



GUIDELINES



President's Report

By Scott Locorini



President Scott Locorini

When I started my guiding business (well over 20 years ago), I received a lot of bad advice from large organizations and banks who had no understanding of the business. As hard as you try, it's difficult to describe all the things that affect a guide's business. Thankfully, I had ten years in the industry prior to venturing off on my own. Since then, I have continued to learn and change with the trends that effect the industry.

As a full-time, year-round guide who derives most of my income from guiding, I had no choice.

Today, there are even more uncertainties to contend with but, thankfully, there are more readily available resources to help. My start was way before Facebook groups (or even Facebook), Zoom webinars (or any streaming webinars) and easily accessible advice. Thankfully, today all these things exist. I currently belong to many Facebook groups who are for business owners in tourism and travel.

I also "attend" several

webinars each month on business, marketing, and technology. All these things keep me relevant and learning but, when I want an answer to something that is guiding specific, I turn to NYSOGA members.

NYSOGA is an association of professional guides, many of whom have either "been there, done that, are "doing that" or are "trying to do that." Everyone of us works in the field, makes reservations for guests, deals with liability concerns and wonders if there's

See **PRESIDENT** on page 3

2022 NYSOGA Summer Rendezvous

This year's NYSOGA Summer Rendezvous is scheduled for August 5-7 at a venue near the village of St. Johnsville in the Mohawk Valley region of Central New York. An AirB&B lodge rental has been reserved at the location, with accommodations available both in the lodge and at tent and small trailer sites on the surrounding grounds. The isolated property consists of more than three hundred acres, much of which is leased for farming, with spectacular views of the Mohawk Valley and northern Catskills. The lodge offers bathrooms, a full kitchen, common gathering areas, recreation room, outside deck with gas grill and large outdoor fire ring, all available for use by attendees. Use of the four bedrooms and a group sleeping area in the recreation room will be by reservations (see description below). Tent and trailer camping reservations are not necessary.

The Rendezvous is open to all NYSOGA members, their families,

and guests without cost, although attendees are responsible for their own food. There will be a group "pot luck" dinner on Saturday night. Check-in time at the property is after 3:00 pm on Friday and check-out must be accomplished by 10:00 am on Sunday.

A summer Board of Directors meeting, usually held at his event, will be held via Zoom a few weeks prior, leaving Rendezvous to have a purely enjoyable social and recreational schedule. There are a number of attractions, some listed and described below, within a short driving distance of Rendezvous which may appeal to attendees on Friday, Saturday or after checkout on Sunday.

For a few ideas on what to do in the area:

[Hiking at Wintergreen Park](#)
[Kane Mountain Hike](#)
[Beekman 1802 Mercantile](#) (Beekman

Brothers Store)

Alternative lodging options nearby:

- [Travel Lodge by Wyndam](#) Little Falls – 20 minutes from Rendezvous,

20 Albany Street Little Falls, Phone: 315-8234954

- [Red Roof Hotel & Suites](#) – 30 minutes from Rendezvous, 100 Marginal Rd, Herkimer (Exit 30 Thruway), Phone: 937-328-1840

- [Caroga Lake Public Campground](#) – 25 minutes from Rendezvous, 3043 Rt. 29A, Caroga Lake, Phone: 518-835-4241

- [Crystal Grove Diamond Mine & Campground](#) – 10 minutes from Rendezvous, 161 County Rd. 114, St. Johnsville, Phone: 518-568-2914

Travel Directions to Summer Rendezvous:

The address of the Summer Rendezvous is AirB&B lodge rental is 299 NY Rt.67, St. Johnsville, NY 13452. It is located just north of NY Rt.5, east of the Village of St. Johnsville. There will be a NYSOGA sign at the location's driveway, which is a rough, few hundred-yard, uphill pathway.

See **RENDEZVOUS** on page 3

GUIDELINES

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MEMBERSHIP REPORT

By Capt. Lee Godin

The following is our member numbers as of 7/2/2022: 18 Life • 116 Active • 11 Associate • 13 Honorary

Please welcome the following new members:

Ed Peterman runs Found Only In from New York County. He can be reached @ 646-574-6943 or via email ed@foundonlyin.com, www.foundonlyin.com/guide-services-2/

David Alexander from New Jersey runs NatureIntoAction. David can be reached at 802-233-5836 or via email at davidethanalexander@gmail.com His website is NatureIntoAction.com.

