

Treelines

Spring 2017



Upcoming Events

Details on pages 6 – 7

Saturday, May 20

SOT Deer Browsing and Timber Growing Contest Woods Demonstrations
Port Crane, NY

Saturday, May 27

SOT/CFA Deer Enclosure Demonstration Woodwalk
Margaretville, NY

Saturday, June 17

CFA Forestry for Wildlife
Margaretville, NY

**Thursday, July 27–
Saturday, July 29**

Windsor Chair Camp
Sidney, NY



Forest Bathing Is Good For You

[Editor's Note: "Forest bathing" is a trending health topic on the internet. There is now scientific proof of what we woodlot owners innately know from personal experience.]

The tonic of the wilderness was Henry David Thoreau's classic prescription for civilization and its discontents, offered in the 1854 essay *Walden: Or, Life in the Woods*. Now there's scientific evidence supporting eco-therapy. The Japanese practice of forest bathing is proven to lower heart rate and blood pressure, reduce stress hormone production, boost the immune system, and improve overall feelings of wellbeing. Forest bathing—basically just being in the presence of trees—became part of a national public health program in Japan in 1982 when the forestry ministry coined the phrase *shinrin-yoku* and promoted topiary as therapy. Nature appreciation—picnicking en masse under the cherry blossoms, for example—is a national pastime in Japan, so forest bathing quickly took. The

environment's wisdom has long been evident to the culture: Japan's Zen masters asked: If a tree falls in the forest and no one hears, does it make a sound?

To discover the answer, masters do nothing, and gain illumination. Forest bathing works similarly: Just be with trees. No hiking, no counting steps on a Fitbit. You can sit or meander, but the point is to relax rather than accomplish anything.

Forest air doesn't just feel fresher and better—inhalng phytoncides seems to actually improve immune system function. "Don't effort," says Gregg Berman, a registered nurse, wilderness expert, and certified forest bathing guide in California. He's leading a small group on the Big Trees Trail in Oakland one cool October afternoon, barefoot among the redwoods. Berman tells the group—wearing shoes—that the human nervous system is both of nature and attuned to it. Planes roar overhead as the forest bathers

Continued on page 5 ...



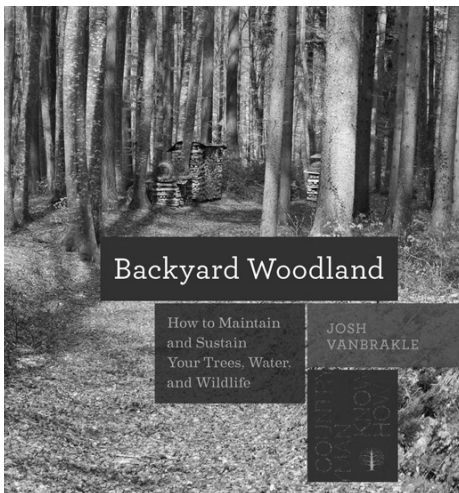
We're Growing! Welcome, New Members!

Robert Bond, Margaretville, NY; Lance & Heidi Gregg, Lisle, NY;
Josh Williams, Oxford, NY

Steve Speaks

A Message From Our Chapter Chair

Josh Vanbrakle, from Sidney, NY recently released a book called *Backyard Woodland*. It was reviewed by Charles Stackhouse in the November/December 2016 issue of *The New York Forest Owner* magazine. The subtitle is, "How to Maintain and Sustain Your Trees, Water, and Wildlife." The book is focused on the types of woodland owned by members of NYFOA. This book is enjoyable to read because it's written in a manner that is like a conversation between forester and landowner. I recommend it.



One of the joys of being in the woods is the opportunity to study birds. I have noticed that the number of songbirds and game birds like woodcock and grouse are declining. According to the United States Geological Survey, West Nile virus has been found in 48 species of mosquitoes, over 250 species of birds and at least 18 mammalian species, including humans. West Nile is an insect-borne virus commonly found in Africa, western Asia and the Middle East. It was not found in the



Western Hemisphere before 1999.

The *New York Outdoor News* recently published an article called, "West Nile a factor in Northeast grouse decline." According to their article a Pennsylvania Game Commission study asked hunters to send blood samples in from harvested grouse. They found that 13 percent of the samples tested positive for West Nile virus. The NYS DEC tested 460 ruffed grouse from 1999 thru 2006 at their Delmar lab. They found that 7 percent of the birds tested had West Nile virus. These birds were brought to the lab because they died for other reasons, like flying into someone's garage. You may have heard of crows being found dead from West Nile. Wild birds are harder to diagnose just because of where they are found as compared to crows which can often be found in cities.

