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Watershed Network Movement and Growth

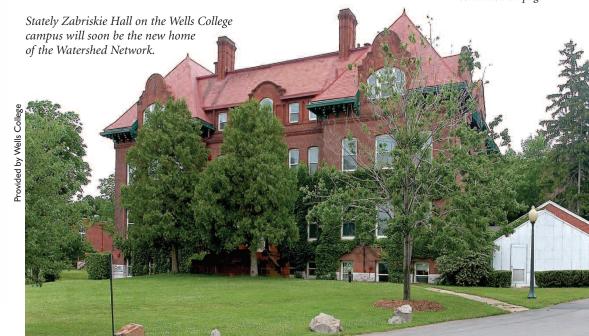
by Bill Shaw, Board Director, and Sharon Anderson, Watershed Steward

The Cayuga Lake Watershed Network has commenced its 10th year in service with ambitious plans for growth and relocation to Aurora, NY. This exciting move and expansion of programming is made possible in part thanks to the generosity of Wells College, several private foundations, and the support of public officials and community leaders, and stakeholders.

The First Decade

Since the election of the first board of directors in August of 1998, our grassroots, not-for-profit organization has grown in size and service. Our initial focus was supporting efforts of the Cayuga Lake Watershed Intermunicipal Organization to assess the state of the watershed and develop a management plan. Since then Watershed Network volunteers and staff have hosted over a hundred educational events. We have published an award-winning newsletter and provided an informative website, both of which feature information on watershed concerns. We have assisted towns with comprehensive planning, stormwater management, and drinking water protection. The Watershed Network assists others who are making an effort to protect water resources through supporting subwatershed groups, partnering on cleanups and other events, and recognizing leaders in environmental stewardship through the Lake-Friendly Farm Award program and the David Morehouse Award.

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Challenge Your Taste Buds!

by Dan Carrion, Ithaca College Student and Watershed Network Intern

ottled water is not only problematic, but it does not even taste as good as local water supplies, students at Ithaca College have concluded. Disposable water bottles are contested health risks and natural resource/solid waste dilemmas and yet their usage is astronomical. The production of plastic water bottles requires petroleum-based inputs and oftentimes pollutes nearby water resources. So in order to call attention to this issue, Ithaca College has begun taste-testings that compare two brands of bottled water versus local tap waters. Testers try three different unmarked samples and are asked to rate them based on taste. Afterwards, they are informed of the vast amount of water bottles that fill our waste streams and the endocrine-disrupting nature of certain plastics used in water bottles. So far the taste-test ratings have been favorable for tap water, showing that the vast majority of testers prefer its taste.

Based on information from Marian Brown, Special Assistant to the Provost at Ithaca College

AT WORK IN THE WATERSHED

Global Climate Change: Implications for Water Resources was the keynote address for the Cayuga Lake Spring Conference in April 12.

resenter Susan Riha of NYS Water Resources Institute shared the predictions for wetter winters and drought prone summers in the Finger Lakes regions, which will likely mean more flooding and worse pollution from nonpoint sources. During Dredging Cayuga Inlet Elizabeth Moran, Environmental Consultant with EcoLogic, LLC covered project planning including why it is necessary and the steps to planning, design, and permitting. Waterweeds and Lakeside Land Use showed how people can unwittingly exacerbate problems with nuisance aquatic plants. Presenter Paul Lord of the SUNY Oneonta Biological Field Station and Cornell University explained how not to be part of the problem. In Beautiful Landscaping, Naturally, Dan Segal of the Plantsmen Nursery shared how using native and well-adapted plants results in beautiful, successful landscapes that protect water quality. Win McIntyre, Otsego Lake Watershed Inspector shared the experience of a neighboring Finger Lake in Management of Lakeside Septic Systems. Finding that over 50% of all lakeshore septic systems were inadequate led them to try some innovative solutions and demonstration projects. Links recommended by the team of presenters and some of the presentation materials are at www.CayugaLake.org. The conference was so successful we are planning a comparable program in the northern part of the watershed this fall.

