



# GUIDELINES



## President's Report

By Scott Locorini

As I write this, I am looking out over the St. Lawrence River watching the “salties” and “lakers” go by before I meet my guests for the day and reflecting on the past few months. This has been the strangest summer of my guiding career! Early in the summer we didn't know if we were allowed to guide by NYS. Then we had to decide if we felt safe guiding and since then, I have been busier than normal. Granted, it is not my normal type of business, but it is much better than the doom and gloom forecast

from the spring. I hope that you have all been, and continue to be, as busy as you'd like.

NYSOGA has made some strides this summer as well. After meeting with the DEC, we have been asked to re-write part of the guides test. This has been needed for years and we look forward to working on this with the DEC. In July, NYSOGA sent a letter in support of the Great America Outdoors Act to the sponsors of the Act. We have also started teaching WSFG classes again and

See *PRESIDENT* on page 3



President Scott Locorini

## Drowning Doesn't Look Like Drowning

By Mario Vittone

*Ed. Note: This was taken from an article submitted to me a couple years ago and, in its entirety, is now included in NYSOGA's Water Safety for Guides class folder.*

\*\*\*\*\*

The captain jumped from the deck, fully dressed, and sprinted through the water. A former lifeguard, he kept his eyes on his victim and headed straight for a couple who were swimming between their anchored sportfish

and the beach. “I think he thinks you're drowning,” the husband said to his wife. They had been splashing each other and she had screamed, but now they were just standing neck-on a sandbar.

“We're fine! What's he doing?” she asked, a little annoyed.

“We're fine!” the husband yelled, waving him off, but the captain kept swimming hard toward them.

“Move!” he barked as he sprinted between the stunned owners. Directly behind them, not 10 feet away, their nine-year-old daughter was drowning.

Safely above the surface in the arms of the captain, she burst into tears and screamed, “Daddy!”

How did the captain know - from 50 feet away - what the father couldn't recognize from just 10? Drowning is not the violent, splashing call for help that most people expect. The

captain was trained to recognize drowning by experts and years of experience. The father, on the other hand, learned what drowning looks like by watching television.

If you spend time on or near the water, (hint: that's all of us), then you should make sure that you and your crew know

what to look for when people enter the water. Until she cried a tearful “Daddy!,” the owner's daughter hadn't made a sound ... Drowning is almost always a deceptively quiet event. The waving, splashing and yelling that dramatic conditioning (television) prepares us to look for is rarely seen in real life.



Region 7 learns how to fly cast.

# GUIDELINES

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REPORTS BY SONNY YOUNG

# The Common Thread

By Squeak

The wind is from the south east ... The trees are just beginning their show, decked out in patch work quilt style with orange, yellow, green, and russet-red threaded through their presence. The apples are weighing their hosts down to the ground and, although smaller than usual, they refuse to not be part of the show, part of the plan; part of the thread. The wild grapes are abundant and while they are smaller and their vine length shorter; they have absolutely no intention of being left out or forgotten; they are most definitely a common thread and the wildlife shout "yes" in agreement.

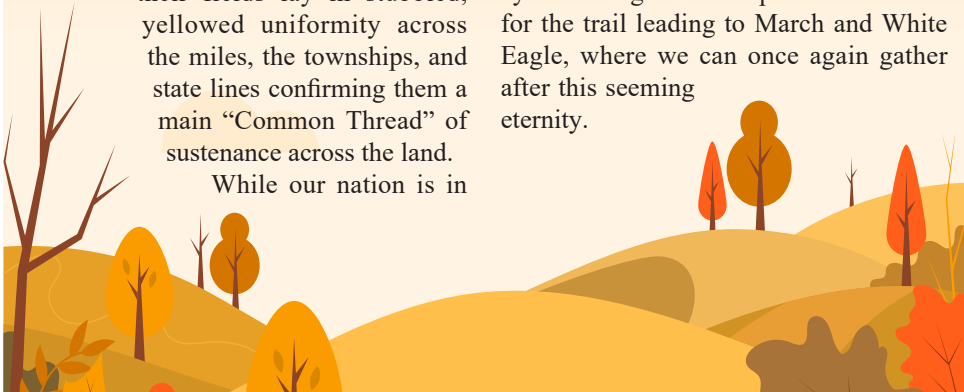
Fishermen stand on bridges, roadsides and parking lots, congregating in familiar unity but all the while looking down to the barren and shale filled waters below which is their common thread. The corn fields have taken advantage of every single drop of moisture that they could reach and have finished better than most; their fields lay in stubbled, yellowed uniformity across the miles, the townships, and state lines confirming them a main "Common Thread" of sustenance across the land.

