

New York Forest Owners Association Capital District Chapter Newsletter

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In the Blink of an Eye... Spring Turns to Summer



I buy a new pair of work gloves on a cold March day, when the sun hints at warmer days to come. The forest floor is still crunchy. Winter stops abruptly and, suddenly, all of nature is on the move. The season for maple sap is drawing to a close. I pull on my boots and play catch-up. It is only I who imagines things happening in some sequence I can order.

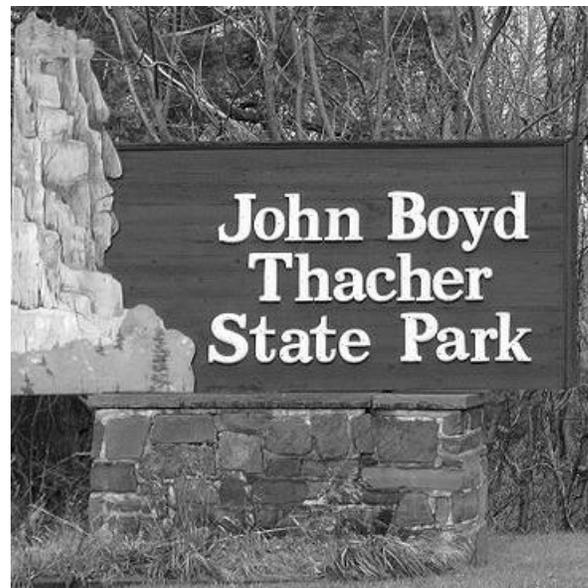
Control is an illusion. The slippery river of life takes hold when the ice goes out and, in a flash, I am behind on many parallel to-do lists. Fine. Go with the flow. But the flow is also jagged. Start one dusty task; then, stop for mud. Focus on the tail end of winter trimming and, suddenly, I am behind on firewood. It is only I who is striving to set the pace of events in the forest or on the fields. The ever longer days beckon me to get outside earlier and make a mark in some way or another. The lingering long tail of the day similarly calls for just one more task to be done: fix a machine, grease the hard fittings on the U-joint drive shaft, re-load the woodshed, mow the cemetery. One perfect sunny day is spent going to the lawyer's office to re-visit our old will to make succession plans for a fate that is certain but impossible to fully anticipate. Succession planning is a necessary part of both forest and personal management. Another splash of rain hits on a nice day, and I hop in the truck and go purchase a new chain saw as mine is 10 years old and wanting. It's difficult to be working steadfastly toward some goal yet flexible enough to make on-the-fly adjustments without losing focus. My inherent quickness is fading, especially in body if not also in mind. But I can, at times, now linger and enjoy a breathtaking moment from the pointless hurry, and watch the sun set and bring a rose-colored hue to the under lighted clouds. Not every walk in the woods needs to be a list-making mantra of what trees to work on; just being in the woods and being part of nature is more than sufficient. While I drive the tractor and cultimulch a field in final preparation for seeding, a pair of turkey vultures circle

directly overhead. I can't take time to stop and look up, but a few feet to the side I see the pattern of their splayed wing feathers against the soil. I imagine they are laughing at me, a humorous reminder of my ultimate demise. What a wonderful luxury and blessing it is to be given, for a brief period of time, the opportunity to steward a patch of land and forest, trying to learn and possibly invent what it could mean to work with nature. Modern tools allow me to shape the forest and land, however inadequately, in the grand scheme of the yet unknown. I vow to not take myself so seriously as to think I matter all that much, being but a bit player on nature's canvass. Trees, hay, vines, and invasives all grow while I sleep; The sun's energy falls equally on the good and bad. I will start my new saw tomorrow.

Dick Gibbs

Chair, Capital District Chapter

Don't Forget – CDC Picnic at Thacher Park – July 28th



We will be at the Glen Doone picnic area. Barbequed chicken @ \$6.00 each. Please bring a dish to pass.

Capital District's RNYW Woods Walks

The first annual Restore New York Woodlands initiative held in May is now behind us. We can look back and call it a success. Despite two rainy weekend days, a total of 105 people attended the seven woods walk events. Two-thirds of the attendees were not NYFOA members, and were joining us for the first time.

