



# GUIDELINES



## President's Message

By Scott Locorini

Welcome to 2015! I wish you all a safe and successful year. In the past year we have accomplished much as a organization and I look forward to what we can do in the future.

In 2014 we designed and uploaded a new website, attended outdoor shows from Niagara Falls to New Jersey, trained dozens of new, aspiring and current guides in water safety, first aid and CPR, maintained our Facebook page, made electronic membership renewals and applications a reality, started accepting credit cards and made Rendezvous registration electronic. We have been busy but I have to say a big "thank you" to Lynn Malerba for working out the website updates. If we didn't have Lynn we'd.....



Scott Locorini

Another role of NYSOGA is to stay updated on legislation that affects the guides of NYS. As many of you know there is still pending legislation to change the current guide law. There was a meeting in Albany back in September about the legislation and it was sent back to be edited. Since that time I have been in contact with several folks from the DEC and I've been told we can expect to see the newly edited legislation by the end of January. We'll be updating you as soon as possible.

While we have accomplished much in the past, there is still work to be done. Your help and feedback is always welcome and encouraged. If you would like to become active in the organization feel free to drop me a line or give me a call.

Best wishes for your winter season and to a successful 2015!



President Scott (on left) with daughter Mia

## Winter Rendezvous, Annual Meeting To Be Held March 12-15 in Lake Placid

By Sheila Young

My, how time flies! On behalf of the entire 2015 Winter Rendezvous committee, we are looking forward to meeting new people and rekindling our many friendships in Lake Placid in March. By the time this goes to press, it will be too late to register for lodging at the Comfort Inn at the NYSOGA discount.

The Eastern College Athletic Conference (ECAC) hockey competition takes place in Lake Placid during March, so finding alternative lodging can be a challenge. But there are

dozens of hotels, motels, B&Bs, and cabins in the local area. There will still be time to beat the deadline (February 26) to register for attendance and certification classes. The committee is planning a diverse selection of seminars and informational booths for your pleasure. Lake Placid in the winter is a great place to visit. Special "Thanks" to Lynn Malerba and Rainbow Graphics for our new online registration and PayPal option for Rendezvous. They are expanding NYSOGA's reach into the digital world!



Mary Tryon by one of her unique homemade quilts.

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**Editor: Alan R. Woodruff**  
**Photographers: Mary Hall & Tim Hallock**  
 12320 Route 28, P.O. Box 42  
 Woodgate, NY 13492 • (315) 392-4492  
 E-Mail - warw123@hotmail.com

**Illustrator & Cartoonist: Rick Mundy**  
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**NEW YORK STATE OUTDOOR GUIDES ASSOCIATION**

1936 Saranac Ave., Suite 2, Box 150  
 Lake Placid, NY 12496  
 Phone 1-866-4-NYSOGA (1-866-469-7642)  
 E mail: Info@nysoga.com  
 Website: "http://www.nysoga.org

**OFFICERS AND DIRECTORS 2014-15**

**President – Scott Locorini**  
 PO Box 655, Old Forge, NY 13420  
 (315) 335-1681, [scott@adironackexposure.com](mailto:scott@adironackexposure.com)

**First V.P. – Bill Leslie**  
 PO Box 1194, Albany, NY 12201  
 (518) 505-0184, [BillLeslie716@aol.com](mailto:BillLeslie716@aol.com)

**Second V.P. – Sonny Young**  
 PO Box 345, Saranac Lake, NY 12983  
 (518) 359-8192, [adkfoothill@yahoo.com](mailto:adkfoothill@yahoo.com)

**Third V.P. – Sonny Somelofski**  
 PO Box 497, Margaretville, NY 12455  
 (845) 586-1632, [tremperkill@catskill.net](mailto:tremperkill@catskill.net)

**Secretary – Mary Hall**  
 90 Country Club Road, Tupper Lake, NY 12986  
 (518) 359-7536, [maryphall71@gmail.com](mailto:maryphall71@gmail.com)

**Treasurer – Jeff Whittemore**  
 53 Elm St., Dolgeville, NY 13329  
 (315) 429-9324, [whitt0185@yahoo.com](mailto:whitt0185@yahoo.com)

