issue, we are opening it up to anyone at HF-L!



The winning entry was submitted by Andrea Simmons, a sophomore and a student in Mr. Coogan's photography class.

Congratulations Andrea!

Editor's Note

We will be running a series of articles about our community institutions - our churches, fire, ambulance, scouts, and others. We hope to have a couple of articles per issue of Pathways. Some have decades of history to share with us.

We have already published some articles by Lehigh Valley Trail users and will have more in future Pathways.

We also look forward to articles by HF-L students. They will give us a different perspective on their topics of interest – perhaps the HF-L community, perhaps the Mendon community. And, as always, we will welcome input from any of our readers.

If you have an article that you think might be of interest, please contact me at carlfoss27@yahoo.com

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Team 2228 Cougar Tech

For Inspiration and Recognition of Science, FIRST, sponsors robotics competitions for all ages. As of 2008, 1500 high school age teams from all over the world have competed in FIRST Robotics competitions. Since 2006, Team 2228 Cougar Tech has provided students in middle school and high school with opportunities to learn engineering and technology. For six weeks, the team builds a robot to compete against other robots in a game format. The rest of the year, the team engages in fundraising, community service, applying for scholarship, and learning design, engineering, and marketing from the 15 adult mentors.

Team 2228 won the Rookie All-Star Award at the 2007 Finger Lakes Regional competition. The team also qualified for national championship in Atlanta. In 2008 and 2009, the robot competed at Finger Lakes, Buckeye,

and Connecticut Regionals. Eventually, Team 2228 will win the Chairman's Award, the highest award, given to the team that exemplifies the quality of gracious professionalism. In the meantime, we use our old robots to aid start-up teams like Spencerport. Currently, Team 2228's forty-student roster includes members from Rush-Henrietta High School as well as Honeoye Falls-Lima High School. Maybe you saw us at the Mendon Festival, Mendon Fireman's Carnival, Xerox Classic, Ruckus, Camp Smile or in HFL schools showing off the program and the robot.

All this effort takes financial support. The Mendon Foundation supports us by making every contribution we receive tax deductible. With \$9.8 million available in FIRST college scholarships, every student should consider



membership on Team 2228 and every community member should consider supporting the team in some way. Our student team lead is Kelly Young, our faculty advisor is Darin Ledwith, and our Mendon Foundation liaison is Terry Gossard. Contact Team 2228 at webmaster@hflrobotics.com, view the website at www.cougartech2228.com, or contact the team at 624-5000.

Growth and Learning Outside the Classroom

By Alexandra Genova,
Senior at HF-L

FIRST Robotics is an organization that gives high school students from all around the world an experience of a lifetime. A national group in which high school students build and battle machines all over the country, Robotics is not just a technical learning experience. It motivates students to grow outside the classroom and gives them skills that will last throughout college and in the years following. In 2006, Robotics was first introduced to Honeoye Falls-Lima High School students. Since then, these local students have been enthused and inspired by the competitions, skills, and relationships Robotics provides.

