



President's Report



President Will Soter with daughters Indie and Cameron.

By Will Soter

I ask that our members commit to supporting our growth by taking direct action. Join a committee, participate in a show, host a local event to showcase what NYSOGA is, recruit new members sponsor a kid to camp and so on. I know that in this day and age, spare time is not easy to come by. However, there are many small opportunities for us to all pitch in what we can. Together, through a combined

effort, we will be able to make quite a difference in the future of NYSOGA. If you are not sure how to get started, I would recommend that you look at the list of committees. Talk with the committee chair and determine what you can do to help support NYSOGA.

For those who have a little more time to dedicate, we are looking to mentor the next generation of NYSOGA leadership. While our charter members have blazed the course for us so far, their guidance and wisdom is not limitless. If you have the time and the passion, I strongly

encourage you to find a mentor in the organization and start working your way toward a role on the Board of Directors. Now is the time to look for someone who will help you chart the future course for our organization. If you feel compelled to help but don't know how, trust me, our dedicated, and passionate team of leaders will happily share their knowledge and time to help you continue the journey.

I look forward to supporting our organization

See **PRESIDENT** on page 3

Summer Rendezvous Report

By Sandra Rose (with tongue in cheek)

Twenty participants braved the brutal cold for the 2019 Summer Rendezvous. There were twelve in attendance for the Friday board meeting and eight other adventurous souls who joined in throughout the blizzardous weekend.

Snow blowers were employed to gain access to the range for a highly competitive corn hole tournament, the only problem being that the bean bags continued to freeze instantly to the boards upon contact. Donning the most protective winter camping gear possible, teams were as

follows, "Succotash" - Chris & Cory, "Bonnie & Clyde" - Sonny and Sheila, "Tater Tots" - Diana & Jessie, "Reh-IPA-Tors" - Ed and Squeak, "Adirondack Outlaws" - Norm & Mike N. and "Willie and Waylon" - Will and Roy. The rivalries ran deep, the stakes were high and the 2019 Corn Hole Champions were the "Adirondack Outlaws."

The Hook and Ring Game, played at the risk of severe frost bite, showed the following results, Sheila- 1, Mary -1, Craig- 2, and an astounding 4 for Roy Early! (* he won a 1976 AMC Gremlin with no tires and no motor!)

A Huge Thank You goes out to all Rendezvous Attendees and Heartfelt Congratulations to all of the game participants. Hopefully, next year things will warm up a little bit! I enjoyed playing music for everyone and especially enjoyed the accompaniments of Mike N on Accordion and performing House of the Rising Sun with Ed Moran. The music helped us push on and survive the horrid lack of food and drink for a successful, albeit Frigid weekend. Thanks Again for your Support & Enthusiasm.

*LOVE,
"Squeak"*

P.S. Roy, you need to come pick up that Gremlin, they want it out of there.



The corn hole champions

NYSOGA's RENDEZVOUS AND ANNUAL MEETING

will again be at White Eagle from
March 26-29, 2020.

Look for more specific information to be
sent to members in January and
in the winter issue of Guidelines.

GUIDELINES

Published quarterly by the
New York State Outdoor Guides Association, Inc.

Editor: Alan R. Woodruff
Photographer: Mary Hall & Norm Landis
Assistant Editor: Sandra Rose
Illustrator & Cartoonist: Rick Mundy

12320 Route 28, P.O. Box 42
Woodgate, NY 13492 • (315) 392-4492
E-Mail - warw123@hotmail.com

Letters to Guidelines must be signed, Guidelines reserves the right to edit or reject any advertisement, letter or news copy.

Guidelines encourages companies and organizations with products or services of interest to outdoor guides to advertise in this newspaper.

Guidelines is forwarded to our membership electronically; printed copies are sent to those requesting them. Your message will reach guides

throughout the Empire State and beyond - as well as a number of selected outdoor writers and governmental officials.

