



THE UPPER SARANAC LAKE ASSOCIATION

MAILBOAT

MAY 2018

The Spiritual Side of Upper Saranac Lake

We are highlighting two of the Churches located on Upper Saranac Lake: Church of the Ascension at the north end of the lake and Island Chapel on the southern end. Each has been active for over 100 years and they have rich histories.

Church of the Ascension

By Patty Koch

Perched on a hill overlooking Back Bay sits a little log chapel studded with stained glass windows. Built in 1888, Church of the Ascension has offered Sunday services every summer since, with the first parishioners arriving via stagecoach from Saranac Inn. By 1906, the church had built a rectory and boathouse on Back Bay for its pastor. La Jeunesse campers from Fish Creek Pond attended



weekly for 50 summers starting in 1916. In 1990, a memorial glade was created for ashes of church members, including *A Mountain View* author Lewis Spence. The church originally offered an awe-inspiring view overlooking our lake's northern basin, before trees sprung up to obstruct that scene.

When I am in the little church on the hill I feel nearer to God than anywhere else on earth.

Augustus Blagden, 1879-1960

Continued on page 3

Island Chapel

By Leslie Main

On the southern end of Upper Saranac Lake, Island Chapel stands as the beautiful setting for worship services that have been taking place each summer for over one hundred years. The current structure was built in the 1950's and has been the site of interdenominational worship services, weddings, renewals, and memorials.

The Chapel is a weekly destination for local attendees, but also attracts many first time visitors each Sunday. Services are held at 11AM from the last Sunday in June until Labor Day each summer.



A group of volunteers form the Chapel Committee, and they are the literal working hands of the chapel. One of the ministers on Island Chapel Committee oversees the invitation of ministers, and we host a different inspirational speaker every Sunday. They could be retired clergy, local pastors, or even prison chaplains but all of them share a love for the Adirondacks.

Arriving to a service at Island Chapel is part of the experience! If you are on Upper Saranac Lake, you could bring your own boat, drop off your passengers, and then anchor nearby. A shuttle will pick you up, and then take you to your boat after the service. Dockmasters are ready to assist your passengers disembark. You

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President's Letter

Susan Hearn

A quick look at the USLA web cam feed shows that the ice is slowly receding from the shoreline of Upper Saranac Lake. As we move into mud season, the committees of the USLA are preparing for another summer season along the lake.

I hope that you will join us for one of our USLA membership meetings on July 14 and August 11. Both meetings will be held at The Wild Center and will kick off with a coffee hour to allow you to get reacquainted with your lake neighbors.

The July meeting will feature a presentation by Dan Kelting, Executive Director of the Adirondack Watershed Institute at Paul Smiths College. Dr. Kelting will present the results of his work on road salt contamination of Adirondack waterways and the well water survey recently conducted for ADKAction. I am sure this will be of interest to our membership.

The USLA Board of Directors is conducting a review of its mission, vision and goals to better serve its members. We are surveying the membership to gain your input, and the process of gaining your thoughts will continue throughout the summer. We truly value your input.

This is also an election year for USLA officers. If you would like to get more involved in the USLA, please let a member of the board know.

USLA promotes the responsible and safe recreational use of the waterways in the Upper Saranac Lake watershed. We sincerely hope you will enjoy your time along the lake this summer and that we will see you at many USLA sponsored events.

USLA Picnic at the Wild Center!

Date: July 16, 2018

Time: 5:00 – 7:00 pm

Place: The Wild Center Esplanade Tent

RSVP: By July 9, 2018

rsvp@wildcenter.org

518-359-7800 ext.1110

Provide names and number of people attending.

Each year several USLA members join together to sponsor a fun evening of a picnic supper and entertainment. You are invited to attend along with your family. Wild Center staff serve a delicious picnic buffet dinner.

Museum staff will highlight the Wild Center's newest experience — Ways of Knowing.

Indigenous voices come together to bring you Ways of Knowing. Working in partnership the Akwesasne Cultural Center, The Six Nations Indian Museum, and The Wild Center unite to broaden and heighten our understanding and appreciation of the natural world.

Our special guest will be artist and Six Nations Indian Museum Director David Fadden who has been telling the stories of his people through his art and his family's museum in Onchiota. He will share a story with us.

The Six Nations Indian Museum provides for the viewing of 3,000-plus artifacts with an emphasis on the culture of the Six Nations of the Iroquois Confederacy (Haudenosaunee). In The Wild Center exhibit hall, David has re-created the Marsh exhibit to reflect the Thanksgiving Address. His art work can be seen at the National Museum of the American Indian in Washington, D.C., and galleries in New York City.

Following David Fadden's story, Wild Center Curator, Leah Valerio, will give a special animal presentation, which is always lots of fun for children and adults.

Don't forget to RSVP!! We need to plan enough food for everyone attending!

UPPER SARANAC LAKE ASSOCIATION, INC.