**Region 1 Rep. – Capt. Tim Hallock**  
 PO Box 521, Orient, NY 11957  
 (631)( 255-2672, [hallocksmarine@yahoo.com](mailto:hallocksmarine@yahoo.com)

**Region 2 Rep. – Joe Lombardi**  
 61 22nd St., Middle Village, NY 11379  
 (718) 497-4031, *President*

**Region 3 Rep. – Bill Swiac**  
 PO Box 437, Kerhonkson, NY 12446  
 (845) 532-1100, [wswiac@gmail.com](mailto:wswiac@gmail.com)

**Region 4 Rep. – Bruce Fuller**  
 751 McLaughlin Rd., Sidney Ctr., NY 13839  
 (607) 865-7830  
[hawkmountainguide@hotmail.com](mailto:hawkmountainguide@hotmail.com)

**Region 5 Rep. – Sheila Young**  
 PO Box 345, Saranac Lake, NY 12983  
 (518) 359-8194, [adkfoothill@yahoo.com](mailto:adkfoothill@yahoo.com)

**Region 6 Rep. – John Wainwright**  
 13 Hillside Place, Ilion, NY 13357  
 (315) 894-5834, [jwainwright@aol.com](mailto:jwainwright@aol.com)

**Region 7 Rep. – Craig Tryon**  
 2365 Olanco Rd., Marietta, NY 13110  
 (315) 427-8984, [adkwdexp@yahoo.com](mailto:adkwdexp@yahoo.com)

**Region 8 Rep. – Capt. Jim Morgan**  
 2250 Skinner Rd., Lodi, NY 14860  
 (607) 582-6089, [info@senecachiefguide.com](mailto:info@senecachiefguide.com)

**Region 9 Rep. – Jim Zak**  
 160 Central Blvd., Cheektowaga, NY 14225  
 (716) 894-7301, [adironackzak@verizon.net](mailto:adironackzak@verizon.net)

**DIRECTORS-AT-LARGE**

**Lenny Amberger**  
 679 Tanglewood Lake Rd., Delancey, NY 13752  
 (607) 746-9622, [lennytropic25@yahoo.com](mailto:lennytropic25@yahoo.com)

**Herb Broome**  
 6051 Veeder Rd., Slingerlands, NY 12159  
 (518) 869-0618, [gillsandbills@yahoo.com](mailto:gillsandbills@yahoo.com)

**Joe D'Acunto**  
 POB 71, East Jewett, NY 12424  
 (518) 589-9159, [diocca-victor@rapportmeyers.com](mailto:diocca-victor@rapportmeyers.com)

**John Dixon**  
 104 Wawbeek Ave., Tupper Lake, NY 12986  
 (518) 354-9194, [forewild@hotmail.com](mailto:forewild@hotmail.com)

**Roy Earley**  
 606 Charles St., Scotia, NY 12302  
 (518) 372-7485, [algonquinguides@yahoo.com](mailto:algonquinguides@yahoo.com)

**Wayne Failing**  
 4529 Cascade Rd., Lake Placid, NY 12946  
 (518) 523-7172, [wayne2@northnet.org](mailto:wayne2@northnet.org)

**Brett Lawrence**  
 PO Box 493, Keene Valley, NY 12943  
 (518) 576-9857, [Lawrence@kvvi.net](mailto:Lawrence@kvvi.net)

**Lynn Malerba**  
 90 Country Club Rd., Tupper Lake, NY 12986  
 (518) 359-7536, [adkconnections@spamarrest.com](mailto:adkconnections@spamarrest.com)

**Peter Siskavich**  
 32 Trudeau Rd., Cadyville, NY 12918  
 (518) 293-7950, [lithlbj@yahoo.com](mailto:lithlbj@yahoo.com)

**Alan Woodruff**  
 PO Box 41, Woodgate, NY 13494  
 (315) 392-4592, [warw123@hotmail.com](mailto:warw123@hotmail.com)

**Past Presidents**

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	*Deceased

## Kids to Camp Quilt Is Offered Again

*By Craig Tryon*

In 2015, the NYSOGA annual quilt raffle will again be done to help fund the Walter Bonome/ Mary Tryon Kids to Camp Program. All donations received allow us to sponsor two camperships to one of the NYSDEC Environmental Education summer camps. Past recipients of NYSOGA sponsorships have enjoyed their week at camp, making lifelong friendships, a week of fun-filled outdoor activities and an increased appreciation for the fragile environment we all live in.