Water resources are most effectively managed by considering the entire system. Therefore, several years ago

the Watershed Network called together the Sixmile Creek Partnership to help coordinate and communicate among the many entities and persons that have a role in management this tributary of Cayuga Lake. Accomplishments of the Partnership include a characterization of the creek, suggested management strategies and a Watershed Network-hosted discussion with people who influence the management of Sixmile Creek in order to build support for implementing new practices and stopping ones that are counterproductive. Sixmile Creek: a Status Report and Sixmile Creek: a Management Overview are available by visiting www.CayugaLake.org and scrolling down to Sixmile Creek Status Report.

The southern shores of Cayuga Lake and Cayuga Inlet waterfront received a spring cleaning when community groups and volunteers assembled in March to remove litter and debris that had collected over the winter. Rick Manning of the Cayuga Waterfront Trail Initiative mused, "You would surprised how much litter is tucked into the edges of our City's waterways, and how good it (feels) to join your neighbors in making a difference by cleaning our waterfront." The Watershed Network was one of the sponsors of this event along with Cayuga Waterfront Trail Initiative, Tompkins County Water Resources Council, and the Waterfront District Association. Assistance was provided by the City of Ithaca, On-Site Volunteer Services, TCDOG, and the Ithaca Farmers Market.

Cayuga Lake Watershed Network

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Taughannock Falls State Park: A Popular Stop Along the Cayuga Lake Scenic Byway

by Tony Ingraham

aughannock Falls State Park, just seven miles north of Ithaca on Route 89, is perhaps the most magnificent stop along the Cayuga Lake Scenic Byway. Half a mile from the Byway up Taughannock Park Road, the Falls Overlook draws a steady flow of visitors. Many come to pause and snap a picture, while others linger to marvel at the serenity, grandeur, and occasional power of the waterfall in its huge, rocky bowl. Some come to kiss, or even get married. There is something about falling water that draws us, charms us, and moves us to enshrine such places.

One of the highest waterfalls in the eastern United States, Taughannock plunges 215 feet, some thirty-five feet more than Niagara, though in breadth and volume there is little comparison. Nonetheless, Taughannock can roar and inspire awe. Heavy spring rains and summer thunderstorms can produce a thundering torrent that bursts from the upper gorge to crash into a pool far below, filling the rugged chasm with spray and mist.

A Cayuga Tributary

The water level in Taughannock Creek responds rapidly to the weather, rising and declining quickly after rainstorms. Taughannock's little watershed is ten to fifteen miles long, starting in Schuyler County southwest of the hamlet of Mecklenberg. In late summer and fall, the water is often low and the flow can be less than ten percent of its potential. But high water can come any time of year. Small as it is, Taughannock Creek is still a major tributary to Cayuga Lake, contributing one eighth of the water that flows into the lake from surrounding streams.

Taughannock Point projects into Cayuga Lake several hundred yards. The point itself is a product of erosion and deposition by Taughannock Creek. Taughannock Falls has cut its canyon three quarters of a mile back into the steep west shore of Cayuga Lake, depositing eroded rock and soil into the lake, creating new land where thousands of years ago there was deep water. The water off Taughannock Point is still very deep, about 375 feet, the bottom of the lake there lying approximately at sea level. To get a feel for the depth of Cayuga Lake here, look at the depth of Taughannock Gorge near the waterfall; they are virtually the same.

Don't Miss the Point

Taughannock Point and the mouth of Taughannock Creek are one of the most popular fishing locations along Cayuga Lake. Rainbow trout and smelt run up to the first little waterfall in the spring. Anglers hook lake trout, salmon, and brown trout from shore in the fall, winter, and spring.

Taughannock Point is an excellent location to view migrating waterfowl. For years, bird watchers have conducted a count of migrating common loons each fall. More loons have been observed flying over Taughannock Point in a single season than are seen at any other spot inland in North America.