The most likely reason that people and animals get West Nile virus is from mosquito bites. The Centers for Disease Control and Prevention (CDC) recommends that you use insect repellent, wear long sleeves, long pants, and socks when outdoors. According to the CDC West Nile is not transmitted through person-to-person or animal-to-person casual contact. However, they do recommend using gloves when handling dead or alive animals. I have some plastic gloves in my hunting vest for use when cleaning

out birds. It seems like a reasonable precaution.

As a positive note, West Nile doesn't apply annual and steady pressure on bird populations. West Nile peaked from 2001-2004 and again from 2012-2014. Between these peaks bird populations have a chance to recover. Birds recover better in areas that have good habitat. According to the Pennsylvania Game Commission, regions with diverse native food sources and thick protective cover may be producing more birds that survive West Nile virus.



A good place to plant wildlife trees is on your border. A mix of white pine and white spruce defines the property line and provides a change in plant density or "edge" that is so important for small game. The New York State Tree Nursery offers a variety of individual plants and packets that include a mix of trees that will encourage wildlife. Internet users can find them at: <http://www.dec.ny.gov/animals/7127.html> or call them at (518) 581-1439, Monday through Friday from 8:00 A.M. to 4:00 P.M. You can do your part by dedicating specific areas of your property for wildlife habitat.
Steve

2016 Northeast Timber Growing Contest Results

by Dean Faklis and Peter Smallidge

Congratulations to All Teams!

The results are in and you've probably seen the standings already as published in the current issue of the Forest Owner Magazine. Great teamwork all around!

We added a bunch of new teams this year. We're well over 30 teams now. Peter and I have had some calls with Pennsylvania and we hope to sign up some PA teams in 2017. We also plan to reach out to VT in 2017.

Please remember, it only takes about 2-4 hours per year for a team to gather contest measurements. Please encourage your forest friends and neighbors to enter the contest! Let's really try to beef up our participation numbers in 2017.

On that note, please consider adding a second category. If you are currently managing hardwoods, add conifers or some regen plots. If you are currently managing basal area plots, call your forester and get him/her on your team in the board foot volume category. It only takes 20 trees to enter and you can use trees already being measured in your plots. In that case, you'll just need your forester to measure wood volume. Getting a forester on board has several benefits and will enhance your forest as a result of the relationship. Check out the rules at <http://www.timbercontest.com/> Please plan to take your contest measurements before the growing season begins (or on/around your anniversary date) and send them in when you are done. Thanks and please check back often to the timber contest website for new news. Any question, please write any time. And finally...grab some warm clothes and a saw and thin your plots of trees

that are not growing well. Repurpose that wood to a good use! It helps your score immensely and gets you useful products or...cash! The forestry word for 2017 is Thinning!

Thanks to All!

Contest Participants in 2016

Del Allen – Del Allen, Jim Bagley, Forester); Milo, Yates, NY

Blough Family Forest – Christy, Bailey, Billie Sue and Gary Blough; Ontario, Wayne, NY

Dewey Family Forest – John and Jason Dewey, Unadilla; Otsego, NY

Edwards Family Forest – Kurt and Kristie Edwards, Mayfield, Fulton, NY

Gerry Palmer – Gerry Palmer; Guilford, Chenango, NY

Piestrak Forest Lands – Josh, Jeff, and Ed Piestrak, Bruce Robinson (Forester); Lindley, Steuben, NY

Dale Schaefer – Dale and Eileen Schaefer, Canadice; Ontario, NY

Schlafer Family Forest – Don Schlafer & Judy Appleton, Hector; Schuyler, NY

Team Smallidge – Kelly, Nathalie, Adelaide, and Peter Smallidge; Crown Point, Essex, NY

Spreutels Family Forest

Gordon and Marie Spreutels; Guilford, Chenango, NY

Team Springwater Julie Faklis, Brice June (Forester), Dean Faklis; Springwater, Livingston, NY

Stackhouse Family Forest – Sarah and Charles Stackhouse; Bluff Point, Yates, NY

Williams Family Forest – Todd, Karen, Oscar, Finn and Sophie Williams; Barton, Tioga, NY

Top 5 Results

Dewey Family Forest 0.0362

Blough Family Forest 0.0314

Williams Family Forest 0.0302

Spreutels Family Forest 0.0251

Schlafer Family Forest 0.0136

Let's work together to grow participation in the Northeast Timber Growing Contest to help spotlight the importance of growing quality timber. There is plenty of time remaining to enter your forest for 2017!

