

Early Autumn 2009



Tie Up Your Laces
And...Work!

Points to ponder:

- Can your blazes be found and your trail be followed in all seasons of the year, especially by novice or color blind hikers?
- My friend's been chainsawing for years. Why doesn't his experience qualify him to work on the FLT?

Crisp Blazes for Color Blind Hikers

Several hikers have reported problems finding trail blazes, especially after the leaves have come on, blown snow has stuck to a tree's trunk obscuring part of the blaze, or the blaze looks less like a blaze and more like a natural blob than it should.

Please help those of us who are color blind or who just can't see so well anymore find and stay on the trail. Please (1) paint over old, faded or flaked blazes with fresh new paint; (2) use gloss or high-gloss exterior latex paint; (3) blaze big trees rather than spindly saplings when you can; (4) *make your blazes to the standard size of 2" x 6" with straight, crisp lines and 90-degree corners*; (5) outline critical blazes and paint over paint-blaze dribbles and runs with black or dark camo; (6) check that your next blaze can be seen from the previous blaze, in both directions; and (7) make sure your blaze can be picked out by people both taller and shorter than you are.

These actions should help differentiate the blazes from the irregular spots that occur naturally on many trees.

TRAIL TENDERS' NEWS

A publication from the Trail Quality Training Team

Finger Lakes Trail Conference



NOTICE!

Mark Your Calendars!

NOTICE!

Regional Meetings Coming Up in Early November

If you work on or host the trail in one of the following regions, you are invited to attend this year's area meetings for trail maintainers and other interested parties.

Trail Maintainers and others in the Genesee-East Region will meet:

- Nov. 1st (Sunday), 10-2
- at the FLTC Office, 6111 Visitor Center Rd., Mt. Morris (E side of Letchworth, at the dam site).

If your trail is on M7 through M11 plus L1 or L2 (i.e., from south of Portageville E to NYS 415 on the west side of Bath or in Letchworth Park), please plan on attending this meeting.

Trail Maintainers and others in the Watkins-Glen East and the Chenango-West Regions will meet:

- Nov. 7th (Saturday), 10-2,
- at the DEC office in Cortland, 1285 Fisher Ave. (CR 115, W of Rt. 81)

If your trail is on M15 through most of M22 (i.e., Watkins Glen at NYS 14 E to NYS 26 [Otselic Rd.]), or in Queen Catherine's Marsh or the Montour Falls Historic Loop, or you work on the Onondaga Trail, O1 & O2), please attend this meeting.

Topics likely to be discussed include:

- who does what now in the FLTC;
- what the trail maintenance agreements (called Adopt-A-Natural Resource Agreements) between the FLTC and the DEC say;
- how to make and when to use aluminum strips (or Carsonite posts) and decals, and other signage
- trail specs ("standards") for long-lived trails

Three regional meetings will be held next year, most probably in Springville, Hammondsport, and Bainbridge. Note: The Interloken Trail, the Finger Lakes National Forest, and the GET-NY branch trail will be included in the Hammondsport meeting next year. However, **if you have recently become a trail sponsor or have questions or ideas about trail maintenance, the FLT, the FLT/NCT or the FLTC that you want to discuss with others, you are invited to attend either of this year's meetings.** Please email Lynda ahead of time to suggest specific topics, and

BRING YOUR LUNCH, YOUR QUESTIONS, AND YOUR IDEAS!

TRAILWORKERS: If your FLTC maps are more than two years old (or you've never bought FLTC maps...), **PLEASE BUY THE JUST-UPDATED FLTC MAPS** that include the sections you work on. Joe Dabes and Don McClimans have gps'd the changes that were made over the summer and updated the maps accordingly; and map prices are likely to go up fairly soon. Available from the FLTC at: www.fingerlakestrail.org.

PLANS FOR "OPEN AIRE" WOOD TRAIL TOILET FOUND!

Sometimes called a "wilderness toilet," "chum toilet," "back-country toilet" or "Wallowa toilet," we've called this small structure an "open aire" wooden box toilet, to try to give it some class.