ADVERTISING RATES:

	Non-Horizontal	Vertical	Member	Member
Full Page	10"	15 1/2"	\$100	\$150
Half Page	10"	7 1/2"	\$50	\$75
Quarter Page	5"	7 1/2"	\$30	\$45
Eighth Page	5"	4"	\$15	\$20
Business Card	3 1/2"	2"	\$10	\$15

Classified: Buy, Sell or Trade. 25¢/word, minimum of \$5.00. Advertising rates are for camera ready copy, except for classifieds. All advertising is prepaid. Make check payable to NYSOGA.

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, www.nysoga.org

OFFICERS AND DIRECTORS 2019-2020

President – Will Soter

15 Staples St., Kingston, NY 12401
(845) 399-9948, upstateadventureguides@gmail.com

First VP – Sonny Young

214 Old Wawbeek Rd., Tupper Lake, NY 12986
(518) 359-8194, adkfoothill@gmail.com

Second VP – Scott Locorini

PO Box 356, Turin, NY 13473
(315) 335-1681, adkexp@gmail.com

Third VP – Mary Hall

90 Country Club Road, Tupper Lake, NY 12986
(518) 948-5903, maryphall71@gmail.com

Secretary – Sandra Rose

582 Hong Kong Rd., Pulaski, NY 13142
(315) 877-0110, northernrootsguides@yahoo.com

Treasurer – Jeff Whittemore

53 Elm St., Dolgeville, NY 13329
(315) 429-9324, whitt0185@yahoo.com

Region 1 Rep. – Edward Moran

51 Neil Drive, Smithtown, NY 11787
(631) 741-3765, edmoran@gmail.com

Region 2 Rep. – Gregory Wilson

66 Nelson St., Apt. 1R, Brooklyn, NY 11231
(646) 283-6283, greg@freestonexp.com

Region 3 Rep. – Brian Manning,

PO Box 34, Westtown, NY 10998
(845) 742-0303
snowwalkr1@yahoo.com

Region 4 Rep. – Bruce Fuller

751 McLaughlin Rd., Sydney Center, NY 13839
(607) 865-7830, hawkmountainguide@hotmail.com

Region 5 Rep. – Sheila Young

214 Old Wawbeek Rd., Tupper Lake, NY 12986
(518) 637-6193, adkfoothillsgs@gmail.com

Region 6 Rep. – John Wainwright

30 Columbia Pkwy, Ilion, NY 13357

(315) 894-5834, jwainwright@aol.com

Region 7 Rep. – Sandra Rose

582 Hong Kong Rd., Pulaski, NY 13142
(315) 877-0110, northernrootsguides@yahoo.com

Region 8 Rep. – Vacant

Region 9 Rep. – Jim Zak

160 Central Blvd., Cheektowaga, NY 14225
(716) 860-1407, jameszak@verizon.net

DIRECTORS-AT-LARGE

Len Amberger

679 Tanglewood Rd., Delancy, NY 13752
(607) 746-9622, lennytropic25@yahoo.com

Russ Diederich

923 John Hill Rd., Pine City, NY 14871
(607) 857-1185, CorningVacationRentals@gmail.com

Roy Earley

606 Charles St., Scotia, NY 12302
(518) 372-7485, algonquinguides@yahoo.com

Timothy Keefe

1379 Sawkill Rd., Kingston, NY 12401
(845) 399-6285, timothykeefe69@yahoo.com

Norm Landis

708 Healy Ave., Rome, NY 13440
(315) 336-3798, romelandis@peoplepc.com

Michael Newell

1226 State Route 147, West Charlton, NY 12010
(518) 894-7593, Michael-newell@hotmail.com

Gene Reilly

20 Marinello Terrace, Apt. 1, Albany, NY 12209
(518) 281-7796, GREILLY3346@gmail.com

Sonny Somelofski

PO Box 497, Margaretville, NY 12455
(845) 586-1632, tremperskill@catskill.net

Craig Tryon

42807 Seaway Ave., Alexandria Bay, NY 13607
(315) 427-8984, adkwildexp@yahoo.com

Alan Woodruff

PO Box 41, Woodgate, NY 13494
(315) 392-4592, warw123@hotmail.com

Membership Report

By Capt. Lee Godin

Hello Fellow Outdoors Persons.
Following are our membership numbers as of 9/10/

17 Life
138 Active
14 Associate
10 Honorary

Please welcome the following new members:

Native Adventures is run by Earl Mallory, Jr. from Rhinebeck, NY. He can be reached at (845) 902-3450 or emallory76@yahoo.com.

