

Rail-Trail News

The Rail-Trail Council of Northeast Pennsylvania is dedicated to renewing Northeast Pennsylvania's historic pathways as recreational trails for all to enjoy.

NEW LIFETIME MEMBERS

Bill Bayne Jr, Hallstead, PA
 Fred & Mary Garm, Forest City, PA
 Bill & Marilyn Hiller, South Canaan, PA
 Win & Janie Matthews, Clifford Twp, PA
 Kim & Elliot Ross, Union Dale, PA
 Tripsite.com, Springville, PA

NEW MEMBERS

Mary Aileo, Carbondale, PA
 Debbie Alunni, Bear Creek, Twp, PA
 Ron Annas, New York, NY
 Kathleen Bailey, Sellersville, PA
 Mary Lynn Brannon, Carbondale, PA
 Richard Buberniak, Carbondale, PA
 Fred & Karen Carden, Cortland, NY
 Diane Carey, Peckville, Pa
 Leslie Corby, Springbrook Twp, PA
 Valerie & John Crisosfomo, Allendale, NJ
 Thomas & Kathleen Decker, Greentown, PA
 Alison Flanagan, Hanover Twp, PA
 Charles Fuller, Union Dale, PA
 Theresa Gilhooley, Scranton, PA
 Robin Green, Dunmore, PA
 Marylou Grogan, Scranton, Pa
 Sharon & Grand Gutkowski, Linden, NJ
 Teri Hanchulak, S Abington Twp, PA
 Megan Horeis, Peckville, PA
 Erin Hubert, Clarks Summit, PA
 David & Alice Kennedy, Covington Twp., PA
 William Knapp, Canonsburg, PA
 Mary Kovaleski, Forest City, PA
 Bernice Lukus, Vandling, PA
 Asher & Cathleen Mall, Waymart, PA
 Pam Millus-Bobinis, Susquehanna, PA
 Trish McDonough, Archbald, PA
 Roseanne Mensel, Carbondale, PA
 Mark Moskowitz, Wynnwood, PA
 Cheryl Nolan, Union Dale, PA
 Joanne Pesota, Dickson City, PA
 Pioneer Construction Co, Honesdale, PA
 Ron Roberts, Olyphant, PA
 Jeanne Santarsiero, Dunmore, PA
 Cindy Seeger-Shearing, Brackney, PA
 Denise Skurnowicz, Nicholson, PA
 Susan Sullum, Clarks Summit, PA
 Erwin & Marta Vanzanten, Media, PA
 Mike Walton, Old Forge, PA
 Dodge Whipple, Allentown, PA

RENEWING MEMBERS

Jim and Bobbi Achey, Union Dale, PA
 Carl Albright, Honesdale, PA
 Bruce & Eileen Baessier, Montrose, PA
 Edwin Baker, Cortland, NY
 Roger & Rosemary Baldwin, Park City, UT
 R Anthony Baroni, New Milford, PA
 Dorrance & Susan Belin, Waverly, PA
 Gerald & Carlyn Bell, Phoenixville, PA
 David & Linda Bernarsky, Vandling, PA
 Joseph Blaskiewicz, Honesdale, PA
 Peter & Marian Borick, Herrick Ctr, PA
 Roberta Brentano, Scranton, PA
 Joe & Chris Brophy, Scott Twp, PA
 Keith & Theresa Buhl, Rahway, NJ
 Ivan & Elaine Burman, Thompson, PA
 Mary Butler, Little Meadows, PA
 James & Christine Canini, Susquehanna, PA
 Will & Kathryn Chamberlin, N Abington, PA
 Tom & Kathy Chesnick, Clifford Twp, PA
 Wayne & Sara Chudleigh, Union Dale, PA
 Fred & Katie Cicilioni, Frugal Living, LLC,
 Forest City, PA
 Nicholas Cost, Forest City, PA
 Norman Coyle, Lake Ariel, PA
 Tom & Kay Cullane, Susquehanna, PA
 Carol B Davis, Jermyne, PA
 John & Lisa Demark, Vandling, PA
 Thomas, Lori, & Shanna Eshelman, Union
 Dale, PA
 Mark & Lorie Fallon, Thompson, PA
 Tim & Sue Fitch-Proctor, Union Dale, PA
 Jeff & Nancy Fleming, Dalton, PA
 Jane Frye, Scranton, PA
 Michael Gillespie, Lancaster, PA
 Ed Giombetti Jr, Jessup, PA
 Steve Goscinsky, Ringoes, NJ
 Francis Graytock, Union Dale, PA
 Marie Greto, Carbondale, PA



The D&H Distance Run Is Back!