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THE USLA MAILBOAT

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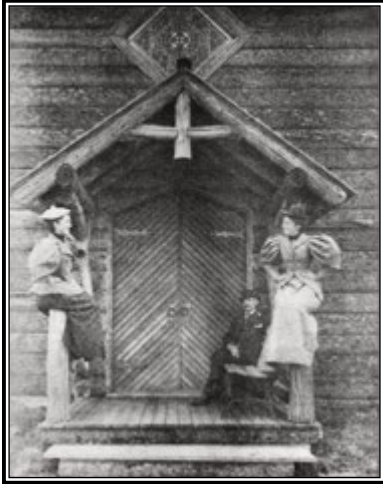
Photo of the mailboat, "Saranac", courtesy of the Adirondack Collection, Saranac Lake Free Library

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Church of the Ascension

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1895 view of the Church door—Blanche Riddle on left; Laura Davis on right; unidentified gentleman in the middle

known as the younger generation.

We hope future generations...will love the little church on the hill as much as we do.

Samuel Bodine, 1984

The robust singing of favorite hymns, accompanied by organist Karen Baker. Occasionally a new song or dance steps to learn. Episcopal prayer book liturgies, enriched with poems and readings from natural history and diverse faith traditions. Eloquent meditations sprinkled with book reviews or hiking/fishing/sailing adventures set on our lake, all tied into bigger-picture themes.

Fresh wildflower bouquets on the alter. Reminders of earlier worshippers engraved in plaques and windows. Monthly communion open

Today, descendants of the original congregants are joined by newer lake families seeking weekly inspiration and fellowship at Church of the Ascension. The chapel will hold services Sundays at 10am from July 1st through September 2nd this summer. Here's what you can expect: A clanging bell announcing the beginning of worship. A bird call and profile of a local avian species offered by pastor Bob Holum, who weaves environmental messages into each service. Summer breezes wafting in through open windows. A short talk geared toward "our visitors from the future," otherwise

to anyone who desires it. A time for meditation, with an invitation to lift up someone you know or a concern on your mind. Opportunities to meet friends and neighbors during worship and especially afterward, sometimes served up with fresh donuts and coffee.

I've been attending services at the church on the hill for over 60 years. They are an integral part of my Saranac experience.

Joe Rollins, 2018

Church of the Ascension is officially non-denominational and open to all. Just wear camp clothes and bring an open mind. The congregation actively supports social and environmental non-profits in the Tri-Lakes region. This woodland chapel hosts summertime weddings, memorial services and baptisms for local families regardless of church affiliation. Contact Bob Holum (boholum@aol.com or 518-891-4778), who has ministered here ten summers, for more information.

Gracious God, Composer of creation's song, thank you for the Church of the Ascension's 130 years of faithful ministry in Saranac Inn. Thank you for the creatures of field and forest, lake, stream and air that enrich and nourish our human adventure. Bless us as we prepare for another season of prayer and appreciation in our cozy chapel in the glade. Teach us to love and protect one another and our precious planet. Amen.

Rev. Bob Holum, 2018

Find the Chapel

Turn left from the USL State Boat Launch, take the first driveway on the right and go uphill to a clearing in the woods. During summer, a wooden sign marks the driveway. In front of you sits a 130-year-old log chapel that has nurtured lake families for generations.

Island Chapel

Continued from page 1

could also come by canoe or kayak, as they are easily lifted onto the dock or shoreline. Many choose to take the ride on the 25 passenger pontoon boat, Chapel Bound, which makes several trips each Sunday. Passengers wait at the boat launch off of Old Dock Road,



Photo: Lynne Perry

on Route 3. There is plenty of parking along the sides of Old Dock Road. The Chapel Bound makes its first round trip at 10:15 AM and returns for additional passengers until 10:45 AM.

Once on the island, the rustic charm of the chapel helps to focus on worship as we see the beauty of the lake, the trees, and the skies around us. Flowers adorn the simple interior. A bell rings eleven times, to start the hour. As the service begins, often the minister will ask where people have come from. While visitors come from far and wide, we are a community of worshipers at Island Chapel. An impromptu choir sings during the service, and prayer requests are collected and brought forward to be remembered in prayer. The message is given, and an offering is taken. At the close of the service, the Chapel Bound is ready to start the return trips back to the dock, and private boats come for their passengers.

Island Chapel's committee members serve as ushers, greeters, boat drivers, dockmasters, and cleaners. They also maintain the dock, the building and the surrounding island. If you are interested in participating, you are welcome to join the committee!

For more information and contacts, visit our website at www.chapelisland.org or find us on Facebook as *Chapel Island*. Hope you will choose to visit this summer!

Who's been visiting our boathouse?

By Ruth Smith

For many of us, one of the last steps when leaving camp in the fall is closing the boathouse doors, but it's usually quite evident when we return in the spring that the boathouse has had visitors. But who are they? A pile of beaver-chewed sticks on the dock may suggest a beaver had considered it a good place to store future food. An eight-inch high nest of lake-bottom twigs, lined with strips of cedar bark on the dock matches the description of a possible merganser nest. But deposits of animal scat along side empty mussel shells left in the boathouse are not so easy to identify, although usually thought to be from either mink or river otter (subsequently referred to as just otters). So I decided to learn more about these two members of the weasel family that live in Upper Saranac Lake, and how to identify them by sight as well as by what they leave behind for us!

