



Friends of Mount Arab 2013 Newsletter

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New Board Members

This past year we have lost a few and gained a few.

Gordon Batson, board member from the very beginning of FOMA, and representing the Laurentian Chapter of the Adirondack Mountain Club (ADK), decided to retire. Gordon contributed substantially over the years dealing with considerations of structure, his line of expertise, and with actions best handled by someone in the Potsdam area due to proximity to DEC Region 6 headquarters, to the County Seat in Canton where YCC has its office, and to SUNY Potsdam that has provided many of our past summit stewards.

Kirklyn Denis, our primary summit steward for the 2013 summer season and a forestry student at Paul Smith's College, has also been a board member. He resigned from the FOMA board this past fall.

Terry McGuire and Colin Tuggle have joined the FOMA board. Both have roots in the Mount Arab lake community.

Terry and her husband who live in Batavia in western New York have for many years spent their summer months at their camp near the outlet of Eagle Crag Lake, a spot just hidden behind a ridge as viewed from the summit of Mount Arab. A retired school teacher, she has brought several interesting ideas to the board including the 'email only' mid season newsletter that went out a few months ago to those who have given us their email addresses.

Colin, whose parents have a camp on Eagle Crag where Colin spent summers as a youngster, has recently moved with his wife and two children from the Midwest to Saranac Lake. A former Navy Officer, Colin is in the Ministry and is presently in the process of integrating into the North Country community. Over the past summer Colin served two days a week plus fall weekends as summit steward as well as taking on the job of Secretary to the FOMA board.

Acknowledgements

Friends of Mount Arab would like to sincerely thank

Corporate donor:

- Rayonier Grant - \$ 500

Other Major donors:

- \$200 Peter Galloway

- \$100 Jerrier Haddad

- \$100 June Dewhirst

- \$100 Lori and Bret Larson

- \$100 Alerick Welsh and Sharon Rathbun

- \$100 Jeffrey and Aracelis Dembowski

- \$100 Colin and Lisa Tuggle

- \$100 Chip and Terry McGuire

2013 Trail Improvements

The Adirondack Mountain Club (ADK) professional trail crew continued the trail work they started in 2012.

Andrew Hamlin, ADK Trails Coordinator, describes his crew and the work they did on Mount Arab as follows.

...continued inside

ADK 2013 Professional Trail Crew



I would like to start by thanking Senior Forester John Wood. Without his dedication to trails in the region, Mount Arab would not have any of the new trail structures seen today.

The Adirondack Mountain Club's Trail Crew has been working very hard to make improvements to the Mt. Arab trail. The goal of this maintenance has been to keep a very popular hiking trail both picturesque and memorable. This has been handled by focusing our efforts on creating a strictly defined trail corridor, and installing drainage features to prevent future erosion.

Work Completed in 2012: 548 Man Hours, 17 rock steps, 60 square feet of barricade rocks, 8 rock water bars, and 47 feet of wooden ladders.

Work Completed in 2013: 553 Man Hours, 50 rock steps, 6 stepping stones, 40 square feet of barricade rocks, 16 water bars, and 1 rock turnpike.

I am amazed at the efficiency, skill level, professionalism that can be mustered by this group of young 20 something's from around the country. They are not the average or the contented. They are a unique group of individuals who are driven, and not intimidated by the challenges that they face. I would like to use this opportunity to thank the crew members who have worked on Mount Arab.