After a year off, we know many are anxious to get back to 'real' running races. The 12th annual D&H Distance Run—a half marathon and 5K will be held at 9 AM on Sunday, September 12th. The race is an out-and-back from the Forest City Trailhead, north to Union Dale, with a downgrade return. We are in the process of recertifying the course with the USA Track & Field. Chip timing will be by Scranton Running Company. Registration forms are available at or office or by email. Online registration is at GetMeRegistered.com. This run is the Rail-Trail's major fund-raiser for the year and helps to support trail maintenance. Run or volunteer!

Trail of Year Events and Celebrations Continue

There is always something happening on the D&H Rail-Trail. On April 25th, Dana Rockwell led an early season Mushroom Foray, we found some cool mushrooms and some beautiful spring wildflowers. We had a successful Bike to Farm to Table Event on May 1st, where riders picked a trailhead starting point and rode to Camp Bluestone in Ararat. Sixty-five people were in attendance, the ride was cold, at first, the food was delicious and the music by Common Thread, was fantastic. Hopefully we will do this event again in the summer! On May 2nd, David Trently led a successful Birding Hike, participants saw and heard 31 different kinds of birds. The trail has many activities for everyone, but most important is getting outside, exercising, and learning about nature. Updated events and activities will be on our website under Events at www.neparailtrails.org or our Facebook pages Rail-trail RTC Directors or D&H Rail Trail Full Moon Hikers.



Rail-Trail Council Board meetings continue on Zoom. Some meetings may take place outside late Spring and Summer.

My New BFF— the DCJ Rail Trail

Mike & Joanne Gryzic, Larksville, PA
Cathy & Bob Guzzi, Dalton PA
George & Susan Haff, Union Dale, PA
Susan Hall, Union Dale, PA
Michael Hapstak, Scranton, PA
Chet & Carolyn Harhut, Greenfield Twp, PA
Ron Harting, Windsor, NY
Wayne & Joanne Harz, Pleasant Mount, PA
Joyce Hatala, Fleetville, PA
Alan Highhouse Family, Honesdale, PA
Beth Holmes, Fell Twp, PA
David & Carol Howell, N Abington, PA
The Jimenez Family, Hampton, NJ
Dominic Keating, Waverly, PA
Bill Keller, S Abington Twp, PA
Don & Karyn Kintzer, Orinda CA
Allen & Nancy Koberlein, Willow Street, PA
Delores Kownaski, South Windsor, CT
Richard Lane, Woodbridge, NJ
George & Linda Leber, Thompson, PA
Lewis & Linda Lee, Thompson, PA
Gary Lippi, Carbondale, PA
Joyce Lomma, Scranton, PA
Karen Makara, West Chester, PA
Judith Marsh, Union Dale, PA
Sally McGrath, Kingsley, PA
Vic & Sharon Milani, Dickson City, PA
Daniel Miller, Scottsville, KY
Kurt Mohny, Binghamton, PA
Ed Moran, Tillson, NY
Walter & Pamela Moshier, Forest City, PA
Thomas Murphy, Windsor, NY
Andrew Nikish, Schwenksville, PA
Vincent & Mary Lynn O'Bell, Olyphant, PA
Jim O'Pecko, Forest City, PA
Sandra Major, Brackney, PA
Edward & Gladys Pantzar, Vandling, PA
Evelyn Pantzar, Forest City, PA
Cathrine Parsons, Simpson, PA
Roy & Vee Pauli, Scranton, PA
Vincent Pepe, Exeter, PA
Mark & Ann Marie Polednak, Clifford Twp, PA
Emilie Kudela & Bert Prohaska, Binghamton, NY
Mark & Joan Reading, Union Dale, PA
Brenda Riefler, Thompson, PA
Resource Environmental Mgt, Inc, Montrose, PA
Mr & Mrs Fred Rose, S Abington, Pa
Ron & Chris Ryzczak, Mayfield, PA
Rich Schnur & John Kessler, Afton, NY
Jerry T Schwarztrauber, Archbald, PA
Katrina Scott, Union Dale, PA
Linda Scott, Honesdale, PA
Sharon Seymour, Carbondale, PA
Ed Skarbez, Brown Dale, PA
Len Sowinski, Scott Twp, PA
Joanne & Charles Stetz, Waverly, PA
Don & Cheron Swody, Mainesburg, PA
Bob & Sue Taylor, Union Dale, PA
David & Margaret Tomazic, Clifford Twp, PA
Gary & Denise Treven, Bloomsburg, PA
Henry Tusar, Forest City, PA
Anthony & Janet Tvaryanas, Union Dale, PA
Melanie Urdang, Union Dale, PA
Brian & Lora Urbas, Brown Dale, PA
Steve Weinbrun, East Brunswick, NJ
Judy Wells, Poyntelle, PA
Nancy VanKuren & Tim Greene, Mattawan, MI
Jack & Terry Vetter, Lake Ariel, PA
Village of Four Season Assoc, Union Dale, PA
Rick Wagner, Simpson, PA
Fred Wenz, Ambler, PA
Joseph & Debra White, Susquehanna, PA
Joel Whitehead, Thompson, PA
Viktoria & Peter Wood, Pipersville, PA
Sharon Wunner, Bear Creek Twp, PA

