

Friends of Mount Arab 2024 Newsletter

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The Tahawus Professional
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Transitions

The FOMA board has had some changes in 2024. After ten years as board secretary, Colin Tuggle decided it was time to step down. But thankfully, Linda Coveney was already filling in while he was on a sabbatical and was elected into the position. Thank you, Linda!

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.

Aaron Graves, our previous DEC liaison, has moved up and been replaced by Tim Otis. Aaron was an outstanding liaison who strongly advocated for our needs. We are deeply grateful for his years of support. He has set a high bar for Tim who has stepped into the position with enthusiasm.

FOMA is on the internet

Our website, maintained by Richard Bentley, is at <https://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. <https://www.facebook.com/FriendsofMtArab> is where 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 2024 donors:

\$ 1000 - ROOST (TRIAD Challenge Support)
\$ 500 - Carolyn Quinn
\$ 500 - Cappy & Christine Stults
\$ 450 - Peter C. Galloway
\$ 375 - Mark & Sue Matzke

\$ 300 - Jennifer & Brian Moss
\$ 200 - Gregory S. Dickson
\$ 200 - Brett Kihenny
\$ 200 - Brett & Lori Larson
\$ 200 - Linda & John Sheeran
\$ 200 - Philip Reynolds
\$ 150 - Phyllis Wendt Pierce
\$ 150 - Laura Smith & Steven E. Cole
\$ 110 - Jeff & Kim Debes
\$ 100 - Peter & Letty Bartoszek
\$ 100 - Jackie Beattie
\$ 100 - Elliot & Judy Bouillion
\$ 100 - Peter Collinge & Carol Thiel
\$ 100 - James & Linda Coveney
\$ 100 - Janne Debes & Kenneth Autrey
\$ 100 - June Dewhirst
\$ 100 - Vera & Howard Ennis
\$ 100 - Peter & Cynthia Erickson
\$ 100 - David & Catherine Fant
\$ 100 - Louis Flanigan
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\$ 100 - Alison & David Mandelbaum
\$ 100 - Bernard & Marie Patten
\$ 100 - Dr. Danny & Kristin Scott
\$ 100 - Terry & Janet Silvester
\$ 100 - Bill & Joan Weghorst
\$ 100 - C. Wood
\$ 75 - Loren & Janet Bailey
\$ 75 - Thomas & Joan Dalton
\$ 75 - Phillip Paschall & Betty Cox
\$ 50 - Pat Breeze
\$ 50 - Laura Lewis Brown
\$ 50 - Barbara & James Gaffney
\$ 50 - Herbert Coles & June Fait
\$ 50 - Pamela & Hank Fiaccone
\$ 50 - Tony Gutilla
\$ 50 - Deolinda & Gregory Jessie
\$ 50 - Linda Marshall
\$ 50 - Brian & Jeanne Nichols
\$ 50 - Jennifer & Brian Moss
\$ 50 - Lisa & James Mullane
\$ 50 - Jocelyn & Rhys Prall
\$ 50 - Stacey Roach
\$ 50 - David Sargent
\$ 50 - Christopher & Renee Wiles
\$ 50 - Toby & JoAnn Zenger
\$ 45 - Gary Koch
\$ 40 - Christina Adler, Doug Fishman
\$ 25 - Todd Compani
\$ 25 - Mary & Randall Dexter
\$ 25 - Diane & Robert Freer
\$ 25 - Maegen & Samuel Hess
\$ 25 - Anne Csete & David Katz
\$ 25 - Dean & Kathleen Lefebvre
\$ 25 - Edward & Sharon Lindo
\$ 25 - Carol Murray
\$ 25 - Katherine O'Brien
\$ 25 - Edward Savard
\$ 25 - Jeffery St. Andrews
\$ 25 - Tupper Lake Rotary Club
\$ 25 - Charles & Deborah Yartz



Colin Tuggle, Summit Steward

I once again 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 57 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 the Adirondacks. The hikers I talked to over the summer confirmed that FOMA's work to care for the trail, tower, and observer's cabin is deeply appreciated!

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.

The 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.

Colin's son, Caleb, has also been in training to work as a summit steward. He has already logged hours on top.



