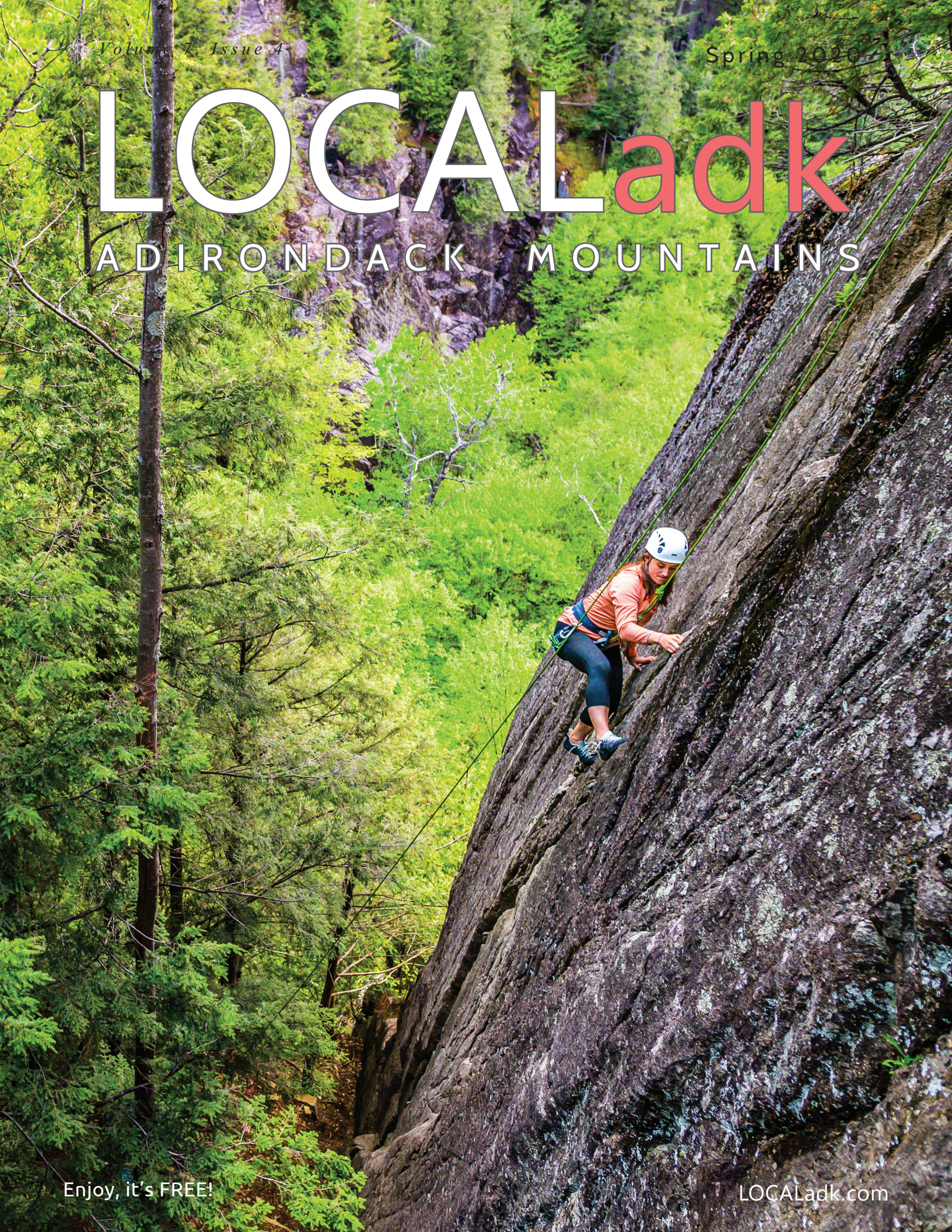


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LOCALadk

ADIRONDACK MOUNTAINS



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Campfire Safety in the Adirondacks

A message from the
Department of Environmental Conservation



For 75 years, Smokey Bear has been encouraging backcountry visitors to do their part in preventing forest fires. While the “only you” message is widely known, there is still a lot we can learn about campfire safety. In order to protect our wildlife, their wilderness habitats, and yourself from dangerous and damaging forest fires, take these three steps before building a campfire on your next Adirondack backcountry trip.

Step 1: Decide if you need a fire

There are several reasons why you might want a fire in the backcountry. Some reasons include: light, warmth, smudge, to cook over, and/or for social purposes. Knowing what purpose a fire will serve can help you decide if you need a fire at all. If you have headlamps and flashlights for light, layers and blankets for warmth, and a stove to cook over, you likely don't need to light a fire. While campfires are fun and provide ambiance, lighting one for social purposes might not be worth the risk.