DONATIONS

Richard Buberniak, Carbondale, PA
Steve Cooper
Ed Giombetti, Jessup, PA
Nancy Ross, in honor of Valerie Clemens
Birthday

Memorial Donations:

Bonnie Alco, in memory of Jack McNamara
Mary Higgins, in memory of June Felley
Don & Karyn Kintzer, Orinda, CA for June
Felley

Caboose Restoration Donations:

Bill Bayne Jr, Hallstead, PA
Keith & Theresa Buhl, Rahway, NJ
Jeff & Nancy Fleming, Dalton, PA
Steve Goscinsky, Ringoes, NJ
Mike & Joanne Gryzic, Larksville, PA
Gary Lippi, Carbondale, PA
Emilie Kudela & Bert Prohaska, Binghamton, NY
Mark & Ann Marie Polednak, Clifford Twp, PA
Katrina Scott, Union Dale, PA

In April 2020 my husband and I left our NYC apartment to come up to our country house in Union Dale (usually used for ski season and long holiday weekends) thinking it would be better here during the lockdown and that we would be here for a few weeks maybe a month. We all know how that it turned out and we have been here pretty much full time for over a year.

Fortunately, we quickly established a bubble with close friends and neighbors—so we were able to socialize and not become too isolated.

I was always an avid skier however due to extensive leg surgery in October 2018 on my left femur (7 inches removed) and replaced with a steel rod—and over a year of physical therapy having to learn to walk again—skiing was taken off the table forever.

A close friend of mine, Valerie Clemens started snowshoeing on the trail. I was fascinated by this, really wanted to try but was apprehensive. I asked if she would go with me and show me how. Just the two of us so I could try it out. It was difficult to bend to get the snowshoes on, but she and her daughter helped. Once on, we started north and after a few steps I fell. She went pale, went to pick me up and I said I can do it on my own- which I did. No injury—I said let's keep going. The first time, we walked to “the flagpole” and the back. We did it a few more times going further and further. Sometimes she would go into the woods however I was not comfortable with that, so I would stay on the trail. The thing about snowshoeing for me is it gets me outside in the cold and snow which I love, and I get to wear all my great ski clothes that have been going unworn the past few winters—not to mention the work out you get.

Then came the second Saturday in January and my first introduction to Rail Trail Yoga. I was nervous but didn't want to give into my fears. I was with Valerie and Roma two very close friends and I knew that they would not let anything bad happen to me. As we started going into the woods there were in fact for me a few dicey moments, but just like skiing—where you take it one turn at a time, with show shoeing you take it one step at a time. I had the BEST time. We did the yoga part in clearings—as a person who does Pilates days a week, much of this was familiar to me, and then we continued snowshoeing down towards the water. I fell but was able to get up easily (snow is forgiving that way) and then we started heading out of the woods back towards the trail. The path back to the trail was a narrow and a little steep. Again, I was a little panicked but—one step at a time. I climbed up and my two good friends who were behind me held their breath. Well, that moment of climbing up gave me an endorphin rush of a lifetime. We walked back, I came home and was so excited that I was talking as if I were vaccinated with a phonograph needle. I snowshoed a lot this past winter. And did Snowshoe Yoga every time it was offered.