Sheila Young, Summit Steward

Another Stewarding season is under wraps. The mountain is never exactly the same with every hike. We and our visitors have experienced dry trails, water running down the trails, sun, clouds, and warm or cool weather. Personally, I was lucky enough to never need rain gear while on the trail, but did occasionally sit on the front porch watching the rain. The sky is ever-changing, and I was fortunate enough to see a solar halo right over the tower and see the sun and moon in the same sky. The Stewards and volunteers spent a lot of time maintaining this unique and wonderful trail, updating the cabin museum, and keeping the tower in perfect condition. Visitors are respectful of the environment, generous in their donations, and are a pleasure to meet. We saw many dogs accompanying their families, and most were leashed for their safety and the safety of others. I recommend that all hikers carry the "10 Essentials" with them at all times.

You never know when you will need these items or find someone else that needs your help.

1. Navigation tools and the skill to use them
2. Insulating clothing, rainwear and appropriate footwear
3. Light source - not just your cell phone!
4. 1st aid kit - even simple band-aids for blisters
5. Emergency kit - whistle, duct tape, zip ties, knife
6. Fire starting capability
7. Extra calories
8. Plenty of water
9. Sunscreen and insect repellent
10. Shelter - even a simple Mylar tarp

I am looking forward to the 2025 season.

AND, Sheila has compiled an updated Interpretative Trail Brochure, available in the kiosk at the trailhead.

Other work on the Mountain

Board member Zach Hoyt was a big help to me in the spring when we replaced the two cracked Plexiglas windows in the tower cab. Hopefully bolt tension was adjusted properly to allow expansion and contraction of the plastic so that it will not crack again soon. Additionally, Zach stained the porch railings, sealed the horizon display bolts above the tower roof, and adjusted one of the window shutters on the observer's cabin. He also brushed out the trail to the campsite behind the tower, and put up some new trail markers along the climbing trail to replace missing markers.



Sheila Young captured this photo of a beautiful halo behind the tower cab during one of her shifts on the summit.

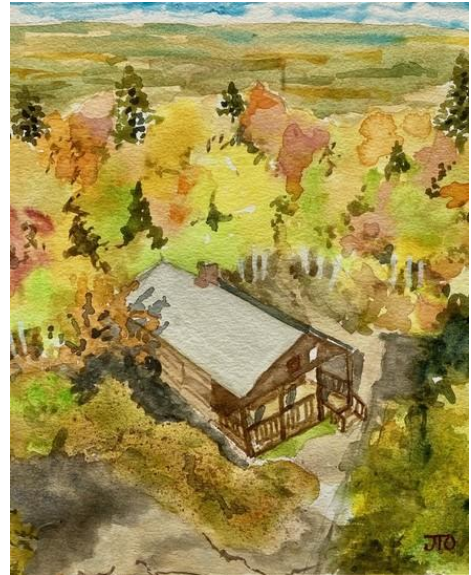
On another note, Sheila conducted the 2024 lighting of the tower the night of September 1st.

Observer's cabin interior

Sheila Young has been working the past several years, with much of this work in 2024, to make the interior of the observer's cabin more historically representative of the way it would have appeared back in the day of the DEC fire observers. If you haven't been up to see it recently, I would encourage you to do so.

Donation

Local hiker, John Omohundro, graciously donated his painting of the Autumn view from the tower of the cabin and surrounding fall foliage. It may be viewed in the cabin.



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, Tahawus, and SCA trail crews, 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.

Since Fortunes Hardware in Tupper Lake closed completely this year we have been looking for another venue to sell FOMA merchandise - so far without success.

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**



View of Mount Arab looking north from Bridgebrook Pond – photo by Jeffery Debes

End of the trailhead confusion?



Over the past several decades there has been much confusion over the exact location of the Mount Arab trailhead. From the point where the Mount Arab Road turns off the Conifer Road there has been a sign stating “Mount Arab trailhead .8 miles”. This did not seem to help because people missed the decimal point and thought 8 miles. So, we replaced the “.8 miles” with “0.8 miles”. Did not help and people would drive to the end of the Mount Arab Road 3 miles past the parking lot with often many cars – a clue? These folks showing up at the end of the road, and often in my driveway, when queried, would tell us they were looking for the trailhead. We tried a sign just before the trailhead parking. It was stolen, but did not seem to help anyway. More recently GPS came into use. Now the name ‘Mount Arab’ not only applies to the mountain, but also to the (mostly) summer community near the end of the Mount Arab Road. I would ask people in my driveway looking for the mountain if they happened to see the signs. “No, we were just following the GPS.” Finally, FOMA installed the large sign shown here. So far this past summer of ‘24, no cars have showed up in my driveway.

**Friends of Mount Arab
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