



# Friends of Mount Arab 2023 Newsletter

## Directors

Chairman  
**Richard Bentley**  
 Secretary  
**Colin Tuggle**  
 Treasurer  
**Tina Kavanagh**  
**Letty Bartoszek**  
**Peter Bartoszek**  
**Thomas Cullen**  
**Cynthia Erickson**  
**Zach Hoyt**  
**Sheila Young**  
**Herman**  
**Vandenburgh**

## Liaisons

**DEC Region 6**  
 NYS Department of  
 Environmental  
 Conservation  
**Aaron Graves**

**Town of**  
**Piercefield**  
**Linda Pickering**

**Trail Crew**  
 The Tahawus Professional  
 Trail Crew

**FFLA**  
 Forest Fire Lookout  
 Association

## CONTACT:

FOMA  
 PO Box 185  
 Piercefield, NY 12973

518-359-9300

[bentley@northnet.org](mailto:bentley@northnet.org)

## Transitions

The FOMA board has had some changes in 2023. Our former Treasurer of many years, Larry Lee, has resigned from the FOMA Board and we thank him greatly for his many years of service. Tina Kavanagh has joined the Board and has taken the position of Treasurer. Zach Hoyt, a new resident in the area, has also joined the FOMA Board.

As always, anyone wishing to join our board and contribute to the FOMA effort should live close enough to be able and willing to attend monthly meetings May – October, or be regular summer visitors who can also meet the obligation to attend most meetings.

## FOMA is on the internet

Our website, maintained by Richard Bentley, is at <http://friendsofmountarab.org>. For those of you who find it convenient to make a donation via the web, you will find a PayPal donation button on the FOMA website. At <https://www.facebook.com/FriendsofMtArab> you will find our facebook page. The FOMA facebook page is monitored by Jeff Debes, a former Board member. Those visiting our facebook page may recall exchanges with him. Jeff welcomes photos and comments from our summit visitors.

## Tupper Lake TRIAD

Earn an Adirondack hiking challenge patch by climbing three local mountains, Coney, Goodman, and of course, Mount Arab, all within a short drive of Tupper Lake. To apply for a patch, go to: <https://www.tupperlake.com/tupper-lake-hiking-triad>.

The TRIAD is managed by ROOST. For a real challenge, do all 3 in one day.

## Acknowledgements

FOMA would like to thank our 2023 donors:

- \$ 1000 - ROOST (TRIAD Challenge Support)
- \$ 245 - Jeff & Kim Debes
- \$ 200 - Janet L. Lawson
- \$ 200 - Phyllis Wendt Pierce
- \$ 200 - Philip Reynolds
- \$ 100 - Peter & Letty Bartoszek
- \$ 100 - Janne Debes & Kenneth Autrey
- \$ 100 - June Dewhirst

- \$ 100 - Vera & Howard Ennis
- \$ 100 - Mary Beth & Jon Fine
- \$ 100 - Louis Flanigan
- \$ 100 - Lewis B. Kinter & Family
- \$ 100 - Lori & Brett Larson
- \$ 100 - Alison & David Mandelbaum
- \$ 100 - Barbara & James Tucker
- \$ 100 - Herman & Adele Vandenburg
- \$ 85 - Peter Collinge & Carol Thiel
- \$ 75 - Phillip Paschall
- \$ 75 - Brenda Kinneer
- \$ 50 - Gail & James Alcott
- \$ 50 - Edward & Betty Allison
- \$ 50 - Loren & Janet Bailey
- \$ 50 - Claire Barbetti
- \$ 50 - Jackie Beattie
- \$ 50 - Judith Bouillion
- \$ 50 - Herbert Coles & June Fait
- \$ 50 - James & Linda Coveney
- \$ 50 - Mary & Randall Dexter
- \$ 50 - Michael & Nora Doane
- \$ 50 - Pamela & Hank Fiaccone
- \$ 50 - Barbara & James Gaffney
- \$ 50 - James & Kim Isaac
- \$ 50 - William & Beth Kingston
- \$ 50 - James Moran
- \$ 50 - Jennifer & Brian Moss
- \$ 50 - David Sargent
- \$ 50 - Dr. Danny & Kristin Scott
- \$ 50 - Sarah Smith
- \$ 50 - Joan Weghorst
- \$ 50 - Christopher & Renee Wiles
- \$ 50 - Toby & JoAnn Zenger
- \$ 40 - Gary Koch
- \$ 25 - Todd Compani
- \$ 25 - Brian & Nancy Cornell
- \$ 25 - Thomas & Joan Dalton
- \$ 25 - Diane & Robert Freer
- \$ 25 - Wendy & Richard Greguski
- \$ 25 - Anne Csete & David Katz
- \$ 25 - Helen Kiklevich
- \$ 25 - Edward & Sharon Lindo
- \$ 25 - Carol Murray
- \$ 25 - Katherine O'Brien
- \$ 25 - Peter O'Shea
- \$ 25 - Jocelyn & Rhys Prall
- \$ 23 - Erin & Matthew Colfax
- \$ 20 - George & Nancy McBride
- \$ 20 - Peter Ashcroft
- \$ 15 - Diane R. Wiessinger
- \$ 10 - Sainath Adana
- \$ 10 - Patsy Bove
- \$ 10 - Pamela Emmons
- \$ 10 - Andrea & Shawn Farrell
- \$ 10 - Min Keller
- \$ 10 - Susan Sanford
- \$ 10 - Wolfgang Walp

And, everyone who climbs Mount Arab thanks you!