Mink have slender, 18–26 inch long bodies, including a 6–9 inch furry tail, short legs, a pointed flat face, and weigh 2–4 pounds, with males ranging larger. Their thick, relatively long fur is very dark brown, often with a white patch under the chin, neck or chest. The mink seem pretty adapted to human activity, so it's possible to see them running along the shoreline during the day in search of food, however they are mostly active at night. They typically have a lopping gait, so footprints are seen in pairs. The prints show five long, slender toes, partially webbed, arranged almost star-shaped, about $\frac{1}{2}$ – $\frac{3}{4}$ of an inch long and wide. (Dogs and foxes have 4 toes.)

Otters are among the larger members of the weasel family, and many people from the Lake have probably seen the otters at The Wild Center. They have streamlined bodies, 3 - 4 feet long, including a broad, tapering tail approximately one third of its total length, short legs, and weigh from 15–30 pounds, again with the males larger than the females. Otters have a broad rounded head, and their small ears and nostrils can close under water. Their dense, short glossy fur may range from dark to lighter brown, with throat and chin areas brownish-white. They tend to be more shy of people than mink, and are normally active at night, but may be seen during the day foraging for food or playing, especially in winter. Their webbed feet leave 5-toed tracks up to 2–3 inches wide and 3–4 inches long, with pad marks often close together as they bound quickly along on land. Among the best-known signs of otters' presence are their slides. During warmer weather, a distinctive path about 6 - 8 inches wide down a muddy or well-smoothed embankment to the lake may be seen. In the winter an otter slide appears as a path through woods or on the ice that may be up to 25 feet long, often pitted with footprints where the otter has given itself a push.

Mink are very good swimmers, able to swim deep under water in search of food. When swimming, the mink's thick fur makes it quite buoyant, so it tends to float higher out of the water than an otter, often with the whole length of its back visible. With its pointed

nose, the mink makes a v-shaped wave on the water.

Otters are excellent swimmers and divers, using their strong tail to help direct their movement. They float lower in the water than mink when swimming at the surface, with most of their back submerged, so often only the top of the head is seen, with the nose, eyes and ears all exposed to assess their surroundings. Their thick whiskers are especially sensitive to movement so they can detect prey when hunting under the water, even if it is murky. The otter's rounded nose creates a broad, u-shaped wave on the surface as it swims.

Studies have shown that mink often use the abandoned homes of other animals, but they may also dig their own burrows, or make dens under tree roots, rocks or brush piles along the banks of lakes, rivers or streams. Litters averaging 4–5 kits are born in April through June, and within 7 weeks they are half of their adult size. After spending the summer together with the female, the young mink are on their own by the fall. Adult mink are mainly solitary animals and are very territorial.

Otters live in existing hollows, cavities under tree roots, abandoned beaver lodges, or in the burrows of other animals along water's edge that may also have underwater entrances. Social groups observed are usually made up of the female otter with her 2–3 pups, most often born in early spring, who stay together for up to a year. While groups of adult males may be observed, otters often are seen individually, but are considered only mildly territorial.

As with other members of the weasel family, both mink and otters have anal scent glands that produce a strong, musky odor used for marking their territory and defense, as our cat discovered one night down by the mink den by the edge of the lake! The sounds made by these animals are used for communication and defense as well. Mink vocalizations are described as squeaks or more defensive screams, where the otter sounds

include chirps, squeals or alerting snorts.

Mink are strict carnivores, and their diets vary by season with the available prey. Small mammals like muskrats, voles, mice and rabbits are most favored but they will also eat fish, crayfish, shellfish, frogs and birds in warmer seasons. Fish are more commonly eaten during the winter. Due to this diverse diet, their scat often contains fur or feathers, along with fish scales and assorted bones. It appears as a pencil-thin, twisted deposit an inch or so long, and is described as smelling distinctly nasty when fresh.

The otter is a carnivore, described as an aquatic generalist, likely to eat any fish, shellfish, crayfish, frogs, other animal they find and can catch, even hibernating turtles. Less often, small mammals or birds may be eaten, and occasionally even some plants. As a result, their scat, referred to as spraints, is mainly composed of fish scales and bones, and crayfish parts, with fur more rarely present. Their scat has short, rounded segments, larger than mink's, often arranged in piles, and when fresh has a greenish slimy surface.

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Photo: ©Kim A. Cabrera 2008



River Otter Slides in Snow

Photo: Larry Wade

Who's been visiting our boathouse?

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While both animals leave their scat at high points on banks, logs, rocks or boathouse docks, effectively marking their territory, the notable differences in size and appearance influenced by their diets should help to determine who has been visiting the boathouse.

Ecologically, Upper Saranac Lake provides the high quality water, abundant food, and sufficient brushy or rocky cover to provide excellent habitats for these important animals. As dominant predators in and around the lake, they influence the balance among the species of organisms present to help maintain a healthy ecosystem. Watch carefully and you may be able to spot mink and otters as you sit quietly on a dock, or paddle near uninhabited shorelines.