Taughannock Falls State Park provides some of the best public access to Cayuga Lake, with a boat launch and a small marina, picnic areas and pavilions, fishing piers, and one of Cayuga's finest beaches. There are a campground and cabins for overnight travelers, and Taughhannock Farms Inn serves good family-style fare, and offers a few guest rooms.

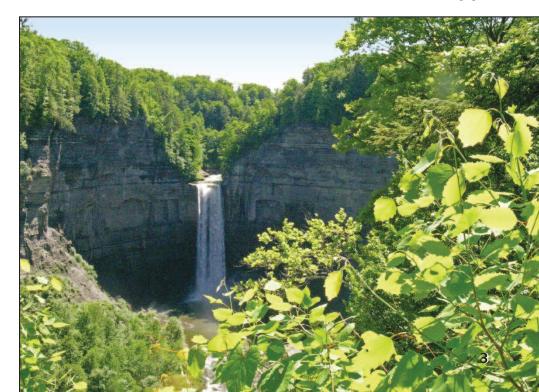
Get Out and Walk

To get some different angles on the waterfall, walk one of several trails in and around the gorge. The rim trails encircle the gorge and provide numerous vistas. The level Gorge Trail takes you to the base of the cataract, which towers above you while spray wets your face. This trail is usually open year round, unlike most other gorge trails in the State Parks that are closed during the winter for safety reasons. Enormous ice formations may enclose the waterfall in January and February.

Goodwin's Falls

Taughannock Falls was once named Goodwin's Falls after early settlers.

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Watershed Network Movement and Growth continued from cover

The Second Decade

After a decade of providing these quality programs and services, we have experienced such an increase in requests, expectations and demands that we have exceeded our current delivery capacity. Although this growth is a true indication of the importance of our work, our 10-year anniversary gave us an opportunity to review our mission and goals, and to make some changes in operations. To address these needs and changes, the Board has committed to a long-range plan that will provide larger meeting and office facilities that will enable us to increase staff and expand services. Specifically, to help launch our next decade, relocation is planned from storefront offices in Interlaken to a suite within Zabriskie Hall on the Wells College campus in Aurora.

While we will remain an independent organization, the partnership with Wells provides exciting opportunities to work more closely and extensively with the college's faculty and students. Increased volunteer involvement will support core watershed programs while providing students with valuable skills and career-building experience. The closer association also makes possible long-term study projects that will benefit both organizations.

Other examples of program expansion possibilities that our new facilities might support include:

- improved coordination and analysis of water quality monitoring data
- creation of a process to evaluate and report on the health of Cayuga Lake and its tributaries
- · an greater number of restoration projects
- · analysis of how global climate change is likely to affect

water resources through increased flooding and droughts

- expanded programming to meet stormwater regulations
- increased collaboration with the floating classroom
- continued exploration of new techniques such as microbial source tracking
- broader use of Internet applications to disseminate information

The Watershed Network remains committed to working in partnership with many entities. Relationships will continue to develop with the Finger Lakes Institute; Ithaca College; Cornell University; each of the three water quality coordinating committees in the principal counties that adjoin Cayuga Lake; various subwatershed organizations; and the many towns, villages, businesses, farms, communities, and other stakeholders concerned with the welfare of the watershed.

The vision and energy of current and past Watershed Network directors have made the exciting move to Aurora and related funding and programming expansion possible. A volunteer team of talented and dedicated leaders of the Watershed Network includes Janet Hawkes, agro-forestry consultant, founding director from Tompkins County and former chair of the Watershed Network; John Dentes, Vice President for Finance and Operations for Boyce Thompson Institute and former treasurer and director from Cayuga County; and Bill Shaw, former Ithaca mayor, local attorney, founding director from Seneca County, and current board treasurer. Be sure to thank them when you come to an open house of the new Watershed Network office that will be planned once we settle into our new location on the Wells College campus.

