



GUIDELINES



President's Report

By Scott Locorini



President Scott Locorini

It is that time of year again when we reflect on the past and plan for the future. Over the past few years, NYSOGA has undergone many changes, overcome challenges and grown in spite of it all. This is because we have a solid team on the Board of Directors who cherish the organization and its members. I am blessed to not only be able to work with them but to also call them friends.

As a result of their hard work, our member benefits have grown,

our relationship with DEC has gotten stronger, our training has grown and the training curriculum has improved.

The one new member benefit that is near and dear to me is our partnership with Cross Currents Insurance. They are a great group of folks who love spending time outdoors and specialize in insuring guides and outfitters. They had an existing program just for fishing guides but when approached, they developed a program that would better fit our members who need insurance for multiple activities. It was a process but I'm glad to see members utilizing it.

We are currently finalizing our seminars and training for the annual Rendezvous. This year, we are excited to have Paul Wingfield from Outfitter Pros Marketing making a presentation for your guide and outfitter. The Cross Currents insurance team will be in to talk about the ins and outs of insurance. (They have promised it won't be boring insurance lingo) We will also have Joseph Therrien from the NYSDEC Guide Licenses Program to talk about the guide test and potential law and regulation changes in the future.

See *PRESIDENT* on page 3

2023 Rendezvous Theme to be "Voices From the Past"

By Craig Tryon, Rendezvous Chair

In 2023, we will be celebrating NYSOGA's 40th Winter Rendezvous. The committee asks that you mark your calendars and join your fellow guides and their families, prospective guides and guests for Winter Rendezvous XL. Our location will again be the popular White Eagle Conference Center near Hamilton, NY and the dates will be March 9-12, 2023.

White Eagle is a great place for us, being centrally located in New York State. Check out their website at www.whiteagle.com. This location allows us to walk to all venues once our car is parked. Meals, lodging, location and staff are outstanding.

The Rendezvous Committee is currently working to put together a

special weekend we hope you will enjoy. The usual meals, training, meetings, informal seminars and our annual Guides' Banquet are scheduled.

See *RENDEZVOUS* on page 5

DEC Plans to Operate Environmental Camps in 2023

By Craig Tryon Kids to Camp Chair

On November 9, I received great news from the NYSDEC Environmental Education Summer Camps Administrative Team ... They are currently in the process of planning for the 2023 camp season. More than ever in our history, children need fun, unplugged learning experiences that can only happen at an outdoor camp

There is also time for us to be with special friends we may

see only once a year and meet new friends attending for the first time. By joining us, you can learn how to improve your individual guide business by attending seminars and networking

setting. We are very lucky to have five Environmental Education summer camps, spread throughout New York State to allow youth to enjoy a rewarding outdoor camp experience.

As in past years, NYSOGA has strived to sponsor two youth to a camp and week of their choice during the summer camp season. In 2022, we were on track to sponsor three campers, due to

See *DEC CAMPS* on page 3

GUIDELINES

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To Our Members

*From Roy Earley,
Membership Committee
Chair*

Your NYSOGA membership year is from January 1 through December 31. Renewal of membership is now due.

For those of you who do not wish to deal with postage and writing a check, you can accomplish your 2023 membership renewal with the direct link for renewals on NYSOGA's website.

Go to <https://www.nysoga.org/renewmembership.html>

Our quarterly newsletter GUIDELINES is sent digitally to our membership. Members may request that a printed copy also be mailed to them.

Roy

Awards

*By Committee Chair
Mary Hall*

To date, the committee has not received any nominations for life member. Remember that nominations must be received prior to January 15 in order for the committee to process them before being voted on at our January 17 BOD meeting. Nominations for all other awards can be submitted up to February 15. Please send any nomination ideas to Mary Hall at maryphall71@gmail.com.