In February I was back in NYC for a doctor visit and every visit they ask me when was the last time you fell. For the last few years, I would say—when was the last time I skied? This time I could not wait for the question—I said boastfully February 13th when I was snowshoeing. They said did you get up, and I said yes it was tough because I was laughing so much, and my arm was under three feet of snow. But yes, I am sitting here aren't I.

The Rail Trail and snowshoeing have been the biggest gift one which I probably wouldn't have received had it not been for the recent “unpleasantness.” I have also done 3 of the last moonlight walks. I am often holding up the rear as I do walk slowly and have to use walking sticks, but my friends stick by me. I have traded by snowshoes for hiking sneakers and continue to do Moonlight walks and the yoga whenever I can, as well as walking on the trail on weekends with my friends.

The availability of the trail, which is flat as well as the various group activities have been extremely special to me. Being able to be outside and move has improved my quality of life and contributed greatly to my ongoing recovery. While surgery was 2½ years ago, the recovery continues. I have exceeded the expectations of the doctors, but I have loftier goals. I always bring walking sticks on the trail, but I try and do more and more without them.

Looking forward to another spring and summer in Union Dale, walks on the trail and yes, I also started taking golf lessons, but that is whole other conversation.

Guest blog by Celia Seigerman-Levit

Trail Events

MAY 1–MAY 31

Summer Ready Virtual Challenge. Challenge yourself to biking 100 miles or walking/hiking 50 miles. You have 31 days to complete the Challenge. Certificates and stickers awarded, *fit body guaranteed*. Turn in your completed stats with your name, address/email, age to trails@nep.net. A donation is appreciated, but not required. Any money raised will offset the maintenance and improvement on the trail.

MAY 1–NOVEMBER 8

Get your Tail on the Trail. Challenge yourself to log 165 miles on trailonthetrail.org. (You can use your Summer Ready Virtual Challenge mileage.)

JULY 31

Forest City Trail & Town events. TBD, Light parade?

BUILDING HEALTH SERIES

Outdoor group activities designed to build health naturally:

WALKING MONDAYS

10 am. Meet at the Rail Trail Office.

SECOND SATURDAY TRAIL YOGA

9 am. June 12, July 10. Meet at RTC office and caravan to designated trailhead.

BIKING WEDNESDAYS

May meet at Simpson/Morse Ave Trailhead. June meet at Forest City Trailhead. July meet at Union Dale Trailhead.

FULL MOON HIKES

8:30 pm. May 26, June 24, July 23. Meet at Union Dale Trailhead.

POP-UP ACTIVITIES

Saturdays or Sundays. Check Facebook page!

Remembering the Rail-Trail's First Secretary, Ruth Fredrick



By Philip Pass Jr., Founding President of the Rail Trail Council of NEPA

Ruth Fredrick was instrumental in the founding of the Rail-Trail Council and served as our first Secretary. Before the Rail-Trail Council was formally organized, a core group of volunteers met for a year to discuss acquisition of the D&H and O&W railbeds to be converted into recreational trails. Calls were made to the respective rail bed owners, contiguous property titles were reviewed, and fundraising efforts were made. Ruth and her late husband, Bud, came to every meeting and fostered interest in the Lakewood area.

After a year or so, it was determined we needed to formally organize as a non-profit to secure grant funding and the Rail-Trail Council of NEPA was formed, thirty years ago!