If you would like to view the DEC website outlining this program, go to [www.dec.ny.gov/education//DECEnvironmentalEducationCamps](http://www.dec.ny.gov/education//DECEnvironmentalEducationCamps). All camp information is there for your review.

NYSOGA currently has funds in its Kids to Camp account fund two camperships this summer. Two recipients have been identified and we are awaiting their applications to be returned. These will be reviewed and approved by the KTC Committee.

This is a very important program for NYSOGA. It ensures that potential future guides get an understanding about the diverse outdoor environments that are available here in our great state.

The recipient of the Kids to Camp Quilt receives a one-of-a-kind quilt to be displayed in their home or elsewhere.

Be on the lookout for an early February mailing to all NYSOGA members with information about the quilt and raffle. The Kids to Camp Committee thanks you for supporting this NYSOGA program.



# Ask Dr. Guide...

By NYSOGA member Tom Welch, M.D.

## What are the most important safety items to take on the trail?

Many wilderness catastrophes can be traced to the lack of some crucial hiking gear. Most camping or hiking manuals include some sort of “recommended list” for the novice. While these make nice conversation starters, few have any sort of validation.

*Ed. Note: This column appeared as “Adiron-Doc” in the Nov./Dec. issue of “Adirondack,” the magazine of the Adirondack Mountain Club. Guidelines appreciates receiving permission from ADK and Dr. Welch to reprint it here.*

An exception to this is the famous list of “Ten Essential.” Although the origin of the Ten is ambiguous, it probably dates from the 1930s, and has long been advanced by the Seattle-based Mountaineers. Its most famous proponent was Paul Petzoldt, founder of both the National Outdoor Leadership Schools (NOLS) and the Wilderness Education Association (WEA) and a legendary figure in outdoor education. Petzoldt believed that no one should step into the wild without the Ten Essentials, and that having them would prepare one for an unexpected night out. He had been known to take some of his students on a supposed day hike, only to tell them in the late afternoon that they were spending the night. Pity the unfortunate who was not carrying the Ten!

Over time, the Ten has evolved from a simple list (“matches,” “knife,” etc.) into a group of systems, adaptable to location and season. Here is the abbreviated outline of the current Ten’s “systems”:

### 1. Navigation.

Modern GPS systems are terrific for finding the nearest gas station on an unfamiliar stretch of road. They are optional toys in the backcountry. Wilderness navigation requires a map, compass and skill.



**2. Sun Protection.** Bandanas, hats, sunglasses, sunscreen, glacier glasses and so on, in any combination appropriate for the region and date.

**3. Insulation.** This is the “elastic clause” which older versions of the Ten was simply “extra clothing”. I take this to mean a set of dry clothes in which one could be comfortable during typical night temperatures in the area being visited.

**4. Illumination.** Compact LED technology has made lightweight, high intensity headlamps widely available. Fresh batteries are a must.

**5. First Aid.** Here we have to be selective; this is not intended to be a complete trek kit. Blister care products, Band-Aids, large gauze pads, a couple of elastic wraps, topical antibiotic, and a few tablets of pain reliever should suffice.

**6. Fire.** This, too, is specific for the region and time. I am not a big fan of campfires in the wilderness, but the ability to start one in an emergency can be life-saving. I usually use disposable lighters, but these can be problematic in very cold or wet conditions, so a few water and windproof matches are included. A few firestarters (described in many camping books) are also important, especially for folks who rarely start fires.

**7. Repair kit and tools.** Everyone has their favorites, but a good knife, 50 feet of cordalet, some duct tape can accomplish a lot.



**8. Nutrition.** Here we’re talking about something beyond the trip’s planned food. We need items that are dense in calories, do not require cooking, and are not perishable. Energy bars (e.g. for a nice evening drink.



**9. Hydration.** For most circumstances this system can be met with a one-liter water bottle (full to start) and one’s favorite water treatment system.

**10. Emergency shelter.** We’re not talking about an expedition tent for a day trip here. This should be something that can be rigged to keep most rain and wind at bay. I use a reflective “rescue blanket.” It is amazing what could be done with this, cord and duct tape!

