



President Scott Locorini

President's Report

By Scott Locorini

I would like to thank all the board members who continue to work diligently in the interest of NYSOGA. It has been a trying time through Covid but we have held the organization together and even made some very positive changes.

As an all-volunteer association, it takes us a little longer to make changes that other organizations with paid employees would make faster. But we do as much as we can as quickly as we can while

running our own businesses and managing daily lives. We do have many irons in the fire, including more website updates, additional virtual training opportunities, expanding member benefits, implementing our mentoring program and so much more. What we currently lack is time and member involvement. With winter coming and, hopefully, some spare time for you, please consider volunteering to help out. Feel free to reach directly out to me anytime.

The biggest recent accomplishment is offering

Water Safety for Guides virtually. Sonny Young

(Training and Education Team Leader) has put a lot of time and effort into this and we greatly appreciate it. WSFG classes are one of the biggest income producers for our organization and provide a great service to the guiding community as well.

Other news of note is the retirement of Colleen Kayser from the Licensed Guide Office. We have worked closely with her during her time in the office and

See **PRESIDENT** on page 3

Advocacy and Stewardship Report Changes in NYSDEC's Guides Program

By Michael Newell

There have been several changes at the DEC in the administration of the Guides Program this year and more changes coming. In late September, Colleen Keyser, who has been the Administrator of the program for many years, retired. Colleen was very supportive of NYSOGA, and we will miss her. With Colleen's retirement, the administration of the program was moved from the Department of Forestry group which, oversees the Rangers, to the Special Licenses Group. Mary Greagan is the new administrator, assisted by Teresa Ruiz. NYSOGA Board members have had several meetings with the two, who are new to the guides program but very experienced in the Special Licenses Group.

Another change that is coming is that in early 2022, the Guides Exam will become an online exam, with one written exam to be given at NYSOGA's Winter Rendezvous each year. Mary has written other online exams and has begun the process of writing the current online Guides Exam. In her experience with other DEC online exams there are many ways to protect the integrity of the online exam and they will be incorporated into the new Guides Exam.

In early 2021, an ad hoc NYSOGA committee worked with the previous coordinator, Colleen Keyser, to update and rewrite the General Exam, as well as the exams for Hunting, Fishing, Hiking, Camping, and Boats and Canoes. One of the objectives in rewriting

the exams was to have more balanced questions across all the subject areas where knowledge is required in the exams. It was also important for DEC that Leave No Trace questions be incorporated. The number of questions in the general exam was also increased and a new

Syllabus and Study Guide provided. Mary will be using the updated exams provided by NYSOGA as the basis for the new online exams.

Both Mary and Joe Therrien, Director of the Special Licenses Group, will be joining us at the Winter Rendezvous.

RENDEZVOUS XXXIX

Honoring Traditions - Rising to New Challenges

By Sheila Young

NYSOGA's Winter Rendezvous is a formal gathering of licensed and aspiring guides. Winter Rendezvous provides Water Safety for prospective guides (Thursday) and First Aid and CPR (Friday) for aspiring and licensed guides. NYSOGA's annual members' meeting and election of the new board of

directors is held on Saturday afternoon. The Saturday night annual banquet with award presentations and evening socializing and fun follows. All Rendezvous attendees and their guests are welcomed at the banquet and evening activities. As with Summer Rendezvous, there is time for enjoying camaraderie with like-minded folks. Registration will open on December 1, 2021.

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

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MEMBERSHIP REPORT

From Capt. Lee Godin

Hello fellow outdoors persons. The following is our member numbers as of 11/7/2021

18 Life
130 Active
14 Associate
8 Honorary

Please welcome the following new members:

Andrew Bonelli is a new active member from Niskayuna, NY. He can be reached at (518) 810-3941 or email abonelli225@gmail.com.

John Lowell from Huntington, NY runs RedHead Charters. He can be reached at (508) 364-7518 or redheadhunfish@gmail.com.

Wellness On The Knoll is run by Karen A Knoll Pine Bush, NY. Karen can be reached at (845) 978-7452 wellnessontheKnoll@gmail.com.

Cory Jenner is a new active member from Chittenango, NY. Cory can be reached (315) 440-4314 or Cny.jenners@gmail.com.

