

April 2021

# TRAIL TENDERS' NEWS

*A publication from the Trail Quality Training Team*



**Tie Up  
Your  
Laces...**

**And Work!**

### Points to ponder:

- We'll all get through this together, right? Right.
- It's time to clear my section, right? So, is it okay to do trail work now?
- And Is it okay to do chainsaw work now? How does the kind of training I take affect the insurance I might be eligible for?

### Trail Council Meeting Reformatted to Email Exchange of Reports and a Zoom Mtg.

Phase I of the Reformatted 2020 Trail Council meeting is under way. RTC's and some other participants have been asked to provide reports and most have come in. Jon Bowen, FLTC VP-Trail Maintenance, is in the process of emailing these reports and other documents to the invitees, for them to read at home. Jon is organizing how Phase II will proceed, is pretty sure it will include a Zoom meeting (tentatively scheduled for April 22, 7:00 p.m.), and wants to know your questions. Invitees should expect to see emails from Jon with attachments shortly if they haven't received them already.

### COVID-19 FAQ

**The latest guidelines for using trails in the FLT System are posted at [www.fingerlakestrail.org](http://www.fingerlakestrail.org).**

**Click on COVID-19 FAQ before you start to work**

### Attention Cortland County Trail Maintainers!

**Please tend to your trail sections as soon as possible.  
This Year's Cross-County Hike Series Will Start...June 19!**

### New Requirements for Chainsaw Users and their Helpers

Sawyers have long been required to complete **Basic First Aid (BFA) and CPR** as part of their chainsaw certification. New this year is a National Park Service (NPS) requirement that sawyer *helpers* must also be certified in BFA and CPR. We think that this is a good idea; but to help with this additional burden, March 31, the FLTC Board of Managers approved reimbursing helpers and sawyers each up to \$35 for a combined course (or \$25 for each course if taken separately) upon proof of satisfactory course completion (a certificate or wallet card) and receipt of payment. Helpers should also include the names of the sawyer(s) whom they help. **Submit this information and documentation to Michaela Aney, staff Director of Trail Development, at [michaela.aney@fingerlakestrail.org](mailto:michaela.aney@fingerlakestrail.org).**

The Basic First Aid and CPR certification requirements may be satisfied by taking courses online from providers such as the International CPR Institute (at [www.icpri.com](http://www.icpri.com)), the American or Canadian Red Cross, or the American Heart Association. (The FLTC does not offer these courses. Sorry.) Online first aid and CPR courses are usually affordable and have proven to be better than just adequate; however, if you have never taken either as a live course, we strongly recommend that you take them "live" just as soon as you can. Whatever kind of course you take, be sure that it issues either a wallet card or a certificate.

**Note #1 for Doing Chainsaw Work on the NCNST:** The NPS, which oversees the North Country NST, requires that the Basic First Aid and CPR courses be hands-on or include a hands-on component. *Fully online courses do not satisfy this NPS requirement.* So, should an accident or injury occur when working on the NCNST part of the Finger Lakes Trail, you will not be eligible for federal worker's comp if you've taken your courses *fully online*. However, if the site of the accident or injury is on state land, you will be eligible for state worker's comp, and wherever the accident or injury occurs, you will be eligible for the FLTC's supplemental accident insurance, regardless of how you've taken your courses. In all cases, to be eligible you must have filled out the proper paperwork (see p. 3).

**Note #2 for Doing Chainsaw Work on the NCNST:** As of this Spring, sawyers and helpers wishing to be eligible for federal worker's comp or work on the NCNST where it's not co-aligned with the FLT must be trained by a trainer certified by the NPS/US Forest Service. Unfortunately, our fantastic Game of Logging instructor, Bill Lindloff, is not certified by the NPS/USFS. With only one Nat'l Forest in NY and plenty of training to do on state lands, there's little incentive for Bill to change the situation. So, to chainsaw on the NCNST in PA or east of the Onondaga Branch, you'll have to get your chainsaw training elsewhere.

**Other Requirements:** Both sawyers and their helpers are required to watch a free series of video lessons entitled "TrailSafe" and a free slide presentation on the topic of bloodborne pathogens. For "TrailSafe," go to <https://www.nps.gov/noco/trail-safe.htm> and **be sure to download the lessons** so the imagery is clear. For Bloodborne Pathogens, go to [www.fingerlakestrail.org](http://www.fingerlakestrail.org) → Members → Volunteer Trail Workers → Reference Documents → Bloodborne Pathogens. Just watching will satisfy the requirements. Please view both courses if you intend to chainsaw or help a sawyer anywhere on the FLT System.

## BOOT BRUSH STATIONS SPREADING!

**GIVE INVASIVE SPECIES THE BRUSH OFF**

Shoes can carry the seeds or eggs of invasive species. Please brush them off before entering and leaving this area.