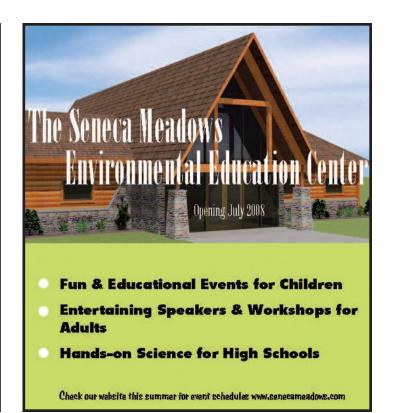
Diane Emmons, Office Mangers, Bids Farewell



n April, I retired from the Cayuga Lake Watershed
Network and took on an intense short-term assignment of traveling to Tennessee to care for my grandson, Jake, while my daughter goes back to teaching for a few weeks.
Living far apart from them is hard and I am glad for the

time to get to know Jake better.

I have learned so much about the environment and the lake while working here and I appreciate that knowledge. I will do my best to be a good lake steward in the future. Thank you to everyone for the help you have given me for the past 5 years.



Milling Around the Finger Lakes

By W. Rachel Singley, Wells College Student and Watershed Network Intern

When the earliest white settlers arrived in the Cayuga Lake watershed, they were confronted with a vast expanse of wild terrain that was overflowing with seemingly unbounded natural resources. These men, mostly ex-soldiers granted lots by the state for their efforts in the Revolutionary war, settled near streams and creeks, but not for the view. The power of moving and falling water to operate mills, in the time before electricity, gasoline, or even steam engines, was the sole source of mechanical power. The creation of a mill attracted the farmers, merchants and other settlers who would eventually form a town, usually with the mill's creator as the leader of, or prominent figure in, the new settlement. The most common mills ground grist (feed for cattle) flour, pressed cider, ground locally-mined gypsum for plaster and, the most useful of all, cut raw logs into lumber.



This image, provided by Ulysses Historical Society, is thought to be of the Abner Treman Mill in Trumansburg.

These mills became the foundation for a forest to become a town, and for the town to become populated. As the new mill began to operate successfully, more and more farmers would trickle into the surrounding areas and use the nearby mill to grind their crops into a product ready for sale. Time and monetary costs to transport a crop to a mill were great, and thus farms began to spring up near established mills.

Mills were also central to the development of towns because each settler needed a sawmill to cut lumber fit for building a home, barn, and fences. The mill's dependence on flowing water became a crucial factor in the location of a town, and that legacy can be seen today in the foundation of towns such as Caroline, Trumansburg, Ithaca, Danby, Dryden, Groton, Enfield, Lansing, Newfield, and other towns and cities around the Finger Lakes area, such as Seneca Falls. Seneca Falls had saw mills and other water-powered operations including a very prosperous lock navigation company at the center of its early economic structure. The quick pace of the water flowing from Seneca Lake to Cayuga Lake was an attraction for mill building, but the falls themselves aided in the development of hydropower. By the late 1800s most villages and towns centered around the local mill.

The origins of our civilization here on the Finger Lakes are in no small way tied to the creation of milling commerce. It is therefore vital that the sites (or ruins) of these mills be preserved as a substantial part of each town's history. This is sadly not the case for most towns and cities. There is one group that has taken history into their own hands. Bill Kappel of Trumansburg came upon the ruins of the first mill in the village in October of last year while working on another history project – saving the old bricks that paved Trumansburg's Main Street. When asked how he began the excavation he said "It was one of my wife's dreams (as an elementary school teacher) to save and use the old street bricks to tell part of Trumansburg's history. It was in looking for the bricks that lead me to the mill site, and the large gears sticking out of the ground begged to be excavated to tell another story about the village."

Abner Treman built the mill in 1794 on the banks of Trumansburg Creek. This mill became the foremost operation in the town, and as the September 28th 1916 edition of the Ithaca Journal relates in an article detailing how the mill burned down for the final time, "The Stone Mill... has been a landmark for over a century..."