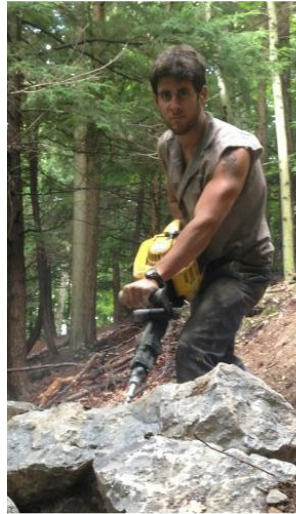
Zak Campbell (AKA Snags) was the leader for the entirety of the work completed this summer. He was the crew boss this season, and thus crucial to the effort, directing the entire trail crew consisting of 18 members. It was also his responsibility to communicate with me, to ensure a smoothly run trails

program. As a 4th year man, Zak was the go-to guy. He made sure that all the work was done to standard, and that all of the crew member's needs, and goals were met, and did an excellent job of communicating the crew needs to me so that the project progressed smoothly. He is from Solvay, NY. He is going to school at SUNY E.S.F.



Rebecca Vanderwende (AKA Rebar) has been with our trails program for 2 years. Rebecca is shaping up to be a great rock worker. She is developing her skill set faster than most of her peers, and I hope she will continue to work with our program because she will undoubtedly be a great leader. Rebecca has volunteered her time all over the world, and is a seasoned

traveler always in search of the next adventure.



Jon McDonald (AKA Johnny Rage) excels at wood working as well as rock work. Of all, he has the most well balanced skill set. He is planning to spend the winter in Belize with a group of other trail crew members. They are creating buildings in the remote jungle that will eventually be hostels for tourists.

Dove Henry (AKA Birdcat) is originally from the Catskills and is currently going to college in Portland Oregon. It was her second year on the trail crew.



William Bryan (AKA Wilhelm) has a very stout European jaw-line. He is from the Johnstown/Gloversville area. In the Winter he is a Nordic Ski instructor. It was his first year on the trail crew

Maddie Cobb (AKA 6pack) came originally from South New Jersey. She has been with our program for 5 seasons. During the winter she travels around the world, and last winter she was in France.

Nik Kasak (AKA Sage) is a second year man. In the winter he is a snowboard instructor.



Ryan Baxter (AKA Lumberjack) comes from Syracuse, NY. He's been on the trail crew for four years and plans to come back again next year.

Tristan McDonald doesn't have a nickname because 'Tristan' is a cool name as it is. He is a second year man. Tristan spent last winter with Ryan and Nik in Belize building a Hostel on a piece of property owned by the Kasak family. That is a story all to itself.

Luke Peduzzi (AKA Noodle) is a local man from Jay, NY. He currently goes to college in Johnson State in Vermont. He is pursuing a degree in outdoor education. He is a second year man.

There is a common outlook shared by every member of the trail crew. We love to work hard, we all demand that all of our work be done to the highest of standards. There is always a sense of pride in everything that we do. When we approach a project we all think to ourselves, 'I am going to build it better than anyone has ever made it before', and we accept nothing less.



Tom Cullen's Audubon Collaboration Project

I am happy to report that the Friends of Mount Arab have been selected to collaborate with a sister environmental group in the north country, Northern New York Audubon, to share in a National Audubon Society mini grant whose purpose will be to help us better educate the mountain climbing public up close and personal as to the ecology, natural history, and behavior of a common mountain visitor, the Ruby Throated Hummingbird.

For two years I maintained a small hummingbird feeder and education center on the summit, much to the delight of myself and thousands of climbers. Not only were they surprised to see me working as a Summit Steward alongside two large Newfoundland Dogs, but were delighted by the large populations of nectaring hummingbirds, as well as large Darner Dragonflies flitting about their heads that reside on the top of most Adirondack peaks during our summer months consuming mosquitoes and small flies.

With this new collaboration the scope will be somewhat expanded to include education on plotting hummingbird migration movement northward and southward, handheld hummingbird feeders for a new type of bird watching experience, more informational pamphlets and art work on display, and informational flyers distributed to the public.

Moreover, the interesting relationship between Ruby Throats and a woodpecker species called the Yellow Bellied Sapsucker will be explored, as I have encountered this bird also on the mountain. Apparently the holes of sap produced by the bird's drilling attract tiny insects which the hummingbirds consume along with nectar and sugar water.

It is my fervent wish to once again be working at the summit in 2014 to directly supervise this exciting project. See you at the top!