Octavia Sola from Trumansburg, NY is a new guide from Region 7. Octavia's business is Adventure Outdoor Tours. She can be reached at (845) 665-1486 or adventuresfix@gmail.com.

Cory Dame is a new member from Liberty, NY. He can be reached at (845) 665-1486 or coryjudith@me.com.

Shane Holmes from Long Lake, NY runs Cold River Expeditions. He can be reached at (518) 618-7776 or holmesshanea@yahoo.com.

Reff Water Fly Fishing is run by Mikolaus Reff from Ilion, NY. He can be reached at (315) 542-4263 or Reff.water@gmail.com. His website is reff.water@gmail.com.

New member Tristen Catalano is from New York, NY and the business is Empire Hikes. Contact information is (516) 974-6588 and empirehikes@gmail.com.

Brian Lansing, Fly Fishing Guide is run by Brian Lansing from Fayetteville, NY. He can be reached at (315) 481-5788 or info@brianonthefly.com.

Tim McGoey, P.E. from Port Jarvis, NY runs TPM Guide Services. He can be reached at (845) 346-5473 or tpm4343@gmail.com.

Please take advantage of your online renewal/payment system to submit your dues payment and web changes you may have. The online renewal form can be found at <http://nysoga.org/membershiprenewal.html>.

Please take advantage of your online renewal/payment system to submit your dues payment and any web changes you may have. The online renewal form can be found at

See Membership on page 8

Kids to Camp

By Craig Tryon

At the July NYSOGA Board of Directors meeting a discussion occurred about sponsoring Kids to Camp during the summer months.

We sponsored no kids to a DEC summer camp in 2019 as we had no

nominations from any Board member or the general membership. It was suggested that the committee look into other camps that may be available for us to consider sponsoring kids to. It was decided that a camp must have a strong environmental education core curriculum.

The Kids to Camp committee is currently working with the Policies and By-Laws committee to develop a policy

to allow funds to be used to send kids to other than a DEC camp.

We need to identify camps throughout New York State that have an environmental education base to research and see if it will meet the requirements for NYSOGA sponsorship. Please do a search in your local area for camps that meet the above criteria. Send camp information in your area to committee chair Craig Tryon via email at www.adkwldexp@yahoo.com.

NYSOGA has funds available to send kids to camp. We need to somehow be able to identify kids to send and possible camps to send them to.

Thanks for your help with this important NYSOGA venture.

Legislative Report

By Sonny Young, 1st V.P.
and Legislative Chair

There are many behind-the-scenes activities that your Board of Directors manage or are responsible for. Board members are now required to complete the N.Y. State Prevention of Sexual Harassment training. I wanted to explain this new requirement to the general membership, although it affects only the Directors and our Virtual Office contractor.

On April 12, 2018, Gov. Andrew Cuomo signed into law the 2019 New York State Budget, which included the 2018 Women's Agenda for New York: Equal Rights, Equal Opportunity, under the 2018 Local Law 96 of NYC and NY State Law. On August 23, 2018, the NYS Department of Labor (LYSDOL) released drafts of model materials in addition to supplemental information to aid in compliance with the new laws, and requiring implementation of an annual interactive sexual harassment prevention

training program that either meets or exceeds the minimum standards provided by such model sexual harassment policy ... or establish a sexual harassment prevention policy to prevent sexual harassment that equals or exceeds the minimum standards provided by such model sexual harassment policy.

NYSOGA's liability insurance carrier, McNeil and Company, requires that our policy applies to all employees, applicants for employment, interns (paid or unpaid), contractors and persons conducting NYSOGA business. The term "employee" means the collective group of the NYSOGA Officers and Directors, referred to as "The Board." The training program must either meet or exceed the minimum standards established by the state's sexual harassment training model. All employees must be trained by October 9, 2019, and must be trained annually thereafter. New members must be trained within 30 days.