It takes only four (4) hours per year to begin to grow high quality timber and lots of help is available.

If your forestry organization is interested in holding a contest workshop, there are free workshop materials available. The workshop will teach tips and tricks to get you started. Any questions or if anyone needs help measuring trees, email: dfaklis@frontiernet.net. Also, check out the timber contest website at: www.TimberContest.com. Thanks and **Congratulations to All!**



As Weather Warms, Ten Tick Prevention Tips



MyWoodlot News: March 2017, reprint

70 degrees in central New York in February...wow! Suddenly it seems like winter is over, and spring is charging hard for the door. Here at MyWoodlot, that has us rushing out to enjoy the weather, hear the first birds of spring, and snap some photos. Here's hoping you're doing the same!

But while you're out enjoying the early warmth, keep in mind that you aren't the only creature doing that. Ticks are active any time of year when the temperature gets above freezing. It might seem early in the year, but you can still get a tick bite-and potentially the nasty diseases that can come with it.

Ticks are serious trouble. They can transmit a bunch of different diseases including Lyme disease, which infects 300,000 Americans every year.

Don't let ticks keep you inside during this or any month. Follow these ten tips to reduce your chances of getting a tick bite or an illness because of one:

- 1) Walk in the center of trails, avoiding areas with high brush or grass.
- 2) Keep the lawn right around your house trimmed short to reduce tick habitat near your home. Most people don't pick up ticks in the deep woods; they pick them up right around the house doing normal tasks like playing with their kids or gardening.

- 3) Wear long pants and a long-sleeved shirt, and tuck your shirt into your pants with a belt.

- 4) Tuck your pants into your socks. Dorky? Yes. But it makes a big difference by helping keep ticks outside your clothes rather than crawling onto your skin.

- 5) As you walk, periodically check your clothes for ticks.

- 6) Consider using a commercial insect repellent like DEET or Permethrin. Do not apply these repellents to your hands, eyes, or mouth. If using DEET, use a formulation of at least 20%.

- 7) As soon as you return from the field, do a full-body tick check. Check all those creases like your armpits; ticks love to hide.

- 8) Bathe or shower within two hours of returning inside to wash off and more easily find ticks on you.

- 9) Check your gear and pets as well, as ticks may have hitched a ride.

- 10) Toss your field clothes in the dryer on high heat for 10 minutes to kill ticks that may still be on them. Do this right away after coming indoors even if you plan to wash those clothes as part of your regular laundry later.

If you do get a tick on you, don't panic. Check out the video on how to remove a tick safely. And for even more advice on keeping ticks off you, or what to do if one does bite you, check out the tick prevention activities on MyWoodlot.

[Editors Note: Thanks to Jerry Michael for sharing this article. I highly recommend visiting MyWoodlot.com regularly to learn about and plan your woodlot activities. You can also join their email list and get monthly newsletters.]

Our SOT Chapter Is Seeking A Newsletter Editor

by Kathleen Hayek

Your newsletter editor, Kathleen Hayek, is leaving her post soon and we will need someone to take on the duties of collecting, editing and sharing news of relevance to our members. Kathleen will help with the transition by providing templates, files and technical support to the new volunteer. It's a great way to get to know people in this fine organization! If you have writing and editing skills, this is a hands on and fun way to contribute to the good of all.

"I've had a wonderful time creating Treelines and find leaving a bit hard to do, but I need more time to devote to my artist studio and am withdrawing from much of my community work for a time. I remain a devoted member of NYFOA SOT and hope to see you all at our meetings and activities!

If you're interested in being our newsletter editor, please contact our Chairperson, Steve Kutney at: 607-862-9152 or stephen_kutney@yahoo.com.



Forest Bathing Is Good For You

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wander slowly, quietly, under the green cathedral of trees.