One of my daypacks is always stocked with the Ten. When I get ready to head out for a day hike, I simply add my food and gear for the hike to the already-ready pack.

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*Tom Welch, MD, is professor and chair of pediatrics at Upstate Medical University in Syracuse and an active member of the Wilderness Medical Society. He is a licensed professional guide, a certifying instructor for the Wilderness Education Association, and has guided groups in the Adirondacks, Montana and Alaska. More information is available at his website and blog: [www.adirondoc.com](http://www.adirondoc.com).*



**REGION 1**

By Capt. Tim Hallock

Hello everyone from way down state on the Island as we ring in the New Year. There isn't too much to report, except ongoing



Tim Hallock

efforts to cull the deer populations, and reduce the high number of road kills, which seemed at an all time high just before the Christmas Holiday.

Driving east on the North Fork on Christmas night was like an obstacle course. The good news is that the local venison program, here called the Venison Donation Program, is well underway, processing and distributing venison with an emphasis on helping the needy.

In other hunting news, there has been an increase in bird hunting out my way - duck mostly, and there are new blinds on the edges of the marshes this winter.

As noted in last report, the fishing was generally off this last season for most species, including bass. The crabbing for blue claw was decent, however.

Out at the Point, barge loads of car

sized rocks have been brought in for an apparent attempt at fortifying the point itself, which is in danger of being washed out on the spit of beach leading to the rock pile of the point itself, leaving the rock pile an island at high tide. I've posted pix on facebook, Northeast Mountain Guides.

The other big news is a missing person, reportedly last seen walking from the ferry terminal parking lot east toward the point. That was over a week ago, and still no sign of Mike O'Brien, a Greenport resident.

Getting ready now for the show circuit, with first stop at Edison, NJ, and then the BOD meeting in Lake Placid. Hope to see everyone at Rendezvous !

**REGION 4**

By Bruce Fuller

Hard to believe winter is already here. Hoping everyone enjoyed a great holiday season.

Not a lot to report at this time, but I did have a fairly good upland bird season with my dog. Some major problems from reactions to chemo virtually cancelled my big game season except for a few hours. The one client I did have out missed his deer. I did manage to fill a muzzleloading tag for myself on the next to last day of the season so at least I put some venison in the freezer. The reports I re-



Bruce Fuller

ceived from various sources concerning the big game season in our region were mixed. However, I am firmly convinced that our fairly new 3 points to a side antler restriction is beginning to show positive results. In general, it seems that there are more bucks being seen, although many are not legal under the new regulations. While it appears that most bucks harvested are still yearlings, we are seeing a fair amount of 2 1/2 year old and older bucks added into the mix. Although many hunters believe they should now be seeing a lot more of these older bucks, I believe it is just a fact that the deer that reaches 2 1/2 or more years of age grows smarter, especially in some of the more pressured popular areas. That being said, I am confi-

dent that a good hunter and woodsman who is able to put some time in the woods has a good chance of harvesting their buck, even in some of the pressured areas.

This year's snows also led to some good tracking conditions as well as providing some opportunities for those that enjoy the fall/winter season other than hunters. Unfortunately, the recent mild temperatures have taken away most of the snow in our area, at least for the present. While this condition may be disappointing to many of us, it does provide some time to begin preparing equipment or tying flies for the spring season's various activities.

Looking forward to seeing many of you at Winter Rendezvous.

**REGION 5**

By Sheila Young

(Ed. note: The first part of this report is the lead story on P. 1)

We have begun another funky winter season...little snow in Region 5 and pretty darn cold as I write this today. The National Weather



Sheila Young

Service snow cover map (January 5) shows only a maximum of 7 inches (with more over the dome to the High Peaks) and less elsewhere in our region. The ice is finally covering most lakes but is, as usual, unpredictable. Keep in mind that traversing Eastern High Peaks trails requires skis or snowshoes when there is snow cover, to avoid post-hole damage to the snow surface.

On another topic, consider join-

ing the Conservation and Trails committee members for a Wednesday, April 15, workday on NYSOGA's adopted section of the Northville-Placid Trail just outside Indian Lake. The terrain is not difficult but, in the event a chainsaw is necessary, many hands make light work carrying the equipment. We will keep you posted as the date draws closer.