**What's The Problem?**

Non-native animals, seeds and plant parts can be carried from one place to another on our shoes, hiking gear, or bike & wheelchairs, etc. like.

**Spotted Lanternfly (Lycophotia delicata)** causes serious damage to trees and vines, including important agricultural species like grapes, hops, and wine vines. These invasive insects tap into the sugary veins of plants and excrete a sticky sap called honeydew which feeds, which encourages the growth of black, sooty mold, causing further harm to plants and spreading fruit. Spotted lanternfly excretes toxins to produce a hazardous stain that coats everything below, damaging structures, vehicles, and outdoor equipment.

**Spotted lanternfly is a serious threat to the agricultural, forestry, and outdoor industries of the Finger Lakes. Its forests and the overall quality of life of its residents.**

**Other Invasives On The Move...**

**Asian Jumping Worms (Amynthas sp.)**  
Asian jumping worms damage plant roots and common leaf litter at an incredible fast rate, disrupting soil structure and leaving behind holes, which support soil that is prone to erosion. Plants of non-native forests evolved without earthworms and depend on a deep layer of organic matter for their survival and propagation.

**Emerald Wasp (Aphidius)**  
While most wasps cause little harm to humans, the emerald wasp is a pest to honey bees. It is a parasitic wasp that attacks honey bee larvae and pupae. It is a major threat to honey bee colonies in the Finger Lakes.

**Japanese Stiltweed (Stilpnopsis japonica)**  
Japanese stiltweed grows well in sunny light conditions and spreads in dense woods that prevent desirable vegetation from growing. This grass is identified by the silver white line that is slightly off-center on the leaves, and by the characteristic aerial spike with the stems.

**STOP INVASIVE SPECIES IN YOUR TRACKS.**

**Play Clean Go**

Clean Your Gear Before Entering And Before Leaving This Site

Logos for the Finger Lakes Trail Council, NYS DEC, and other organizations are present at the bottom.

See the FLT logo at the lower right? Means FLTC volunteers played an active part in identifying/arranging sites for two such boot brush stations/signs and says to neighbors that the FLTC cares about more than just the trail. See that Scout emblem next to the FLT logo? Means that this station was built by a teenager working to earn his Eagle Scout rank. Other partners in this venture: Hobart & Wm. Smith Colleges, Finger Lakes PRISM (based at H&WS), and the NYS DEC, which sponsors the PRISM initiative. FL PRISM provides the signs, materials, and guidance for construction. The scout, Marcus Paul, of Horseheads, had the opportunity to write some of the text. I selected 4 species (Spotted Lanternfly, Asian Jumping Worms, Hemlock Woolly Adelgid, & Japanese Stiltweed) with tiny eggs or seeds that can be spread by hiking boots. Infestations could devastate local economies and our beautiful outdoors. These 2 stations will go near the foot of Mitchellsville Gorge & in Birdseye Hollow Day Use Area (M12). If you want a station for a parking area near *your* section, contact Lynda at [ljrassoc@roadrunner.com](mailto:ljrassoc@roadrunner.com).

## Please Clear Passport Hike Trails ASAP



Passport Hikes will form the basis of the Hiking 101 program this year. Deb Nero, FLTC Exec. VP, is co-ordinating and leading the hikes. If your section includes a passport rubbing station, please be sure to clear the tread, corridor & rubbing station so the trail is inviting to new hikers. Contact Deb for info at [dn13@Cornell.edu](mailto:dn13@Cornell.edu).

It has been my privilege to serve as the Editor/Lead Writer of this trail management newsletter for about 15 years. I have greatly appreciated the help of colleagues whom I conscripted to write for this rag and to provide training at numerous workshops and meetings – in particular, Steve Catherman, Bill Coffin, Mary Coffin, Dave Newman, Mike Schlicht, Quinn Wright, Val Bader, Annette Toaspem, Bob Kremens, Paul Good, all the RTC's, and especially Marty Howden and Irene Szabo. (My apologies to all others whom I haven't named.) This will be my last newsletter; Michaela will figure out what to do next. Thanks to all of you – maintainers, Sponsors, RTC's, and the whole Trail Management Team. You made most of it a lot of fun. And if you do have any impulse to remember the TTN fondly, reread those 10 April Fools' Issues and laugh at the baaaad jokes, tall stories, and cartoons yet again. See ya on the trail. *Lynda*

## Guidelines for Doing Trail Work

April 2021

Slightly updated April, 2021 (subject to change – check the FLTC website ([www.fingerlakestrail.org](http://www.fingerlakestrail.org)) for the latest COVID-19 FAQ sheet):

**Can I perform routine maintenance? Can I work with others?**  
Yes, you can perform trail maintenance, but please continue to follow these guidelines:

- Work individually or in small groups ONLY. Please DO NOT carpool to trailheads and work sites. Maintain [physical distancing] within your work group.
- Avoid sharing tools and equipment. Carry your own personal pruning or bow saw, loppers and work gloves. Use hiking poles for safety and to flick sticks off the tread.
- Wear a mask (or 2-layer neck gaiter) if you are working near others or you're likely to be passed by hikers. Anticipate more people out on the trail!
- Carry hand sanitizer and an extra pair of exam gloves to use when you return to the manmade environment.
- In order to avoid *other* trail users, perform maintenance on highly trafficked areas at "odd hours," e.g., as soon after daylight as you can. Trail use has increased greatly!
- Please remember that chainsaw work is to be completed by certified sawyers ONLY. At this time, sawyers are unable to get to all areas. However,
- If you need the services of a certified sawyer, contact your Regional Trail Coordinator or club trails chair. Please continue to report trail conditions that you cannot handle to [trailreport@fingerlakestrail.org](mailto:trailreport@fingerlakestrail.org).
- The list of certified sawyers will be updated at the completion of this spring's classes. If you want a copy of the list, email [ljrassoc@roadrunner.com](mailto:ljrassoc@roadrunner.com).
- Remember you do not have to do everything yourself. Be safe. Take rest breaks and drink fluids. Take time to enjoy the outdoors. And in spite of all the other stuff going on, remember to watch out for ticks and poison ivy.

## Spring Chainsaw Classes are On!

**Unless advised further by a direct message from Marty Howden**, the FLTC-sponsored chainsaw certification training courses set for April 24 & 25 and May 15 & 16 are a "go." However, class size has been limited to 9 plus the instructor and the classes are filled.

Participants must be current with their CPR, Basic First Aid, and Bloodborne Pathogens trainings; bring face coverings to wear and hand sanitizer to use, chainsaws and sawyer PPE. To be reimbursed for at least some part of BFA and CPR training taken this winter/spring, submit a copy(ies) of certificate(s) or wallet card(s) plus proof of payment to Michaela Aney, staff Director of Trail Development, at [michaela.aney@fingerlakestrail.org](mailto:michaela.aney@fingerlakestrail.org). There is no charge to participants for the chainsaw training. Free overnight housing at the Scout House in Hammondsport is available, *if* you have notified Marty ahead of time.

Marty is retiring as Chainsaw Training Coordinator at the end of this season. He is just The Best. When you see him, please thank him for his exceptional service.

## New VIP Program through National Park Service

Written by Michaela Aney

As of May 1, 2021, there will be a new Volunteer in Parks (VIP) Program available to volunteers working on the NCTNST. Instead of a broad agreement with an affiliate (FLTC is an affiliate), this program makes it possible for volunteers to individually pursue the program. It is optional to be a part of the program and information can be found by clicking [here](#) or by attending one of the four informational webinars:

- [Thursday, May 6 at 7-8 pm EST](#)
- [Monday, May 10 at 7-8 pm EST](#)
- [Tuesday, May 11 at 11 am-12 pm EST](#)
- [Wednesday, May 12 at 11 am-12 pm EST](#)

VIPs will be asked to read and understand different volunteer position descriptions, review the Job Hazard Analyses associated with each position that discuss possible hazards and how to reduce potential risks, and then use this information to select which positions best suit them. The positions they select are then noted on the individual Volunteer Service Agreement with the NPS. These forms will be available on NCTA’s website on May 6, 2021. Click [here](#) for an example of a completed Volunteer Service Agreement.

If someone wishes to be a sawyer through this program, then you must fulfill all the requirements set forth by the NPS that are described on Page 1. If there are any questions regarding this program and what roles you may be eligible for, please reach out!

**What does that mean for us?** In short, the biggest effect on the folks who work on the FLT where it hosts the NCNST is the change in eligibility for Worker’s Compensation with the U.S. Department of Labor. **Only those who choose to participate in the VIP Program will be eligible for that insurance.**

**So, what happens if I get hurt while volunteering?** Great question – we still have a lot of ways to keep you covered in case of injury. It all starts with filling out a [Trail Maintainer Registration Form](#)! These do not expire and only need to be re-submitted if your personal information changes.

Additionally, if you are volunteering on [DEC](#) or [OPRHP](#) property, there are separate forms that need to be filled out. The DEC form does not expire. The OPRHP form needs to be resubmitted annually. Having these forms on file will allow a claim to be submitted to the NYS Department of Labor.

If you will be driving on DEC or OPRHP property, you must supply a copy of your Driver’s License **Continued at right**

Your coverage even applies to your travel to and from the work area.

If you are working on private property and have a Trail Maintainer Registration form on file and follow the correct [procedure](#) – then you can submit a claim through the Finger Lakes Trail Accident Insurance Policy. To tap into this insurance, Michaela must be contacted before AND after work takes place. Please see the procedure for specifics.