While our nation is in

a state of painfully aggravated pause ... we communicate with the push of buttons and a new type of "cloud." The wild grapevines, apple boughs and south east winds carry the NYSOGA families' "true" sentiments of longing to see each-other ... to the "Common- Thread" of our doorsteps.

Upon the wings of Monarchs, drifting through the drying meadows, lifting effortlessly up amongst the patch work quilt of leaves, our "Common Thread" is carried and strengthened until we can meet together again; during our time of separation, they are our "Common Thread."

We continue onward, shoulders to the perpetual grindstone working against unfamiliarity and frustrations, while searching the woods, waters and fields for sign of our comrades. We steady ourselves while touching the roughened bark of the Hard Maple, the Oak and the Birch; we rally with the scent of White Pine in the air, and beneath our feet. We shade our eyes looking to the hope filled horizon for the trail leading to March and White Eagle, where we can once again gather after this seeming eternity.



## Conservation and Trails

DEC has recently opened up volunteer trail maintenance after a long pause due to COVID-19. NYSOGA's adopted section of the Northville-Placid Trail near Indian Lake really needs a chainsaw session. Sheila and I did a walkthrough earlier this year and we recorded a lot of deadfall, so there will be plenty of work. I would like to have a chainsaw session on Saturday, October 17, if a minimum of four people volunteer. Fewer people can accomplish some maintenance that day, using only hand tools.

I know this section well and we will not be able to clear the entire 4-mile section but we will plan another chainsaw session in the spring.

If you can volunteer, please let me know at [adkfoothill@gmail.com](mailto:adkfoothill@gmail.com).

## Training and Education

NYSOGA has finally been able to open up limited training during this pandemic. Water Safety training does not require close contact between the instructors and participants. Alan Woodruff and I have started to hold Water Safety for Guides classes with strict COVID-19 precautions. Hopefully, we will start doing First Aid and CPR shortly. If you need any training, please contact me at [adkfoothill@gmail.com](mailto:adkfoothill@gmail.com).

# Membership Report

From Capt. Lee Godin

Hello Fellow Outdoors Persons: The following are our member numbers as of 9/17/2020:

- 18 Life
- 125 Active
- 12 Associate
- 9 Honorary

Please welcome the following new member:

Bill Walton is a new Active member from Lake Placid, NY and runs Experience Outdoors. He can be reached (315) 481 5275 or via email at [bill@expoutdoors.com](mailto:bill@expoutdoors.com).

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

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

My mailing address is 26 West Mountain Lane, Berne NY 12023

Have a Safe and Successful Season

*Lee*

# President

Continued from page 1


are working on improving the website.

Going forward, once the summer season winds down, we will be working on SMART Goals for the rest of the NYSOGA strategic plan and making some tough decisions about the next 6 months, including the fate of Winter Rendezvous 2021. If you would like to help with any of this, we are always looking for input.

Stay safe, enjoy fall and best wishes for the future.

*Scott*

# AROUND THE REGIONS




Ed Moran

## REGION 1

By Ed Moran

I recently attended a zoom call sponsored by the Stony Brook Small Business Development Center called "Increase Your Customer Base with Google My Business."