Thankfully, Ruth Fredrick volunteered to be our Secretary. Ruth did a tremendous amount of work behind the scenes with multitudes of correspondence. Since I had no non-profit experience, Ruth walked me through the basics of Robert Rules of Order and helped me draft a monthly agenda and report on an acquisition process that was moving in small steps. Ruth was diplomatic in her guidance and never advised with "should and should not." Her opinions were soft yet poignant, allowing me to make decisions and learn through the process. Some people warm your heart with their presence, Ruth was one of those people. Having Ruth at my side every meeting gave me the confidence to present to a room full of community minded activists and board members that in most cases were at least 30 years my senior. I am so fortunate to have known and worked with Ruth through the early days of the Rail Trail. Ruth and Bud and all the Rail Trail Board worked tirelessly at shaping the organization and securing some of the first grants to make the D&H Rail-Trail a reality that thousands of people now enjoy each year.

Ruth passed away January 25, 2021. To honor Ruth, memorial contributions can be made to the Northern Wayne Community Library at 11 Library Road, Lakewood PA 18439.

Membership Renewal Form

Please renew! The date on the mailing label on the reverse indicates when your membership expires.

- | | |
|--|---|
| <input type="checkbox"/> Lifetime/Founding \$500 | <input type="checkbox"/> I am available for trail cleanups. |
| <input type="checkbox"/> Patron/Sponsor \$250 | <input type="checkbox"/> Call me to discuss a corporate donation. |
| <input type="checkbox"/> Club/Organization \$100 | <input type="checkbox"/> I am interested in finding out more about the "Trail Tender" program. |
| <input type="checkbox"/> Family \$35 | <input type="checkbox"/> Send my newsletter electronically (instead of by mail) to: _____ |
| <input type="checkbox"/> Individual \$20 | <input type="checkbox"/> Send me a NEW brochure. |
| <input type="checkbox"/> Senior/Student \$15 | <input type="checkbox"/> I am willing to volunteer for the D&H Caboose restoration project |
| | <input type="checkbox"/> I am enclosing a donation to be used towards the D&H Caboose restoration project |

NAME _____ PHONE NUMBER _____

STREET ADDRESS _____ E-MAIL ADDRESS _____

CITY _____ STATE _____ ZIP _____

Please update your address here if necessary. Make checks payable to **Rail-Trail Council of Northeast PA**
P.O. Box 32, Union Dale PA 18470 / Phone: 570-679-9300 / E mail: trails@nep.net



Historic logo and number finally stenciled onto caboose.

Historical Signage on the Trail

The Rail-Trail Council continues to research railroad and local history in order to keep the history of the D&H and Erie Railroads alive while focusing on the impact they once had on our trail area. We welcome any related information that you might have on the area. We have relied on many local historians and railroad buffs for which we are grateful. Funding has come through the Overlook Foundation, the Endless Mountains Visitors Bureau, the Endless Mountains Heritage Region and the Wayne County Room Tax Program. We are fortunate to have found Diane Turrell of DDH Design in Tunkhannock to layout the information, scan photographs and maps, check details and continue the vision of our historical signage program. We have recently with Diane's assistance finished both Ararat and Starrucca historical signs that will be installed soon. Currently, we have a draft of the Thompson historical sign, that awaits review by the community. Next is the D&H caboose interpretive sign! We'd love to redo the Union Dale sign in the same format, as we have much information on the railroad and the once bustling town. Also on our wish list is a Brandt historical sign, where there was a railroad station, a furniture factory, a brick factory, a quarry whose stone was used for the Starrucca Viaduct and much more. Hopefully trail improvement work will begin in the Brandt area soon!



Friends of Starrucca Creek Cleanup

Hats off to all the volunteers who helped with a multi-day, multi-week cleanup along and in the Starrucca Creek and on the northern section of the D&H Rail-Trail. It's been over ten years that Dana Rockwell has been leading the charge to cleanup decades of trash. Pennsylvania Environmental Council and Keep Pennsylvania Beautiful helps with disposal but it's those volunteers that make this possible. Also, many thanks to Wanda and Terry Rockwell who feed and nurture the volunteers!

Rail-Trail Council of Northeast PA
P.O. Box 32
Union Dale PA 18470
trails@nep.net
www.neparailtrails.org

WHEN DOES MY MEMBERSHIP EXPIRE?

Your membership renewal date is to the right of your name on the mailing label, highlighted in yellow. To the extreme right is the mailing date. Memberships for all receiving electronic newsletters will expire on December 31.

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ELECTRONIC SERVICE REQUESTED