**REGION 6**

*By John Wainwright*

Well, rather an interesting fall with good deer hunting weather late in the season. Many of the deer taken in our northern portions of Region 6 were taken after our mid-November snowstorms. Good tracking conditions lasted through Thanksgiving. As I've noticed in the past few years, the annual rut in the Adirondack region seems to be getting later. When I guided for trophy bucks back in the 80s and 90s, I always told clients that the best time to hit the rut was the week



**John Wainwright**

of Nov. 11. I hunted with my son and a friend for 6 days during that time frame this fall and, although seeing 16 does we never saw a buck with any of them. One late afternoon toward dark, my friend had 4 does standing 30 feet away feeding when he heard a buck grunt 100 yards away. Of course he got rather excited, knowing that the buck knew the does' location, thus expecting him to trot down to check them out at any minute. The buck just stayed put and walked away.

Fall stream fishing was good at times on the W. Canada Creek, Black River and other streams but occasional high water conditions limited the days for wade fishing. Good catches of some really nice bass and walleye were had on the Mohawk River with one client of

ours catching a 30 inch, 9 plus Lb. marble eye. Fall catches in lakes were spotty but some decent perch fishing was experienced on Oneida Lake.

I've been hearing some rather disturbing news from other guides regarding steelhead dying in the Salmon River. The numbers were alarming enough to get the DEC and Cornell involved. I haven't heard any results of their findings as yet. Hopefully not a major disease scenario. Some speculate the first run of steelies may have been stressed by low and unusually warm water conditions. Certainly hope that's the cause.

Well, hope you all have a great winter. Time to get out the ice fishing gear.

**REGION 7**

*By Craig Tryon*

Happy New Year to all Region 7 guides. Hope you had a great holiday season.

I would just like to know where 2014 went before we moved on to 2015. Anyway, welcome, 2015.

Many friends did get their deer and have enough venison in the freezer for the rest of the winter. That was not the case for everyone, though. Some locations in the region had very sparse deer populations during the actual season. Plenty of deer before the season, no deer when the season gets here. I wonder how the deer know just when hunting season dates are and where they go to hide out until it ends.



**Craig Tryon**

The Salmon River and eastern Lake Ontario around the Salmon River are experiencing a die off of steelhead trout. Samples have been taken by Region 7 fishery biologists but no definite cause has been determined to date. Sure hope this situation will not spread to other species of trout and salmon, is short lived and the fishery recovers quickly.

Winter Rendezvous 2015 will be held March 12 to 15 at the Comfort Inn in Lake Placid. The date is a little earlier than normal due to conflicting events in the Lake Placid area later in March. Make sure to check the NYSOGA website for specifics and make your reservations early. One new benefit you will notice this year is that NYSOGA will be able to take your Rendezvous reservation and payment over the Internet.

There will be lots going on, so make sure you don't miss Winter Rendezvous 2015.

As usual, please contact me as needed with any issue you feel needs to be addressed by the NYSOGA Board of Directors. Get out and enjoy the many experiences our New York winters have to offer.

**Update:** A DEC press release I received the day after I wrote the article states,

"Adult steelhead (a strain of rainbow trout) returning from Lake Ontario to the Salmon River in Oswego County are exhibiting signs of stress and elevated mortality rates due to an apparent thiamine (vitamin B) deficiency...Little can be done to alleviate the mortality of adult steelhead. This year's acute deficiencies is atypical in its severity.

DEC will continue to collaborate with experts to further understand the circumstances leading to this year's mortality.

**REGION 8**

*By Capt. Jim Morgan*

After much thought, I have decided to retire from guided deer and turkey hunts. After 20 years (14 as a guide in N.Y. and 6 yrs assisting another guide in PA.), I have had enough of the stress of finding and keeping leased prop-



**Jim Morgan**

erties, doing the show circuits every winter and taking the responsibility for 18 to 24 hunters every year. It's not because I'm getting too old! I can do everything I always did -- some mornings I wish I hadn't! Seriously, I just have grown tired of the killing business. Now, maybe I can find time to do some serious hunting for myself with some of the friends I have met through guiding. I will continue to operate my charter boat service. This will be my 25th year as a charter captain.

