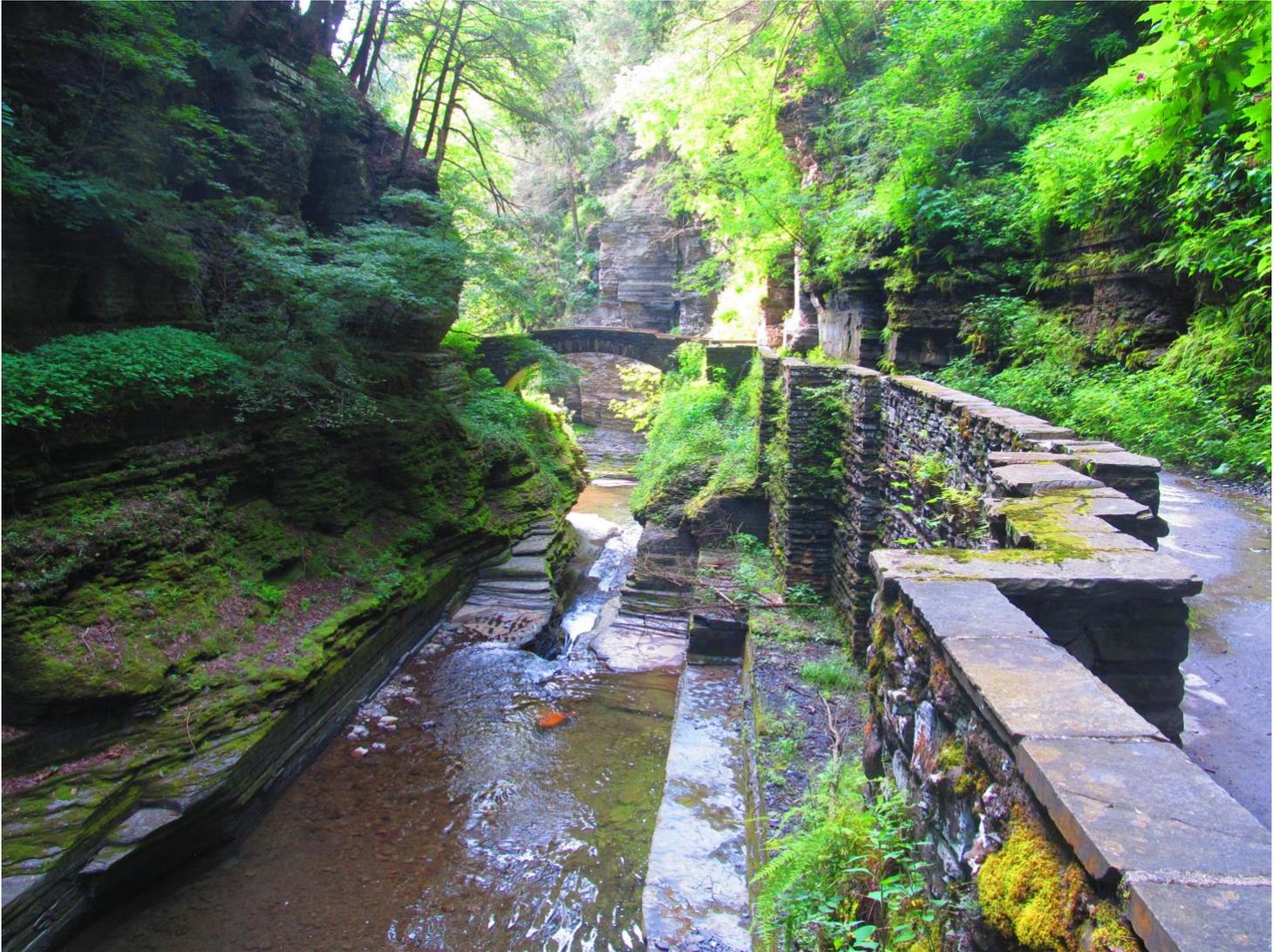


Part 2

July 31-Aug. 6, 2023

Drove back to Ithaca, and spent time with Scott and Dave. Went to my favorite Ithaca Park, [Robert H. Treman State Park](#), and enjoyed the gorges & Grain Mill there.



Aug. 4, 2023

I had lunch with two of my old bandmates from [The Backtalk Band](#), Bob & Mark. We had a nice lunch together catching up on all we've been doing.



Aug. 5, 2023

Played Pickleball at The Barn in Burdett, NY.



Aug. 6, 2023

Dave & I went for a hike along Taughannock Falls State Park, the tallest waterfalls east of the Mississippi.



Aug. 7, 2023

Took Dave to Johnson City for a Mohs surgery, where they successfully removed some skin cancer. We ate lunch at our favorite Italian Restaurant in nearby Endicott, NY.

Aug. 9-10, 2023

Had lunch at Wegman's with my keyboard player John from The Backtalk Band. We caught up on news and had a nice lunch together. John is the [Music Theory Professor](#) at Ithaca College.

Aug. 14-17, 2023

I left Ithaca and drove over to Lovell, Maine, where I stayed with my childhood nextdoor-neighbors Camp that has been in the Vinton Family for years. It's one of my favorite places to visit, being on quiet Kezar Lake. The Camp is right across the lake from the old [Camp Mudjekeewis](#), where my Mom was a Camp Counselor there from 1948-1949, and had Jane Fonda as one of her Campers. The Vinton Camp is a beautiful, rustic camp with about 10 cabins, 2 main Lodges, a white sand beach, and a gorgeous setting. My childhood best friend Joe was there with his Mom, his wife Julie and son Jordan. We played board games, and had a wonderful time together. I went kayaking on the lake. I went and played golf at the [Lake Kezar Country Club](#), and enjoyed walking the 18-hole course there in the Adirondacks. Joe took us out on their pontoon boat for a couple of nice tours of the lake.



Lake Kezar



Vinton (Beliveau) Camp dock on Lake Kezar



Lake Kezar Country Club