Outdoor Opportunities Guide Service is run by Jamie Arnold from Thompsons county. Jamie can be reached at 607-342-2666 or via email: oogs13053@gmail.com

Renegade Outfitters is run by Joel Holley from Fort Anne, NY. Joel can be reached at 518 932 7324 or via email at jaholley1979@gmail.com

Cameron McCall is a new member from Saratoga County. Cameron can be reached at 518 292 8566 or via email: cameron.mccall15@gmail.com

Constance Miller is a new member from Essex County. Constance can be reached at 518-578-5797 or via email: Justrighthikes@gmail.com

Camping Adventures NYC is run by Matt Gaor from Richmond County. Matt can be reached at 646-883-5850 or via email at matt@campingadventuresnyc.com, NatureIntoAction.com.

Miguel G. Marshall is a new member from New Jersey. Miguel can be reached at 646 626 6779 or via email at climbingguidemiguel@Icloud.com

Avail Outfitters is run by Scott Rockwell from Waterville, NY. he can be reached at 315-327-5550 or via email atscott.rockwell15@yahoo.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 www.nysoga.org/renewmembership

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

Have a Safe and Successful Season

Lee

DEC Camp Program Turns 75, NYSOGA Sponsors Two

By Craig Tryon

As I have noted in past issues of GUIDELINES, DEC is celebrating the 75th Anniversary of their Environmental

Education Summer Camp in 2022. As we have done in the past, NYSOGA is sponsoring two campers again this year.

I do know that some NYSOGA member guides have been lucky to have

attended this program in past years - some of them "very past years!"

The DEC Environmental Education Team is working hard to make this year a special time for their camp program.

Winter Rendezvous Forecast

By Craig Tryon

I know now, with the warm sunny days of summer, is not a time when most of us are thinking about our March Winter Rendezvous. This event doesn't just happen. It takes considerable planning and coordination by a lot of people to ensure everything comes together on time.

The planning process began last March when members signed up to join the 2023 Winter Rendezvous committee. An active, involved committee helps make our Rendezvous a big success. Current members are Scott Locorini, Roy Earley, Sheila & Sonny Young, Alan Woodruff, Jeff Whittemore, Sandra "Squeak" Rose

and myself. Each member is given duties to ease the burden and, together, get the job done. We work as a committee, not individuals.

I open the invitation to all NYSOGA members to join us. If you have not joined or are a new member and want to become involved, feel free to contact me. We would welcome you - what better way to get involved with NYSOGA than to serve on a committee?

Can't believe that I almost forgot to let you know - make plans NOW to join us at the White Eagle Conference in Hamilton, NY on March 9, 10, 11 and 12 for Winter Rendezvous 2023!

Ed. Note: Craig can be contacted at adkwldexp@yahoo.com or (315) 427-8984.

Rendezvous

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From the north, find your way to NY Rt.10 south and at about one mile south of the hamlet of Ephratah, turn right onto NY Rt.67 (also known as New Turnpike Rd.). Travel west for 5.2 miles and turn right at the mailbox marked 299 and a NYSOGA sign.

From the south, find your way to NY Rts. 10 or 162 to the Village of Canajoharie. Cross under the NYS Thruway and over the Mohawk River and turn left onto NY Rt. 5 west for a very short distance to the Village of Palatine Bridge. Turn right onto NY Rt.10 north and travel 4.7 miles before

making a left turn onto NY Rt.67 (AKA New Turnpike Rd.). Travel west for 5.2 miles and turn right at the mailbox marked 299 and a NYSOGA sign.

From the east and west via the NYS Thruway, use Exit 29 (Canajoharie), exiting to NY Rt.5 and following the directions from the south above.

From the east via NY Rt. 5, From the east via NY Rt.5, travel to Palatine Bridge and follow the directions from the south above.