Ellis, E. 2003. "Lontra canadensis" (On-line), Animal Diversity Web. Accessed April 14, 2018 at http://animaldiversity.org/accounts/Lontra_canadensis/

Griffin, Dave, Otters and Fishers and Minks- Oh My!, Organization of the Assabet River, July 2006, <http://assabriver.org>

NYS Dept. of Conservation website: <http://dec.ny.gov/animals/9355>; <http://dec.ny.gov/animals/9356>

Schlimme, K. 2003. "Neovison vison" (On-line), Animal Diversity Web. Accessed April 14, 2018 at http://animaldiversity.org/accounts/Neovison_vison/

Note: sources for images also have excellent videos of animal activities in the wild

River Otter Slides in Snow by Larry Wade www.oldnaturalist.com

River Otter by Kim A Cabrera www.bear-tracker.com

Eagle Island – Summer 2018

Paula Michelsen, Executive Director
pmichelsen@eagleisland.org

With ice out (finally!) and the water high, it is now time to see what's happening on Eagle Island this summer. Work will begin on six of the 1903 National Historic Landmark buildings; first to shore up the foundations and level the structures, and then to make necessary roof and other repairs. In addition to the contractors, there will be three people on the island over the summer managing these projects and overseeing volunteers who will be working on other projects. The Eagle Island group is excited about this summer's work that will be undertaken toward the reopening of this historic

youth camp, so as to fulfill the mission of inspiring and empowering girls and young women to be confident, collaborative, and courageous. All of the work is being undertaken in a manner consistent with the vision of providing an environmentally responsible island camp experience for youth, while preserving Eagle Island's natural and historic character.

Unfortunately, with so much work happening on the island, there will be no July Open Island Day. Eagle Island hopes to be able to schedule one for late summer, stay tuned.



Photo: Mark Kurtz

MEMORIES

BY ROBERT POLLOCK

MARTHA (MARTY) POLLOCK, age 70, passed away unexpectedly on December 17, 2017. She grew up in Schenectady, NY, attended Niskayuna High School and then Smith College in Northampton, MA. She went on to earn a business degree from NYU, working as an accountant in both Colorado and New York. Throughout her life and travels, however, Saranac was a constant.

In the late 1940's, her parents, Herbert and Virginia Pollock, brought their children and grandparents up to Camp Omega. Camp Omega was, at the time, on undeveloped Fish Creek Pond. It was located right next to Camp La Jeunesse, a boy's camp from 1916-1956, that Herbert attended in the 1930's. Marty and 3 brothers grew up hearing tales of the camp and the fabled camp leader, Hank Blagden. She and her siblings wore the same classic La Jeunesse black and white plaid shirt as they paddled and tromped in the footsteps of former campers.

In the mid 1950's, the family moved to a point on the southeastern end of Upper Saranac's Narrows. Virginia found an array of glacial boulders at this spot and designed an L shaped cabin to fit perfectly atop these rocks. For more than 15 years, this camp represented the end of the 5-mile long Bartlett Carry Road. It was where the Altamont Dairy truck from Tupper delivering milk in glass bottles and ice cream turned around. It was also where at least one French gentleman and his girlfriend in their convertible sportscar learned that the Bartlett Carry Road was not the shortcut to Montreal.

Marty, in her aluminum "Rock and Roll" boat with a 5 and ½ hp outboard motor, boated back and forth between the

Narrows and her friends' camps on Gull Point. They listened to Elvis, the Everly Brothers and Jan and Dean on their "modern hi fi record players" while the gas generators noisily ran outside supplying electricity. Marty wasn't spared the work detail though. She put in her hours working on the camp road, shoveling drainage openings along the sides of rain-filled potholes, clearing ditches and cutting back brush while occasionally staring up at nearby dead trees wondering "who did invent the term widow maker?". As an older teen, Marty nominated herself as social director for the counselors at Camp DeBaun, a short-lived boys camp, located near the former Wawbeek Hotel. She also worked summer jobs as chamber maid and restaurant server in all 3 of the nearby towns. Some of her local acquaintances remained lifelong friends.

In the 1970's, the Pollock family moved to the southwestern end of the Narrows, buying Moss Ledge, a Great Camp built by William Coulter in the late 1890's. In 1989, Marty's son, Michael, was born. Soon, Michael and his band of friends, were boating, hiking and tubing while also learning about the work involved in maintaining an older camp. Marty never met a shelter dog that she didn't like. Over the years, she introduced a handful of dogs to the Adirondacks. In their wildest dreams, they couldn't have imagined going from a small pen in the shelter to the wide-open vista of trees, puddles, insects and chipmunks in the Adirondacks.

Marty was an integral part of this Adirondack tapestry for 70 years. She will be missed by all.

Help To Age in Place On Upper Saranac Lake

By Judy Meagher

Mercy Care for the Adirondacks, sponsored by the Sisters of Mercy, was established in 2007 as a 501(c)(3) nonprofit organization. Its mission is to enhance the fullness of life of elders living in their community.

Mercy Care has developed a new social model to relieve elders' isolation and loneliness and serve as a catalyst and facilitator of systemic change to empower older adults to **age in place** more successfully. Its direct service area is the Tri-Lakes region of the Adirondacks.