Melissa Bailey is a guide for Sledder Scott Guide Services/Wellness Adventures. She can be reached at (315) 281-7122 or via email at Salerno082969@gmail.com.

Jeremy DiCesare is a new active member from Saugerties, NY. He can be reached at (845) 399-0045 or rugerdezr2@aol.com.

Waterway Outdoors is run by Bryan Maida from Pine Bush, NY. Bryan can be reached at (845) 978-6161 or Bam1427@gmail.com.

Jeremy Trotta is a new active member from Castleton, NY. He can be reached at (518) 857-7299 or email jtrottany@yahoo.com.

Ithaca Enterprises is run by Nigel Dyson-Hudson from Newfield, NY. Nigel can be reached at (607) 564-7983 or ndh@cavesar.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>.

Please contact me if you need anything at (518) 542-2709 or go_lee3@yahoo.com.

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

Have a Safe and Successful Season,

Lee



Music provided by life members Wayne Failing (left) and Sonny Somelofski (Right).



Plans for Kids to Camp in 2022

*By Craig Tryon
Kids to Camp Team Leader*

In 2022 the NYS Department of Environmental Conservation [NYSDEC] Environmental Education Summer Camp Program will be celebrating its 75th year in operation. DEC is very excited to celebrate this important milestone for this program. They are working hard to develop guidelines to ensure both camp staff and campers can have a safe camp experience in 2022. NYSOGA members were informed that the camps were closed for the 2020 and 2021 season due to the Covid pandemic. To date NYSOGA, as a camper sponsor, has NOT been notified camps will be open in 2022. However, wording on the Environmental Education Summer Camp Program website reads very positively. NYSOGA is also excited to be able to sponsor our campers again this year to this program. We all should have our fingers crossed that this will happen in 2022.

Our Kids to Camp Program is an opportunity for NYSOGA to sponsor two camperships for youth 12 to 17 years old to one of the NYSDEC Environmental Education Summer Camps. As a NYSOGA guide, I look to you to identify and sponsor potential campers from your area for our Kids to Camp Program. You can begin to identify your camper to sponsor now.

Our NYSOGA Kids to Camp Program and a link to NYSDEC Camp information are located on our NYSOGA.org website under "Programs – Kids to Camp Program." There is a link in this information to take you to the NYSDEC Environmental Education

website for specifics about the NYSDEC Camp program. On the "Camp Information" heading scroll down to "More About Summer Camps"; click on "How to Register for Camp"; in second paragraph down from top is a link to their "Document Center" camp registration information are located here. To begin the sponsorship process, get your potential camper familiar with the NYSDEC Camp Program. If they are interested, work with them to complete and submit the NYSOGA Kids to Camp Sponsorship application. NYSOGA sponsorship information and form can be found on our NYSOGA website at the bottom of the Home Page - Members Only - Policies - Section 6 - Policy 3 Kids to Camp Program. The form you will use to submit the camper you are sponsoring is found here and can be downloaded. Submit both their completed NYSOGA sponsorship application and essay "Why I Want to Attend a DEC Environmental Education Summer Camp" by the submission deadline. The Kids to Camp Team will make sponsorship selections and inform you and your sponsored camper of their sponsorship decision.

To ensure campers get the dates and camp of their choice, it is imperative for a camper to register on the first day DEC begins taking registrations. For the 2022 camp season this date isn't known yet. This date has usually been the 3rd week in January. The NYSOGA Kids to Camp Team needs you to ensure completed camper sponsorship applications and essays are received no later than January 2, 2022. This date gives the team time to process

See KIDS TO CAMP on page 6

Award Suggestions Needed

By Mary Hall

NYSOGA's awards committee is looking for suggestions for possible awards this year. Please be thinking about individuals you would like to nominate for Life Membership, Camp Lantern, Packbasket, Camp Spoon, Honorary Member, Friend of NYSOGA or if you have a suggestion for a new award you would like to see considered.

The nominations for Life Member must be

received by the awards committee prior to the January Board of Directors meeting in order for the Board to vote on this award as per our bylaws and policies. These awards are typically presented at Winter Rendezvous during our annual banquet. The past couple years, this has not been the case due to Covid cancelling the Rendezvous. We are hoping to get back to our normal format this year.

