



# Friends of Mount Arab 2025 Newsletter

## Directors

Chairman

**Richard Bentley**

Secretary

**Linda Coveney**

Treasurer

**Tina Kavanagh**

**Letty Bartoszek**

**Thomas Cullen**

**Cynthia Erickson**

**Colin Tuggle**

**Sheila Young**

**Herman**

**Vandenburgh**

**William**

**Vandenburgh**

## Liaisons

**DEC Region 6**

NYS Department of  
Environmental  
Conservation

**Tim Otis**

**Town of**

**Piercefield**

**Linda Pickering**

**Trail Crews**

The Tahawus Professional  
Trail Crew

SCA Adirondack Corps

**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 2025.

Peter Bartoszek, a long time Board member, passed away and we will miss him. Herman Vandenburgh's son, William Vandenburgh has moved to Canton, NY near his parents and has decided to join our board.

Will brings younger blood to our board, a good thing. Zach Hoyt who had joined our board not long ago, has found himself working with too many local groups and is over extended. Although he has left our board he has promised to donate time to FOMA's on-the-ground projects and plans to help FOMA replace siding and a bit of roofing on the observer's cabin on the summit this coming year. Yea Zach.

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 a regular summer visitor who can also meet the obligation to attend most meetings.

Tim Otis, our new DEC liaison, has been truly great. In addition to many other things, Tim has already helped with acquiring the materials needed for the upcoming cabin renovation.

## **FOMA is on the internet**

Our website 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. Our facebook page is at <https://www.facebook.com/FriendsofMtArab>. 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 wishes to thank its donors.

\$1000 - Cappy & Christine Stults  
\$500 - Anthony Collura  
\$500 - Gregory Dickson & Susan Hearn  
\$300 - Monica Bartoszek  
\$250 - Jeff & Kim Debes  
\$250 - Terry & Janet Silvester  
\$250 - Jennifer & Brian Moss  
\$250 - Todd & Lisa Rockefeller  
\$250 - Peter Galloway  
\$250 - Fred Jubitz  
\$200 - Floretta Hudson  
\$200 - Lori & Brett Larson  
\$200 - Philip Reynolds  
\$180 - Richard & Alison Guss  
\$150 - Jackie Beattie  
\$150 - Michael & Nora Doane  
\$150 - Phyllis Wendt Pierce  
\$125 - Janne Debes & Kenneth Autrey  
\$100 - Peter Collinge & Carol Thiel  
\$100 - James & Linda Coveney  
\$100 - Vera & Howard Ennis  
\$100 - Peter & Cynthia Erickson  
\$100 - David & Catherine Fant  
\$100 - Mary Beth & Jon Fine  
\$100 - Barbara & James Gaffney  
\$100 - Harriette & Jim Gray  
\$100 - Carol Haddad  
\$100 - Lewis B. Kinter & Family  
\$100 - Bruce Lewis  
\$100 - Alison & David Mandelbaum  
\$100 - Bernard & Marie Patten  
\$100 - Charles & Deborah Yartz  
\$100 - June Dewhirst  
\$75 - Christina Adler & Doug Fishman  
\$75 - Ana Angeles  
\$75 - Loren & Janet Bailey  
\$75 - Sarah Smith  
\$55 - Gary Koch  
\$50 - Laura Lewis-Brown  
\$50 - Elizabeth Clifford  
\$50 - Michael & Susan Copek  
\$25 - Brian & Nancy Cornell  
\$50 - Peg Cornwell  
\$50 - Joan S. Dalton  
\$50 - Todd & Maura DuMoulin  
\$50 - Pamela & Hank Fiaccone  
\$50 - Leonard Kerr  
\$50 - Linda Marshall  
\$50 - Dan Nielsen & Barbara Dodsworth  
\$50 - Peter O'Shea  
\$50 - Douglas & Doris Scott  
\$50 - SLU Nordic team  
\$50 - Steven & Jane Wilson  
\$50 - Toby & JoAnn Zenger  
\$30 - Kosha Dholakia  
\$25 - Todd Compani  
\$25 - Mary & Randall Dexter  
\$25 - Michael Dowling  
\$25 - Diane & Robert Freer  
\$25 - Kam & Bruce Gillett  
\$25 - Anne Csete & David Katz  
\$25 - Susan Mahoney  
\$25 - Carol C. Murray  
\$25 - Katherine O'Brien  
\$25 - Jeffery & Leslie Petersen  
\$25 - Jocelyn & Rhys Prall  
\$25 - Tupper Lake Rotary Club  
\$25 - Christopher & Renee Wiles



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

Once again I have 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 a lake within the Mount Arab community for 58 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 met this 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. And, I know what it looks like now. There have been dramatic improvements 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 our donors help to make that possible.



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

Stewarding on Mt Arab is the highlight of my summer season. I truly enjoy welcoming hundreds of hikers and inviting them to enter the cabin museum and to ascend the tower. The best part of communicating with visitors is that every one of us shares a goal of enjoying the forest, the trail, and the historic summit. I have also volunteered during the off months, climbing the mountain at least monthly to check the cabin, tower, and privy. I also lead ADK members on a winter ascent, put up additional trail marking disks, and organize and conduct the statewide 'Lighting of the Towers' event, this year on the night of August 30. I am looking forward to next year.

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 next season.

### Caleb Tuggle, Summit Steward

This was my second season serving as a summit steward on Mt. Arab, and I'm already excited to return next summer! A consistent theme this year was that our hikers are always commenting on the wonderful condition of our trail. And kids of all ages love going up the tower. Those who have visited other fire towers always share how much safer ours is because FOMA continues to maintain it. Since I usually work weekends, I've been amazed how popular our mountain is with crowds of people. But I can't say I blame them, because we have a great spot and we all work hard to keep it that way. I can't wait to return for the 2026 season!



### Student Conservation Association (SCA) – Trail Work

The SCA Adirondack AmeriCorps Program is a partnership between the Student Conservation Association, New York State DEC and the Corporation for National and Community Service. Since 1998, the SCA Adirondack AmeriCorps Program has provided nearly 400,000 hours of service to the lands and people of NY, a portion of that time on Mount Arab this past summer working on trail improvements. FOMA appreciates their hard work in 2025.

Visit the SCA Adirondack Corps page for more information.

<https://thesca.org/program/adirondack-corps>

### 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.

Our New venue for FOMA merchandise is at Larkin's Junction Depot, a Gas Station & Deli just up from the RR Station in Tupper Lake. Stop in and look it over.

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



Parishville-Hopkinton 3<sup>rd</sup> grade class hiked Mount Arab on September 26th – photo by Sheila Young



<https://dec.ny.gov/regulatory/guidance-and-policy-documents/temporary-revocable-permit-policy>

The Parishville-Hopkinton School Administration had requested and received a Temporary Revocable Permit (TRP) from NYS DEC for this class hike up Mount Arab. All area schools and other organizations should be aware of this DEC requirement for hiking groups of more than 20 people. (Activities other than hiking have different requirements.) All groups planning to hike Mount Arab are encouraged to comply with this DEC requirement. FOMA, if possible, will try to make a steward available at the summit for groups with a TRP. This will make the Observer's cabin, our Museum, open for viewing.

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