Mercy Care serves the whole community—any older adult in need within its capacity. Its services are provided free of charge and are kindly given by its generous Volunteers. There are no income or health guideline requirements.

Mercy Care Volunteers often develop long-lasting friendships with those they assist. They provide the benefits of friendship, companionship, and spiritual care which are not or cannot be adequately provided by family or friends.

Mercy Care gives priority to the establishment and strengthening of meaningful social relationships between older adults and their family and friends, encouraging and enabling participation in the life of their community.

- Friendship Volunteers engage their elder neighbors with:
- Friendly home visits
- Crafts or gardening

- Outings together
- Assistance with correspondence
- Friendly phone visits
- Transportation to appointments and events
- Recreation activities
- Running errands including shopping
- Art/music/literature enjoyment

Since 2008, Mercy Care has recruited and trained more than 100 Volunteers who have contributed over 27,000 hours of carrying out *errands of mercy* for their elder neighbors. **There are Mercy Care Friendship Volunteers residing on Upper Saranac Lake.** Mercy Care is assisting more than 100 elders in the Tri-Lakes area.

Mercy Care is governed by a local board of directors, chaired by Jerry Hayes of Tupper Lake, and includes Board Members residing on the Lake. The community itself supports Mercy Care through charitable contributions and foundation grants. It receives no government funding or reimbursement for its services.

To request a Mercy Care Friendship Volunteer for yourself, a family member, summer resident, or a neighbor, please contact Paul Guerrette, R.N., Mercy Care's Care Manager, at 518-523-5585 or by e-mail at pguerrette@adkmercy.org. For more information about Mercy Care for the Adirondacks, please visit their website at www.adkmercy.org.

Environmentally-Friendly Lake Living

Steve Maikowski, Chair, Environmental Committee

The Environmental Committee, in collaboration with Guy Middleton of the Upper Saranac Foundation, will be sharing with all USLA members in the coming months a series of tips on “Environmentally-Friendly Lake Living.” These subjects

will include: Home Composting, Planting Pollinator Gardens, Protecting Loon Habitats, Shoreline Erosion Prevention, Lake Recreation, Water Conservation, and others.

We are starting off this series with Home Composting. Did you know, for example, that 40% of a typical homeowner's garbage delivered to a landfill consists of compostable material? By composting, a homeowner can eliminate all that landfill waste and expense, and reduce the associated harmful emissions generated by traditional waste management systems. And all the “brown gold” generated by home compost is the best, all organic material a gardener can use for vegetable and/or flower gardens. Composting requires very little work and resources, and has a very positive impact on the local environment.

We hope to have local experts make a presentation on “Safe and Easy Home Composting” at an upcoming USLA event. In the meantime, to know how to start composting at home, please refer to the following very helpful materials:

- “Everything You Have Ever Wanted to Know about Composting—But Were Afraid to Ask,” from the NYS

Department of Environmental Conservation (www.dec.ny.gov/docs/materials_minerals_pdf/compost.pdf)

- The Home Composting site at Cornell Cooperative Extension (www.cceclinton.org/gardening/compost-resources)
- And to know why “Home Composting is the Greenest Thing you Can Do,” visit: <http://www.onegreenplanet.org/lifestyle/5-reasons-why-composting-is-the-greenest-thing-you-can-do/>.

Please note the following key things about composting, esp. in the North Country: there are some items that should never be included in a compost pile: meat, fish, bones, dairy products and fatty foods (such as cheese, salad dressing, and cooking oil). The use of a Compost Tumbler (available on-line or from major box stores) is also highly recommended for safe, animal-nuisance-free composting.



Cover of the DEC Composting brochure

Registration Now Open for Cultural Affairs Events

Sally Ward, Cultural Affairs Chair

Sunday, July 22

4–6:30 p.m.

La Jeunesse Historic Camp Tour

238 La Jeunesse Rd.

Youth camps are a beloved part of the fabric of the Adirondacks. The first of these on Upper Saranac Lake was La Jeunesse, an elite boys' camp which operated from 1916-1954. USLA members have an opportunity to tour the former Infirmary, known by campers as 'the Ritz', and the Director's Lodge, designed by William Distin. Both are now in private hands and have been transformed into beautiful vacation homes. A wine and cheese reception will follow the tour. Many thanks to owners Chuck and Joan Bechtel and Michael and Louise McNally for graciously hosting us. (Tour capacity 70)

Wednesday, July 25 (Rain date July 26.)

9:30 a.m.

Paddle and Picnic

Experienced paddle leader Jeff Dickson proposes an outing into Corey Ponds and the Raquette River. Other suggestions are welcome, no later than June 15 to sallyward3138@gmail.com. Bring your canoe or kayak and sunscreen. We'll provide the eats and drinks.

Tuesday, August 7

5–6:30 p.m.

Poetry and Music Salon Gathering

5118 State Rt. 30

Three generations of the Laird-Creech family will host guests in their Mosswood Camp boathouse. Antonia Laird, a past Poet Laureate of Delaware, will read from her poems and her son-in-law and granddaughter will entertain on guitar and Celtic harp. Enjoy light refreshments following the 45-minute program. (Capacity 15)

Thursday, August 9

A Day at Saratoga Racetrack

meet-up 8:30 a.m.