From the west via NY Rt. 5, travel through the village of St. Johnsville and at about a mile watch for a left turn onto NY Rt.67 (AKA New Turnpike Rd.). At 0.9 miles watch for a left turn onto the lodge driveway at the mailbox marked 299 and a NYSOGA sign.



President

Continued from page 1

a different or better way to do something.

In short, NYSOGA is a resource! I will admit that we are not most tech savvy or quickest at times. But, I have never worked with a group who is more willing.

So, the next time you have a guide business related question, don't forget to post the question on our Facebook members only group. You can also email me or anyone on the board. Have a marketing question; try the Brand and Marketing committee. If you need help with some recently proposed legislation, reach out to our Advocacy and Stewardship chair. Better yet, come and have a chat with us at the Summer Rendezvous.

Summer Rendezvous is August 5-7, 2022, and is a great opportunity to collaborate with fellow members in a casual and relaxed environment. More information is available further down in "Guidelines". Hope to see you there!

Scott

AROUND THE REGIONS



REGION 1

By Ed Moran

In writing this update, I wanted to share a listing of resources available to help small business in Region 1 (Long Island). There are a handful including Small Business Development Centers at Stonybrook University and Farmingdale State College:

- <https://www.stonybrook.edu/commcms/sbdc>
- <https://www.farmingdale.edu/small-business-development-center>

I've spent a little time with the Stony Brook SBDC. However, it occurred to me that the organization I have received the most help from is NYSOGA. Although we have formal communications and occasional programs such as at Winter Rendezvous, I have benefited a lot from networking with fellow guides, including the following:

- Exposure to what is going on in Albany with respect to the licensed guide program

and potential new legislation

- Knowledge transfer and comparing notes with other guides about marketing, what works and what doesn't
- Lending each other a helping hand when needed for guide gigs
- Cross referrals

When I started my guiding business, I had an idea of who my clients would be and what services I would offer. Since then, refining that vision (and recognizing where I was off base) has been very important. Obviously, you learn from your mistakes (and I am still learning) but supplementing that learning through my association with NYSOGA has been very important to me.

Speaking of mistakes, here are a few that I have made and in most cases am still learning to do better. Maybe not everyone makes these mistakes, but here are couple of mine:

- Targeting too broad a customer demographic Its ok to have more than one target audience but you must segregate them and treat them differently. Even where it seems harmless, time away from targeting

your core customer is time you could have used more productively, ads you could have placed more efficiently and posts that could have gotten attention from people more likely to be your clients.

- Targeting too broad a geography This is on eof the factors that might separate customers into different target audiences, but also as a guide providing services it can be challenging. Bouncing back and forth like a pinball makes time management a little difficult and the costs of the travel are my biggest expense. I'm getting better, but there are still improvements to be made. Perhaps one of the bigger mistakes I've made isn't guiding over a wide geography but ignoring my home market. In my case, my clients are regional but I've not paid enough attention to my more immediate neighbors. Just because most of my guiding isn't where I live, that doesn't mean most of the clients can't come from there.

Who else has had similar challenges or successes? Usually someone in NYSOGA has already been down the same road. What are your challenges? I'd love to hear from you.

REGION 3

By Brian Manning

While we are on our way into the summer months, there are a few things keep in mind as we start to enjoy the warmer weather. Make sure you do a once-over on your gear and keep it in tip top shape. Take out your trusty repair kit and make any needed repairs: holes to be sewn, straps to be replaced, and so on.

As we know, this time of year the whitetail does are dropping their fawns and periodically they may leave the fawns. If you come across one please leave it alone. The mother will be back shortly to take care of her youngster.

More in regards to wildlife, in the Northeast we are experiencing an outbreak

of Highly Pathogenic Avian Influenza (HPAI). Avian influenza, or bird flu, is a respiratory disease caused by infection with a type of influenza virus. Avian flu viruses normally spread to domestic poultry like chickens, ducks, geese, and guinea hens. Avian flu viruses do not normally make humans sick but human infections with avian flue viruses have occurred. People who have regular contact with poultry or wild birds are most at risk. Please take caution and care. Guidelines suggest to NOT touch birds that look sick or injured. Avoiding affected animals would be the best option.