The "open aire" pit toilet is widely used; e.g., in the Adirondacks and Superior National Forest, along the Long Path (where the photo of the wooden box in the trees was taken), and, surprisingly perhaps, in popular paddling destinations such the Boundary Waters Canoe Area and Algonquin Provincial Park. The reasons? It's comparatively simple to construct, is aesthetically acceptable (possibly even pleasing), is affordable in terms of labor and materials cost, goes over a pit that composts (okay, admittedly very slowly), does not pollute if the pit hole is dry, *and is handicapped accessible* (as all our new permanent facilities must be). **Because of these reasons, this is now our "toilet of choice" for any site located where materials cannot be trucked in or where funds or labor are limited (which they usually are).**

A privacy screen or screens should be constructed if the toilet site is visible from the shelter or the trail; a good spot for the screen is by the access path, with the toilet positioned so the user turns to the right or the left, once past the screen, to access the toilet. The screen can consist of dense bushes or trees, if available, or it can be made of treated wood or cut and woven saplings or other "found materials." The screen also gives users a place to hang their cap or shirt while using the toilet, which signals use.

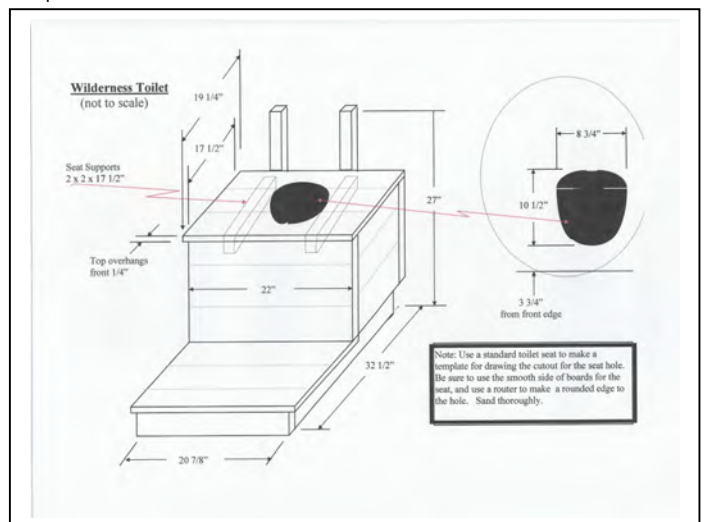
Many thanks to Katie Stuart, District Ranger, and Dave Neely, Assistant District Ranger, Androscoggin Ranger District, White Mountain National Forest, for sending us these plans. To obtain a set of drawings and instructions, email [Lynda Rummel at ljrassoc@roadrunner.com](mailto:ljrassoc@roadrunner.com).



Early Autumn, 2009



Below, one of several construction drawings for the wooden box pit toilet pictured above left. To assure accessibility, eliminate the front platform shown in the drawing. Hemlock recommended in porcupine country. Stake the box securely to thwart the "sport" of "toilet tipping." The "Open Aire" fiberglass toilet, above right, is an alternative that's not as "rustic" but is easy to install. Both cost less than an ADA-compliant enclosed-shed pit toilet and a lot less than a "moldering privy" which has a walled toilet sitting on a platform a-top a compost crib above ground. This summer, Joe Dabes, John AX Morris, Jay Zitter and her husband, Bill, installed a fiberglass privy at the Woodchuck Hollow Lean-to. Joe says it was "a snap !"



After hospital treatment, Gerry Benedict good-naturedly points to his bandaged nose (no, it's not because of the toilet story above). Bob Kremens (L) administered first aid on the scene. The injury occurred on the FLT/NCT on Mt. Washington, SE of Hammondsport (M12).

Photo and information used with Gerry's permission.