NYSOGA'S 'Bag Ladies' Can Help You Promote

By Mary Hall

NYSOGA's "Bag Ladies" announce a last call to have your advertising materials placed in our show bags. In order to have your promotional materials placed in our bags for the 2020 season, they must be received prior to October 31, 2019. Business cards, rack cards or one piece

brochures are eligible for inclusion and each member is encouraged to participate. We will be stuffing 500 bags, so feel free to send us that many pieces of advertising. Mailing them to Mary Hall, 90 Country Club Road, Tupper Lake, NY 12986.

This is a benefit of membership in and is available for members only.

Nominations Sought For Annual Awards

By Mary Hall

NYSOGA's Awards Committee is seeking nominations for awards to be given at our annual meeting in March.

Camp Spoon, Pack Basket, Camp Lantern and Unsung Hero awards are given yearly if members in good standing have been nominated. The Friends of NYSOGA is typically given to the the organization hosting Winter Rendezvous or other non-member people who have done something to benefit the organization. Life Member awards are given out periodically to recognize individual members who have given years to dedicated service to NYSOGA. This award is the only one that is voted on by the Board of Directors at the January meeting, so nominations for it must be received prior to the second week in January.

All members are encouraged to submit nominations to email or regular mail to Mary Hall, Craig Tryon or Roy Earley ASAP.

MEMBERSHIP

An important reminder to all members: "Personal Contact information" If there are any changes to your US mailing address, Email address or phone number, please notify NYSOGA immediately of these changes.

From your Membership Committee

*Your Membership Committee,
Contact us at: NYSOGA.org select Email NYSOGA*

President

Continued from page 1

and each of our members as they grow. If you ever have questions or need advice on how you can grow as a guide and a member, please don't hesitate to contact me directly at 845-399-9948. I look forward to working with all of you, as we blaze the trail that brings NYSOGA into the future.

Will

AROUND THE REGIONS



Region 6 Director John Wainwright is busy moving into his new house at 30 Columbia Parkway, Ilion, NY 13357 and reported that he did not have much to report for this issue.



Ed Moran

REGION 1

By Ed Moran

Long Island currently has a fall Turkey season during the last half of November and a 2-day youth Turkey hunt in late April. The DEC reports that the turkey population on Long Island is thriving and the Region 1 senior biologist is looking for more data to possibly support the future establishment of a full spring season. He requested through local media that residents submit counts of turkeys that they see through the DEC website. I saw one over the summer in the most unlikely of places...

on the Sagtikos Parkway right by the exit with the Northern State Pkwy. They have been spotted as far west as Nassau County.

Recreationally, the summer was drier and friendlier to outdoor activity than the spring but the warmer weather brought about some closures of fishing and bathing areas due to algal blooms. Red tide in particular has become an annual threat to close various shell fishing beds. However, the prevalence of "blue-green" algae (cyanobacteria) has been increasing and this summer caused several freshwater lakes to be closed to bathing. This isn't unique to Region 1 and issues with blue-green algal blooms have been noted in other parts of the state. The cyanobacteria made news this summer when it was blamed for the deaths

of dogs swimming in ponds in other parts of the country. These bacteria are usually present in low numbers, become problematic when there are high volume "blooms" that change the color of the water they are in and release large amounts of toxins into the water.

On a personal note, I've been certified as mission-ready with the Catskill Mountain Search and Rescue Team (CMSAR). One more reason to get in the car and drive a bunch of miles into the mountains.

If any of the other Region 1 / Long Island based guides have any news to report about their business, concerns or questions, please reach out to me at ed@easternoutdoorexperiences.com or feel free to give me a call.



Brian Manning

REGION 3

By Brian Manning

Well, summer is at its end; only a few days of heat and humidity remain. It was busy for sure, days have been spent canoeing, hiking and camping but more importantly, have been the observations in my area. I have noticed that most of the smaller rivers and creeks have been low, the Wallkill river was down about two feet from where it was last year and one particular trout stream I frequent was nearly bone dry. I have also noticed this year's crop of raspberries was well

lacking, this was also apparent with wild grapes and elderberries in the area. So, my thoughts are we need some rain or at least I'm hoping for some heavy snows this winter. Earlier this June, we hosted a rather informative wild plant walk where we discussed and observed roughly 40 plants which could be used for edible, medicinal or utilitarian purposes. Foraging can continue into the fall and winter but does become harder.

