

The Overstory

Volume 28

Issue 1

Spring 2017

New York Forest Owners Association Southeastern Adirondack Chapter

SAC Annual Meeting Report

Based on meeting minutes 🌿 Photography by Donna Welch

On February 11th the SAC Annual Business Meeting was conducted at the Crandall Library in Glens Falls. Past chairman, Lou Inzinna called the meeting to order at 9:30. The secretary's and treasurer's reports were read and accepted. Plans are under way for a winter woodwalk to the Lincoln Mountain State Forest in Saratoga Springs to visit some 500+ year old Black Tupelo Trees. Plans for spring and fall events are underway and will be announced shortly. Members of each committee gave updates in old business and a new committee was formed to define our chapter direction for the future.

A number of other important topics were discussed among them were declining membership, donations, Master Forest Owner program changes and state level related issues.

The meeting ended with officer nominations and elections. We currently have vacancies for the Chairman and Vice Chairman seats. Our treasurer, Bob Manning will be remaining in that position and Bill Burke will continue as our secretary. The meeting was adjourned for a lunch break at Davidson Brothers Restaurant with our largest group in many years.

The topic of our afternoon presentation, which was open to the public, was Old Time Logging and River Driving. Dick Nason, former forester for Finch Pryn in Glens Falls, showed some films dating back almost a century, including high-quality color footage dating back to the 1930's. Dick's narration of old time logging began around the late 1800's and continued right through the 1930's. He completed the presentation with a question and answer session and a display of old fashioned logging tools.



SAC members enjoyed lunch together at Davidson Brothers.

ISSUE HIGHLIGHTS

INSIDE

- Tupelos Woodwalk
- Majestic Oaks of Troncais
- Health Benefits of Maple
- Upcoming Events
- Silent Auction Update

WELCOME NEW MEMBERS!

Rita Dee Bennington VT
Douglas Jenks Northville NY
Antoine Rainville Hudson Falls NY

ADIRONDACK STUMPAGE PRICE REPORT

New York State Department of
Environmental Conservation
www.dec.ny.gov/lands/5259.html

Award Received

SAC member Laurel Gailor, Cornell Cooperative Extension Capitol/Mohawk PRISM Coordinator, was recently honored at the New York Society of American Foresters Annual Award Program. Laurel was awarded the 2016 SAF Community Service Award. The objective of this award is to recognize exceptional forestry and environmental-related services and contributions provided to any community.

Laurel has been dedicated to our chapter most of her career. She is a valuable resource at every chapter event. We would like to congratulate Laurel on this much deserved award!



Right: 2016 Award Winners.

MEMBER'S CORNER

Health Benefits of Maple

Leader Evaporator Co., Inc., April 2014 🌿 Shared by member Jane Jenks

Whether it's that perfect amount of sweet for your morning coffee, the favorite part of your pancakes, or a special ingredient for that dipping sauce, there's no question adding Maple to a dish or drink is a delicious choice. Besides the flavor, choosing Maple over other sweeteners can have valuable health benefits.

Maple Syrup is harvested from the North American native Maple tree and production dates back hundreds of years. These treasured trees are found in the woodlands and native forests in the hillsides and mountains of the Northeast and upper Midwest U.S. and Eastern Canada. From small hobbyists to commercial producers, the basic processing is minimal. Sap is collected in early spring from hand tapped trees and boiled down eventually becoming syrup. Sap to Syrup concentration allows minerals to accumulate into a healthful composition.

Minimal processing allows for Maple Syrup to retain its unique key minerals. Each tablespoon contains 2.8mg or 33% daily value of Manganese, an important factor in bone strength, skin integrity, and can play a role in Calcium absorption and blood sugar control. One tablespoon of Maple has 6% daily value Zinc; an essential mineral for reproductive and immune health, that also promotes cell function. Other vital minerals are Calcium, Potassium, and Magnesium with 1% daily value per tablespoon. Maple contains 52 calories, 13 g of carbs, and virtually zero fat per tablespoon.

New studies have involved the research and testing of the antioxidant value of Maple. Fifty-four health benefiting polyphenol compounds, 5 unique to maple, have been discovered. According to the University of




Rhode Island, Polyphenols inhibit enzymes that are involved in the conversion of carbohydrates to sugar. Maple Syrup may have a greater effect on the body than foods like berries. This "cocktail" of antioxidants in Maple carries the same benefits as tea, flaxseed, and red wine, etc. URI refers to Maple and its antioxidant value as a "champion" food.