The fishing recently on both Cayuga and Seneca Lakes from docks or shore have been excellent for perch, lake trout and brown trout. Casting lures or bait are producing. Deer season was a good year. My 10 clients killed 8 deer during gun season. Bow season was an adventure with the warm and wild weather. Should a - could a - damn it - were the most client sayings. They did kill 2. I got a nice 8 pt muzzle loader.

See you all in March.?



# Membership Report

By Lee Godin

Hello Fellow Outdoors Persons:

The Following is our member numbers as of 1/11/2015:

- 1 Pending
- 17 Life
- 43 Active renewed for 2015
- 95 Active not yet renewed for 2015
- 1 Associate renewed for 2015
- 14 Associate not yet renewed for 2015
- Honorary

Please welcome the following new members:

Bryce Collins from Plattsburgh runs **Eastern View Outfitters**. He offers snow goose, turkey and duck hunts as well as fishing charters and bowfishing.

His website is [www.easternviewoutfitters.com](http://www.easternviewoutfitters.com).

Bryce can be reached at 518-569-5770 or via email at [evo.adventures@gmail.com](mailto:evo.adventures@gmail.com).

Hans Erdman is our newest associate member. Hans is from MN and he can be reached at 612-695-5059 or via email at [traveler@twowheeledexplorer.org](mailto:traveler@twowheeledexplorer.org)

Please take advantage of your new online renewal/payment system to submit your dues payment and any web changes you may have.

We have more new members and they will be featured in future issues of **Guidelines**.

As always please contact me if you need anything at 518-542-2709 or [go\\_lee3@yahoo.com](mailto:go_lee3@yahoo.com)

Everyone have a safe and successful winter season. I hope to see many of you at Lake Placid in March.

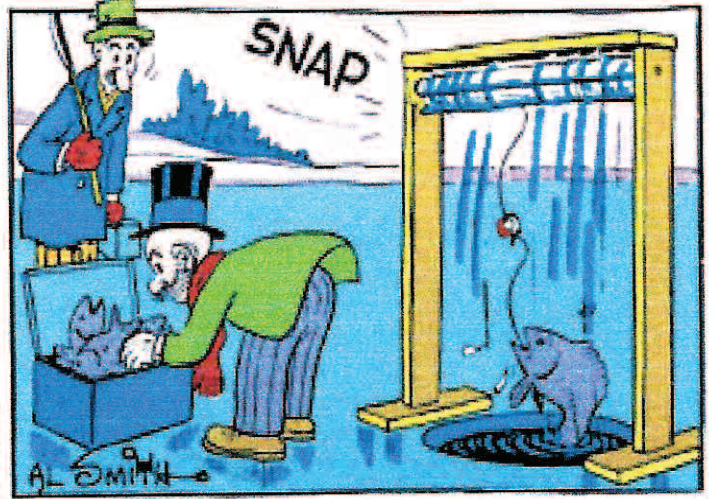
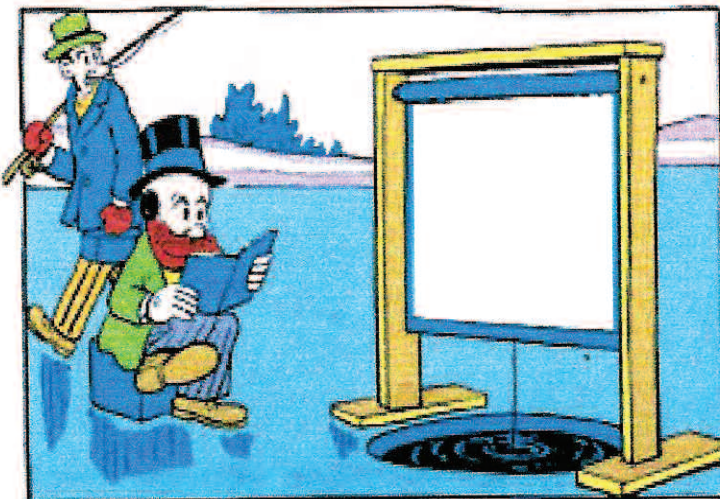
Lee



Your NYSOGA directors tending to business at Pulaski in October.



Look out, Sonny!