At the moment, I think most of us are now switching gears and looking to fall and winter, preparing for hunting season as well as winter camping, snowshoeing and skiing. It's always a good idea to plan and prepare your gear ahead of time making sure all is in working order. Remember, having a secondary fire lighting device,

extra socks, gloves, mitts and a hat should your primaries get wet. I tend to wear lots of wool and I usually tell my clients the reason for this as well as the redundancies.

A new challenge I noticed was the "Catskill Fire Tower Challenge" in which hikers explore the trails, climb all five towers in the Catskill Park, take a selfie at each tower at the designated sign and submit to the NYSDEC for a chance to win a prize. The information can be found on their webpage. Lastly, I have tried to keep the Region 3 guides abreast of what I know with a short email, reference the board meetings and anything which could be pertinent to the region from the NYSDEC and I again have requested input from all of them. At the time of this report, unfortunately, I have received no responses.



Bruce Fuller

REGION 4

By Bruce Fuller

Not a great deal to report, but it sure was nice to see some improvement in the weather for our area. I was beginning to wonder if the rain and nasty weather was ever going to end. Many of us did have some violent storms, but at least we have had a fair amount of sunny days also.

I have been seeing more signs of

tent caterpillars than I like and hope it isn't a sign of what's to come. Although far from where they once were, our turkey population appears to still be rebounding in a positive direction. Seeing quite a few fawns, but most of what I have seen were single fawns. Would like to see more multiple fawns with other than the yearling does. As might be expected the changes in the weather seems to have caused some mixed fishing reports as not all bodies of water respond identically to the same changes.

It is now time to prepare for the fall

seasons. Unfortunately our Governor and many of the politicians in our State Government have been very outspoken concerning our second amendment rights and about hunting and fishing in general. New York has more than proven that it is no friend to the outdoor sportsman and it appears the city based politicians have no intention of easing in their attempt at eliminating several of our sporting traditions. Between that issue and what appears to be endless abuses of power and corruption, I am beginning to hate being a resident of this State. Maybe it's time for a change.



REGION 5

By Sheila Young

As if there weren't enough concerns about the black-legged tick (a.k.a. deer tick), there is a recent invader appearing in the northeast. The Asian longhorn tick has been found in several locations since 2017.

It is a non-descript brown arachnid; and unlike its name would imply, has no horny appendages. The CDC and USDA say there are no known diseases appearing in the U.S., but in its native Asia, a serious viral illness, with 15% mortality, is caused by the tick. The female can lay fertile eggs without mating. Another downside...while

the black-legged tick likes a damp, shaded, herbaceous habitat, the ALT is found on grassy lawns in full sun. And, it is an aggressive biter. In other "tick talk," the NYS legislature has passed a bill (A6146 and S4571) requiring study and reporting of data from insurance coverage resulting from Lyme disease. The legislature also passed a bill (A8098 and S4876) to determine best practices for education, outreach and control concerning the Asian longhorn tick. Check www.cdc.gov/ticks/longhorned-tick/index.html

While talking about medical stuff, Adirondac magazine (Sept/Oct) published an article about water purifiers (Gear Review, Tom Hart) My personal takeaway...a survey of backpackers, hiking in the Appalachians for at least 7 days, reported that 69% of those hikers who DID NOT purify their water developed

diarrhea. But an astounding 45% who DID purify got diarrhea anyway. The lesson? Purify your water AND WASH YOUR HANDS. Encourage others in your party to do the same.

The 26th annual Becoming an Outdoors Woman in NYS takes place in September. The program registers 125 women every year, with long waiting lists. That's over 4,000 women, mostly from NY State, who are interested in hunting, fishing, and many other outdoor pursuits. <https://www.dec.ny.gov>education>.

Opinions abound about the re-routing of the Cascade Mountain trailhead, from the notoriously overcrowded parking areas on Rt 73 between Lake Placid and Keene, to an area in the Mt. VanHoevenberg Recreation Area. This will double the length of the trail from 4.8 miles to about 8.8 miles. Is the current trail overcrowded.