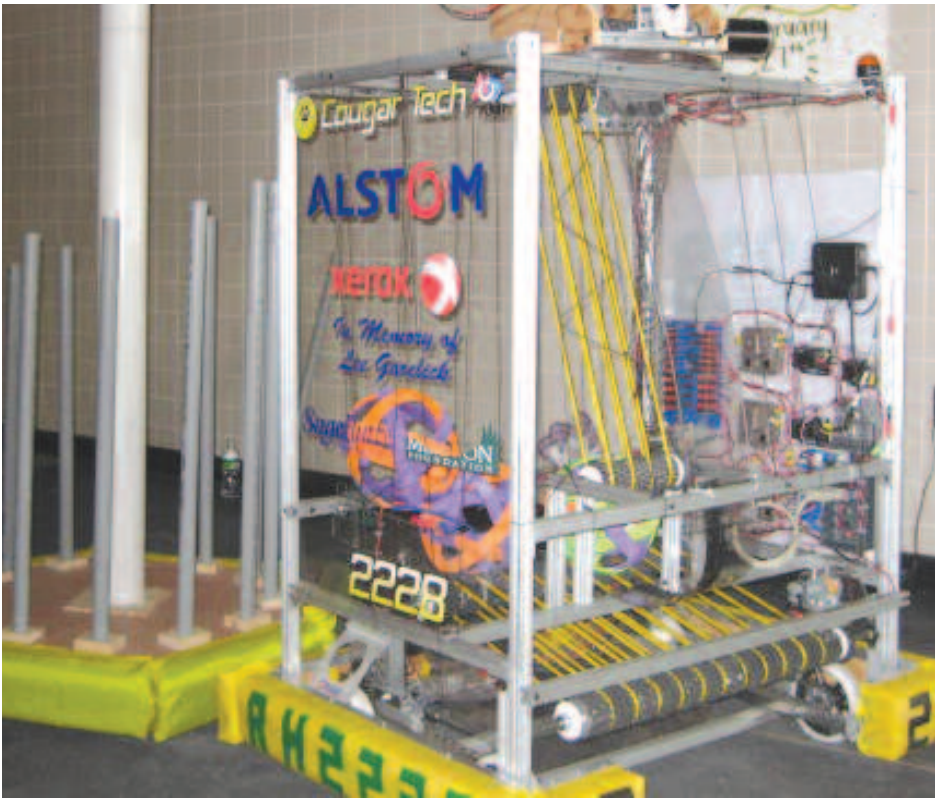
FIRST Robotics gives students opportunities to expand outside of the classroom through the construction and contests. A year consists of a "Build Season" and a "Competition Season." Lasting six weeks, a Build Season is

non-stop construction of the robots. Competitors create robots to do a given task. Last year's competition included scoring "moon rocks" or small, nine-inch diameter balls into opposing teams' trailers. Originally directed by radio controls, last year the teams switched to wireless. In March the Competition season begins. "We build a robot that meets the needs of the competition and sometimes exceeds it. The more capable our robot is during the competition, the higher we become ranked. This goes for all teams" says Stefan Napp, a junior at HF-L. The HF-L Team 2228 participates annually in the Finger Lakes Regional at RIT, last year making it into the quarter finals. The latest competition was an off-season competition set up by Penfield at Webster called Ruckus created to make member re-interested in Robotics or just for fun for those already devoted. The HF-L

team also made it into the finals during this competition.

Few clubs can supply students with as many aspects as Robotics does for high school students. It involves marketing, sponsorship, outreach, leadership, CAD, mechanics, engineering, and programming, opening many doors for future careers. Numerous of its current members are planning on using at least one of these aspects in their potential professions. Dan Steed, a current senior, is not going directly into a Robotics field, but is considering chemical engineering. "FIRST inspires people to be science and technology leaders by engaging them in exciting mentor-based programs. These programs build science, engineering and technology skills that inspire innovation and create life skills including self-confidence,

continued on next page



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communication, leadership, and social skills that would be later used in a persons' life" says Dan. Robotics also inspires students outside of science. Ryan Wilsey, also a senior, has been a member since 2006. As the Marketing Leader of the team, Ryan plans on taking his business experience into his future plans. The national FIRST Robotics, or For Inspiration and Recognition of Science and Technology, organization also helps students pursue their future plans, donating over \$11 million in scholarships in 2010.

To many students, Robotics is more than the expertise that it creates. "It gives teens the opportunity to see outside the technology field in the school, and actually do hands on work. You are able to go to competitions and watch your work succeed" says Stefan Napp, a junior and member since 2007. "My favorite part of robotics is build season; 6 weeks of intense, non-stop building. It's just like hanging out with your friends doing things you love to do."

Robotics also creates a sense of community for its members. "Its fun because of the atmosphere you sense once you get really involved. Once the actual build season starts it's really like a second family" says Dan Steed, "My first time at the Rochester Regional at RIT I was absolutely speechless because of the attitude and aura I got from everyone."

Many students would not have the skills, relationships, or experiences a national and technical club permits without an organization like Robotics. These encounters and events are many time unachievable in the barriers of a classroom. For Honeoye Falls-Lima, Robotics has inspired students to pursue careers that may otherwise be foreign to them and create bonds that would otherwise be nonexistent. These experiences are sure to stay with each student for the rest of their lives. If you would like to join or volunteer to help the Robotics Team, go to hflrobotics.com for more information.