The ruins of the burned-out mill still yielded amazing finds to the careful and methodical efforts of the volunteer excavation team who, under Bill's guidance, have uncovered some of the solid iron components of a gasoline-powered engine, including the engine flywheels, mill gears, and

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the decades after the first water mills were built (mid 1700s), steam engines became the next innovation in the quest for mechanical power.

When the steam engine began to replace the water wheel in the early to mid 1800s, mills that ran on hydropower were made obsolete. The huge slow old water wheels were replaced with smaller, louder, faster steam engines, and eventually by the late early 1900s the steam engine was replaced by the gasoline engine. This last innovation was much more productive, but also extremely prone to fires that would destroy much of the mill, and with it, much of the historical details of the mill's operation. This fact means that many towns and villages have lost some of the original structures of their area. Bill Kappel speculates that the preservation of historic mills is difficult because: (1) the gasoline engines that replaced water/steam had a high incidence of fire, thus reducing mills to burnt rubble that is more difficult to excavate and (2) the collection of scrap metal for use in WWII may have stripped mills of steam engine parts and gearworks that are now historically valuable. The erosion of time also plays an important factor in the lack of current historic mill preservation, and Bill emphasizes the importance of taking steps now to preserve history for the future.

Annual Lakefest Celebration August 23

The Cayuga Lake Watershed
Network will celebrate its annual summer event, Lakefest, at the
Goose Watch Winery in Romulus
NY, on Saturday August 23, 2008,
from 12-4pm. Everyone is invited to
join us as we commemorate 10
years of commitment to protecting
and improving the ecological health
and economic vitality of our watershed through education, communication and leadership. This year also
marks the 11th anniversary of
Lakefest. Goose Watch, with a beautiful view of Cayuga Lake, was the

site of the 1st Lakefest, the event which formally marked the "birth" of the Watershed Network. Lakefest is a family-oriented gathering including a free picnic lunch, fun-filled activities for kids of all ages, music, and educational displays (some interactive and kid-oriented). We will also be presenting the annual David Morehouse, Lake-Friendly Farm, and volunteer recognition awards.

We plan to showcase the watershed's economic vitality by utilizing local produce and products – a reminder of the many benefits to the economy and environmental when you buy local. Local farmers and businesses are invited to donate local produce, dairy products, meats and breads for



Jon Negley (left) of Tompkins County Soil and Water Conservation District demonstrates how pollution from high in the watershed can make its way to the lake.

the picnic lunch, and we will prominently display their logos and/or names as thanks.

In addition we invite local artisans to display their wares at Lakefest. Artisans, and local businesses, are welcome to donate door prizes or silent auction prizes.

While eating and chatting with others interested in the health and beauty of the watershed, you will be entertained by a musical group "The Hunter Family", who are donating their time and talents.

The afternoon culminates with

a short annual member's meeting. As details develop, they will be posted on www.CayugaLake.org, along with the account of last year's annual Lakefest at Cass Park.

If you wish to contribute food, door prizes, or other products and/or to discuss displays – either educational, or artisanal, please contact any member of the Outreach Committee for this event.

Judy Pipher 315-568-9597 evenings; jlpipher@astro.pas.rochester.edu Roxy Johnston 607-273-4680 days; roxannaj@cityofithaca.org Julie Patterson 315-255-2161; julie.pattersom@wwpfi.com

Taughannock Falls State Park: A Popular Stop Along the Cayuga Lake Scenic Byway continued from page 3

"Goodwin's Creek" was valued for its water power in the 1800s, and Taughannock Point, then Goodwin's Point, was once a busy little shipping port. With the construction of tourist hotels on the rims of the gorge near the cataract after the Civil War, the falls, the creek, and the point became known as Taughannock.