REGION 7

By Sandra "Squeak" Rose

Greetings from Region 7 – I write to you while overlooking Wells Bay, at Apps Landing. The water

temperature is 75 degrees, the wind NW 5 to 10 mph, the waves 0-1 ft ... absolutely perfect conditions as the sun comes up to greet me. I have spent the vast majority of this summer on Oneida Lake and I can tell you the Walleye, and Bass fishing has been excellent and the Perch are picking back up off the islands. The DEC Research Team caught and released a 139lb. Lake Sturgeon in Oneida on July

14th, the fish was the largest Sturgeon since the 1995 program began and was estimated to be 20 years old.

The Apple crop should be stupendous this season and I have never seen as many acorns as I have on my trees this year. The Black Walnuts are laden extra heavy and the berries are loaded ... telltale signs that we might really be "in for it" this winter and for the sake of our snow and ice dependent North Country businesses, I hope that we are "in for it".

The corn throughout Region 7 is in fair to good condition, the heavy rain in June being the largest contributing factor in the stunting. The homes and businesses of the Lake Ontario and St. Lawrence shorelines still suffer terribly with flood damage and loss.

I have seen 8 bucks in velvet this

season and I am hoping that is an indicator of the season ahead.

The Summer Rendezvous went very well and I thank everyone for attending and sharing in the fun. I would like to especially thank Mike Deyo and Christopher Platt from our Region 7 team for all of their extra efforts and assistance.

I leave you with the same flavor conveyed in my weekly public correspondence and that is "I believe that we live in the best state in the U.S, and, biased as it sounds of course, the best region (7) in the state as well. Region 7 meeting coming up soon, in preparation for the Saturday, September 14th Mens and Womens Fall Sports Show at Mallory Wesleyan- Mallory NY 6 to 9 p.m. Stay Positive ~ Promote Our State!

Psychological First Aid



By NYSOGA member Tom Welch, M.D.

Ed. Note: This article was written by NYSOGA member Tom Welch, M.D. and was printed in the September/October Issue of Adirondac, a publication of the Adirondack Mountain Club. Guidelines has been given permission by ADK to reprint it here. Dr. Welch has guided groups and trained wilderness leaders in the Adirondacks, Colorado and Alaska.

AS I HAVE WRITTEN MANY TIMES, in decades of leading expeditions into the wilderness ranging from days to months, I have had precious few circumstances calling for more medical

knowledge than one would acquire in in a basic first aid course. One of the most dramatic incidents I recall was actually a mental health emergency.

While leading a youth group going through a high pass in Montana's Bob Marshall Wilderness, I was called to look at a 17-year-old who was having severe respiratory distress. The boy had a history of asthma, and had been using his prescription inhale multiple times because of difficulty breathing. On exam, he was clearly distressed, sweating profusely, breathing rapidly, with a rapid heart rate, and quite anxious. He did not, however, have the characteristic breathing pattern of asthma (prolonged exhalation and