NYSOGA Director/Past President Discusses Guide Program with DEC

By Michael Newell

Recently, I had a lengthy meeting with Gay Somogie and Joe Therrien from NYSDEC’s Special License Group. Joe’s group is now managing the Guides License Program and Gaye is the lead person on the project. The key takeaway from the meeting is that Joe’s group is not just happy to work with us, but that we are essential to moving forward in several areas including the guide’s exam, regulations and legislation. They consider NYSOGA to be their key advisor for running the Guides’ Program.

The discussions were wide-ranging but, in the end, centered around three main topics: Rendezvous, Regulations/Legislation and the Guides’ Exam.

WINTER RENDEZVOUS:

1. A written exam will be given on Saturday, March 11, at White Eagle.

2. Both Gaye and Joe will attend the Rendezvous.

3. They are working with DEC executives to provide a Saturday lunch speaker. They are trying to get Deputy Commissioner Katherine Petronis, who heads up the Natural Resources Division. (Forestry, Fish & Wildlife and Outdoor Recreation) If Ms. Petronis cannot do it, they will find someone within DEC who can.

4. Joe could be available to speak at an additional time on some of the ideas/questions he has on regulation/legislative changes.

REGULATIONS/LEGISLATION

1. Joe wants our recommendations on First Aid, CPR and Water Safety. They mentioned that they were thinking of allowing online certification for First Aid and CPR. I expressed my opinion that what should really be required is “Wilderness First Aid.” Joe was very open to my thoughts and he would welcome an “official” position from NYSOGA.

2. Gaye and Joe wondered if a magnet badge could replace the pin badge. I pointed out that a magnet badge is more likely to be lost in the woods and that brought about a larger discussion about what a guide be required to carry/display while guiding.

3. They think some changes are necessary in how rock and ice tiers are defined and the requirements for each.

4. When potential whitewater guides are submitting their experience resumes, the Department sees two types. In one, the “outfitter” signs off on the required number of trips. In the other, individuals simply self-certify

See GUIDE PROGRAM on page 8

DEC Camps

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a donation of one camp sponsorship by the Catskill Chapter of the Ruffed Grouse Society. We were only able to identify two campers to send.

DEC was finally able to open their camps in 2022 after two years of covid restrictions. We chose our two campers and they were both registered to attend Pack Forest Camp in Warrensburg during the last week of operation. One camper, Stanley, has waited two years to be sponsored by us. Unfortunately, Pack Forest had staffing problems during that week and had to close early and neither of our campers were able to attend in 2022. I notified both of them that we would hold their camp nomination forms over for 2023. Stanley is from the Albany area and Zoey lives in the southern Adirondacks. Both are eagerly awaiting to register for camp on March 5.

NYSOGA still has one camp sponsorship available for the 2023 season. Do you know of a youth between

the ages of 11 and 17 in your local area that may be interested in a camp sponsorship? If you do, work with them to submit a NYSOGA Camp Nomination form. NYSOGA camp information can be found at the NYSDEC website. (Google nysdec)

At the bottom of the home page, click on Education and then on Environmental Education Summer Camps for Youth 11-17.

Information about the five camps is there, as well. For NYSOGA Kids to Camp information and to print a Camper Nomination Form, go to our website, <https://www.nysoga.org/> and, from the home page go to “Member Login.” The Camper Nomination Form must be submitted showing you as their camp sponsor and including their “Why I Want to go to a DEC Camp” essay. The completed form and essay must be received by Craig Tryon no later than February 10, 2023 to be considered for sponsorship. Camp registration begins March 5 at 1 p.m.

Please feel free to contact me with any questions you may have. (315) 427-8984

President

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It should be an informative Day!

Looking forward, there is always work to be done and hopes for more improvements and changes. As an all-volunteer organization, we work as quickly as we can but can always use help. If you have any interest in helping in any capacity, feel free to reach out to me, anyone on the board and/or attend Rendezvous to meet some of us.

Wishing you a happy and prosperous new year!

Scott

AROUND THE REGIONS

REGION 3

By *Brian Manning*

As we enter into the winter season after a very unseasonably fall, we see that the yearly migration of birds has been delayed for some time.