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Pathways to Health

This is the initial article in a new column in Pathways entitled “Pathways to Health.” Part of the goal of the series is to encourage our readers to share their personal stories regarding how activities and exercise on the Lehigh Valley and Auburn Trail systems have helped them improve their health. This topic is broader than just physical health and can include stories related to improved relational health, such as strengthening family and friendship bonds through activity together on the trails and sharing life experiences with others while walking, hiking, running, biking or horseback riding together.

I’ve been asked to share the story about how riding the trails has restored my health and deepened family relationships. About five years ago, due to Type II diabetes and lack of consistent exercise, my health had deteriorated to the point that constant exhaustion, dizziness, muscle pain and other factors were causing me to wonder if I could continue the career and leadership consulting activities of my business. I had heard a number of times from different sources that if you choose types of exercise that you really enjoy, then you will be much more prone to do it consistently, and consistency is one of the keys to success in any exercise discipline. I knew that I really enjoy getting outside in nature when I exercise, and biking seemed to be the natural “prescription for health.”

Starting around the time we moved to Mendon in 1992, the riding and walking trails in the area were taking shape due to years of effort by Carl Foss and many other volunteers in the Mendon Foundation. They obtained grants and volunteers to refurbish the old railroad paths of the Lehigh Valley and Auburn Railroads and turned them into wonderful trails for walking, biking and horseback riding (horseback is only allowed



Ken Sill has been a resident of Mendon for 17 years, and is Founder and President of Life Design Services, which helps leadership teams clarify their strengths and motivations to work together more effectively, and also does individual career assessment (using a life interview approach Ken developed) to help mid-career professionals discover their strongest internal motivations and focus their next career goals based on actual life-based information. You can find more information about the focus of his consulting at www.LifeDesignServices.com and read his most recent professional article by clicking on “Finding Purposeful Focus” on the Links page of the website. Since 2005, Ken has been an Adjunct Professor in the Master of Strategic Leadership (MSL) graduate business program at nearby Roberts Wesleyan College.

on one side of the Lehigh Valley Trail). I used to jog the trails with the kids when they were young, but had fallen out of the habit, so the improvement to the trails and other factors motivated

me to begin biking three days a week in the mornings before work, and I found myself enjoying the healthy feeling, renewed energy, and mental focus you get after exercise – as well as the beauty and restorative effect of being outside in nature. Consequently, I increased my regimen to 5 days a week, which I have continued for the past five years. Over that period, I’ve lost 50 pounds, dropped my blood sugar level back into the normal range (from more than double previously), and significantly increased my energy level – among other benefits. The trails go through beautiful forest regions and I found that biking on them was really enjoyable now that the rocks were covered and a great surface for biking and jogging had been laid down – which doesn’t collect water after a rainfall – another improvement. On the relational side, my son Ted started joining me in the riding fairly regularly, and we’ve had some of our greatest conversations while riding. Knowing that we will have 45 minutes together (the trails are wide enough to ride side-by-side except when passing), we often go deeper into topics of mutual interest than we might normally do in the quick conversations one normally has around the house when everyone seems so busy with their own priorities – causing the depth and relaxation of our “biking conversations” to be a real added benefit of our exercise time the trails.

Carl encouraged me to write this column on how the enjoyable exercise on the trails has strongly improved my overall health and family relationships in the hopes that other Mendon area residents will share their stories in future editions of Pathways. Please email a short draft of your proposed story of personal experience to Carl (CarlFoss27@yahoo.com) or me (LifeDesign@gmail.com) and we will review them for possible inclusion in upcoming editions of Pathways. We can also send you a short outline with some guidelines for your article in advance, if you prefer.

Hot Jazz the Encore



Mark your calendars for another Hot Jazz on A Cold Winter Night performance on Friday December 18th. The HFL Music Boosters, Westminster Hall & Chapel and the Mendon Foundation again bring to our community the best in homegrown talent featuring the Ike Sturm Trio, the HFL Jazz Band, Select Choir and Eastman's Gabe Condon.

