

# Brave Women FLX

## Sampson State Park

**Sampson State Park** is a 2,070-acre park south of Geneva, in the town of Romulus. Sampson State Park features camping and boating as the primary recreational activities, but includes hiking, ice fishing, snow shoeing and cross country skiing in the winter months. A key feature of the park is the beautiful view of the lake at it's center, and the most picturesque sunsets in the Finger Lakes region.

**History** buffs would love to know that the site was the location of the Sampson Naval Training Station during WWII. It was also used in the Korean War (known then as the Sampson Air Force Base), where it provided basic training to troops. Once the area was declared surplus to requirements, it was purchased in 1960 by the New York State Council of Parks and opened shortly after that. The park now has a military museum, a sandy swimming beach, boat launches and marina. Recreational activities are aplenty through the summer months with tennis, basketball, volleyball, swimming, a scenic lake trail, hunting, biking, hiking and geocaching. RV camping is also very popular during the summer. There are 309 campsites with 245 30-amp electric and 64 non-electric sites. The park is open all year round, but camping closes for the winter in November.



Photo credit: Sampson State Park Facebook

**Seneca Coffee House** - Owners Connie and Ron Carmonas bought their building, originally built in 1860, and renovated it trying to keep all of the charm that they could. They specialize in gourmet coffee and pastries, roasting their beans right in Ovid. Ron, originally from Costa Rica, setup an agreement for direct trade with Nelson Villegas and his Coto Brus brand coffee beans. "They are known for having a lot of acid in their beans, and offer a nice chocolate, nutty taste." They also have renovated the upstairs of the building into a rental space on Airbnb.

**Rylee's Place** - Owned by Anita and Lester Buck and Norman Martin, this family diner is located in Ovid, NY. Offering breakfast and lunch, they do a daily special including burgers, sandwiches, wraps and more. You can check Facebook for their full menu. They offer dine in, take out and delivery services. Open Tues-Sun from 8a-2p and Fridays 8a-7p.



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After you explore the park be sure to check out these women-owned businesses near by!

**Finger Lakes Florist** - Darlene Shaw has been in business at this location for over 13 years. She is a full-service florist that is family owned and operated. Her knowledgeable staff is ready to assist with placing an order for local delivery or delivery around the world! Offering arrangements for any occasion, wedding and prom, sympathy, plants, gift baskets and gift items. Her local delivery area is huge...just call for details. 607-869-4666 or order online at [www.fingerlakesflorist.com](http://www.fingerlakesflorist.com) \* Note from Darlene: Book for the wedding season, now...dates are filling up quickly due to rescheduled weddings from last summer.

**Rue Claire Lavender Farm & Artisan Chocolate** - Claire Benjamin runs this bountiful lavender farm that she utilizes in her artisan chocolates. She also grows her other favorite flowers such as hydrangeas, hibiscus trees and peonies. She has created a sanctuary for herself and she loves to use the natural elements of the region in her chocolates including berries, local flowers, dairy, honey and maple syrup. She says it's essential to use local products since she doesn't use preservatives. She offers many unique flavors in her artisan creations. She is open currently by appointment. Call 702-897-8909 to schedule your pick up. Plan in advance around 14 days.

**Silver Thread Winery** - The winery is named for the local waterfall, Silver Thread Falls, known as one of the loveliest in the Finger Lakes. The turtle on their label was carved in a rock beside one of New York's woodland creeks by a Native American artist many centuries ago. (the turtle reminds us to care for the land and water that give us the gift of wine) Shannon and Paul Brock assumed ownership of the boutique winery in 2011. They have expanded the winery, however they remain committed to sustainability and premium estate wines. In 2014, Silver Thread was recognized for its farming practices that help protect the water quality of Seneca Lake by New York State's Agricultural Environmental Management (AEM) Program. They are currently offering tastings by appointment. Please book online at [www.silverthreadwine.com](http://www.silverthreadwine.com) or call 607-582-6116.



Photo Credit: Silver Thread Vineyard Facebook