See First Aid on page 8

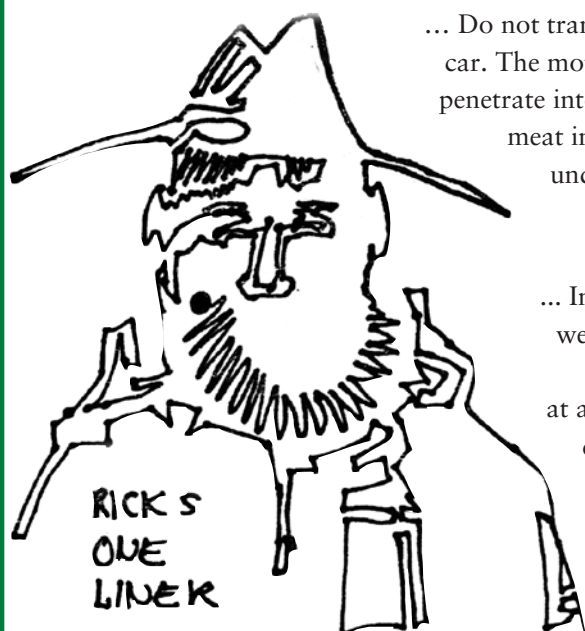
2019 Trip Planning Request

Compiled by Roy Earley

June • July • August

DATE	ORIGIN	GROUP SIZE	REGION	CATEGORY
06-08-19	New York	1-2	3-7	Hunting
06-02-19	New York	?	5	Multiple
06-18-19	New York	1-2	1	Fishing
06-18-19	New York	1-2	3	Multiple
06-20-19	N.Y City.	1-2+	?	Fishing
06-20-19	New York	1-2	3	Fishing
06-20-19	New York	11+	6	Fishing
06-20-19	Mass.	3-6	4	Fishing
07-25-19	New York	1-2	5	Fishing
07-18-19	Penna..	1-2	7-8	Fishing
07-24-19	New York	6-10	3-6	Multiple
07-31-19	Arkansas	3-5	4	Ice Fishing
07-24-19	New York	3-5	3	Hiking
07-25-19	New York	1-2	6	Multiple
08-06-19	Maryland	1-2	4	Fishing
08-08-19	New York	6-10	6	Fishing
08-08-19	Australia	1-2	2	Multiple
08-23-19	New York	1-2	3-6	Hunting

“Guidie Says ...”



... Do not transport deer on the fenders of a car. The motor gives off heat which will penetrate into a carcass. This can spoil the meat in warm weather and give it an undesirable taste in cold weather ...

* * * * *

... Insist that your hunting clients wear a bright orange cap, jacket or sash. Red turns black at a distance; orange does not. Also, do not have a white handkerchief showing or wear stockings that have a white top. Either might be mistaken for a deer's tail ...

* * * * *

... Inspect streams when the fall spawners (brookies and browns) are on their spawning beds. Look for the browns in the riffles of the main stream where bright areas of freshly turned gravel betray their presence. Search for spawning brook trout in the headwaters ...

* * * * *

... Eastern declination is the amount that must be subtracted from your compass reading to point to true north. “East is least.” Western declination is the amount that must be added to your compass reading to point to true north. “West is best” ...

The NYSOGA STORE

* indicates logo item for sale to NYSOGA-member licensed guides



NYSOGA SALES BY SHIPPING April 2019 Total includes 0.8% tax and shipping

ITEM	DESCRIPTION	COST	TOTAL
Logo Patches**	Embroidered, 3" round	\$6.00	\$7.48
Master Guide rocker patch ***	Rocker style to fit 3" round	\$5.00	\$6.40
Lapel pin, die cast**	1" round metal	\$5.00	\$7.40
Bill Leege original art note cards	Cards w/ envelopes, 2 sets/6 images	\$10.00	\$14.80
Window Decal, transparent***	Interior 3"x7"	\$2.00	\$3.16
Window Decal, yellow**	Exterior 5"x8", NY outline	\$6.00	\$8.18
Hat, Cotton Twill**	Beige, embroidered logo	\$20.00	\$26.60
Hat, Waxed Canvas**	Dark Brown, embroidered logo	\$20.00	\$26.60
Hat, Adidas golf cap, 100% poly **	Vista Grey	\$22.00	\$28.76
Hat, Dri-Duck cotton/poly**	Moss	\$20.00	\$26.60
Cap, knit watch-style**	Dark Blue	\$20.00	\$26.60
Vest, Columbia fleece**	Charcoal Heather	\$42.00	\$52.36
Tee, performance 100% poly**	Forest Green – 3" logo or badge	\$27.00	\$34.16
Shirt, Dri-Duck angler shirt**	Fog	\$52.00	\$61.16
Russell Hoodie**	Camouflage	\$65.00	\$77.20
Camp mugs, metal, w/logo	White	\$11.00	\$15.88
Coasters, cork/hardboard, logo	Images vary	\$5.00 ea	\$7.40
Unisub note holders w/Post Its	Images vary	\$7.00	\$11.56
20 oz water bottles, metal, w/ logo	White	\$14.00	\$20.12
2020 Commemorative tee		\$20.00	\$26.60
ITEM	YEAR, LOCATION, COLOR		
Any tee from a previous year, \$10.00 (not all sizes available)	'19, Hamilton, Indigo	\$10.00 (50% off)	\$15.80
	'18, Hamilton, Chestnut		
	'17, Claryville, Mint green		
	'16, Hamilton, Navy long sleeve		
	'14, Lyons Falls, Grey		
	'13, Malta, Black		
	'12, Hamilton, Tan long sleeve		
	'07, Saranac Lake, Ivory		
	'03, Johnstown, Brown**		
	'01, Saranac Lake, Ivory		
	'99, Saratoga Springs, Ivory		
	'98, Boonville, Brown**		