In addition to identifying your campfire intentions, ask yourself the following questions.

- **Is it legal?** Before you head out, check local and state land regulations to make sure fires are permitted where you will be camping, and check if there is a burn ban in effect.
- **Is it safe?** Only light a fire if it will be safe for you, the land, and wildlife. Keep fires small, and remove all flammable fuels down to the mineral soil within three feet of the fire. Practice fire building in a safe, controlled environment before attempting fire building in the backcountry.
- **Is there water on hand?** Don't light a fire unless you have enough water on hand to put it out completely.
- **Is there plenty of fuel?** Make sure there is enough wood in the area to sustain a fire without depleting the landscape. Always use wood that is dead, already downed, smaller than your wrist, and not from the immediate vicinity of your campsite. Never cut down live or dead trees for firewood.
- **Is the group going to be responsible?** Backcountry fires should stay small. Large fires are unnecessary and can quickly get out of hand. Only light a fire if you are confident the situation will stay under control.

Step 2: Choose where to build your fire

Once you have determined that you need a fire and can build one safely, it is time to decide where to build. Always use a designated fire ring or fireplace if one is provided. There are several other campfire techniques you can use if a designated spot is not provided. Mound fires, pit fires, and fire pans are all acceptable methods so long as they are properly created and cleaned up. Educate yourself on these fire building methods and practice them before attempting them in the backcountry. No matter what technique you use, make sure there are no tree limbs or other flammable materials in proximity or hanging overhead.

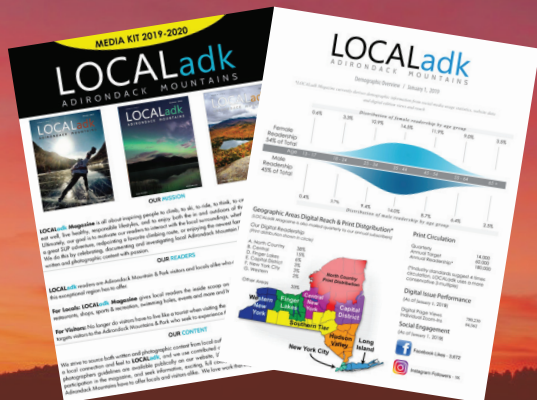
Step 3: Clean up carefully

Even more important than how you create your campfire is how you put it out. Always make sure the fire is completely out before you leave or go to sleep. Never leave a fire unattended or unquenched. Keeping fires small and contained will allow for easier extinguishing. To be considered extinguished, embers and ash should be cool enough to handle with your bare hands. Crush any large remaining coals once they have cooled and are no longer smoking or smoldering. Never burn garbage or leave garbage in a fireplace.

Campfires are a time-honored camping tradition. When built, maintained, and extinguished properly, they can be a safe and enjoyable addition to your backcountry experience. By following these three steps, you can help minimize campfire impacts and prevent forest fires in the Adirondacks.

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On The Cover:

Clare O'Grady on the Beer Walls
 by Eric Adsit





Message From The Editor

The races are on—are you signed up and ready? Have you been training? The Adirondacks play host to many races throughout all four seasons, and spring tends to be the big kickoff. No matter your sport, passion, adventure or maybe a new goal to try a race, there is something for everyone.

This year, Inlet and Indian Lake are celebrating the 25th Anniversary of the famous Black Fly Challenge Gravel Grinder bike race on June 13th. The 40-mile course has riders traversing through the rugged Moose River Plains for the majority of the ride. As the name implies, the motivation to keep moving along this course comes in the form of tiny black insects that are just waiting for you to put your foot down. The race changes direction each year. In 2020, Inlet will be hosting the start, while Indian Lake will be ready to celebrate with the racers at the end. The Black Fly Challenge is proud to reinvest some of the race proceeds into local communities. This race has grown from a few riders to up to 1000. Maybe it's time I signed up again.

Another race with a long history is the Adirondack Canoe Classic, more commonly known the "90 Miler." This race was started back in 1983 and is a 90-mile paddling race from Old Forge to Saranac Lake over the course of three days, held September 11-13. I have been fortunate to participate in this race several times and can say that while it is always a challenge, it is also very rewarding. The paddling and scenery are spectacular, but the people truly make it special. This year looks to be the last year Brian and Grace McDonnell will run the race, as the Northern Forest Canoe Trail (NFCT), a nonprofit organization aimed at protecting and promoting a 740-paddle route from Old Forge to Maine, is purchasing it in 2021. NFCT will reinvest a portion of the proceeds for trail stewardship and to support the Explorers Program, which introduces kids to paddling.