From 2004 to 2012, Japanese officials spent about \$4 million dollars studying the physiological and psychological effects of forest bathing, designating 48 therapy trails based on the results. Qing Li, a professor at Nippon Medical School in Tokyo, measured the activity of human natural killer (NK) cells in the immune system before and after exposure to the woods. These cells provide rapid responses to viral-infected cells and respond to tumor formation, and are associated with immune system health and cancer prevention. In a 2009 study Li's subjects showed significant increases in NK cell activity in the week after a forest visit, and positive effects lasted a month following each weekend in the woods.

This is due to various essential oils, generally called phytoncide, found in wood, plants, and some fruit and vegetables, which trees emit to protect themselves from germs and insects. Forest air doesn't just feel fresher and



In other words, being in nature made subjects, physiologically, less amped. The parasympathetic nerve system controls the body's rest-and-digest system while the sympathetic nerve system governs fight-or-flight responses. Subjects were more rested and less inclined to stress

better—inhaling phytoncide seems to actually improve immune system function.

Experiments on forest bathing conducted by the Center for Environment, Health and Field Sciences in Japan's Chiba University measured its physiological effects on 280 subjects in their early 20s. The team measured the subjects' salivary cortisol (which increases with stress), blood pressure, pulse rate, and heart rate variability during a day in the city and compared those to the same biometrics taken during a day with a 30-minute forest visit. "Forest environments promote lower concentrations of cortisol, lower pulse rate, lower blood pressure, greater parasympathetic nerve activity, and lower sympathetic nerve activity than do city environments," the study concluded.

after a forest bath.

Trees soothe the spirit too. A study on forest bathing's psychological effects surveyed 498 healthy volunteers, twice in a forest and twice in control environments. The subjects showed significantly reduced hostility and depression scores, coupled with increased liveliness, after exposure to trees. "Accordingly," the researchers wrote, "forest environments can be viewed as therapeutic landscapes." Berman advised the forest bathers to pick up a rock, put a problem in and drop it. "You can pick up your troubles again when you leave," he said with a straight face. ...

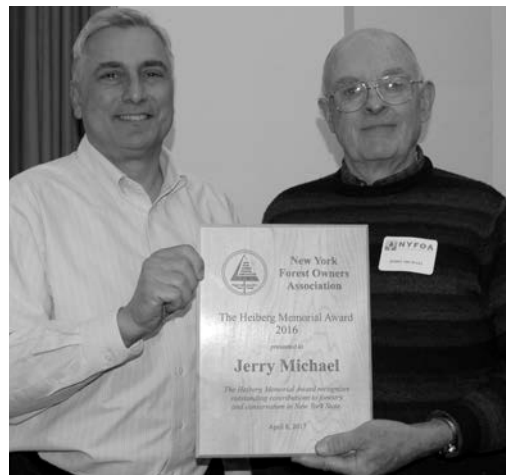
Copied from World Economic Forum at: www.weforum.org. Image: REUTERS/Denis Balibouse.

Awards for Jerry, Ken & Sharon Announced At NYFOA Annual Meeting



by Dave Williams

Sharon and Ken Semanovich received SOT's 2016 Chapter Service Award for their dedication and contributions to the organization. Well deserved! Steering Committee Member, Dave Williams presented the award on behalf of our SOT Chapter.



Jerry Michael received the prestigious Heiberg Memorial Award. It is named after SUNY ESF Professor Sven Heiberg who promoted the founding of NYFOA 53 years ago. It is

presented each year and recognizes outstanding contributions to forestry and conservation in New York State. Stacey Kazacos made the presentation on behalf of the Board of Directors, citing many reasons for his selection. The announcement stirred a standing ovation. Jerry, in his normal humble way said, "But I'm not a professional...."

Mark Your Calendar Now for Our Summer 2017 Events



Deer Browsing and Timber Growing Contest Woods Demonstrations

Saturday, May 20, 8:30 am – 1:00 pm
Port Crane, NY

This field program will give landowners an opportunity to learn how they can get involved in two hands-on projects that will help them understand and improve the conditions in their woodlands. It will be held at NYFOA SOT Chair Steve Kutney's woodlot near Port Crane, NY. Peter Smallidge, Cornell University State Extension Forester, will lead the program that features both the AVID (Assessing Vegetation Impact from Deer) project and the Northeast Timber Growing Contest.

White-tailed deer pose a serious threat to the health of our forests. To help document deer damage to tree seedlings and understory plants like wildflowers and help guide deer management decisions, the Cornell University Department of Natural Resources developed the AVID method. This citizen science project gives landowners an opportunity to measure and report the impact deer are having on

tree seedlings and wildflowers in their woodlands.