Waterfowl season was pretty dull; some may say - non-productive as well. I harvested a nice buck but deer season was hardly a banner year.

We have received a few snowy days, which made for pleasurable day hiking. It's good to remind our clients of the tracks they see along the way and let them view the story that unfolds at their feet! Hopefully, we'll have some more snow as winter progresses to follow our traditional activities like snowshoeing, winter camping, back-country skiing and others.

There isn't a great deal to report in the Region, so let's talk about getting to our destination. It can be a pleasant experience traveling in the wilderness on snow-covered roads; however, we do have to keep safety in mind and need to

address risk mitigation. At the time of this report, in Buffalo, 17 people died in their vehicles during a blizzard.

Vehicle survival is something that really should be thought about. It is often overlooked; the mentality being we hope we will never get stuck instead of preparing for the eventuality of getting stuck. Having the right gear could address the risks of being stranded on our way to our intended fun. Here's a partial list of my thoughts:

1. Pack and have clothing applicable for the elements and temperature as well as an appropriate sleeping bag and mat for each person in the vehicle.
2. Survival kit with fire starters, cordage, fixed blade knife, a metal vessel to melt snow, compass, whistle and signal mirror, shelter, etc.
3. Tell a responsible person where you're headed and the route you're taking.
4. Cell phone with any local numbers needed and map of the area you're in.
5. Check the weather reports; if it's bad, don't go.

6. Lastly, if you do get stuck, don't just leave your vehicle unless it's in a life-threatening position.

A. Turn the ignition on once every hour to conserve fuel and make sure the tail pipe is clear.

B. Use your marker panels on the vehicle.

C. Roll down a window an inch or so on the least windy side of the car.

D. Get into your extra clothes and sleeping bag.

E. Light a candle.

F. Clean around the vehicle often so it does not look abandoned.

* * * *

Remember, all situations are different and the areas we travel vary as well. Spend some time thinking about what's needed and where you're heading, whether or not your clients are meeting you or riding with you.

A little prep can go a long way. Some may find this overkill and that's fine; however, I choose to be prepared.

REGION 5

By *Mary Hall*

Seasons greetings from Region 5 to all NYSOGA family members. We hope your holidays have been filled with love, laughter and good cheer.

It's been a tough year for many of our members trying to get reestablished from two years of covid which seems to be here for the duration, illness, injury and loss of loved ones. We are all hoping that 2023 will be a brighter

365 days.

DEC has been very busy in Region 5 this year with many rescues, searches and fire fighting in and out of our state.

We also hosted the new Ranger Academy program through DEC this year with graduates participating in classes and trainings at Wanakena and, new this year, at the College of Environmental Science and Forestry at Newcomb. 115 new Rangers were added to the statewide list, some of which will be serving in Region 5. We welcome each and every of them.

NYSOGA and DEC have a

longstanding relationship of working together to find ways to better provide for a safe environment for residents and visitors alike to enjoy all that our state has to offer for outdoor enthusiasts.

We look forward to continuing that relationship for generations to come.

And so, onward we go, preparing for our Rendezvous at White Eagle Conference Center where we will be training many new guides as they prepare for their exams. We look forward to seeing lots of new and old family faces. Be safe and SEE YOU IN MARCH!



Mary Hall

My Winter Leave No Trace Thoughts ...

From Sheila Young

1. Plan ahead and prepare: Days are short. Unbroken trails may take longer. Solo hiking may not be your best bet. Plan your realistic itinerary and turnaround time. Take appropriate general winter gear. Take enough extra in case you spend an unplanned cold night outdoors.

2. Travel and camp on Durable Surfaces: Broken trails are hard-packed and more durable - stay on the trail where you can.

3. Dispose of Waste Properly: You can't bury poo in January. Don't leave it to become a springtime horror. Take extra baggies to take your poo and paper with you.

4. Leave what you find: Always, take

only photos and memories.

5. Minimize Campfire Impacts: It may be impossible to find dead-and-down wood under the snow and solid-fuel fires are prohibited in the Eastern High Peaks (soon to be the Central High Peaks).