Most businesses are listed in Google Business, even if the owners aren't aware of it as Google crawls the web and adds them automatically. The webinar explained how to claim the listing for your business and some good tips for managing it to help attract customers. You can get more information about SBDC

services at: <https://www.stonybrook.edu/sbdc/>.

A Smithtown law that effectively restricted bow hunting on most private property in the town was successfully challenged by a local bow hunting advocacy group. The Smithtown law banned the use of firearms within 500 feet of buildings, parks and beaches and defined "bow and arrow" as a firearm. A state appeals court ruled on August 18 that state law clearly excluded bow and arrow from the definition of a firearm and that Smithtown could not overrule state Environmental Conservation Law (ECL) that requires a setback of 150 feet for bows. It is unclear if Smithtown will appeal but this ruling would presumably affect other towns in Suffolk County that have similar restrictions that differ from ECL.

Parks and trails continue to be very busy and people are getting out in very large numbers. Personally, I had a very tough time finding iso-butane fuel for my backpacking stoves this summer. It may be slightly related to brief pandemic-related shutdowns of the factory in South Korea that produces most of the fuel canisters for multiple brands. However, outdoor retailers I spoke with told me that it was a demand driven shortage and that when they get supplies, they are flying off the shelves. Is stove fuel the new toilet paper? Has anyone else experienced difficulty in getting supplies during the pandemic?

Email me at [edmoran@gmail.com](mailto:edmoran@gmail.com) or call with any comments, questions, or news or information that you would like me to include in future Region 1 reports.



Brian Manning

## REGION 3

By Brian Manning

Summer has past and now we transition into fall and winter. This will now open new activities to prepare for and tend to. Some simple tips for stowing away your canoes and kayaks would be to

tighten all the hardware on them, re-varnish wood that needs it, cover and protect them from

the ground when in storage. I canoe into late October so I have some time yet.

I have noticed that there are several changes that have been added to the migratory bird season and they are listed on the DEC Website. Don't forget to get your duck stamps!

The DEC has announced that they are resuming in-person hunter safety courses along with extending online courses.

On the Ranger front as of the most recent report from the region, they have responded to two rescue calls and one wildland fire. They have also sent Rangers to fires in the western

states to assist those fire crews.

The COVID Pandemic has put a strain on us all. Unfortunately, it has also put a strain on the land because of people who have suddenly found their way out of doors to recreate. This would be somewhat welcome if more people wanted to hire a guide but it doesn't seem to be the case. Some people are in need of education in respecting the outdoors and what it provides. Helping folks with Leave No Trace - what it means and gentle reminders could maybe help.

Moving forward, stay safe, keep your charges warm and fed well and Happy Trails!



Sheila Young

## REGION 5

By Sheila Young

The curse "May you live in interesting times" has played out in the High Peaks and other outdoor recreation locations across the state.

Clients are telling me that bikes and canoes/kayaks are out of stock this season. Hiker parking lots are way, way over capacity. Even trails that are often quiet have vehicles crowded

along the roadside. Through-hiking the Northville-Placid Trail is at an all-time high. I saw a Labor Day video of roadside parking on Adirondack Loj Road in Lake Placid, which is the main gateway into the Eastern High Peaks. I counted parked vehicles starting at the farthest distance from the Loj parking lots. There were +/-250 vehicles between the first car and South Meadow Road, with still over a mile to the Loj parking lots. The trails must have been simple conveyor belts of boots-to-the-ground. And, consider that our Canadian friends are absent this season.

What does this imply for the guiding community? First, reliance on social media

is bypassing the need for knowledgeable professionals in the back country. We need to find a way to get our message out. Forest Rangers and allies are spending all of their time conducting rescues. Second - wait for it - the time may be rapidly approaching for backcountry permits and restrictions. "Think groups" are recommending these actions. Access to State Lands is the lifeblood of many of our fellow guides. I personally encourage you to remind our politicians and regulators that licensed guides are legislated users of state land; allowed, by law, to conduct our business on state lands.