The Saratoga race track is one of the oldest, most colorful sporting venues in the U.S. We'll meet at a central point to carpool to Saratoga Springs, a drive of 2 hours, 20 minutes. The USLA will reserve seating at no charge for USLA members; all others send a check for \$15 made out to USLA to: Patty Koch, P.O. Box 117, Lake Clear, N.Y. 12945. Food and drink are available for purchase and optional walking tours will give an historical overview of the track. Post time is 1 p.m. This outing will be dependent on interest: we must have a firm commitment from a minimum of 12 people to secure reserved grandstand seating.

Saturday, August 18

3 -5 p.m.

A History of the Bartlett Carry Club

and One Woman's Quest for True North

Bartlett Carry Club, 682 Bartlett Carry Road

Local storyteller, actress and author Fran Yardley came to the Saranac Lakes region as a young bride. Her first husband, Jay, had inherited a sprawling compound of multiple homes, boathouses, a Main Lodge and numerous outbuildings, all in rundown condition. Filled with purpose and youthful enthusiasm, she and Jay restored the iconic Bartlett Carry property and, in the spirit of famed hotelier, Virge Bartlett, established the summer retreat which has been a private nine-family cooperative since 1985. Come hear Fran's story and see why the Bartlett Carry Club has been AARCH's most popular outing year after year. Bring your folding chair. Light refreshments will be served after the talk.

Please register for these events at: cultural@uppersaranac.com

Include name(s), email address and phone number where you can be reached.

Government Affairs Committee

Cindy Rosenwald, Chair

Congressional Delegation Voted to Protect the Adirondacks

The budget appropriations bill passed by Congress earlier this year contained increases to the Environmental Protection Agency budget that should be helpful to the overall health of the Adirondacks. The budget agreement increases the EPA budget by a total of \$763 million for clean water programs. The agreement did not contain cuts to acid rain programs or climate research. The budget bill also contained funding for conservation easements and open space protection programs along with millions for the Lake Champlain Basin Program.

Congressional District 21 Representative Stefanik and Senators Schumer and Gillibrand advocated strongly for these programs, which are so important to the Park and Upper Saranac Lake. If you contacted any of these members, they heard our voices and

voted to protect the Adirondacks. Please remember to thank them next time you see them!

Public Comment Period Open for State Environmental Invasive Species Plan

A public comment period will be open through June 1 on DEC's draft Invasive Species Management Plan. The proposal contains a dozen recommendations for New York State to undertake to manage these environmental threats, which have an estimated cost to the Adirondacks of \$900 million if these species are allowed to spread.

The draft plan is available here: http://www.dec.ny.gov/docs/lands_forests_pdf/iscmpdraft.pdf. Comments may be submitted by email to isinfo@dec.ny.gov or sent via mail to NYSDEC, Division of Lands and Forests, Invasive Species Coordination Section, 625 Broadway, Floor 5, Albany, NY 12233-4253.

Safety Committee Michele Brown Garcia, Chair



Sign Up & Save A Life...

First Aid & CPR Classes Are Coming Back To The Lake.

Dates & Times:

First Aid	Tuesday July 17th.
CPR	Wednesday July 18th.
	Both classes run 5- 9PM.

Location: The Watson's Boathouse, 686 Bartlet Carry Rd.

FIRST AID classes will cover topics including how to respond to an emergency, muscle, joint, bone and soft tissue injuries, bandages & splints and so much more.

CPR classes will cover chest compressions & artificial ventilation to preserve brain functions. How to use a defibrillator.

Classes last about 3 1/2 hours each.
Certifications are accredited by the National Safety Council.

Contact Sonny Young for more information.
518-359-8194 or 518-524-6002 or
e mail: adkfoothillsgs@gmail.com

Pre-registration is required.

The New York Safe Boating Courses for 2018 season

The NYS Safe Boating Course is being taught once again at the Santa Clara Community Center. This year, the course will be given twice. Each course will be given in two days for 4 hours each day. Please note the new dates and times for the classes.

When

July 9 & 10th from 9 AM until 1PM each day.
August 13 & 14th from 9 AM until 1PM each day.

Where

The Santa Clara Community Center, located at 5367 State Route 30 just north of USL.



Who

Anyone interested in taking the course must be at least 10 years of age by the first day of the course. Anyone 18 and over is required to pay a fee of \$10.00 payable to NYS at the end of the course. The course runs for 2 mornings. You must attend both days and pass a test in order to qualify for a certificate.

NOTE: NYS passed a law in 2014 stating that anyone born on or after May 1st, 1996 is required to take this course in order to operate a motor boat of any size.

It is recommended that you sign up early. Please contact Lynne Perry to register or if you have any questions at 518-359-2630 or lgper2@optonline.net

Michele Brown Garcia will teach the course.

Ticks and Lyme Disease Update

You may have left for the winter but we're still here waiting just for you!

A reminder that Ticks continue to rise in the northern part of the United States and the cold weather doesn't seem to bother them. Ticks can survive the long and harsh ADK winters in a variety of ways. Depending on the species they can go dormant. Ticks can hide in wooded or bushy areas, and when the snow falls they are protected by the layers of debris. They can also survive by staying underground in burrows or dens.