LOCALadk is also helping to sponsor the Old Forge Marathon trail run event, which includes a full marathon, half, 10K, 5K, and this year a Ky-Tri. The Ky-Tri is a run, bike and kayak event with something for everyone. For competitors looking for a real challenge, ask about the Loony and Super Loony options. The organizers do a great job of creating a fun, festive atmosphere, and participants are rewarded with great swag and a post-race feast. This event takes place September 11-12.

Other big races include the Tupper Lake Tinman Triathlon (in its 38th year). Lake Placid Marathon and Half will be celebrating 15 years, and the Ironman will be hosted for the 22nd time in Lake Placid. The Adirondacks also offer numerous other fun races and events throughout many of its 102 towns. To name a few: Ride the River with the Ausable River Association, Ididaride with the Adirondack Mountain Club, Whiteface Mountain Bike race, the Great Adirondack Trail Run, and Amy's Race with the Lake George Land Conservancy.

We encourage you to look for a race or event that challenges you, supports the Adirondacks, and makes you smile. Embrace a race and have fun.

Keeping it LOCAL campaign supports several of the above-mentioned races.

Happy spring,
Editor/Owner
Anne Brewer



BANDING BIRDS :

Have you ever held a Humming bird? Keeping track of the birds that grace our Adirondack sky is an important step in teaching us about the health and habits of certain species. Local naturalist Gary Lee shares some information about how they band and study various birds, and how you can participate.

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ON A MISSION FOR OUR KIDS—SWEETHEARTS AND HEROES:

Meet Tom, a motivational speaker who is connecting with youth and sharing with them some tools and inspiration on how to empower themselves through what he calls Empathetic Fitness.

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PIECE BY PIECE—A MOSAIC WONDER:

A visit to North Creek is not complete until you have enjoyed the beautiful mosaic wall depicting some of the best things about the Adirondacks. Thanks to Kate and thousands of others.

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EPIC JOURNEY: NORWAY:

The perfect place for a multi sport adventure—and even better if you love waterfalls, hiking, biking, and kayaking, as well as enjoying city life—Oslo, Norway has it all.

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EAGLE ISLAND CAMP:

A Girl Scout camp brought back to life after several years of abandonment. Read about how a dedicated and passionate group of former campers and counselors, along with the help of many others, worked hard to ensure the camp once again was filled with laughter.

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PAINTING THE PARK:

Artist Takeyce Walter spent the month of February creating a painting a day. Each painting depicts a part of the park that has been preserved by the Nature Conservancy. She calls the project Creative Adirondacks.

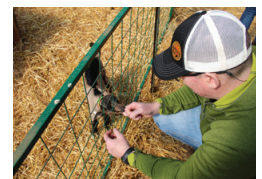
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LOCAL ROOTS: INSIDE THE WORLD OF ADIRONDACK CHEESE-MAKERS:

Most people love cheese, right? Those of us that do are lucky to have several amazing cheese makers here in the Park. Author and Chef Paul Sorgule visits three unique farms that specialize in creating delicious cheese products. Although it's a good read we recommend you follow up with a taste test.

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FROM OPEN CAMP TO ADIRONDACK LEAN-TO:

The lean-to is an iconic piece of the Adirondacks past and present. People have been camping in the Adirondacks for centuries and in this piece we take a look at the evolution of how people camped and how the modern day lean-to came to be.

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PASSING THE PADDLE:

The Adirondack Canoe Classic, or more commonly known as The 90 Miler, will be switching hands in 2021. Long time race organizers Brian and Grace McDonnell are ready to pass it on, and The Northern Forest Canoe Trail is excited to take it over and keep it going.

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Who's Who

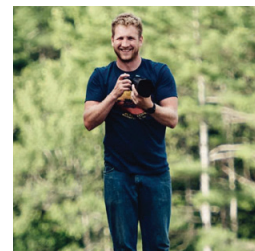
Anne

ANNE BREWER lives in Lake Placid with her husband, Peter Evans, his daughter Ellie, and their dogs Juni and Luna. She is an avid outdoor sports enthusiast, kayaker, hiker, skier, photographer, and traveler. She has a passion for Central and South America and enjoys visiting places that are off the beaten path. Anne earned a degree in International Business and Communications from SUNY Brockport. In addition to being the Managing Editor for LOCALadk, Anne guides for Adventures in Good Company, and operates her own summer business: Placid Waters Kayaking.