HFL alum Sturm and his mates play professionally and are based in New York City. Count Ike as an eager supporter of his Alma Mata as was Ted Poor in the sellout performance last December on what was a beautiful snowy Mendon evening. Westminster Hall & Chapel again opens its doors to the community for a memorable evening of music and good times. Our very own and nationally acclaimed Jazz Band reprises the 1996 piece "Footbone" from the inaugural Essentially Ellington Festival at Lincoln Center. Come hear "El Taco Loco" a spicy Latin tune and more from Band Director Mark Borden's talented young adults. Change the pace and enjoy the marvelous acoustics when Choral Director Ken Goold leads

the HFL Select Choir into the adjoining chapel to sing hits from Nora Jones, Patty Griffin, Stevie Wonder and Broadway's "Guys and Dolls" and "Wicked."

The vibe plays on when Gabe Condon and the Eastman Quartet take stage and we enjoy this young guitar virtuoso. Next bring on Ike a 1996 HFL grad, joining him on bass will be Sara Caswell on violin and Jesse Lewis on guitar playing jazz standards and original compositions into a long winter night.

Check your coat, your hat and your worries but do bring your sweet tooth for some devilishly delicious deserts, this event will sell out, don't wait. Proceeds benefit the HFL Music Department and the Mendon Foundation a 501c(3) non profit. Tickets are \$18 and \$15 for seniors and students. Tickets will be sold at the Mendon Pharmacy 624-8010 or available from Mark Borden or Ken Goold at the high school 624-7050 and by calling John Farrell 233-0094 or Angela Hollick 582-6121.

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30 years following the Erie Canal



By Diane Ham,
Mendon Town Historian

By the early nineteenth century, Norton's Mills had developed into a self-supporting community. It became a busy milling and com-

mercial center for the Town of Mendon. It was the only village in the Town. The waterpower of Honeoye Creek was a key factor in the development of Norton's Mills because it supported a variety of industrial sites and mills. Woolen carpets and blankets were woven at a mill built in 1807 on West Main Street along the west bank of the creek (near York Street). Another woolen factory was established along a mill race on the west bank of the creek (behind the Lower Mill) around 1815. Between 1800 and 1820, four distilleries were operating in the village of Norton's Mills. During this period, the principal exports of the community included whiskey, cider and potash. The majority of these goods were transported overland to Albany and Charlotte. Before and after the Erie Canal was built through Monroe County, Mendon-Ionia Road (Rte. 64) and Clover Street (Rte. 65) were stage coach routes from Canandaigua and West Bloomfield to Rochester. Early settlers in Mendon and Honeoye Falls traveled these routes whenever they needed to take their goods to market. Beginning in 1823, flour and grain were carted

North to Pittsford for transportation via the Erie Canal.

In 1822 Norton Mills was renamed West Mendon with the opening of a post office in the community. On March 13, 1838 the milling community that had begun as Norton's Mills was incorporated as the village of Honeoye Falls. The area near the Upper Mill had evolved into the commercial center of the Village with the intersection of North Main, West Main, Monroe and East Streets marking the central core. The majority of the industrial establishments were situated along Honeoye Creek to take advantage of the abundant waterpower.

By the mid 1840s, the Town of Mendon and village of Honeoye Falls had grown dramatically. Many new residences, religious and commercial structures had been erected. Farms were larger. Between 1809 and 1840, nine religious groups were organized and several built their churches in Honeoye Falls and the Mendon hamlet.

The churches became an important part of the social life in the Town and Village. The Baptists organized their

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church in 1809 in Mendon and met in one another's homes at that time. Brigham Young was an early Baptist but was thrown out when he became interested in the teachings of the Mormons. The Presbyterians and Congregationalists had early churches in the Mendon hamlet while the Methodists and Presbyterians had the earliest churches in Honeoye Falls.

Dinners and other activities were held in the churches. Other social activities in the community were barn raisings with a barn dance following, quilting bees, husking bees, etc. and the whole community turned out for these occasions. The district schools usually held a Christmas party and a family picnic at the end of the school year. Sundays were saved for hitching up the horse and buggy or sleigh and transporting the family to visit relatives or friends after church.

It wasn't long after the completion of the Erie Canal in 1825 that a new prospect appeared on the drawing boards. It was called a "railroad." Between 1830 and 1848, 6,000 miles

of railroad tracks had been built in the United States. The first railroad in New York State, the Mohawk and Hudson (from Albany to Schenectady, 17 miles long) was opened in 1831. The New York Central and Hudson River Railroad was a consolidation of several lines. It was completed from Albany to Buffalo in 1841.