** Must be a NYSOGA member to purchase.

Updated April 2019

To verify merchandise availability and arrange payment

Phone 518-359-8194 or emailadkfoothillsgs@gmail.com

Sheila Young, 214 Old Wawbeek Road, Tupper Lake, NY 12986

REFUNDS: Merchandise

1. Sales of items purchased at Winter Rendezvous are considered final.
2. Payment and/or refund of mail order items via PayPal is preferred.
3. Personal checks must be received at least two weeks prior to mail order item shipment.
4. Refund for mail order items returned within 30 days of receipt, in original condition, includes the price of the item plus tax, but minus shipping.
5. Refund for flawed, damaged or incorrect mail order items includes the price of the item plus tax and shipping.
6. In the event that a product is unavailable, the consumer may apply for refund or credit.

Bill Leege original art
Life Member and Charter Member



Note cards & envelopes
3 each of 2 cards
Wolf/tent Fox/canoe

First Aid

Continued from page 5

wheezing). He was actually experiencing a panic attack, worsened by the medication in his inhaler.

Once it was clear what was happening, it was quite simple to help him. I had him sit down, take off his pack, sip some water, practice regular “mindful” breathing, and relax. I reassured him he was not having an asthma attack, talked about his concerns, connected to him by holding his hand while talking to him, and in about half an hour, he was ready to continue. He did well for the rest of the trip.

I have thought about this incident many times in the years that have followed, and have described it while teaching and lecturing about wilderness medicine. Nothing I did for this kid required any sophisticated first aid technique, yet without intervention the situation could have gone downhill rapidly. Most concerning to me is that very few wilderness first aid courses include meaningful content on psychological first aid.

My experience is hardly novel. Maia Szalavitz’s book, *Help at Any Cost* (an indictment of the “troubled teen industry”), has some terrifying anecdotes about teens on wilderness expeditions experiencing life-threatening (even fatal) incidents because the expedition leaders did not know how to recognize or address psychological disorders. Many of these leaders were fully trained and certified “wilderness first responders,” or had even more advanced training.

Admirably, some wilderness first aid courses have begun to include material on “psychological first aid.” Unfortunately, much of this content is intended to address the psychological complications of severe injuries, such as PTSD. Indeed, the content and techniques are drawn from the mass casualty literature. While this is important information in some contexts, its applicability to most backcountry travelers is nil. It is further evidence of the disconnect between much “wilderness medicine” and the actual medical needs of wilderness expeditions.

The basics of mental health first aid center around “de-escalation”: Rest, reassurance, demonstrating calm control,

regular breathing. Not surprisingly, there are now vendors of structured training in mental health first aid, such as www.mentalhealthfirstaid.org.

While there have very few good studies of the utility of these interventions, this is the unfortunate common denominator for much first aid anyway. Based upon their curriculum, however, the methods seem sound and the content appropriate for leaders of backcountry treks. I know that some New York youth camps have begun to include similar training for their counselors. As my experience that summer afternoon in the Rockies demonstrated, a mental health emergency in the backcountry is every bit as real and dangerous as an asthma attack.

Membership

Continued from page 2

<http://nysoga.org/membershiprenewal.html>.

As always please contact me if you need anything 518-542-2709 or go_lee3@yahoo.com. My mailing address is 26 West Mountain Lane, Berne, NY 12023.

Lee



NEW YORK STATE OUTDOOR GUIDES ASSOCIATION

GUIDELINES

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

“An emergency or survival situation is the only time to break the rules of minimum impact.”
– From *Camping’s Little Book of Wisdom*