TOWER REPAIRS PLANNED FOR 2014

This is going to read much like last year's projection.

A few of the steel diagonals in the tower frame are showing signs of corrosion, some of the bolts need replacing, and the cement footers at the tower base need to be repaired.

David Vana, a specialist in fire tower construction and repair from Bloomingdale, NY, had planned to start this project in the spring of 2013. Unfortunately, ankle surgery has kept him off our mountain all summer and fall. David has had extensive experience with towers identical to the tower on Mount Arab. We really need his services because he can repair or fabricate replacement parts for any part of the structure. So, FOMA has postponed this expensive work (donations anyone?) until spring.

HISTORY of FOMA

On Earth Day 1997 a small group of citizens and DEC officials gathered at the summit of Mount Arab. With the common desire to save and to share this historical facility and its magnificent views with future generations, they resolved to restore and maintain the sadly decaying fire tower and fire observer's cabin located there.

Beginning with incorporation as a non-profit organization in partnership with DEC, 'Friends of Mount Arab' (FOMA), has progressed steadily towards its goal. Restoration of the tower is complete except for structural repairs we hope to complete in 2014, and the fire observer's cabin has been restored. FOMA has created an exhibit of text and photos in the cabin summarizing fire tower history and highlighting the restoration effort. Additionally, there has been extensive and outstanding trail work performed by the ADK trail crew.

Yes! I want to become a friend of Mount Arab, to help save and maintain the tower and ranger cabin, improve the trail, and interpret the natural and cultural history of Mount Arab.

- Enclosed is my tax-deductible contribution for: _____ \$10 _____ \$25 _____ \$50 _____ Other.
- I would like to order _____ patches at \$5 each plus \$1 postage per order.
- I would like to order _____ caps at \$15 each plus \$5 postage per order.
- I would like to order _____ T-shirts at \$15 each plus \$5 postage. M _____ L _____ XL _____
- I would like to order _____ Denim shirts at \$30 each plus \$5 postage. S _____ M _____ L _____ XL _____ XXL _____

Name: _____ Phone: _____

Address: _____ Email: _____

Please make checks payable to: **FRIENDS OF MOUNT ARAB**
Mail to: **Friends of Mount Arab, PO Box 185, Piercefield, NY 12973**



Kirklyn Denis was our primary summit steward, serving five days per week. Kirklyn, whose home is in Tupper Lake, is presently in his second year as a forestry student at Paul Smith's college.

Your donations are essential to keeping summit stewards on duty 7 days a week.



Colin Tuggle

My family has owned property on Eagle Crag Lake for 46 years. I've been coming to Mt. Arab and hiking "our mountain" my entire life. But what an incredible privilege it was to join the Friends of Mount Arab board this year and serve as one of our summit stewards. As a former Naval Officer I've had the opportunity to do a lot of interesting things, but my summer on the

mountain was a high point in my life.

Rain or shine, we truly are blessed with an amazing resource at Mount Arab, one of the most family-friendly summit hikes in all of the Adirondacks. Where else can you find ample parking and a well-maintained, moderate trail all leading up to such a spectacular view? And the work that has been done to restore the tower and observer's cabin really shows. It's no wonder that many guide books list Mount Arab first on their lists of suggested hikes in the Adirondacks! I got to meet hundreds of hikers from all across the world and look forward to many years of helping to preserve this amazing resource.

Winter

by Ingeborg Sapp

**I awoke to a pewter day
Shades of black, white and grey
An inch of fresh white powdery snow
To cover the foot on the ground.**

**I took my skis
Headed right for the woods
In the shades of black, white and grey.
Silence--just the swishing of skis
And the rhythmical thud of the poles.
White powder drifting from Evergreen trees
White powder drifting on me.
Squirrels and rabbits had crossed our trail
And the delicate pattern of mice.
What a joy to be in the woods
In the shades of black, white and grey.**

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