The Northeast Timber Growing Contest is designed to help landowners improve their woodlots and have fun at the same time. The contest is family friendly and a great way to get your kids and/or grandchildren to take an interest in your woodlot. Participating in the contest will help answer questions like, Are my woods too thick or too thin? How do I select cull from timber trees? How fast are my trees growing?



We will learn about the various categories of the contest and will lay out a plot, identify, measure and tag trees. Be prepared to roll up your sleeves to help and you will go home with the confidence, understanding and know-how to enter the Contest and watch your trees grow.

We'll be serving burgers after the program so you don't go home on an empty stomach. There is no fee for this event, but please call Kevin at (607) 584-5013 or email him at: kjm8@cornell.edu to register and for directions and carpooling info.

For GPS users Steve's property is located at 460 Hunt Hill Road, Port Crane, NY 13833. For non-GPS users go east on I-88 from Binghamton, NY. Take Sanitaria Springs Exit 4. Turn left and go under I-88. Travel a short distance until the road comes to a T. Make a right onto Hunt Hill Road. Go 2.1 miles. The property will be on your right. There will be a sign to mark the spot. If you have a car with low clearance you may want to park on Hunt Hill Road. Travel up the driveway to the picnic area.



Deer Exclosure Walk

Saturday, May 27, 10:00 am - 12:00 pm
541 Cemetery Road, Margaretville, NY

The Deer Exclosure walk is co-sponsored with NYFOA. On this walk you'll see a very telling demonstration exhibiting deer impacts in the Catskills forest. See what grows on the forest floor when deer are excluded via a fence. CFA & NYFOA members free; \$10/non-members.

Register for this event online at: <http://catskillforest.org/events/list> or by phone at: 845-586-3054 or by email at: cfa@catskill.net. To learn more about the Catskill Forest Association visit their website at: www.catskillforest.org.

Forestry for Wildlife Walk

Saturday, June 17, 10:00 am - 12:00 pm
70 Quarry Road , Margaretville, NY

On this walk you learn some methods and practices on how to create better wildlife habitat in the forest. CFA members attend free. There's a \$10 fee for non-members.

Register for this event online at: <http://catskillforest.org/events/list> or by phone at: 845-586-3054 or by email at: cfa@catskill.net

To learn more about the Catskill Forest Association visit their website at: www.catskillforest.org



Windsor Chair Camp Returns

Thursday, July 27 –
Saturday, July 29
Sidney, NY

The SOT Chapter will once again sponsor a Windsor chair workshop with Dave Abeel July 27-29 at the home of Dave and Kathy Williams near Sidney, NY. Attendees will choose from an array of stools, chairs or a settee that they will shape and assemble in three days or less going home with a piece of future heirloom furniture ready for final sanding and finish.



Workshop cost varies with the furniture item chosen and includes a kit of materials, use of specialized chair tools and

instruction. Dave also extends a ten percent discount for NYFOA members through the NYFOA Member Rewards Program. Want to work as a team with your spouse, child or grandchild to build a chair? There is no extra cost.

Concerned that you might not have the necessary skills? Kids as young as eight years of age have been successful and you too can be.

Come on out this summer to learn something new while making new friends.

Check out David Nelson Abeel on Facebook to see photos. Have questions? Call or email Dave Williams at 607-563-3156 or kdwillmill@gmail.com.



About Us

Treelines, Southern Tier Chapter News is published for its chapter members of NYFOA, three times a year in early spring, fall, and winter. News concerning managing woodlots in the Southern Tier is always welcomed! Send articles for inclusion to Kathleen Hayek, k_hayek@mac.com, with subject line: Treelines Article. Attach photos in jpeg format to

the email. News stories with a word count of 500 words or less work best.

NYFOA was founded in 1963 and is organized to encourage the wise management of private woodland resources in New York State by promoting, representing and serving the interests of woodland owners. The Southern Tier Chapter was founded in 1985 and encompasses Broome, Chenango, Cortland, Delaware and Otsego counties. For information on becoming a NYFOA member visit www.nyfoa.org, or contact Liana Gooding, NYFOA Secretary, NYFOA, PO Box 541, Lima,

NY, 14485 or at 1-800-836-3566. Annual membership is \$45 and includes: subscriptions to Treelines: to the bimonthly NYFOA state wide publication, The New York Forest Owner, attendance at chapter meetings and statewide meetings.

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