Attendees learned that a green wooded landscape is not necessarily a healthy forest. A close look at the forest floor almost always showed evidence of deer browsing and deformed seedlings where healthy ones should be growing. Often, undesirable and/or aggressive invasive plants were also present, and in some cases there is already a shift in species composition away from native growth for the area. Woods walk leaders discussed what can be done to improve conditions for future growth of the renowned northeastern hardwood forests. However, techniques that worked at one site were not universally successful. For instance, seedlings sprouted post harvest and protected by woody debris in East Poestenkill did not fare nearly as well as similarly treated plots in Coeymans Hollow, and it is not at all clear why the difference in success rates.

May 13th in Buskirk, Rensselaer County



The Buskirk woods walk was in partnership with the Agricultural Stewardship Association. The forester leading the walk was Tony Lamberton of New England Forestry Consultants.

May 11th Woodlawn Preserve, Schenectady County



Forester Jeff Kehoe leads a woodwalks at the Woodlawn Preserve in Schenectady

Woods walkers also had the opportunity to see effective control of beech brush root suckering from mature diseased trees. In this part of that particular stand, black cherry trees clearly have a chance to survive if they can avoid being feed for hungry deer.

Although RNYW focused on regeneration concerns, other landowner objectives were highlighted whether they be wildlife plots, enhanced bird breeding habitat, ponds for fish and waterfowl, wood products utilization, mushroom growing or recreational trails.

Restore New York Woodlands will be repeated next year, again bringing people into the woods to appreciate their importance and understand the threats facing the forests. In the meantime, NYFOA will continue to supply members with information about growing and enjoying a healthy forest for the future. We hope to see you at all our events.

CDC Chapter Remembers Mike Greason

Chapter members joined staff and visitors at the Agroforestry Resource Center in Acra on May 18th for a woodswalk led by Mary Spring, consulting forester. A bench donated by the Chapter was dedicated in memory of Mike Greason. Mike was an active member of the chapter who led many woodswalks in past years. He was also a board member of Greene County Cooperative Extension.



Former CDC Chair Jim Bulich and current Chair Dick Gibbs enjoy the view from the bench.



Attendees at the May 18th woodswalk and dedication at the Siuslaw Forest in Acra

Level I Game of Logging [GOL] Held June 7th and 8th

CDC-NYFOA, in conjunction with Agricultural Stewardship Association [ASA] and the New York Center for Agricultural Medicine and Health [NYCAMH] held two days of chain saw safety and tree felling training for 20 participants. Professional GOL instructor Bill Lindloff covered a wide range of saw operation and safety topics before taking the group into the woodlot at the Dick and Shari Gibbs property. The field training culminated in each participant felling a tree under constant supervision by Lindloff. By the end of the long day [in the rain no less], each participant knew this had been an extremely valuable event and learned from watching other participants plan and carry out their felling operation.



Ticks and How to Deal with Them

With the arrival of warm Spring weather, tick season begins. Ticks, and their associated tick-borne diseases, are a concern for all of us who enjoy outdoor activities, particularly those in and around our woods in New York State. Prior to 2000, ticks were not a big problem in Upstate New York, but now deer tick populations exist in all 62 counties statewide, and the likelihood of encountering ticks and tick-borne diseases has increased. The following is adapted from two very informative articles by JoAnne Oliver, Ph.D. and Mark Polhemus, M.D. and JoAnne Oliver, Ph.D. and John J. Howard, Dr. P.H., which appeared in the Spring 2013 and Spring 2010 issues, respectively, of the Finger Lakes Trail News.*

Tick Behavior

Ticks spend most of their 2-3 year life cycle on the ground or on vegetation. They station themselves on leaves, herbaceous plants and shrubs and wait for cues that alert them of a nearby host. Ticks may sense your carbon dioxide, body heat and vibrations and quickly crawl to you or climb onto you when making contact with nearby vegetation. Ticks do not fly or jump. Check yourself for ticks after spending time in and around the woods, shrubs and tall grass.