May less-interesting times arrive soon!



**REGION 6**

*By John Wainwright*

Again, between COVID and low, warm water conditions in streams and rivers, it

*John Wainwright*

has put a damper on fishing opportunities. Hiking, camping, etc. has seen quite an up tick as families and friends take to the woods, mountains, lakes and streams for solitude.

We have noticed an increase in turkey populations in the southern Adirondacks. It is not unusual to see a flock of several hens,

each with 5 or more young.

DEC posted a considerable increase in hunting and trapping licenses this fall which, I guess, makes sense with people being home bound this year.

Not much else to say, I guess, just hoping next year we get back to normal conditions.



**REGION 7**

*By Sandra "Squeak" Rose*

Greetings from Region 7. There is not much change in the region. We are seeing a substantial increase in turkeys and somewhat in the grouse sightings, which is always good.

*Sandra Rose*

By this time last season, I had seen 11 bucks in velvet. However, this year I haven't seen any

(no one has) - only does, yearlings and young-late fawns. There has been an increase of bear sightings and one was hit on I-81.

The Upper Redfield Reservoir is empty... I have never seen it this low this far into salmon season. We need rain desperately and the salmon season is reflecting it.

Drift boats are being dragged on the river in places where they have never had to drag them and the few fishermen that have arrived are swarming the pools and coves available. They are getting some salmon but not as they normally would this far into the season which normally gets under way the second week in August.

The corn, alfalfa and oats are better in the northern portion of the region while the apples and wild berries are better in the mid to southern portion, which is usually the opposite.

Many families are having water brought in to refill their wells. The bee populations are certainly basking in this extra hot dry summer weather and you can take my word for it that they are out in full force.

I hope everyone is doing well ... what else can we do(?) except research things, stay informed as much as possible and be as positive as we can. Please take care...

*"Squeak"*

**REGION 8**

*By Russ Dietrich*

This year has tested our fortitude and adaptability as Guides. Just as each day is a constant test for all wildlife. Nature has thrown us a curve ball but we have endured and are coming out on the other side of the storm.

As most of the fishing industry here in Region 8 winds down (with the exception of the salmon run), we as guides prepare to take on the fall foliage hikers as well as big game and turkey hunters. As we spend more time outdoors, it is quite obvious to see that no one advised wildlife about this

pandemic. They say that "nature always finds a way." We observe animals, both big and small, preparing for winter. We see signs of the upcoming change in season, not only in hours of daylight and temperature change, but in plant and animal appearance and behavior alike. It is early goose season here and the migratory geese are on the move. Butterflies are headed south etc.

Just as the animals prepare for the winter months, so must we learn to adjust for the change in our guiding industry.

We have revised our guide service policies to be COVID compliant. We have modified and restricted how we deal with

clients. Metaphorically, the Guide industry has experienced a, "Change of season." As we look forward to the upcoming natural wonders of seasonal change in the great outdoors, so should we welcome the change in industry!

So, get outdoors and teach a youngster to fish or take an adventurous hike with some new clients and point out all the beauty and splendor this wonderful state has to offer. Most importantly, share the experience with someone new and share with them the professional guidance that comes from being a NYSOGA member and trained outdoor guide.

Thank you to ALL of our membership! Have a GREAT season!!

# Achilles' Ankle



*By NYSOGA Member Tom Welch, M.D.*

*Ed. Note:* Dr. Welch is a physician at Upstate Medical University in Syracuse and a member of the Wilderness Medical Society. He is a

Wilderness Education Association instructor and has guided groups in the Adirondacks, Montana and Alaska.

This piece is reprinted with permission from ADIRONDAC, the magazine of the Adirondack Mountain Club.