On the legislation front, Recovering America's Wildlife Act is the top CSF priority set to receive a vote in the U.S. House.

Now on to recreational tips, when

hiking and backpacking, remember to stay hydrated and rest often. Do a stretch and warm your muscles before rocking the trail.

When paddling again, have water ready and remember to protect yourself from the sun. Big brimmed hats are a must with good sunglasses. Plus, there are a host of new SPF clothing to help shade you. Lastly but most important, WEAR YOUR PFD! It does you no good if you're not wearing it. You won't have time to grab it when you need it in a critical situation. Paddle with a buddy, practice rescues including self rescue, and scout your water.

Always remember to have a plan and know before you go. Let's make summer great! Be careful, have fun and see you on the trail & water.

REGION 4

By Sonny Somelofski

Greetings All,

Region 4 has been bustling since April. From what I've seen, many trout have been caught in the East Branch of the Delaware as well as the Beaverkill and the NYC reservoirs. Reservoirs have produced trout up to 10-11 lbs and smallmouth up to 4-5 lbs.

May was turkey month and it looks

like the turkeys are making a comeback. I saw more longbeards taken this year than in the last 5 years. I still think that there would be a higher success rate if DEC opened the season on April 1 instead of May 1 but I've said that for years.

From what I've seen, there are a lot less fishermen and hunters anymore but a LOT more hikers, bikers and kayakers. The New York City Dept of Environmental Protection has opened their reservoirs and surrounding property (thousands of acres) for recreational

use. There's lots of land that I wanted to use for the past 40 years that was private property that is now open to the public. For more info about this, email me at tremperskill@catskill.net or call the Kingston or Downsville office. I can give you information as to where to go in Delaware County.

That's about it for now. More info in the next issue. Be safe.



Mary Hall

REGION 5

By Mary Hall

Summer is definitely upon us and things have really gotten busy here in Region 5.

DEC has been busy as always between rescues and running the new ranger school. This year, they teamed up with Huntington's branch of the Environmental Science and Forestry College in Newcomb for their 16 weeks of training. It is one of the larger classes this year so soon they hope to add 40 new rangers to the force statewide.

Congratulations to member Dave Olbert and his wife Ruth on being

spotlighted in this month's edition of Adirondack Life magazine. Dave and his wife run Cloudsplitter Outfitters out of their Hudson River property in Newcomb. If you haven't seen the article yet, be sure not to miss it. This is the little town that could and they have lots to offer.

A big thank you goes out to all of our water safety instructors statewide and especially to our own Region 5 instructors, Sonny and Sheila Young, who also do a majority of our first aid and CPR classes plus Wilderness First Aid. Your hard work does not go unnoticed.

Those of us in Region 5 wish all our member guides and members from all other regions a very safe and profitable summer season. Be safe out there! See you at Summer Rendezvous.

REGION 6

By John Wainwright



John Wainwright

Region 6 will be hosting this summer's Rendezvous which is actually located just over the border of Region 6 into Region 4 near St. Johnsville, on August 5, 6 & 7. Very nice Air BB with over 100 acres overlooking the Mohawk River. Always a great time. Hope you'll join us.



Sandra Rose

REGION 7

By Sandra "Squeak" Rose

Our region is fairly quiet with everyone seemingly off doing their own thing as the summer moves along. The mighty Salmon River is quiet with little activity. The rainfall has been extremely intermittent throughout the region with standing water or normal/sufficient rainfall in some areas and yet, 5 miles away, there are drought conditions beginning to form. In my lengthy travels, I am witnessing that corn and soybean growth, meadow conditions, leaf abundance/conditions and waterway conditions vary greatly. I

am seeing a lot of wildlife acting/moving in search of water as many of the normal areas are completely drained.

I am happy to report that there has been a new ATV trail opening from Kasoag to Williamstown and that trail is opening up woodland and meadow areas to explore and enjoy (*while staying on the trail) for all, as well as boosting the revenue/commerce of those communities.

The Oswego "Valley" ATV club has also rebuilt and reopened the railroad bridge between Fair Haven and Cato N.Y., making that 13 mile trail accessible once again and spectacular progress is being made in working with the municipalities to allow ATV passage through the village of Hannibal as well, which will be a wonderful thing.