Carry a liquid-fuel stove.

6. Respect Wildlife: Winter is especially tough for our animal pals. Take special care not to be a stressor.

7. Be Considerate of Others: DON'T POSTHOLE!

Rendezvous

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with fellow guides.

Seminars this year will be on guide insurance, marketing and an update from the NYSDEC Bureau of Special Licensing staff on what's new in the guide program at the department level.

As your Winter Rendezvous Committee, we look forward to you joining us at White Eagle for Winter Rendezvous XL – “Voices from the Past!”

Craig Tryon (Chair), Roy Earley, Mary Hall, Jeff Whittemore, Sandra Rose, John Wainwright, Alan Woodruff, Michael Newell, Sheila Young, Mark Waterman, Sonny Young and NYSOGA President Scott Locorini

ADVICE FROM “DR. GUIDE”

Hiking on Drugs

By NYSOGA Member
Tom Welch, M.D.

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No, not those drugs...

Hypertension (high blood pressure), a major cause of cardiovascular death, affects over 100 million Americans, 80 percent of whom are on medications for the problem. As I have discussed in other columns, aerobic exercise such as wilderness travel has a positive impact on hypertension. This observation is tempered by the fact that several of the common medications used for hypertension may affect the hiker negatively. Although this is not a reason to avoid wilderness pursuits, being

aware of the effects of several types of antihypertensives can help one prepare to enjoy a trek without nasty complications.

There are literally hundreds of individual antihypertensive drugs. I will focus on four categories that include the vast bulk of prescription medicines for hypertension and have specific concerns for backcountry use. I will avoid using names

of the individual drugs since there are so many of them. Readers should check with their pharmacist or provider (or, of course, Google) to learn into which categories their own prescriptions fall.

The group of drugs that may be the most problematic are the beta beta blockers. These drugs lower blood pressure by interfering with the strength and rate with which the heart beats. They are highly effective medications, and particularly beneficial for those with prior heart attacks.

Most individuals experience fatigue and lowered exercise when beginning beta blockers., although these effects may lessen with time. For some, however, beta blockers make strenuous exercise such as climbing a peak nearly impossible. Hiking requires an increase in the rate and strength of the heart's contractions; this increase may be severely limited by beta blockers. Regardless of one's prior experience, it would be unwise to plan a major hiking trip after starting a beta blocker without having a good idea of one's current exercise capacity. This would be an important discussion with one's provider before beginning the drug.



Diuretics are a group of drugs that increase urine output, lowering blood pressure by reducing blood volume. After being on a diuretic for a while, most patients reach a new equilibrium of fluid balance and are generally comfortable.

Trekking, however, can upset this equilibrium by increasing the need for fluids. Thus, there may be a greater risk of dehydration for hikers taking diuretics. This may show itself with fatigue, light headedness, and excessive thirst. Hikers experiencing such symptoms while taking diuretics should increase their intake of fluid such as

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Dr. Guide

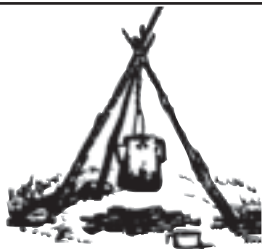
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water, as well as salty snacks. As with many such things, there is no real “rule” for doing this, besides carefully heeding the signals of one’s own body.

Angiotensin converting enzyme

inhibitors (ACE inhibitors) and angiotensin receptor blockers (ARBs) are two different categories of antihypertensives that have similar mechanisms of action. These drugs inhibit a hormone that typically constricts blood vessels, thus lowering blood pressure. This effect may interfere with the body’s usual ability to raise blood pressure upon

standing or becoming slightly dehydrated. Patients may therefore experience dizziness or lightheadedness when getting to a standing position or upon rising in the morning. While annoying, this is seldom dangerous. It is wise to be careful moving to stand, such as after stopping on the trail for a rest. One should also avoid dehydration while on these drugs.



Try This Recipe ...