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IN DECADES OF RUNNING, hiking, and climbing, I have had only one ankle sprain. I was running on a dark road at night (pretty dumb!), when my right foot stepped into a rut on the shoulder and I lost my footing. Within a minute, the ankle was painful, swollen, and unable to bear weight. Fortunately, I was a short distance from home. I treated it with BRICE ("RICE - see below - plus a beer"), located some crutches, and became the butt of jokes at work for the weeks it took to heal. I

have not had any subsequent problems.

If this same injury had occurred in the backcountry, the outcome would have been very different. I probably would not have been able to get to a trailhead unless I stayed put for several days until the pain and swelling improved. I likely would have needed assisted evacuation.

My experience illustrates why I teach ankle sprains as the defining injury of "wilderness medicine." This single injury is responsible for about three-quarters of wilderness medical evacuations - vastly more than any other problem. Yet, the basic medical management of the problem is known by any 11-year-old Scout with a First Aid Merit Badge. As with most "wilderness medicine," ankle sprains are a very straightforward issue that become a problem only because of remoteness. The competencies for handling them are not medical; they involve general wilderness

*See DOCTOR on page 8*

*Try This Recipe...*

**Baked Apple**

**Ingredients:**

- Apples
- Butter
- Brown Sugar
- Cinnamon
- Ground Mace
- Heavy Duty Foil



Wash and core your apple. Pack the core with a mixture of brown sugar, cinnamon and mace. Add 1 tsp. of butter. Wrap the apple in a large piece of foil and twist a tail to be used as a handle.

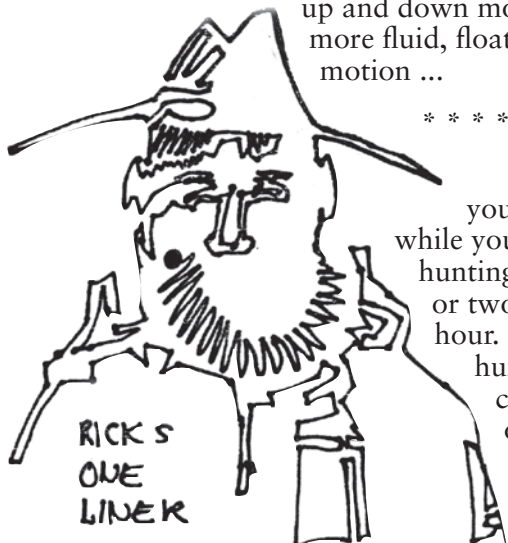
Place the apple in the coal of a fire and cook 5 - 10 minutes until softened. Remove and unwrap, being careful of the hot sugar.



'I'm not really huntin' . . . I just carry a gun cause it makes my dogs feel important.'

**“Guidie Says ...”**

... “The Indian Step ...” This is a style of walking long used by cross-country skiers as well as American Indians. Modern Americans tend to walk without swinging their hips. The Indian travels more efficiently. At the end of each step, he swings the hip forward as well as the leg, pivoting at the waist and leans forward slightly as he walks. This forward lean and turning of the hips lengthens the stride, positions the feet almost directly in front of one another and minimizes the wasteful up and down movement. The result is a more fluid, floating walk with less wasted motion ...



... If some member of your party remains in camp while you and your clients are out hunting, have them blow a note or two on a bugle every half hour. This will let the deer hunters know exactly where camp is and could keep any one of them from becoming seriously lost. A fairly high note carries the farthest ...

... Do not allow a hunting client to carry a white handkerchief. A flash of white in the brush may get them shot at for a deer ...

\* \* \* \* \*

... The color blue, used in many lures, is sometimes said to have a negative effect upon both saltwater and freshwater species of fish ...























\* \* \* \* \*

... Many people buying a first canoe get one that is too small. Since a 12 foot long boat is fairly large, they'll reason that a 14 or 16 canoe should be more than adequate. These smaller canoes are designed for use in small protected ponds or streams where there no chance of heavy wind, white water or anything other than the occupants to effect the canoe...

\* \* \* \* \*

... Nighttime is a wonderful time to watch bird migration with a good pair of binoculars or, better yet, a telescope that can magnify 20 times or up. Set a telescope on a tripod and use on full moon or near full moon nights ...