They carry Lyme disease and when bitten you can also develop serious co-infections. Lyme mimics other diseases and is often misdiagnosed as chronic fatigue syndrome, multiple sclerosis, ALS, Alzheimer's, Parkinson's and other auto-immune disorders. Rashes at the site of a bite are sign of infection with Lyme disease. Sometimes, but not always this rash takes a bull's-eye shape.

People and pets are especially susceptible from mid-May through July when the tiny ticks are seeking hosts. These young ticks are small and more difficult to spot.

Protect yourself by wearing light-colored clothing so ticks can be spotted. Wear long sleeves and tuck pant legs into your socks. Use insect repellent that contains at least 20% DEET. Check yourself, any children or pets that are outside as well. You can also throw your clothes into a dryer for 5 to 10 minutes after coming in since heat kills ticks

So keep all of this in mind when you're out enjoying the great outdoors!

Nominating Committee in Action This Year!!

Larry Koch – Nominating Chair,
Committee members Dean Butts
and Ross Whaley.

This being an even numbered year (2018), elections for four Officers, seven Committee Chairs, twelve Zone Chairs, Members at Large, and two Nominating Committee Members at Large will take place at the USLA Annual Meeting, Saturday, August 11 at the Wild Center. Be sure to put this date on your calendar. Every two years, many of the incumbents who have done a super job re-run for office. However, we always have some retirees leaving their position open and creating an opportunity for someone new. Organizations are reinvigorated when there are some new people and ideas brought in each year.

If you or someone you know would like to get involved in USLA activities this year and they are a member in good standing, contact me at Koch.larry@gmail.com and let me know your interests. It is never too late to get involved, meet new neighbors and make a difference in our lake community.

The Committee will be busy come June and July. We look forward to hearing from you before then. See you at the Annual Meeting.

Lake Flower's Impact on Upper Saranac Lake

By Guy Middleton, Upper Saranac Foundation's Lake Manager

Driving through the Village of Saranac Lake, it's hard to miss that the Lake Flower waterfront has some new activity. So, what is up with the green fence and all the construction vehicles? This is the beginning of a two-year, \$14 million, environmental cleanup of Pontiac Bay under the direction of the NYSDEC.

The former Saranac Lake Gas Company is the source of coal tar waste now contaminating Brandy Brook and Pontiac Bay. The plant, once located on Payeville Road, manufactured gas for heating and lighting from 1903-1940. The DEC said it will excavate and remove an estimated 16,900 cubic yards of coal-tar-contaminated toxic waste from Lake Flower and an additional 5,800 cubic yards from the Brandy Brook tributary. The Bay will be dammed up and dewatered so the work can take place.

The Lake Flower boat launch will remain open this summer. However, there will be no parking available. With the usual summer use of the Lake Flower launch, parking for boat launching is going to be an issue. The next closest launch is Lower Saranac Lake. This launch at Second Pond is the busiest launch in the Park and is often overflowing, even before the anticipated influx from Lake Flower.

So what does this mean for Upper Saranac Lake? Likely we will see an increase in use at the USL launch and on the Lake this summer. We also know, through Watershed Stewardship monitoring, that both Lake Flower and Lower Saranac Lake have a strong history of use by boaters carrying Aquatic Invasive Species. Fortunately, The Upper Saranac Foundation has once again secured funding for this summer, to help support the Watershed Stewards and decontamination of boats entering USL.

The plant's waste was deposited into Brandy Brook back in the days when the gasification plant was running. This hazardous contamination of Lake Flower should act as a reminder that we need to be conscious of what is deposited in the Watershed, and the potential effects on our groundwater and the Lake's Water Quality for future generations.



Photos: Guy Middleton

Strategic Planning Progress

Susan Hearn for the steering committee

In November 2017, the USLA Board of Directors voted to conduct a strategic planning process to evaluate its mission, vision and goals. A steering committee was formed, consisting of Larry Koch (chairman), Sally Ward, Susan O'Brien, Bob Tate, and Lynne Perry. Susan Hearn serves as recorder for this committee.

The first action for the committee was to identify a consultant who could facilitate the process for the USLA. We have selected Chris Morris. Chris has facilitated non-profit strategic planning processes, including recent work with ADK Action, and has considerable background in marketing, messaging, journalism and non-profits. We look forward to working with Chris.

Chris has conducted interviews with key board members and

stakeholders to gather their candid assessment of the USLA mission and goals, and opportunities for improvement.

The committee has also conducted a survey of the membership to see where our opportunities for improvement may be. Perhaps you have already received and completed yours. There will be a drawing at the July 14 meeting of people who have returned their surveys. You could win a valuable prize!

I'm sure many of you have ideas about how the USLA can better serve its members and we look forward to robust discussion of those ideas throughout the summer. This is your organization. We want to hear from you! Thank you in advance for your participation.

IN MEMORIAM

JAMES V. HART, JR.