Bullhead - Italian style

Three 1 lb. bullheads, dressed, 1 8 oz. can tomato sauce, 2 tbsp. cheese garlic salad dressing mix or Italian dressing mix, ½ tsp. salt, Grated parmesan cheese.

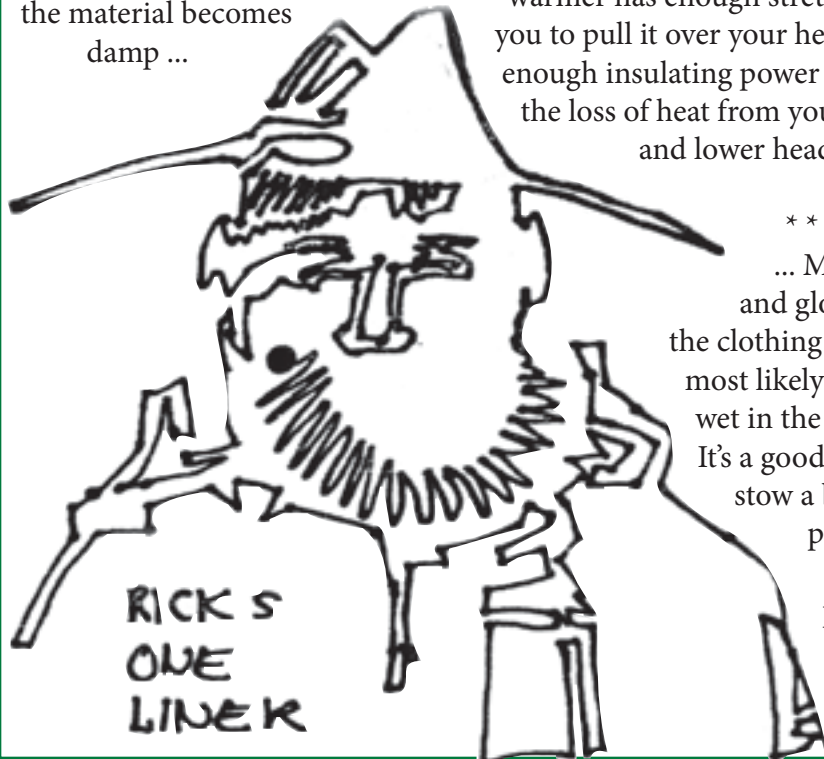
Place fish in a greased baking pan. Combine tomato sauce, salad oil, dressing mix and salt. Brush inside cavities with sauce, pour remaining

sauce over and around fish. Sprinkle with parmesan cheese and bake at 350 degrees for about 40 minutes until fish flakes easily.



“Guidie Says ...”

... Hats made of wool or fleece will insulate your head even if the material becomes damp ...



















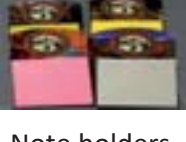



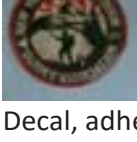

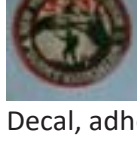

... A fleece or knit-wool neck warmer has enough stretch for you to pull it over your head and enough insulating power to slow the loss of heat from your neck and lower head ...

... Mittens and gloves are the clothing items most likely to get wet in the woods. It’s a good idea to stow a backup pair in your pack ...

... Before frostbite begins, the vulnerable area will appear red and puffy. The area will usually ache from pain caused by the extreme cold. If unchecked, the area will become numb and the pain will diminish ...

... Zippers on clothing, tents and packs can be a challenge to manage when you’re wearing mittens or gloves. Give yourself something larger to grip by tying a loop of nylon cord to each zipper pull ...

... Look around AND ABOVE a potential tent site for hazards. Stay out from under trees with branches loaded with snow or dead limbs that might fall ...