The first passenger train through Honeoye Falls was via the Canandaigua and Niagara Falls Railroad, which established service through the Village in 1853. This line created a link between Canandaigua and Batavia initially and was later extended to Niagara Falls. This route became a part of the New York Central Railroad in 1858, and was nicknamed the "Peanut Branch." The Peanut Branch was a great boon to the farmers, millers, manufacturers, and commercial establishments in the Honeoye Falls area.

Honeoye Falls continued to thrive on the rapid growth of an agricultural economy, the availability of natural resources, and the expanding railroad

network which facilitated trade. The coming of the railroad to the Village created rapid economic changes. Shipping costs for most goods were reduced, and agricultural products could be transported to urban markets without spoiling; this opened new markets for Mendon farmers. The railroad encouraged the development of industry by establishing year-round access to raw materials and by providing a reliable network for the distribution of manufactured goods. The advent of rail transportation (both passenger and freight service) in the 1850's was a major influence on the prosperity and expansion of the Village of Honeoye Falls as well as the rest of the Town of Mendon during the second half of the nineteenth century. The railroad was just the beginning of many changes to come in the future.

The next issue of "Pathways" will include an article about Mendon's part in the Civil War and what was happening on the home front in the Town of Mendon.



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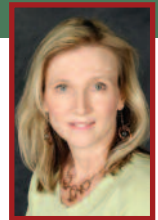
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The Honeoye Falls Fire Department



Department, was originally the property of the fire department of St. Catherine's Ontario, Canada. On October 29, 1891, the Iron Fire Man was taken from the Avon NY Fire Department, brought to Honeoye Falls, and put on the village Hall spire as a permanent fixture where it still stands today.

The Honeoye Falls fire Department has come a long way in the last 125 years, from hand and horse drawn equipment to motorized equipment consisting of 2 class A pumpers, a 102 foot aerial truck with a pump, and a rescue truck In 2010 the Honeoye Falls Fire Department will celebrate its 125 year anniversary. The Department has 80 members that are all volunteers who give many hours of service to the community not only answering calls for assistance but in training as well. The Department responds to an average of 300 calls per year ranging from fires, and motor vehicle accidents, to emergency medical calls.

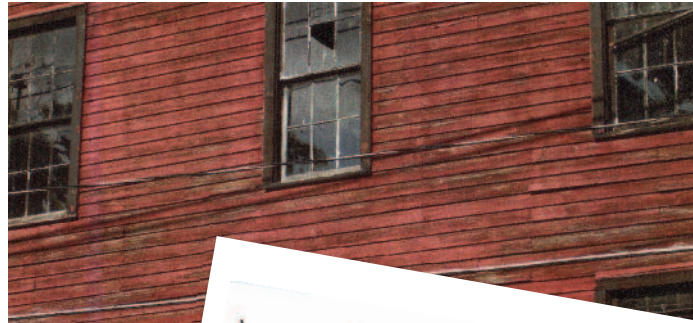
The Honeoye Falls Fire Department is always looking for new members. Even if you are not interested in fighting fires, there are a number of things you can do to help us on the corporate side of the Department that include helping with the Christmas parade or our fund raising events. To learn more about the history of the Honeoye Falls Fire Department and what we do, see our website at honeoyefallsfd.com, or stop by the firehouse and talk to one of the members.



The concerned citizens for the protection of life and property of Honeoye Falls formed the Honeoye Falls Fire Department on May 5, 1885. An organizational meeting was held at this time. The names were chosen for the four different companies. They were the

Honeoye Falls Steamer Company, the Major Downey Hook and Ladder Company, the Active Hose No. 1, and the Protective Hose Company.

The Iron Fire Man, that has become the proud symbol of the Honeoye Falls Fire



Dear Mr. Foss, 11/3/09

Please accept this donation of one hundred dollars to the Mendon Foundation Inc. from the Alternative high school classroom at #FL.

Our students have created notecards depicting their views of Honeoye Falls. We have named these "Reflections of Honeoye Falls". All money earned from the sale of these cards will be donated to charities voted on by the students.