The water on the trails is nearly nonexistent. Places where 3 to 4 ft of

water existed year round are completely dry, which brings concern; we will all have to be monitoring our home wells and water usage, as we "should be" at all times anyway. NYSDEC has proposed a draft for the advancement of recreational opportunities encompassing a 3,464 acre area including Kasoag, Klondike, Orton Hollow, and Stone Hill State Forests to include an All-Terrain vehicle access by permit for those with mobility impairments, which is a wonderful plan.

June 25 - 26 was the Free Fishing Weekend with no license required and I hope many utilized the opportunity.

~ from "Squeak"

ADVICE FROM "DR. GUIDE"

High Time

By NYSOGA Member
Tom Welch, M.D.

*Reprinted with permission from
ADIRONDACK, the magazine of the
Adirondack Mountain Club.*

After twenty-three years of writing this column, some overlap of subject matter is probably inevitable. I am going to discuss a topic I reviewed on these pages over two decades ago. Although there is very little new science about the subject, it will be a good reminder for the older reader and a good introduction for a new generation of trekkers.

Every now and then, I encounter a hiker huffing and puffing en route to an Adirondack summit and making a comment along the lines of "Air is pretty thin up here, eh? While that's technically correct, the implication that the hiker's exhaustion

is a function of altitude is not. This does not imply, however, that altitude is never a problem for the trekker - it most assuredly can be.

Every bodily function requires oxygen. Oxygen is delivered continuously to the muscles, brain, and other organ by red blood cells. These cells pick up oxygen as they flow through the lungs and deliver it through the network of blood vessels. After offloading oxygen to tissues, the cells return to the lungs for a resupply.

The amount of oxygen that a red blood cell can take up from the lungs is a function of two things: the percent of oxygen in the air and the air pressure. As one ascends, the percentage of oxygen in air is constant, but the air pressure decreases; this is why commercial aircraft, flying at very high altitude, are pressurized.

Although air pressure decreases incrementally for every foot of elevation



gain, the consequence for red blood cell oxygen delivery in healthy persons is inconsequential below about 8,000 feet. This is why folks climbing Mt. Marcy (or any peak east of the Mississippi) can't blame altitude for their fatigue. A ski vacation in the Rockies, or an alpine or Himalayan trek, is a very different story.

The medical effects of high altitude are all direct consequences of tissue

See DR. GUIDE on page 8

"Guidie Says ..."

... A spare leader can be kept near at hand if you wrap it around your hat. Tuck the ends under the band to keep them in place ...

... Oil cloth or rubber sheeting works very well under your sleeping bag in damp or cold weather, although the oil cloth gets very stiff and cracks. Aluminum foil, however, works just as well as either of them and is much lighter to carry. Be careful to avoid laying it on sharp sticks or stones. One piece should last for several trips ...

... Instruct your clients to fill their canteen every time you come to a fresh water supply. Canteen water is inclined to become warm and flat tasting after it has been carried awhile. Refilling at every opportunity assures constantly fresh drinking water ...

... Fresh eggs can be kept in camp for several days without refrigeration by carrying them in a thermos bottle. Break eggs into the bottle before leaving; then you can pour them out as needed in camp ...























... When fishing near inflowing water of big lakes, don't overlook fishing near the bottom of the channel. The heavier and colder water at that level contains more oxygen than the quiet lake water and you will have better luck at the deeper level ...



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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.

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

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



Dr. Guide

Continued from page 5

oxygen deficiency. The earliest effect most folks notice is a lower threshold for exhaustion - becoming unusually fatigued by what seems like minimal effort. The body compensates for impaired oxygen delivery by increasing the respiratory rate and the heart rate (pulse). This is why one feels (and appears) much more “winded” by a jaunt in the Rockies than one of similar length and elevation change in the Adirondacks. There is no real “treatment” for this problem beyond factoring in it into your trip planning.



NEW YORK STATE OUTDOOR GUIDES ASSOCIATION

GUIDELINES

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“We should preserve every scrap of biodiversity as priceless while we learn to use it and come to understand what it means to humanity.”

– Edward O. Wilson