Other artificial sweeteners of all kinds are increasingly found in a variety of foods we consume, contributing virtually no benefits. The term "Maple flavoring" is pitched for pancake syrup with zero Maple in the ingredients. Artificial Maple products substitute corn syrup, preservatives, or chemicals. Genuine Maple products should not only become a healthier alternative to table sugar and others but a "staple" household sweetener for baking and cooking, breakfast and coffee, marinades, or even to the homemade iced tea in the summer. The introduction of Maple Syrup into markets outside of Northern U.S. and Canada is expanding. For many new to it or those used to it, make sure to leave room for Maple close by in your kitchen. No other natural or artificial sweetener may offer the complex healthy benefits of Maple Syrup.

This member's corner is open to anyone willing to share something with the other members. Submissions can be mailed or emailed to Kristie Edwards at edwardsk922@gmail.com or 411 Beech Street, Mayfield, NY 12117.

The Majestic Oaks of Tronçais

By Henry S. Kernan  Reprinted from *The Forest Owner*, Nov/Dec 1993



Woodland owners in New York may envy a forest in France where single trees may be worth ten thousand dollars on the stump. Paying twenty times our current price for white oak would drive most American hardwood buyers away. Yet every fall their European counterparts gather at the little

village of Cerilly in the old Province of Bourbonnais, and bid the trees up to three dollars a board foot and more. The hitch for landowners is that the trees have been growing for two centuries under the most intensive silvicultural care. Moreover, they have highly specialized markets for sliced veneer and barrel staves. Indeed, experts insist on barrels of Tronçais oak for aging cognac to the color and aroma considered the best.

Of Tronçais Forest's 28,500 acres, 20,000 produce such timber; they are among the world's most valuable and pampered forested acres. The precious tree is the sessile oak, a white oak with rounded leaf lobes and sweet acorns. The ancient Gauls revered the sessile oaks as symbols of strength and longevity. In a different form the reverence continues today, for oaks that are sixteen foot around, contain 6000 board feet, and were timber before Columbus discovered America. The very largest are inviolate, have names, and receive the awe of thousands of visitors each year. They inspire a private society—Friends of the Forest of Tronçais.

The silviculture that produces trees and wood of such size, quality and value has surprises for those of us used to our mixed and disorderly (in French eyes) stands of northern hardwoods. We manage about twenty species for timber along with the diversity of snags for feeding woodpeckers and old logs rotting on the ground for the convenience of amorous grouse.

No snags, culls, or rotting logs are among the oaks of Tronçais. The forest floor is clear of dead wood, brush, and even stumps. Until recently, trees were felled only by wind or severing the roots. Consequently, fungi, birds, small mammals and amphibians are not abundant.

The managers of Tronçais Forest direct their attention to the sessile oak and to what favors or harms the one species. Pedunculate oak, maple, ash, linden, and pine are present, but in small amounts; and they receive no encouragement. Managers tolerate beech and hornbeam as trainers for the oak. Being slow-growing

and tolerant of crowding and shade, the trainer-species press upon the oaks of pole size to be tall, straight, and have boles clear of branches. Well before the harvest of oak, the beech and hornbeam become firewood. Thus, for their last 100 years, the already gigantic oaks are growing alone, dropping acorns for wildlife, and adding wood each year in a slow even pattern of the very highest quality. The final cutting and extraction takes place among dense masses of seedlings. Of this regenerated stock selective thinning starts at age fifteen, to be repeated every twelve years to a spacing of about twenty crop trees per acre.

Twelve professionals and forty woodsmen trained in silviculture, work in the Tronçais Forest. The annual yield is 45,000 cubic meters, about 1.6 million cubic feet, worth about \$3,000,000. Only a small part of the total yield brings the fabulous prices. Economists will observe that the net return is low when compared to the enormous volume held in the standing capital.

A century ago, woodsmen lived in the forest, working charcoal, felling trees, and giving first shape to wood products. Now, vacationers come by the thousands. They walk the long, straight alleys, enjoy the man-made lakes, and camp. For such use there is a 2300-acre "Zone of Silence" barred to motor vehicles. This being France, eateries for food and drink are numerous and of good quality.

The crowning tourists' events of the year are the hunts for boar and stag. As in few places in the world today, visitors can hear the baying of the hounds and the calls of the hunting horns; and they can see costumed riders mounted on magnificent horses. Until recently, tourists were witness to the dispatch of the stag by spear and of the boar by dagger. The resident deer population is around 600; the number of boar is less well known, for they are nocturnal animals of the deep thickets and swamps. The boar come out at night to grub away at whatever is edible in the upper soil, including the many acorns. They bury acorns as well as eat them and, thus they are highly useful to the perpetuation of the forest.