Any suggestions or nominations should be forwarded to Awards Chair Mary Hall at maryphall71@gmail.com.

President

Continued from page 1

she will be missed. The Licensed Guides Program has been moved to the Special Licenses Unit of the DEC with Mary Greagan as the coordinator.

For the time being, there won't be any changes in the license renewal process but we expect some changes in the future.

I hope that you have had a great summer and fall season! Stay safe and enjoy the upcoming holidays.

Scott

Nominations Report

By Mary Hall

Calling any NYSOGA member interested in serving on our Board of Directors for the upcoming year. The Nominations Committee will be putting together a nominating petition prior to the annual meeting for member consideration and vote.

This petition will be formed from any current serving officers who express an interest in continuing to serve and any other member willing to step up and serve for the benefit of our whole NYSOGA family.

You can express your interest in being considered for a seat on the Board by submitting your interest to Mary Hall by February 15, 2022 at maryphall71@gmail.com.

AROUND THE REGIONS



Ed Moran

REGION 1

By Ed Moran

It's been a busy fall of guiding (mostly hiking and camping in my case) which, hopefully, will continue into the winter.

Outdoor goods are still relatively scarce due to the widely reported supply chain problems as well as the continuance of the increase in popularity of outdoor activity that coincided with the pandemic. I recently did an online search for a high-end winter sleeping bag and found that the best priced retailer (of those that claimed to have them in stock) was about \$140 over the MSRP. This is not a good year for acquiring gear at discount.

Local legislators have recently been calling on the state to move ahead with the expansion of the 750-mile Empire State Trail across Long Island. The extension has been talked about for some time but so far, it's just talk. The 175-mile-long extension featuring "off-road" sections linked by lengthy "on-road" sections has an estimated price tag of \$114 million. The Bipartisan Infrastructure Bill passed in Congress includes \$106 million dedicated to improving water quality, protecting habitat and preserving the recreational and fishing industries on Long Island Sound. Projects and spending will be managed by the EPA's existing Long Island Sound program.

EHD (Epizootic hemorrhagic disease) has affected some deer in Suffolk County. While it is usually fatal, the numbers don't

appear to have been high. Now that we've had killing frosts and freezing temperatures in most areas, the biting midges that are the sole vector for the disease and it should be done for the season.

For the Region 1 (Suffolk County) January firearms deer hunting season, a daily permit is required to hunt DEC managed lands. The permits are awarded via a drawing to be held on Tuesday December 7. The deadline for the drawing is December 6. The DEC is now requiring the submission of an online registration form to be entered in the drawing. The form and more details about the process are at this web address: <https://survey123.arcgis.com/share/dbdbb65ab14b43a6807757c080182708>.

The Suffolk County firearms season this year extends from January 2 – January 31.



Brian Manning

REGION 3

By Brian Manning

Well, fall is upon us and the weather is changing. Now is the time for storing our canoes and kayaks and looking forward to the activities of fall in

winter. While we're storing our canoes we should be doing our repairs and making sure all our gear is stowed away in good condition for next year. On my paddles and most of the wood on my canoes I like to use a 50/50 mixture a boiled linseed oil and turpentine. The turpentine acts as a drying agent and allows the linseed oil to dry faster.

We had a slow start to the migration of Canada geese here in lower Hudson Valley as the temperatures were slightly

above normal so far this fall. However, they seem to be flying quite well now.

Upland bird season has begun along with waterfowl and bow season for the elusive whitetail in the Southern zone. The days are finally cooler in the mornings to get them moving. We had a low of 23 two nights before the writing of this! The colors were somewhat lackluster but they still made for pleasant hikes, and late fall paddles.

For anyone that doesn't know: The colors of Autumn can help you identify the trees in your area. Brown are usually Oaks and Beaches, Red, Yellow, and Orange are Maples, some Oaks, Ash, Birches and more. Get out enjoy the color that's left!

Another tip for you on wood to be used for campfires and winter hikes along your favorite trail or camping would be to buck your logs ahead of time and stand them up against a tree to help them dry and keep them off the ground.

This way, they won't be covered with a blanket of snow and you can find them easily to be cut and used for your fuel. In between everything else in fall, I like to use the time to prep my winter gear, check my snowshoe bindings, make any adjustments that they may need, re varnish any traditional snowshoes I have and perform general maintenance. I also prepared my vehicle for the winter adding extra blankets, warm clothes, tow straps and flares, restock first aid items, and other items useful while traveling.