Taughannock reputedly was a Delaware Indian chief who led a war party against the Cayugas during colonial times, only to be defeated in the vicinity of the waterfall. Some of his band were said to have been adopted into the local Cayuga town on the point, a settlement noted by a passing Englishman in 1677. It was abandoned when the Continental Army passed nearby in 1779. The last apple tree from the Indian orchard on the point was said to have survived until the state park was created in 1925.

For twenty-four years, Tony Ingraham was in charge of environmental education for the Finger Lakes State Park Region and was based at Taughannock Falls. He is the author of the forthcoming book, A Walk in Watkins Glen, Water's Sculpture in Stone. This is the first of a series of articles about water features accessible from the Cayuga Lake Scenic Byway.

Milling Around the Finger Lakes continued from page 5

engraved plate of a Robinson grinding mill that read: 'Munson Bros. Utica, NY' – the wheel's last patent date, was Dec. 21st 1897. The mill's original water wheel has not been recovered, but Bill suspects that it may have been swept away by a large flood in 1935 that took many of the structures along the banks of the creek, including part of the old mill. Bill has dedicated his spare time to historic archaeology in the village. He is very enthusiastic about it, saying "If there is a hole dug anywhere in town, you'll usually find me in it, looking for a piece of 'history." He and his crew of volunteers have put the excavation process on hold for the winter, but continue to research the past ownership of the mill and its role in the history of Trumansburg. They plan to resume their excavation efforts in the spring.

Editor's note: For information on the mills in Seneca Falls, visit http://fli.hws.edu/myplace/lesson1.html. You will find excellent background information as well as a multi-disciplinary classroom lesson for Middle and High school students.

Amphibians: Who they are and why they are important

by Kevin Zippel, Program Director, Amphibian Ark

pring is in the air, and amphibians are on the move. For many, their wintery slumber ends with the first warm rains of spring. The earliest sign of their presence you are likely to notice is the chick-like call of the spring peeper. Their emergence historically occurs during the first week of April but is now 10-13 days earlier. This is likely due to global warming, since it is a change not unique to amphibians. But up to a month before their noisy cousins started singing about sex, the Jefferson's salamanders (and soon after, the spotted) have already silently made their move to the breeding ponds, sometimes with ice still on the surface. Unfortunately, most people's only experience with the spring migration of salamanders is when a road cuts through their habitat between the forest and a pond, an encounter that does not usually end well for the salamander.

And so it is with amphibians emerging in the wild and in our minds that we begin a multi-part discussion of our thin-skinned friends. Amphibians come in 3 flavors, 2 of which we have already met. The words frog and toad typically evoke mental images that are not easily confused with other types of animals, and they constitute the largest group of amphibians. Salamanders and newts are also widely familiar, although sometimes confused with their scaly reptilian cousins the lizards. But the third group is unfamiliar to most people because they are tropical, the least diverse, and fossorial or aquatic. Caecilians (pronounced like Sicilian) are legless, sightless, worm-like amphibians most notable for a protrusible tentacle emerging between the eye and nostril to help sense their environment. In some species the embryos use specialized teeth to scrape nutritive cells from their mother in utero, and newborns similarly feed from her flanks.

Most amphibians share 4 traits. They are vertebrates: like fish, mammals, and reptiles. This means that they have an internal bony skeleton for support and locomotion. They are ectothermic: the heat that determines their body temperature comes from the environment and through behavioral thermoregulation, although they are not necessarily cold blooded. They have thin skin through which they drink and breathe, and all amphibians have poison glands. And finally, all amphibians need moist environs for breeding.