For one interested in trees and forests, Tronçais Forest inspires both awe and envy. Yet I left home sick for my New York woods. We have far more variety to offer: ash, cherry and basswood of timber size; the colors of fall; and the miracle of maple sap. Our hunters are orange-clad, foot-mounted and silent. The contrast could not be more striking.



Vincent Mauritz

Old Oak 'Stebbing' in the Tronçais forest, France.

A Definition of Old

By John Hastings 🌿 Photographs by Kristie Edwards and Bob Manning

To start off, I want to dispel the rumor that Steve Warne and myself planted the black gum (aka black tupelo, *Nyssa sylvatica*) on Lincoln Mountain State Forest (Saratoga I). I started work at the Warrensburg DEC office much later than Steve and subsequently had nothing to do with the establishment of the tupelo trees.

It was late in the year 2000 that Neil Pederson walked into the DEC Headquarters in Warrensburg and as part of his research was looking for a variety of tree species which might be growing on the fringe of their normal northern geographic range. At that time Neil was a doctoral candidate at the Tree-Ring Laboratory at Lamont Doherty Earth Observatory at Columbia University. After some discussion, we remembered that an old 1940s map delineated some black gum in a wetland along the northern boundary on Saratoga I State Forest and pointed Neil in that direction.

During the ensuing winter and following summer Neil made a number of trips to the above wetland. Although initially he was unsuccessful in locating any of the black gum trees, they soon became apparent. By the time he had killed a few million mosquitoes, he had located 30 different old growth black gum trees. Seventeen were 403 years or older, 12 were 473 years or more, and 8 were over 500 years. The oldest tree he found sprouted in 1448 and was 553 years in age (now 569). This was 44 years before Columbus set foot in America.

Tupelos are partially influenced by cold temperatures and show narrow growth rings during famous volcanic events (1816-year without a summer, 1783, 1601, and possible 1500). But the tupelos on Saratoga I also had extremely narrow and consistent rings not associated with the big volcanic events. For example in 1635, the narrowest ring in the entire record (32 samples) was only one vessel in width. The average of all 32 samples was .204 millimeters (.008 inches).

Black tupelo or black gum is a member of the dogwood family. It has two



varieties; *Nyssa sylvatica* var. *sylvatica* (Black tupelo) and *Nyssa sylvatica* var. *biflora* (Swamp tupelo). They are identifiable by their difference in habitat. Swamp tupelo not only tolerates flooding but actually thrives under these conditions. It is found on sites that are inundated much of the growing season. Normally it does not grow in the deeper parts of the swamp. Best growth is achieved on sites where the soil is continuously saturated with shallow moving water.

Tupelo is also a prolific seed producer. Seeds overwinter and germinate the following spring. Stump sprouting is very common following logging and can produce seed within 2 years. Swamp tupelo will normally develop a taproot. Water roots that develop during flooding tolerate high carbon dioxide concentrations. Tupelo is shade intolerant.

On February 25, seven brave souls braved the harsh northern winter (60 degrees and sunny??) and trekked overland to see the hardy black gum on Lincoln Mountain State Forest. On the way we stopped at a recent timber harvest of large mature oak, where Rich McDermott, State Forester, discussed his management strategy for the regeneration of the overstory oak. The emphasis here was to reduce the beech understory that would impede this regeneration. This was



Top: DEC forester Rich McDermott discusses his management plans for oak regeneration. **Above:** The large tree in the middle is a 500+ year old Black Gum (Tupelo) tree.

accomplished mechanically by the timber contractor, who also doled out \$36,000 for the privileged of harvesting the oak.

Due to the recent warm temperatures and rain, direct access to the tupelo was impaired. However visual evidence was close at hand. After a short discussion of various forestry topics and a quick shot of maple soda, the group returned to their vehicles on Green Road.

Online Forestry

Spring tree sales within our Chapter – don't forget you can place an order with a neighboring county.

Hamilton County: The Hamilton County Soil and Water Conservation District is proud to offer a wide variety of bare root seedlings and ground covers to be used for erosion control, wildlife habitat improvement, beautification, Christmas trees, windbreaks, and wood product production. Visit their website <http://www.hamiltoncountyswcd.com/index.php/services/tree-and-shrub-sale>

Saratoga Tree Nursery: The Department of Environmental Conservation operates the State Tree Nursery in Saratoga Springs, which produces tree and shrub seedlings for conservation plantings on public and private lands. Trees can be ordered January through May. Native New York seed-sources are used when available. <http://www.dec.ny.gov/animals/9395.html>

Saratoga County: Tree sale website <http://www.saratogacountyny.gov/departments/soil-and-water-conservation-district/>



Rachel McCarthy/Cornell University - NEPDN

Warren County: The Warren County SWCD sells tree and shrub seedlings once per year in April to interested landowners throughout Warren County. Visit their website at <https://warrenswcd.org/tree.html>

Washington County: Website for ordering information <http://washingtoncountyswcd.org/documents/2017TreeOrderForm.pdf>

Coming Events...