Hello from your NYSOGA Products Store! The store is reopened for business with one change in our processing. The previous Pay Pal link was not processing fees to your advantage. If you ordered more than one item, the link was compounding shipping fees regardless of the actual size or weight of your package. We can fill your order with a better shipping fee. Contact me at [adkfoothillsgs@gmail.com](mailto:adkfoothillsgs@gmail.com) for product price, tax and shipping. Orders are fulfilled by receiving payment by check or money order.

				
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## Doctor

*Continued from page 5*

skills, judgment, navigation, and so on.

The mechanics of ankle sprains are relatively simple. The two bony “bumps” on our ankles are the malleoli: lateral malleolus on the outside and medial malleolus on the inside. Strong ligaments extend from each malleolus downward to the other bones of the foot. These structures keep the ankle stable. A twisting motion can strain or even tear one of those ligaments, creating a sprain. Since such twisting almost always occurs with the foot turning inward, lateral (outside) ankle sprains are the most common. The ankle is swollen, often bruised from damage to blood vessels, and unstable. Tenderness is virtually always below the malleoli, distinguishing the ankle sprain from other injuries such as lower leg fractures.

In the front country, treatment is straightforward RICE: Rest (stay off the ankle); Ice (as much as one can tolerate); Compression (an elastic wrap, not to “stabilize” the joint but to lessen swelling); and Elevation. These require modification in

the backcountry, mostly because of the lack of ice. Commercial cold packs are of little value on treks. Elastic wraps, however, are essential in trekking first aid kits.

The big question with wilderness ankle sprains is getting out. There is no simple formula; decisions need to be based on severity, terrain, available help, weather, and the overall health of the patient. An easy walk out with trekking poles might work for a mild sprain in a healthy person, with a flat trail in nice weather. With sufficient help, the two-person assisted walk (one helper on each side) is very efficient in this setting. Keep in mind that there is quite a difference between doing this in a church basement during a first aid class and attempting this on a rugged trail; it is a physically difficult technique for all involved. Particularly challenging terrains and a very painful ankle may necessitate a more dramatic evacuation, even involving a litter. Helicopter evacuations for ankle sprains in very challenging environments are not unheard of.

There are few evidence-based recommendations for preventing ankle sprains. Certain obvious hiking maneuvers (e.g. rock hopping for a stream crossing) should be avoided, but my experience as a

trek leader has been that most ankle sprains occur in fairly “conventional” walking. For many years, I taught my wilderness education students that conventional high-top hiking boots had superior ankle protection and were therefore safer. As I discussed in an earlier essay on barefoot hiking, that teaching was probably incorrect. I have now ditched my high-top mountaineering boots except for the most challenging environments, and use lightweight low-profile boots for most hiking.

Minimizing pack weight can help prevent the instability which often predisposes to ankle injuries. There is some evidence that strengthening the muscles of the lower leg may help prevent foot inversion injuries. This is also important during the period of rehabilitation after sprains. A good physical therapist can help with this, and a number of exercises can be found at [www.verywellhealth.com/ankle-exercises-a-complete-guide-2696480](http://www.verywellhealth.com/ankle-exercises-a-complete-guide-2696480). Individuals who are prone to ankle sprains may wish to discuss the technique of ankle taping with a therapist.

Most of us take to the woods to enjoy remoteness. Unfortunately, such remoteness can also turn a rather straightforward injury into a major nightmare.

NEW YORK STATE OUTDOOR GUIDES ASSOCIATION



# GUIDELINES

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*“With a Ranger’s hat and shovel and a pair of dungarees you will find him in the forest always sniffin’ at the breeze. People stop and pay attention when he tells ‘em to beware ‘cause everybody knows that he’s the Fire Preventin’ Bear.”*  
- From the song *SMOKEY THE BEAR* by Steve Nelson and Jack Rollins