 <p>Hat, waxed canvas, low-rise, Tan/Brown</p> <p>\$20</p>	 <p>Hat, cotton twill, trucker-rise, Beige</p> <p>\$20</p>	 <p>Hat, 100% poly, golf-rise, Vista Grey</p> <p>\$22</p>	 <p>Hat, Dri-Duck cotton/poly, low-rise, Moss</p> <p>\$20</p>	 <p>Watch Cap, synthetic knit, Dark Blue</p> <p>\$20</p>
 <p>Logo patch (white border), embroidered, 3"</p> <p>\$6</p>	 <p>NYSOGA Master Guide, embroidered rocker for 3" logo</p> <p>\$5</p>	 <p>Window decal, adhesive, interior, 3"x7" Free w/ addt'l order</p>	 <p>Window decal, adhesive, exterior, 5"x 8", \$6</p>	 <p>Logo lapel pin, die-cast metal, 1" round</p> <p>\$5</p>
 <p>Vest, Columbia fleece, embroidered badge or logo, Charcoal Heather</p> <p>\$42</p>	 <p>Tee, long sleeve, 100% poly, embroidered badge or logo, Forest Grn</p> <p>\$25</p>	 <p>Angler shirt, Dri-Duck, 100% poly, embroidered logo, Fog</p> <p>\$52</p>	 <p>Hoodie, Independent, camouflage greens, embroidered logo</p> <p>\$62</p>	 <p>Water bottles, 20 oz, metal, images vary, White w/ logo</p> <p>\$14</p>
 <p>Coasters, cork and hard-board, with logo, images vary, each</p> <p>\$5</p>	 <p>Note holders, Uni-Sub w/ Post-It notes, with logo, images vary, each</p> <p>\$7</p>	 <p>Latte mug, ceramic, laser logo, silicone lid, Green</p> <p>\$15</p>	 <p>Bill Leege original art Charter Member Life Member</p>	 <p>Rick Mundy original art Life Member</p>
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 <p>Commemorative tee, first in series honoring guides: French Louie Lt steel, stonewash green, pebble</p> <p>\$20</p>	<p>To order:</p> <p>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.</p> <p>Products Team Leader Sheila Young 214 Old Wawbeek Road, Tupper Lake NY 12986. Order through adkfoothillsgs@gmail.com or (518) 637-6193.</p>			

Guide Program

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they have taken/led the number of required trips. Should all qualifying trips be under the supervision of an experienced whitewater guide?

GUIDES EXAM

1. They are working to correct problems with the current exam process.

A. Some people don't understand that they must take the Basic Exam as well as the area exams they are interested in.

B. Some people take the exam, fail, hit the back button and then retake it and pass. DEC takes the first submitted exam and so, they fail, though they might argue they passed.

C. Not having an exam during the summer was a problem for whitewater folks, so they are adding a July exam.

D. They would like NYSOGA to make sure the fishing and hunting exams are aligned with the current syllabus, which changes every year.

E. They would like additional questions for each exam. One of their special licenses is 100 questions, but they have 200 to choose from and can change the exam to be different every time.

F. Many people are still failing the fishing exam.

G. They will run some reports for us to determine if there are questions that people consistently miss. We can use them to identify "bad questions" and either rewrite or replace them.

H. Exam schedule for 2023 is 2/3, 3/11, 3/31, 5/12, 6/23, 7/7, 9/15 and 10/13.

NYSOGA FOLLOW-UP

1. Is there a time at Rendezvous where Joe could talk about new regulations? (Rendezvous Committee)

2. Check that fishing/hunting exams align with current syllabuses.

3. Obtain draft of 2023 Fishing Syllabus and make sure exam is aligned.

4. Draft new questions for each exam.

5. Set January meeting with Joe to discuss regulations/legislation strategy.

6. Develop strategy for finding champions on legislative environmental committees. (Advocacy Committee)

7. Obtain DEC reports on guides' exams to identify bad questions.

* * * * *

I think these discussions were very good news for NYSOGA and we now have someone at a program director's level communicating directly with us.

NEW YORK STATE OUTDOOR GUIDES ASSOCIATION



GUIDELINES

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*"As I grow older, I pay less attention to what people say. I just watch what they do."
- Andrew Carnegie*