Eric

ERIC ADSIT can't cross a bridge without looking for a river beneath it. He currently resides in Lake Placid and can be found on mountaintops, cliffsides, and rivers all over the Adirondacks and beyond with a camera in hand. Contact him about creating content for your website or business at eric.adsit@gmail.com



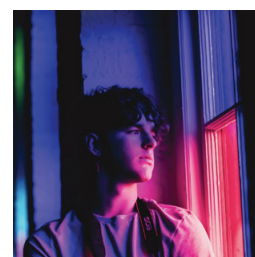
Tamara

TAMARA JOHNSON is a freelance writer and editor; she lives in Brooklyn with her husband, Keith. The couple spends as much time as possible in the Adirondacks. Tamara fell in love with the mountains when she was 15, on her first trip to Lake Placid for a speedskating meet.



Dominick

DOMINICK RUGGIERO is an 8th grade photography student at The Kings School in Hadley-Luzerne, NY. Dominick's love of nature and landscape photography, combined with his passion for the Adirondack Park, is a constant inspiration for his imagery. He seeks the peace of the Park, where vanity does not exist, to usher in calm and tranquility. "Nature never complains when I capture the beauty of her face."



Gary

GARY LEE lives with his wife, Karen, of 56 years at Eight Acre Wood in Inlet. He was the Forest Ranger in the Moose River Wild Recreation Area and West Canada Lakes Wilderness Area for 35 years, and since retirement he has worked summers for the Adirondack Center for Loon Conservation. For over thirty years he wrote the "Daybreak to Twilight" column, and now writes for viewarts.org's blog, Outdoor Adventures. John M.C. "Mike" Peterson co-authored the book 60 Great Places to Find Birds with him. He has banded birds at Crown Point Station since the early 80s, and at EAW since 2006.





WYNDE KATE REESE and TAMMY LOEWY, owners of Green Goddess Foods in Lake Placid, stay busy with their multiple locations. Their Natural Market, Café & Deli offers organic groceries, a sit-down café, and catering services for events large and small. Their Market on Main St. offers a grab-and-go deli and salad bar, plus organic grocery options. Their Nordic Café, Bar, and Waffle Hut at Mt. Van Hoevenberg provides skiers with healthy food and drinks in the winter. When not enhancing the health of their community, Wynde and Tammy enjoy volunteering for Farm to School and Global Arts organizations and exploring in nature with their families.

Wynde & Tammy



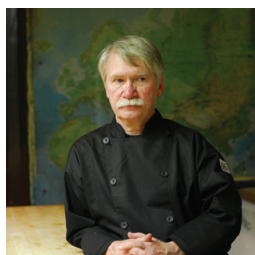
MIMI WACHOLDER has been living and recreating in the Lake Placid area for almost two decades. As a writer she had the opportunity to write personal accounts of learning to snowboard, tele-mark ski, rock and ice climb, and fly-fish—most of which she still enjoys today. She is a former member of the US Figure Skating Team. Today, she earns a living coaching/choreographing for competitive skaters, teaching yoga, and event planning for Juniper Events & Design.

Mimi



JANE LOWELL EVANS is a former Eagle Island camper, counselor, Sailing Director, and Women's Weekend attendee. She works as a technical writer, and serves on the Board of Eagle Island, Inc. as a Vice President and Chair of the Grants Committee. Jane lives in Massachusetts.

Jane



PAUL SORGULE is a long time Adirondack chef, culinary educator, restaurant consultant and trainer, and author. Culinary Olympic Gold Medal winner, 2001 National Culinary Educator of the Year, and author of two novels, Paul is passionate about good food and its sources. His blog: www.harvestamericacues.com has been viewed and shared by nearly 1.5 million readers. He lives with his wife, Sharon, in Saranac Lake, where they raised three children and now enjoy visiting their six grandkids.

Paul



EDWARD PITTS is a retired attorney who lives in Syracuse, NY. He spends part of his summers relaxing at the Rap-Shaw Club on Stillwater Reservoir where he was president of the board of directors from 2011 until 2016. His articles on Adirondack history appear on the Adirondack Almanack, Adirondack magazine, and Adirondack Life.

Edward

Up and Comer

Dominick Ruggiero is in 8th grade at The King’s School in Hadley, NY. He has a passion for photography and with the help and guidance of his teacher Wendy Voorhis, he shares his thoughts on photography.



A collaboration between Dominick and Wendy

Photography is the medium that allows me the opportunity and means to express myself. Through photography I can share my unrestricted vision in a very structured and restricted world.

My interest in photography began in 2018 with my enrollment in an elective photography course offered at my school.