James Hart died February 6, 2018 at the age of 92. He served in World War II in the South Pacific Theater from 1943-1946. Following the war he worked on Eagle Island on Upper Saranac Lake during the summer. He graduated from Fairleigh Dickinson with an engineering degree and worked for IBM for 36 years. Jim built a house in Saranac Shores on Upper Saranac Lake in 1960 and the family continues to enjoy Hart Camp together. Jim is survived by his wife Jeanne, 6 children, 16 grandchildren and 10 great-grandchildren.

MARY M. WATSON

Mary Watson died March 1, 2018 at the age of 85. Mary grew up in Lake Placid, graduated from Barry College and received a master's degree in religious education from Fordham University. Mary is survived by 5 children, 6 grandchildren, 2 great granddaughters, 2 brothers and 1 sister.

See related article about Mary in this newsletter.

EMMANUEL "MANNY" BAILEY

Emmanuel "Manny" Bailey died March 6, 2018 at the age of 98. A World War II veteran, he was a member of the Civilian Conservation Corps (CCC) and founder and former owner of the Arrow Paper Co. Inc. He moved to the Adirondacks in 1974

with his wife, Irene, and lived in a camp they built in Fish Creek. He was an accomplished carpenter and woodsman who loved the outdoors and animals. Manny is survived by 2 daughters, Leslie Lyon and Cecily Bailey, a brother and sister, 3 grandchildren and 4 great grandchildren.

DR. GEORGE WALCOTT

George Walcott died March 24, 2018 at the age of 85. His life was oriented around medicine and he spent the majority of his career serving his patients. He was board certified in Internal Medicine and Cardiology. He was a medical educator and a believer in hands-on learning. George is survived by his wife, Wendy, 3 children, 9 grandchildren and his sister.

J. DAVID BENEKE

David Beneke died May 2, 2018 at the age of 83. David graduated from Georgetown University with a Bachelor of Science degree. In 1967 along with his father, he founded Beneke Wire Company and was to celebrate the 50 year anniversary of the company this year. David was predeceased by his wife Ellen and his son. He is survived by his 6 children and 13 grandchildren. David spent many happy times at his "Camp" on Upper Saranac Lake and in Delray Beach, FL and had a deep love of boats.

MARY WATSON

BY MIRIAM MONAHAN

Mary Margaret Watson age 85 died peacefully surrounded by family in Sanibel, FL, Thursday March 1, 2018. Born in 1932 in Lake Placid, NY, the daughter of Daisy and Julian Reiss, Mary grew up in Lake Placid. She attended St. Bernard's School in Saranac Lake, NY, received a bachelor's degree in social studies from Barry College in 1953 and her master's degree in religious education from Fordham University.

Mary worked as an elf at Santa's Workshop, founded by her father in Wilmington, NY. Through her position as the Director of Religious Education at the Church of St. Augustine in Larchmont, NY, she dedicated her many talents to inspire and educate youth about the Catholic faith. Throughout her life, she was deeply involved in the Catholic Church and numerous charities.

She was married in 1958 at St. Agnes Church, Lake Placid, N.Y. to John Watson and celebrated a wonderful 50

years together. In 1978, John and Mary purchased a property on Upper Saranac Lake that would become Dancing Waters.



Mary regularly opened the doors of her beloved camp to AARCH (the Adirondack Architectural Heritage), Mercy Care for the Adirondacks, and the Victorian Croquet Tournament. In addition, Mary was an active member and contributor to the Lake Placid Sinfonietta, the Upper Saranac Lake Association, and The Wild Center in Tupper Lake, NY.

Mary treasured her summers on the lake, sailing with John and their sons in the races, discussing novels with the book group, and riding in the 4th of July boat parade. Most of all she looked forward to spending time with her children and their families at Dancing Waters.

There will be a memorial service at St. Agnes Church on July 28th at 10:00 followed by internment at St. Agnes Cemetery.

MAILBOAT

MAY 2018

Upper Saranac Lake Association, Inc.

P.O. Box 892

Saranac Lake, NY 12983



Calendar 2018

Fireworks – The Point	July 3	10:30 PM	Off Whitney Point
Wooden Boat Parade	July 4	10:00 AM	Details TBA
USLA Membership Meeting	July 14	8:30 AM	Wild Center
● USLA Picnic	July 16	5:00 PM	Wild Center
● Safe Boating Course	July 9–10	9:00 AM	Santa Clara Community Center
● First Aid Course	July 17	5:00 PM	686 Bartlett Carry Rd.
● CPR Course	July 18	5:00 PM	686 Bartlett Carry Rd.
● La Jeunesse Historic Camp Tour	July 22	4:00 PM	238 La Jeunesse Rd.
● Paddle & Picnic	July 25	9:30 AM	TBA
Zone 2 & 3 Get-together	August 4	Details to follow	
Zone 8 Party	August 4	5:30 PM	715 Bartlett Carry Rd
● Poetry & Music Salon Gathering	August 7	5:00 PM	5118 State Rt. 30
● A Day @ Saratoga Race Track	August 9	8:30 AM	
USLA Annual Meeting	August 11	8:30 AM	Wild Center
● Safe Boating Course	August 13–14	9:00 AM	Santa Clara Community Center
● Note: Requires preregistration. See related articles.			