Gerry Benedict was pushing a really big rock up the side of a ravine when he slipped and fell forward, smashed his nose against the rock and cut his right nostril deeply enough to require stitches. Fellow Alley Cat crewmember, Bob Kremens, was close by and from his first aid kit quickly supplied Gerry with gauze and a cloth to press against the wound. Within a few moments, Gerry and Alley Cat crew leader, Lynda Rummel, were headed down Mt. Washington to Lynda's utility vehicle, then out to Lynda's car, and finally down the highway to Ira Davenport Hospital in Bath, where Gerry received 5 stitches and orders from the emergency room doctor not to do any physical labor until Gerry's own doctor removed the stitches. The good news is that soon after the stitches were removed, Gerry finished hiking the Conservation Trail, the last leg of his quest to hike the entire FLT System.

If Injured Working on the Trail

Gerry's injury (story at left) helped us clarify the steps that should be followed when one of us is injured working on trail in the FLT System.

The following applies particularly to injuries incurred on any segment in the FLT System that is on NYS DEC lands or that is part of the North Country National Scenic Trail – that is, the main trail from the PA border in Allegany State Park east to the Onondaga Trail and the Onondaga Trail -- because, for purposes of Workman's Compensation, volunteer trail workers working anywhere on the NCT, in the Finger Lakes National Forest or on NYS DEC-managed lands are considered unpaid employees and the injured person *may* be reimbursed for some out-of-pocket expenses by the federal or state governmental agency.

Preliminaries: (1) Carry a cell phone. (2) Carry a first aid kit. (3) Identify a person in charge (usually the crew leader or a senior, experienced trail worker) who, before calling or leaving the scene, learns (a) who was injured, (b) the time the injury occurred, (c) the place where the injury occurred, (d) what happened, and (e) what was done for the injured worker. The person in charge will need this information in order to help the injured worker tell the hospital staff, fill out the FLT's *Incident Report Form* (obtained later from the FLT office), and provide supplemental information to the NPS and/or the DEC if



May 30-31, 2009. L to R, *front row*: Wayne Smith, Terry Meacham, Ken Reek, Paul Hoffman, Bill Lindloff (instructor), Don Kneiper; *back row*: Kevin Fridman, Tony Rodriguez, Bob Blivan, Dave Drum, Pete Nye, Marc Potzler, Lynda Rummel, Dave Potzler, Tom Bryden, Ben Petryszak. Not pictured: Jim Wade.



Sept. 12-13, 2009. L to R, *front row*: Richard Gastauer, Bill Lindloff (instructor); *middle*: Deb Borer, Dan Wrightsman; *back row*: Don Feola, John Schmitt, Joe Borer, Scott Bowen, Scott Sellers, Richard Swank, Bob Emerson. Photo by Lynda Rummel.

HAVE SAW, WILL TRAVEL

The FLTC's Chainsaw Policy says that volunteers using chainsaws on trails anywhere in the FLT System should be *certified* and use proper personal protective equipment (PPE). For purposes of Workman's Comp, volunteers working on the North Country Trail (NCT), the FLT/NCT, and NYS DEC-managed lands are considered unpaid employees; both the National Park Service (NPS) and the DEC require their chainsaw-using employees to be certified and wear PPE.

This year, the FLTC offered two courses to certify new sawyers and recertify some whose 3-year certification expired. Held in Birdseye Hollow State Forest (M12), with sleeping accommodations at the spacious scout house in Hammondspport; both 2-day courses and the PPE were free to participants (paid for by Challenge Cost Share funds from the NPS). Instructor Bill Lindloff received rave reviews.

The FLTC expects to offer another sawyer certification course in the spring of 2010. If you are interested in attending, please contact Marty Howden, FLTC Chainsaw Certification Coordinator, at howser51@yahoo.com.

FLTC policy also requires sawyers to complete courses in Basic First Aid and Adult CPR. Payment may be reimbursable, if the payment receipt and a photo-

copy of the cards are sent to Marty.

Any trail maintainer, crew- or work-party member who works annually on NY's NCT or any trail in the FLT System is eligible to attend. However, please note that in exchange for the high-level training, all sawyers are asked to help outside their "home territory," especially on the NCT, when they can.