## NEWS FROM THE TOP

By Thomas P. Cullen  
Summit Steward



I had yet another great year serving as a FOMA Summit Steward in 2023. It was a bittersweet year

as I retired in September after 13 years of service.

This year, as well as in the past, I greeted thousands of hikers and provided a welcome to them all. Over the years a tremendous increase in use of the mountain has occurred, but we in FOMA and NYSDEC have proactively kept up with constant summit maintenance and improvements, and with trail work. We continue to have a remarkable family friendly experience on this Mountain, a dedicated FOMA Board, and my enthusiastic co-stewards.

In this, my final year, I continued to have countless positive experiences with my FOMA partners and mountain visitors, and I want to thank everyone involved with helping me greatly in my various education programs on the summit.

Until we meet again on the trail...

Thomas Cullen

### **Colin Tuggle, Alternate Summit Steward**

I had the privilege of returning as a summit steward this season to help care for one of our region's greatest resources. Since my family has owned property on one of the lakes within the Mount Arab community for 56 years, I've been hiking the mountain my entire life. Rain or shine, we are blessed with an amazing resource: arguably one of the most family-friendly summit hikes in all the Adirondacks. And FOMA's work to care for the tower and observer's cabin really shows!

I began hiking the trail up Mount Arab long before FOMA was formed. So, I know what the trail and summit looked like before FOMA, and I know what it looks like now. There has been a dramatic improvement in the trail, tower, and cabin with far less littering and destruction of the environment. When people see that something is well cared for they tend to be more careful and respectful in turn. Good stewardship begets good stewardship. We need FOMA to keep doing this important work, and the contributions from our supporters help to make it all possible.



This work we are doing is accomplishing so much more than just helping to maintain one mountain; Mount Arab has become a priceless educational resource and economic catalyst for our region — visited by countless families, camps, and school groups. When we contribute to advancing this important work on our mountain we are advancing the Adirondacks as a whole. Our work on Mount Arab is well worth it, and I look forward to many years of helping to preserve this amazing resource.

### **Sheila Young, Alternate Summit Steward**

It was a joy to speak with so many hikers this summer; especially the gentleman who remembers Mount Arab's last official Fire Observer, Howard 'Woody' Woods. Conversing with hikers, sharing the history of the mountain and the 'Leave No Trace' philosophy is rewarding. It is the reason I steward. On that note... water bars are diagonal rockworks designed to divert water off the downhill side of the trail. Dips are shallow bowls designed to accomplish the same goal. We all know trails can develop muddy spots. Skirting the muddy spots causes erosion and the loss of soil-preserving plant and tree roots. Help us all be good Stewards, conserving the trail for future hikers. And "Thank you" from this Summit Steward.



### Horizon displays replaced

Earlier this year with the very able help of Board member Zach Hoyt, I really should say 'essential help' because it took his long arms out the window to hold the bolts through the roof; we finally re-mounted the horizon displays on aluminum frames over the windows in the tower cab. They had been taken down because the original wood backing was starting to fail.

### 2023 Tahawus Trail Crew work

The Tahawus Trails crew, contracted by DEC to work on state trail projects, has removed the old wood stairway half way up the mountain, and has constructed a new wood stairway to traverse the exposed bedrock on this portion of the Mount Arab trail. Great job by the trail crew.

Further up, the Trail Crew completed a trail re-route around another exposed bedrock portion of the Mount Arab trail.



### 2023 Board member trail work

Sheila Young and Zach Hoyt spent many hours cleaning out clogged water bars at several points along the trail.

### FOMA trailhead sale

On August 27, 2023 FOMA Board members and volunteers conducted a 'pop-up' sale of FOMA merchandise and other items at the Mount Arab trailhead.

Organized by Cynthia Erickson and Letty Bartoszek the sale was assisted by Betty Dooley, Linda Coveney, Peter Erickson, and Sheila Young.

It netted \$786 from the sale of FOMA Merchandise, \$115 (40% of Sudjai Bentley's artwork), \$45 for baked goods donated by our Treasurer Tina Kavanagh, and \$70 in donations for a total of \$1016.



### HISTORY of the FRIENDS of MOUNT ARAB (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 in partnership with DEC, FOMA has progressed steadily towards its goal. While there has been continuing outstanding trail work performed by the ADK trail crew, staffing and ongoing restoration of summit facilities proceeds with the essential support of YOU, our donors. Thank you.

**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.

Patches may be purchased by sending \$6 for each patch ordered (this includes shipping) to the address below.

Caps, T-shirts, denim shirts and patches are available at Fortunes True Value Hardware, Tupper Lake, NY.  
You must visit the store directly. Fortunes Hardware does not do mail order.

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

### Window replacement scheduled for spring

Cracks have developed in 2 of the 8 tower cab windows. Replacement plexy has already been cut to size and transported to the summit - thanks Zach. The cracked windows are not about to fall out so should be good until spring when hopefully we shall be able to replace them. We believe that over tightened bolts that did not allow for differential expansion and contraction led to the cracking.



Zach removing a broken water tank from the summit.

### Wood stand for Map Table

A low wood display stand for the FOMA reconditioned Map Table, originally mounted on a pedestal in the tower cab, has been constructed and transported to the summit by Board member Zach Hoyt. The decision to mount the map table on a low frame easily viewed by our younger climbers and to be kept in the observer's cabin was made after the vandalism and theft of the map table mounted in the tower on Poke-O-Moonshine back in 2022.



Once again Sheila Young led the 'Lighting of the Tower' back in early September.

**Friends of Mount Arab**  
**PO Box 185**  
**Piercefield, NY 12973**