If you have any questions regarding the VIP Program or how to make sure that you are eligible to submit a claim if you are ever injured, please reach out to Michaela at [michaela.aney@fingerlakestrail.org](mailto:michaela.aney@fingerlakestrail.org).

### Wait, who’s Michaela?

Hi, I am Michaela, and I am the Director of Trail Development for the FLTC. I have been crisscrossing the Finger Lakes Trail for about 5 years as I have led crews with the Student Conservation Assoc. (SCA) Excelsior Conservation Corps all over the state of New York. I have worked on a multitude of conservation projects ranging from trail work to historic preservation. Before my work with AmeriCorps members and conservation projects, I attended SUNY Cobleskill for environmental and energy technologies.

I landed in this role in February, and I am excited to be able to get out on the trail and start working with all the wonderful people who bring it to life.

Please reach out to me if there is a need for training, help doing some project, or if there is ever a question about risk management, policies, or procedures.

Part of my job will be to update/solidify and document our policies and procedures and to provide trail volunteers with the tools they need to be successful (whether that be actual tools or skill-related tools). Letting me know what you need and what questions you have will help me look for and document the right information to help all of us.

I look forward to working with this community, helping it grow, and learning from the network of people out on the trail. With any luck, you will see me on the trail with my mighty huntress of a dog, Rebel.



Happy hiking and see you soon,

Michaela

**Regional Trail Coordinators, West to East:**

Far West (M1-M4, CT 1-CT 12)  
Jeanne Moog (administrative tasks)  
[jeamoog@aol.com](mailto:jeamoog@aol.com) (716) 652-6190 H  
(716) 445-3179 C  
And Frank Occhiuto (trail work)  
[focchiutto@live.com](mailto:focchiutto@live.com) (716) 651-9877

Genesee West (M5-M6)  
David Malinowski  
[davidmalinowski716@gmail.com](mailto:davidmalinowski716@gmail.com) (716) 909-5290

Genesee East (M7-M11)  
Peter Wybron  
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Watkins Glen-West (M12-M14, QCMT, MFHLT)  
Bill Meehan  
[bmeehan@frontiernet.net](mailto:bmeehan@frontiernet.net) (607) 481-9228

Watkins Glen-East (M15-M19, I1 FLNF)  
Dave Priester  
[david.priester@twcny.rr.com](mailto:david.priester@twcny.rr.com) (607) 280-5074

Chenango-West (M19 Tone Rd.- M21 Elwood/Potter Hill Cem. Rd.)  
(Southern Cortland Co.)  
Peter Dady  
[dady@toast.net](mailto:dady@toast.net) (315-729-4322)

AND  
Chenango-West (M21 Elwood/Potter Hill Cemetery Rd. – M22 NY  
26) & Onondaga Trail (O1-O2)  
Anthony Rodriguez  
[boricua1037@verizon.net](mailto:boricua1037@verizon.net) (315) 446-3586

**RTC's, continued:**

April 2021 4

Chenango-East (M22 NY26-M24 Bowman Lk. SP)  
Tom Bryden  
[snbdodger@yahoo.com](mailto:snbdodger@yahoo.com) (607) 859-2225  
AND  
Chenango-East (M24 Bowman Lk. SP-M26 Bainbridge)  
Larry Blumberg (interim)  
[lblumberg@stny.rr.com](mailto:lblumberg@stny.rr.com)  
[for Roy Dando, on leave,  
[rdando@frontier.com](mailto:rdando@frontier.com) (607) 785-3141]]

Catskill-West (M26 Bainbridge-M27)  
Donald Sutherland  
[dsutherlandny@aim.com](mailto:dsutherlandny@aim.com) (607) 754-9573

Catskill-Central (M28-M30 NY206)  
Rick Roberts  
[hikerrick2000@yahoo.com](mailto:hikerrick2000@yahoo.com) (607) 746-9694

Catskill East (M30 NY206-M33)  
Rick Roberts  
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Letchworth Branch (L1 & L2)  
Irene Szabo  
[treeweenie@aol.com](mailto:treeweenie@aol.com) (585) 658-4321

Bristol Hills Branch (B1-B3)  
Donna Noteware  
[noteware@empacc.net](mailto:noteware@empacc.net) (607) 868-4614

Crystal Hills Branch (CH1-CH3)  
Pat Monahan  
[pmonahan@stny.rr.com](mailto:pmonahan@stny.rr.com) (607) 368-0847

**To:**

**Training Req's for Swampers & Sawyers,  
Reimbursement Procedures for BFA & CPR,  
Info about Workers' Comp**

**Finger Lakes Trail Conference  
6111 Visitor Center Road  
Mt. Morris, NY 14510**