How to Get a Sawyer's Help

If you need the services of a sawyer, of course you can ask someone in your club or whom you know directly. However, in the interests of spreading the work around and helping sawyers fulfill their promise to work away from home (when asked and when possible), the sawyers and "trail management" would like you to *ask your Regional Trail Coordinator first*:

Regional Coordinators, West to East:

Genesee West (M1-M6, CT1-CT12)

Marty Howden

howser51@yahoo.com (585) 964-7331

Genesee East (M7-M11, L1 & L2)

Irene Szabo

treewenie@aol.com (585) 658-4321

Watkins Glen-West (M12-M14, I1 FLNF)

Lynda Rummel

ljrassoc@roadrunner.com (315) 536-9484

Watkins Glen-East (M15-M19, QCMT, MFHLT)

Joe Dabes

kabind@msn.com (607) 844-3872

Chenango-West (M20-M22 NY26, O1 & O2)

Anthony Rodriguez

boricua1037@verizon.net (315) 446-3586

Chenango-East (M22 NY26-M26 Bainbridge)

Ed Sidote

ejsidote@frontiernet.net (607) 334-3872

Catskill-West (M26 Bainbridge-M27)

Jim DeWan

goshawkbait@gmail.com (607) 775-3001

Catskill-Central (M28-M30 NY206)

Mike Gebhard

mvgebhard@hughes.net (607) 624-1231

Catskill East (M30 NY206-M33)

Kevin Millar and Mike Gebhard (see above), Interim

kjmilow@yahoo.com (607) 341-7842 H, 687-3263 C

Bristol Hills Branch (B1-B3)

Tom and Donna Noteware

noteware@empacc.net (607) 868-4616

"GET-NY" Branch (M13 Moss Hill Lean-to S to PA)

Pat Monahan

pmonahan@stny.rr.com (607) 936-8312

If Injured Working on the Trail, continued from p. 2

injury occurred on the NCT or DEC-managed lands. (4) If the person should not be moved or cannot make his/her way out safely, call 911.

Then...

(5) The person in charge should accompany the injured worker to the treatment facility, which may be the nearest hospital emergency room, and stay with the injured worker for as long as he/she can or is permitted to by the doctor or the injured worker. (6) If the injured worker is having difficulty, ask his/her permission to present information (e.g., his/her insurance card) on his/her behalf. (7) The injured person's own medical insurance is called upon to pay for treatment, so the injured person should notify his/her health insurance provider and follow the insurance provider's instructions, in order to assure that treatment is covered. (8) When first at the hospital, the person accompanying the injured person must get the name of the attending doctor and the hospital's fax number, and then call Gene with that information. If Gene has not been reached or Gene asks the person in charge to make the call, then call the NPS or the DEC regional

administrator directly. ***The NPS needs to be able to fax forms to the doctor at the hospital, and the DEC may, as well; and the doctor may need to ask the injured person's permission to fill out the forms!*** (9) If the injury occurred on state park lands, the state park administrator should also be given this information. (10) If the injury occurred on private land, the crew leader, person in charge, or a person with FLTC organizational responsibility should contact the landowner, briefly describe the incident, the condition of the injured worker, and what help the injured person received, and address any concerns the landowner may have. Remember: the landowner is given broad protection by New York State's recreational use statute (the General Obligations Law) against liability, and the person's own health insurance will be called on to pay for treatment. Exactly who should contact the landowner should be decided after consulting with the FLTC Office.

Make plans now to attend a Trail Maintainers' Regional Meeting in November. Details on page 1!

Please send questions, comments, complaints, corrections, suggestions, new information or tips about trail building or trail maintenance to: Editor/writer -- Lynda "Queen of the Tipoz" Rummel (ljrassoc@roadrunner.com); or the volunteer senior contributors: Bill Coffin (wmscoffin@twcny.rr.com); Mary Coffin (mcoffin1@twcny.rr.com); and Irene Szabo (treeweenie@aol.com). Training (trail maintenance, design and construction) available upon request. Want to join the "Travelin' Training Team?" or contribute to the *Trail Tenders' News*? Contact Lynda Rummel at ljrassoc@roadrunner.com.

**Upcoming Regional Meetings
& New Privy Plans!**

**Finger Lakes Trail Conference
FLTC Service Center
6111 Visitor Center Rd.
Mt. Morris, NY 14510**