The hiking in the Catskills seemed to be right on track to normalcy - I heard of no problems except maybe parking issues. The Rangers handled 2 Wilderness rescues in Greene County & 1 in Ulster County without further incidents. So, in closing to all: check your gear, make repairs or replace, know before you go, stay safe and enjoy the outdoors because it's for everyone.



REGION 5

By Sheila Young

The North Country had the warmest autumn in my memory. The foliage peak season started right on time - the last week of September/first week of October here in the High Peaks Region - but persisted much longer than usual. Fine days of hiking/climbing, paddling, birding and angling lasted through autumn. And now, it's hunting season. Nights are occasionally frosty in the northern part of Region 5. Snow has fallen on the highest summits.

Sheila Young

Days are cool and - occasionally - dry. Woolly aphids are in the air. But, for our whitetails, we really need a hard freeze to take EHD-transmitting midges out of the air. Epizootic Hemorrhagic Disease (EHD) has been confirmed in counties to the west and south of Region 5. EHD is quickly fatal to infected deer.

A NYS law took effect on October 16. Anglers can fish for trout year-round on inland waters, but must catch and release immediately, using only artificial lures between October 16 and March 31. This allows year-round trout fishing. This new law does not apply to trout ponds or to tributaries of the Great Lakes, Finger Lakes or Lake Champlain.

The Adirondack Park Agency (APA)

has a new appointed chairman after a two year vacancy. John Ernst lives in New York County but is the long-time owner of Elk Lake Lodge in North Hudson. His family has historical roots in the Adirondacks. He has held a seat on the APA Board since 2016. Mr. Ernst's appointment is yet to be confirmed by the NYS Senate.

Our long-time friend, Colleen Kayser, the heart of the DEC Licensed Guide Program, has retired. She will be missed on many levels. The DEC Special Licensing unit has taken responsibility for the guide licensing program. I believe other NYSOGA directors may comment in Guidelines about this transition.

Election Day has come and gone. I hope you voted.



REGION 6

By John Wainwright

Not much to report. High water continues to cause issues with fishing most of our Region

John Wainwright

6 streams and rivers, especially fly fishers.

The Erie Canal recreational trail is finally completed. Here in Ilion, I'm on the Marina Commission and we've seen a tremendous increase in local use as well as people going on long distance trips.

That's all I have.

*I have flouted the wild,
I have followed its lure.
Fearless, familiar, alone.
Yet the wild must win
and a day will come
when I will be overthrown.*

— From "The Heart of the Sourdough"
by Robert W. Service

ADVICE FROM "DR. GUIDE"

How Sweet it Is – Tips for Hiking Safely with Diabetes



By NYSOGA Member
Tom Welch, M.D.

Reprinted from the September/October issue of ADIRONDACK, the magazine of the Adirondack Mountain Club. Guidelines appreciates receiving permission from the magazine and Dr. Welch to reprint it here.

The basic defect in diabetes is in

body's ability to utilize glucose as a source of energy. This results in a rise in blood glucose ("sugar") levels. The defect is caused by a decrease in either the ability of the pancreas to produce insulin (the hormone central for the use of glucose as a fuel) or the body's ability to utilize insulin. The former is "type 1 diabetes; the latter is "type 2". Type 1 diabetes requires the use of injectable insulin and most often develops in children and adolescents; type 2 (far more common) typically develops in adults and is usually managed with diet and medication other than insulin. While the prevalence of both types is increasing, this is especially the case for type 2 disease. Rising obesity levels are a major cause of this.

A few issues that are important to any hiker or camper are particularly important for people with diabetes. Suboptimal control of the disease may make one more susceptible to poor healing, especially

of foot wounds. Blister prevention and early treatment are important in every hiker, but particularly so in those with diabetes. Careful meal-planning is critical in managing diabetes, and the increased caloric needs of backpacking need to be factored into this.

The treatment of diabetes renders many patients susceptible to episodes of hypoglycemia (low blood sugar). Hypoglycemia can be dangerous if not treated immediately, and the treatment commonly is the administration of some form of oral sugar (although some non-sugar drug alternatives are now available).