The Mendon Foundation was chosen because of the work you do in the area. Many of our students have enjoyed the Deluge Valley Trail, Sibleyville Nature Reserve and Mendon Station Park.

The Alternative classroom began in 1998. It is designed for students who have struggled in traditional academic settings. The goal of each of our students is to achieve a high school diploma.

Thank you for your continued good work,
 Heather Bell (teacher)
 and the students of the Alternative Classroom
 09-10

Thanks for your support!

The Mendon Foundation receives funding through grant programs and many, many individuals and businesses. We have been fortunate in the large numbers of volunteers that have turned out to work on our events and projects.

Very recently we received this letter from Heather Bell. How grateful we are for the community funding

support for the Mendon Foundation this letter exemplifies.

The student note cards are 5.5"x 8.5" but letter size when opened! Mendon picture and area for address on the printed side allow for folding, stamping and mailing. Contact Heather Bell and/or her students for your note cards.

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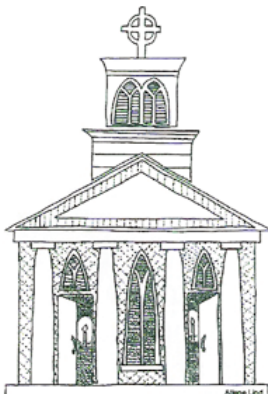
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Late this summer electricity came to Mendon Station Park. It was a true community effort, with Monroe County Parks Department supplying the materials, the Town of Mendon supplying the electric, volunteers, Bud Grindle and his son Bryan digging 600' of trenching and Heinz Keplinger doing the wiring. As a result of two governments, the Foundation and volunteers working together to make something happen, we now have have 10 GFI electrical outlets in the Park.

This fall we cleared about 1300 sq. ft. of stone and old blacktop from between the trail and the driveway, filled in with new topsoil, and planted grass. This was

accomplished with the help from several volunteers including Bud Grindle, who donated his time, skill and equipment to the project.

In November, we entered into a major landscaping project in the Park. Over 240 trees, shrubs and annuals have been planted by volunteers.

We have also received pledges for the donation of an additional 140 plants to be planted next spring. Also next spring, we will be turning on the first drinking fountain on the Lehigh Valley Trail. It will be located next to the Trail on the east side of the Kiosk and is handicapped accessible.

& Views

Scouts Complete Eagle Projects on the Lehigh Valley Trail



Again this year scouts from Troop 10 in Honeoye Falls have made an outstanding contribution to the continued development of the Trail.

Jonathan Rice completed construction of an Information

Kiosk, which he had started last fall at Rush Station. His project involved 21 people and 409 hours of planning and construction work.

Justin Gardner excavated the foundation of the old pump-house at Rochester Junction and built a knee-wall outlining the building. His project involved organizing 37 people and took 415 hours to complete.

Jason Asarese laid 20' of light rail and built a knee-wall outlining the location of the speeder shed, which was located just west of Plains Rd. on the Northern Extension, at Rochester Junction. The project involved 12 people and 275 hours of work.

The completion of these three projects brings the total number of scouting projects on the trail to 27, of which 17 have been Eagle projects.

Our special thanks and appreciation goes to these three Scouts as well as all the other boys and girls from **BS Troops 10, 45, 128, 334, GS Troop 796, and Cub Scout Pack 105**, who have participated in making the Lehigh Valley Trail a special place.

To all of you - **JOB WELL DONE.**

PATHWAYS

is the newsletter of the Mendon Foundation, a completely volunteer organization which exists with the generous support of its members, volunteers, and contributors. This newsletter is published three times a year and paid for through the generous support of our advertisers.

The Mendon Foundation
P.O. Box 231
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www.MendonFoundation.com

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We believe in preservation.
We believe in recreation.
We believe in education.
We believe in community stewardship.

OUR PURPOSE

To improve the quality of life in our community.

As we succeed in these objectives, we enhance property values for all Mendon property owners. The Foundation is supported by membership fees, grants and other contributions. Donations to the Mendon Foundation are tax deductible. Proceeds are used to cover easement acquisitions, monitoring and communications. All labor is volunteer.

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