May 4th

SAC STEERING COMMITTEE MEETING

CCE Office of Saratoga County
50 W. High Street, Ballston Spa
6:00pm

All members are welcome!

April 1st & 2nd

SARATOGA WOODWORKERS SHOWCASE

Saratoga Springs City Center
10am – 5pm

NYFOA booth co-staffed by SAC and CDC

June 10th

SAC SPRING EVENT AT TOAD HILL MAPLE FARM

Hosted by Randy Galusha
Toad Hill Maple Farm
151 Charles-Olds Road, Athol
www.toadhillmaple.com

9:30 – Coffee and refreshments

10:00 – walk/wagon ride begins

Enjoy a wagon ride to the sugar bush and covered bridge.

Randy will share information on building logging roads.

Bring your own lunch and lawn chair.

After lunch we can visit the sugarhouse and discuss some newly added equipment.

Directions and final details will be emailed, mailed and posted on the NYFOA website.

July 18 – 23

SARATOGA COUNTY FAIR

If you would like to volunteer to work the NYFOA SAC booth please email Bill Burke at liamsb46@gmail.com

August 21 – 27

WASHINGTON COUNTY FAIR

If you would like to volunteer to work this event call Jane Jenks at (518) 532-1825



Silent Auction for Youth Forestry is Building Steam!

by Dean Faklis

NYFOA's traditional silent auction coincides with its annual meeting on April 8, 2017. The auction's beneficiaries for 2017 have been selected from several worthy organizations that are passionate about forestry and NY's young people. The winners are.....NY's 4-H Forestry Invitational Team and NYFOA's Woodlands Mini Grants for Educators! There is a lot of good information on the auction and its beneficiaries at the NYFOA website. Please follow the link at NYFOA's home page, www.nyfoa.org.

The NY 4-H Forestry Team continues to post strong results but needs our help to reach more NY youth. We've structured a "one-two punch" to help 4-H. Financially, through our auction, and with our time using our newly-developed forestry workshop for beginners. I gave the workshop for the first time on October 23 to Livingston County families and the room was overstuffed with children ages 6 to well over 60! Thirty minutes of talk and sixty minutes of woodwalk, which included tree identification and tree measurements. Wow, do the kids catch on fast; it was my pleasure to be able to deliver the good news about woodlands. Oh...did I mention that we topped it all off with 30 minutes of Q&A and eating serious amounts of sweetened goodies? What Fun!

Your auction donation and purchase will help the 4-H Team and its efforts with cash (their proposal is on the auction's website). And if you're inclined and ready to see big smiling

faces, your donation of your time in your community will have big impacts. The presentation and worksheets are free to you for the asking (dfaklis@frontiernet.net). Just coordinate with your Cornell Cooperative Extension and add refreshments for a complete and balanced education.

Please visit the auction website at nyfoa.org today. Download the donation form, check it over and please consider giving a generous gift. NYFOA is recognized by the IRS as a 501(c)3 organization.

Soon, we'll be posting pictures of the donated items at the auction website for some pre-auction inspection. Some of the items will be available for bidding on-line before and after the annual meeting. Some items will only be available for bidding at the annual meeting on April 8 in Syracuse, mostly to keep shipping costs down. Meeting attendees have the added advantage of being able to bid in-person and on-line, which gives them access to all donated items.

We're trying to raise \$5,000 for these fine youth forestry programs using the auction. Cash donations directly to NYFOA earmarked for the auction are greatly appreciated too. If you have questions about the auction, please send me a note directly (dfaklis@frontiernet.net) or send a note to the auction email account, auction@nyfoa.org. If you'd like to volunteer to help implement the auction, we sure could use a few more hands so please send us a note. It's easy and many hands make lite work.



**Still searching
for a Chair and
Vice-chair to
lead our chapter!**

**Are you interested in hosting a woodswalk?
Do you have an suggestion for a chapter event?**

If so please contact Kristie Edwards, newsletter editor,
at 411 Beech Street, Mayfield, NY 12117, or at edwardsk922@gmail.com,
and she will forward your interest to the steering committee.

**New York Forest
Owners Association**



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Chair: Vacant

Vice-Chair: Vacant

Secretary: Bill Burke

Treasurer: Bob Manning

**NYFOA/Southeastern
Adirondack Chapter**

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