While the principles of bear avoidance require the removal of such items from one's tent, I would make an exception for patients with diabetes. One simply cannot be exiting the tent and rooting around in the bear-resistant food container

Doctor on page 8

Try This Recipe ...

Mary Tryon's Renowned Chocolate Chip Cookies

Most members who has been to a NYSOGA board meeting are familiar with Mary Tryon's chocolate chip cookies.

GUIDELINES has, with great difficulty, persuaded Marty to share this old family recipe. Try having some on hand for clients after a journey afield and see how much repeat business you get!

Blend:

1 cup white sugar
1 cup brown sugar
1/2 cup white shortening
1/2 cup yellow shortening (not butter)
1 tsp. vanilla
1 tsp. water
Add 2 eggs and blend

Add:

2 1/2 cups flour
1 tsp. salt
1 tsp. baking soda
12 oz. semi-sweet chocolate chips

Check dough for stickiness and add a little flour if necessary. It should not stick to your hands.

Bake at 350 for 10-12 minutes. If they have risen and the center is coming down, take out and enjoy. This recipe may be doubled.



Kids to Camp

Continued from page 3

applications, make our camper selections, and get registration paperwork to our campers allowing them to register timely for camp. The review of applications and selection of our campers by the Kids to Camp Team takes time... PLEASE meet the submission deadline dates.

Please remember your NYSOGA Camper Sponsorship application and essay must be submitted by US mail or email and received no later than January 2, 2022. Email is quicker and easier for everyone involved.

Contact me with any questions:- phone (315) 427-8984, email – adkwldexp@yahoo.com

Application submission by:- email – adkwldexp@yahoo.com; mail - Craig Tryon 14741 209th Avenue-SE Renton, WA 98059

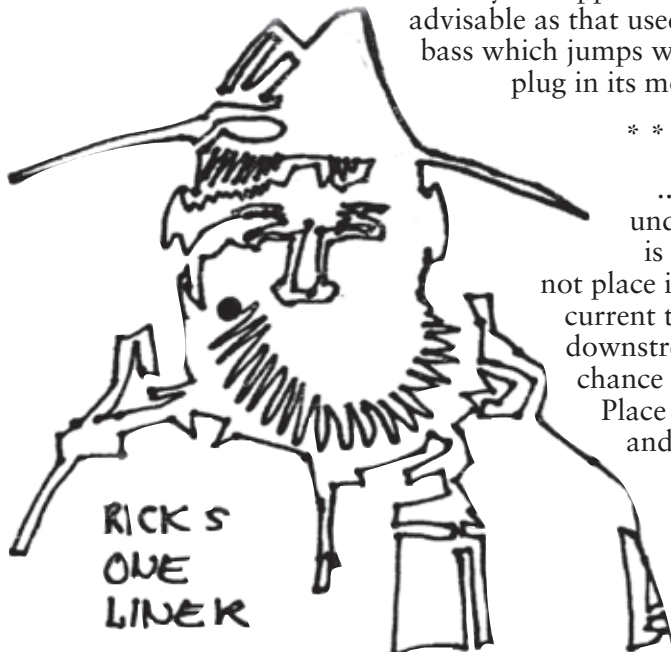
The NYSOGA Kids to Camp Team "Thanks You" for your help to identify campers for our Kids to Camp Program.

"Guidie Says ..."

... In fighting a heavy fish, such as an atlantic salmon on a fly rod, should the fisherman lower or raise the rod when the fish jumps? Salmon are usually hooked on a comparatively small fly and a fine gut leader which may test only three or four pounds. Therefore,

exactly the opposite technique is advisable as that used in fighting a bass which jumps with a wooden plug in its mouth ...

... When an undersized trout is released, do not place it in the swift current to be carried downstream without a chance to recuperate. Place it in an eddy and it will usually revive ...



... Emergency needle.

When you need a needle for some emergency sewing, you can make one from the key used for opening cans of sardines, coffee, etc. Straighten out the handle and bring it to a point with a file or rubbing it on a rock. The eye is already there and you can use fish line for thread ...























... To build a good protecting cradle for a canoe, cut an old automobile tire in two and nail the sections onto heavy boards which need not be more than twenty-four inches in length ...