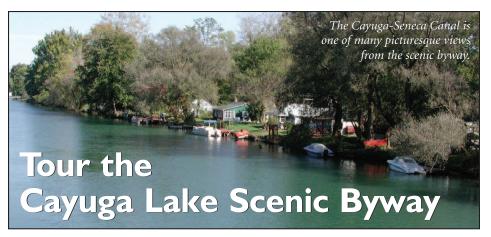
Because I have dedicated my career and my life to them, I am often asked "Why are amphibians important?" I usually give 4 reasons. (1) They are key components of healthy ecosystems. The biomass of a single species – the red-backed salamander – in local forests exceeds that of all the mammals combined. In areas where amphibians have



Harbingers of spring, the peeper starts its distinctive call with the first warm rains of the year.

disappeared, their specialized predators are declining and their invertebrate prey (including crop pests and disease vectors) are thriving. (2) Amphibians are sentinels of environmental health, analogous to canaries in the coal mine. The same thin skin that helps our amphibious friends to drink and breathe also leaves them susceptible to environmental contaminants. Herbicides are chemically sterilizing developing tadpoles, and fertilizers are exacerbating malformations (e.g., multiple limbs). Antidepressants released from waste treatment plants are stunting larval development, and birth control pills are turning male tadpoles into females. In 2002, the US Geological Survey discovered trace levels of "drugs, hormones, steroids and personal care products such as soaps and perfumes" in 111 of 139 streams in 30 states. Although amphibians are more sensitive to low doses of these chemicals, such pollution is starting to get more attention now that it is showing up in people's drinking water... (3) Amphibian poisons can often be used as human medicines. For example, a Peruvian frog gives us an analgesic 200 times more potent than morphine but without any of the addictive side effects, and several Australian frogs have peptides that act as HIV blockers on human mucous membranes. (4) Amphibians are an important part of human cultural heritage. From the Egyptian goddess of childbirth Heket, who has a frog's face in tribute to the amphibian's fecundity, to the legend of the frog prince, and on to modern-day icons like Kermit, Michigan J., and the monosyllabic Budweiser frogs, amphibians enrich our lives in many ways.

Stay tuned for future installments on amphibians, including information about the extinction crisis and conservation efforts. If you want to read ahead, or learn about the "2008 Year of the Frog" campaign, visit www.AmphibianArk.org.



With gorges at its south end, vineyards on its gentle slopes and marshes at its north end, the Cayuga Lake Scenic Byway features diverse landscapes and spectacular views. A tour around its 87 miles will take you through charming historic villages, by scenic waterfalls, parks and farmlands, and to unique lodgings, dining, shopping, wineries, college campuses and more. Enjoy the ride on the Cayuga Lake Scenic Byway every season of the year.

Cayuga Lake Scenic Byway (CLSB). The unique natural landscape of the Cayuga Lake region, spanning from the gentle to the dramatic, has long attracted admirers. The scenic byway unites State Routes 89, 34, 34B, 90 and 5/20 into a loop that makes it easy for tourists and residents to explore the cavernous

gorges and wildlife-rich wetlands near the lake. Public lands accessible from the byway, such Taughannock Falls, Cayuga Lake and Long Point State Parks offer picnic areas, playgrounds, hiking and lake access. There are lesser known treasures too, such as the archaeologically-rich Frontenac Island, one the few islands in the Finger Lakes.

"Taughannock Falls State Park: A Popular Stop Along the Cayuga Lake Scenic Byway" is the first work product of the partnership between the Cayuga Lake Watershed Network and CLSB to promote the water features along the byway. Interpretative information will be shared using four venues. Network News will highlight other exceptional destinations along the route in two future articles. A driving itinerary, available as an insert to the tri-fold CLSB brochure, will direct attention to how water has shaped history and the topography around the lake. More detailed, web-based information will expand on the area's richness. A kiosk near the lake in Seneca County will entice even those uninitiated to the byway to pause and reflect on the treasure we have in Cayuga Lake. To learn more about the CLSB, visit www.cayugalake.com.

The above information was adapted from publications of the Cayuga Lake Scenic Byway, Inc. Used with permission.

The Mission... The Cayuga Lake Watershed Network seeks to protect and improve the ecological health, economic vitality and overall beauty of the watershed through education, communication and leadership.



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