*Someone stole Don's beard.*

**“Guidie Says ...”**



...Keeping bait fish alive in a bait pail while ice fishing is very difficult unless you know about this trick. Simply cut another small hole in the ice and lower your bait bucket into the water. The lake or pond water will be warmer than the air and keep the fish from freezing in the pail...

\* \* \* \* \*

...Take a medium sized padlock and lock it behind the trigger of the gun or revolver. Select the right sized padlock so that the trigger cannot be pulled enough to fire...

\* \* \* \* \*

...If no toilet paper is available, try wiping with snow...

\* \* \* \* \*

...Test your equipment before you trust it...

\* \* \* \* \*

...It is most often better to take thirty steps around an obstacle than three steps over it...

\* \* \* \* \*

...Never hike with your hands in your pockets while wearing a heavy pack...

**The NYSOGA Store**

To order NYSOGA merchandise: Specify item(s) type, size, color, etc.

Include check or money order payable to NYSOGA.

Available items can be viewed on the [www.nysoga.org](http://www.nysoga.org) website.

Write to: Herb Broome/NYSOGA • 6051 Veeder Rd. Slingerland, N.Y. 12159

ITEM	DESCRIPTION	PRICE
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Logo Patches	embroidered 3”round	\$ 6.00
Window Decal	interior 3x7”	\$ 3.00
Window Decal	exterior 5x8” NY outline yellow	\$ 6.00
Window sticker	interior 2.5” round	\$ 2.00
NYSOGA pin	pewter 1” round	\$ 6.00
Travel Mug	granite/green w/Logo	\$ 6.00
Membership Pin Collection	11 pins 1995-2005	\$ 5.00
Hat green/tan waxed canvas	embroidered guide pin	\$ 20.00
Hat tan cotton twill	embroidered guide pin	\$ 20.00
Tee shirt Rend. 2013 - Malta	black Lg, XL, 2XL	\$ 16.00
Tee shirt Rend. 2012 - Hamilton	tan long sleeve M,Lg,XL,2XL	\$ 10.00
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Tee shirt Rend. 1999 - Saratoga	ivory Med, Lg	\$ 7.00

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# Try This Recipe...

## Venison Sauerbraten



*Ingredients:*

- 1 lg. venison roast
- 3 medium onions, chopped
- 2 bay leaves
- 12 peppercorns
- 6 whole cloves
- 2 teaspoons salt
- 1 cup apple cider
- 1/2 cup cider vinegar
- 1 cup boiling water
- 1/4 cup cooking oil
- 12 gingersnap cookies, crushed
- 2 tsp. brown sugar

In a large mixing bowl, cover venison with a mixture of onions, bay leaves, peppercorns, cloves, salt, cider,

vinegar and boiling water. Cover tightly and refrigerate 3-7 days, turning meat several times a day. The day before serving, drain meat and strain the liquid, discarding onions and seasonings. Brown meat in oil in a Dutch oven or crock pot. Add strained liquid, cover and cook over low heat for 3-4 hours in a Dutch oven or 12-24 hours in a crock pot. Remove meat to platter. Turn heat to high under cooking liquid and add the gingersnaps and sugar. Cover and simmer 5 minutes. Serve as a gravy with the meat. Serves 4-6.

## 'Bag Ladies' Project Is Off and Running

*By Mary Hall*

Update on the "Bag Lady" project...Our bags have been stuffed and are ready to go with our show booth. Sheila, Sonny and Mary, with help from a friend of NYSOGA, met before Christmas and spent about three hours stuffing advertising materials into the plastic bags we hand out at shows.

The committee would like to thank all the fellow guide members who took advantage of this opportunity for getting us your advertising items in a timely manner. It is our hope that this benefit will help each of your individual businesses to get the word out about what NYSOGA has to offer.

Happy New Year to you all.



NEW YORK STATE OUTDOOR GUIDES ASSOCIATION

# GUIDELINES

12320 Rt. 28, P.O. Box 41  
Woodgate, NY 13494

*"In the end, to ski is to travel fast and free--free over untouched snow country... to follow the lure of peaks which tempt on the horizon and to be alone for a few days or even hours in clear, mysterious surroundings."*

*Hans Gmoser, Canadian mountain guide and a founder of heli-skiing*