... When leaving camp in the morning, make a practice of following four or five hundred yards behind another member of the party. Deer are curious animals and will often walk out to the trail or road and watch the hunter who has passed along. If you are the last person, look back every two or three hundred yards. A deer is liable to come out of hiding and watch you ...

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 for product price, tax and shipping.

Orders are fulfilled by receiving payment by check or money order.

				
Hat, waxed canvas, low-rise, Dark Brown \$20	Hat, cotton twill, trucker-rise, Beige \$20	Hat, 100% poly, golf-rise, Vista Grey \$22	Hat, Dri-Duck cotton/poly, low-rise, Moss \$20	Cap, synthetic knit, watch-style, Dark Blue \$20
				
Logo patch, embroidered, 3" round \$6	Rocker, Master Guide, embroidered, for 3" logo \$5	Window decal, adhesive, interior, 3"x7" \$2	Window decal, adhesive, exterior, 5"x 8", \$6	Logo lapel pin, die-cast metal, 1" round \$5
				
Vest, Columbia fleece, embroidered badge or logo, Charcoal Heather \$42	Tee, long sleeve, 100% poly, embroidered badge or logo, Forest Green \$25	Angler shirt, Dri-Duck, 100% poly, embroidered logo, Fog \$52	Hoodie, Independent, camouflage greens, embroidered logo \$62	Water bottles, 20 oz, metal, images vary, White w/ logo \$14
				
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Decal, adhesive, 3" logo, interior, available in paper or vinyl \$1	Travel mug, vintage 1991 Saranac Lake, adhesive disk, green on tan \$2			

To order:

0.8% NYS sales tax and shipping fees will be added at the time of order request. Payment by check or PayPal when product availability is confirmed. Refund policy available at www.nysoga.org on the Members Only page.

Products Team Leader Sheila Young, 214 Old Wawbeek Road, Tupper Lake NY 12986.

Order through adkfoothillsgs@gmail.com or (518) 637-6193.

Doctor

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in the middle of the night to secure emergency hypoglycemia treatment!

For decades, I taught wilderness medicine students that wilderness expeditions, even overnight camping, were not feasible for folks with type 1 diabetes. The logistics of storing insulin, regular blood testing, and responding to dramatic changes in diet and energy expenditure were simply too complex for much beyond a brief overnight trip. Happily, recent developments have proven me very wrong. Individuals with type 1 diabetes regularly compete at high levels in such strenuous activities as triathlons and ultramarathons. A few people with diabetes have even successfully summited Mt. Everest. Extended trips in austere

environments are no longer out of the question.

Much of this change has resulted from major technologic achievements, including programmable insulin pumps, continuous glucose monitors, and easily transportable cold storage units. That being said, the logistics involved in such treks are daunting, not least because the energy requirements of backpacking may increase daily calorie needs by a factor of three or more, necessitating major changes in insulin dosing.

Such treks require careful planning with a diabetes specialist who is familiar with the demands of adventure travel. Such an individual may be difficult to find, although major diabetes centers can probably help locate an appropriate specialist. It will also be important to have a companion along who is familiar enough with diabetes to be of assistance in emergencies.

The following grace was written by Don Williams, a retired school principal and charter president of the NYS Outdoor Guides Association. The NYSOGA annual banquet is opened by the asking of this blessing each year.

Slow us down, Lord.

Ease the pounding of our hearts by the quieting of our minds.

Give us, amid the confusion of the day, the calmness of the everlasting hills.

Break the tensions of our nerves and muscles with the soothing music of the singing streams that live in our memories.

Help us to know the magical restoring power of sleep.

*Teach us the art of taking minute vacations –
Of slowing down to look at a flower.*

To chat with a friend.

To pat a dog.

To read a few lines from a good book.

Slow us down, Lord, and inspire us to send our roots deep into the soil of life's enduring values that we may grow toward the stars of our greater destiny.

Amen



NEW YORK STATE OUTDOOR GUIDES ASSOCIATION

GUIDELINES

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"With an ignorant guide you will starve; with a lazy one you will lose your temper, with a low-bred one you can have no peace. A good guide, like a good spouse, is indispensable to one's success, pleasure and peace."

— From Adventures in the Wilderness by William H.H. Murray