Tick-borne Diseases

Deer ticks carry a number of diseases that can be infectious to humans, and as the ticks spread geographically, so can the diseases they carry. In New York State (excluding New York City) in 2011, there were more than 7000 reported cases of Lyme disease and over 300 cases each of anaplasmosis and babesiosis. The deer tick is best known for transmitting Lyme disease, and New York State continues to have some of the highest numbers of human cases each year. Interestingly, the pathogens causing anaplasmosis and babesiosis are carried by the same tick that carries Lyme disease. A single deer tick may carry one, two or all three of these diseases. So, activities that expose you to Lyme disease can also expose you to anaplasmosis and babesiosis.

The symptoms of babesiosis are similar to Lyme disease, including fever, fatigue, headaches, muscle aches, and joint pains. Symptoms of anaplasmosis are similar, including fever, headache, chills and muscle aches. Unlike the "bullseye rash" usually associated with Lyme disease, there is usually not a rash with babesiosis and anaplasmosis infections. As a rule of thumb, if a person or health care professional

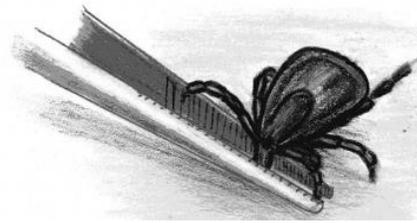
is considering the diagnosis of Lyme disease, they should also consider babesiosis as either a primary infection or co-infection and test accordingly. The test for Lyme disease does not detect babesiosis, and the treatment for Lyme disease does not cure babesiosis. Diagnosis of anaplasmosis requires special lab tests, and some of these tests may be falsely negative if drawn too early in the disease. Doxycycline is the first line of treatment for anaplasmosis (similar to Lyme disease).

While the nymph stage of the tick is the one most commonly associated with Lyme disease, both the nymph and adult tick can transmit pathogens. The nymph is the size of a poppy seed and may be difficult to detect, while an adult may be the size of a sesame seed and is easier to see. Adults are actively searching for a blood meal during the spring and fall months. Nymphs are active during the summer months, commonly during June and July. The most currently available information suggests that a tick must be attached for the following number of hours for disease transmission to occur: 12-24 hours for anaplasmosis; 24-36 hours for babesiosis; and 36-48 hours for Lyme disease. Detecting and removing ticks soon after venturing into tick habitat may help limit tick-borne diseases.



If a tick has not attached itself to you and fed, there is no health risk. For an attached tick, the only appropriate way to remove it is with forceps. This can require the application of steady pressure for a minute or more to encourage the tick to release. Never use a match or cigarette to try to burn them off. If in your haste to remove a tick, the mouth parts remain in your skin, it can cause a minor localized infection similar to a sliver infection. Antiseptic can be applied to the bite

location and this reaction usually resolves within 2-3 days.



Tick removal displaying forceps around mouthparts

Prevention

Those who spend time outside should take precautions against ticks. Recommendations are to wear long pants tucked into socks, wear light colored clothing so that crawling ticks can be more easily seen and removed, and consider the use of repellants labeled for use against ticks. Check your skin and clothing for ticks frequently when you are in and around the woods, and thoroughly when you get home. Ticks often select warm, moist areas of the body, such as the waist, behind the knee, or natural body folds, but anywhere on the body is a potential feeding spot for a hungry tick.

* For More Information

For more detail, please read the original articles by JoAnne Oliver, Ph.D. et al. in the Spring 2013 and Spring 2010 issues of the Finger Lakes Trail News:

JoAnne Oliver, Ph.D. and Mark Polhemus, M.D., "Trail Medicine: Tick-borne Diseases that Pose Risks to Hikers," Finger Lakes Trail News, Spring 2013, pp. 22-23.

Dr. Oliver is a Research Scientist with the Vector Surveillance Unit (previously called the Arthropod-Borne Disease Program), Bureau of Communicable Disease of the NY State Health Department, Syracuse, NY. Dr. Polhemus is an Infectious Disease specialist, researcher and colleague at the Upstate Medical Center in Syracuse, NY.

JoAnne Oliver, Ph.D. and John J. Howard, Dr. P.H., "Ticks on the Trail," Finger Lakes Trail News, Spring 2010.

Dr. Oliver and Dr. Howard (retired) are Research Scientists with the Vector Surveillance Unit (previously called the Arthropod-Borne Disease Program), Bureau of Communicable Disease of the NY State Health Department, Syracuse, NY.

Welcome New Members

The following individuals joined the Capital District Chapter in the past three months. Welcome to our chapter!

Frederick Bockis	Albany, NY
Lynda & Tom Holt	Melrose, NY
Melissa & James Listman	Selkirk, NY
Jon Morris	Melrose, NY
David Tschinkel	Freehold, NY

Woodswalk Calendar

Marking Trees: The Key to Good Silviculture

Date: Friday August 16

Registration deadline: Wednesday, August 14

Time: 6:30-8:00 pm

Cost: \$5.00

Location: Agroforestry Resource Center, Acra

Presenter: Mary Spring, Siuslaw Model Forest Consulting Forester

Come and join us for an evening woods walk as we visit tree stands that have been marked for a harvest. We will discuss with Mary Spring, the SMF forester, why she marked certain trees and for what purpose. You will also have the chance to "mark" additional stands and practice the skills needed to help you begin to understand the process of harvesting timber on your own property.

Agroforestry Options for Landowners

Date: Saturday September 21

Registration deadline: Thursday, September 19

Time: 9:00-4:00pm

Cost: \$10.00 per person. Light lunch provided.

Location: Agroforestry Resource Center, Acra

Presenter: CCE Natural Resource staff and Bob Beyfuss, Agroforestry professional and retired Extension Educator

Agroforestry, integrating agriculture and forests, includes both products as well as practices. As products, high-value specialty crops such as ginseng or mushrooms are intentionally cultivated under the protection of a forest canopy. Come to this one day event, which will include morning presentations and afternoon field sessions on these areas of agroforestry, to help you to learn about the multiple values of agroforestry.

2013 Steering Committee

Meeting Schedule:

July 9 th –	6:30 p.m. (at Bethany Church in Menands)
October 8 th –	6:30 p.m.

Note: Chapter members are encouraged to join the steering committee. Meetings are held every three months at the Colonie Library (note July 9th location however)

Steering Committee

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Fearsome Critter

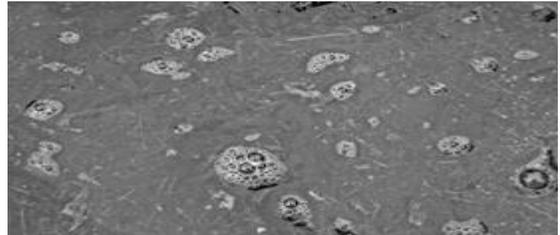
– What is It?

This one may be a true test of your knowledge of wildlife. This puzzlement is a common indigenous species that is always well hidden from view.

Hint #1 – Shaped somewhat like a leathery lilly pad in a pond, with eyes like a frog--oftentimes only one eye, this critter waits in puddles, shallow wet spots, low boggy areas, along woods roads and trails.

Hint #2 – He feeds on boot leather but will often be fooled into taking a sneaker as well. They have only a right hand and wait for the unwary hiker to step on them when trodding through their puddle whereupon he grabs on tight. If you are successful in escaping with your foot gear usually you will hear a long mournful wail, a schckckckloop kind of sound. Best avoided by keeping to the left of any puddles you encounter.*

What lurks below?



Original Research in Progress



* This account was submitted by A. J. Oxtan of the White Mountains of New Hampshire. From original research, along with the anecdotal accounts of hikers, such as local historian Ben English, and others he met along the Way. Limmertakus boottii was first described by Dr. Francis Boott (1792-1863), after whom a minor peak southeast of Mount Washington is named. Dr. Boott never wrote his description of Limmertakus boottii beyond comments in a few personal letters; he greatly feared tarnishing his reputation, and his living, as a botanist. For the most part the Legend of Limmertakus was passed down as a campfire story. The common name derived, later in part, from the sound a youthful sneaker makes when slammed with diligence into just the right consistency of mud.

Answer:

The Wamfahoofus
Limmertakus boottii

Join NYFOA

Help Support Sustainable Forestry

The New York Forest Owners Association is a not-for-profit organization established to encourage sustainable forestry practices and sound management of privately owned woodlands. Members include woodland owners and all others who care about the future of New York's trees and forests. Please consider joining because your support helps make a difference. Regular annual dues are just \$30.00 for an individual or \$35.00 for a family.

Contact: NYFOA, P.O. Box 541, Lima, New York 14485 1-800-836-3566 www.nyfoa.org