I used the school camera that first year and felt empowered with the ability to communicate through visual means.

My parents supported my interest and purchased a Canon T6 DSLR camera; I shoot with a 55mm 3.5-4.5, 55mm 1.8 and a wideangle lens. This gives me the opportunity to photograph anytime and anywhere.

What inspires me to be the best photographer I can is my

best friend Rebekah Hodges who told me about the course and pushes me to be my very best every day. I photograph all genres of photography through my high school advanced photography course: commercial, portrait, sports, etc. However, landscapes, nature, and especially the Adirondack Park are where my passion lives.

I am at peace in the vast space of the great outdoors. My photographic goals are to incorporate the sound, smell, space, texture, color, and the organic shapes of nature in each of my landscapes.

The Adirondack Park is my backyard, my playground and I never take for granted the opportunity to photograph the landscape. It is an endless canvas in which to create breathtaking photographs.

I often feel like an apprentice of this visual craft on the path to becoming a master landscape photographer.



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The Adirondack Paddling Symposium: Teaching the Value of Paddle Sports Instruction.

By Danny Mongno

Whether you choose a kayak, canoe, pack boat, or SUP (stand up paddle board”), there is simplicity in powering yourself to glide across the water. It is what draws so many of us to paddle sports, just you and your craft—maybe some friends—enjoying the peace found in being on the water.

Embarking on any new sport, we often don't know what we don't know and forge ahead in a manner that is inefficient and may become unsafe. Are all the paddlers out on the water (including you) having the best experience possible without prior formal instruction? It is with this in mind that the “Adirondack Paddling Symposium” was founded in 2019. We are excited to be back in Old Forge, New York, June 19-21 at Mountainman Supply Company.

The goal is simple: for paddlers to learn skills that will further their enjoyment on the water. With so many amazing places to explore by paddle power, the more efficient and confident you are, the farther you will go and the bolder you will be in planning adventures. The event philosophy focuses on beginner to intermediate paddlers. Patient and caring instructors create an environment that encourages and challenges everyone to learn. It's this level of paddler that has the most to gain from instruction, to understand how the body and boat/board work together to get the most from the craft, and to get the most from yourself.



This year, we have added classes for more advanced paddlers as well, with the hope of giving return participants a way to grow with the event. The symposium will have a track for kayakers, canoeists, pack boaters, and standup paddlers. Included with the classes will be morning yoga and catered meals on the banks of the Moose River. Our evening presentations will follow dinner and take place fireside with a few beverages.

The Vendor Village will allow you to interact with manufacturer representatives, talk shop, play with boats, boards, and gear, and even try new equipment and watercraft in your classes—the ultimate way to demo. There will also be a rental option for those who have not made the jump to buying their own craft. In addition to the Symposium taking place June 19-21, there will be an add-on option to put your new skills to the test with a variety of guided tour options, so we encourage you to take the four-day weekend to get the most from the experience.

Learn more about the event at AdkPaddlingSymposium.com.





Eagle Island- Open Again By Jane Evans



Tucked away on Upper Saranac Lake near Gilpin Bay is a 117-year-old Adirondack architectural gem! In 1903, banker and former New York governor Levi P. Morton put the finishing touches on his Eagle Island Great Camp. Designed by architect William L. Colter, wide, covered porches connected the major buildings, and provided sweeping views of Upper Saranac Lake and the surrounding mountains. The complex included a Lodge, Family Cabin, Boathouse, Dining Pavilion, Guest Cabin, and Guide House. It was the tail end of the “Gilded Age,” when wealthy families would arrive at “camp” with a large contingent of servants, who presumably made sure that “rustic” did not mean “uncomfortable.”

Morton was nearly 80 when he built the camp, and did not occupy the 30-acre property for long. He sold the island to Henry Graves, Jr., in 1910. The Graves family had four young children and enjoyed summers at Eagle Island for many years. Period photos show women in long white dresses relaxing at the Boathouse. One Graves son was an avid hunter, and filled the rooms of the Lodge, Dining Pavilion, and Family Cabin with his taxidermy trophies, including an enormous moose head above the main fireplace.

In the late 1930s, the Graves family began thinking about selling Eagle Island. Through friends, they heard that the Girl Scouts in Essex County, New Jersey, near their year-round home, were looking for a new camp. And so the 30-acre island was donated to the Girl Scouts, with the hope that “children may always play” on Eagle Island. The camp opened in 1938. The Great Camp buildings were kept largely intact, and tent platforms and washhouses were built in the wooded sections of the island, where the campers would sleep outdoors.

For 70 years of continuous operation, thousands of girls and young women enjoyed life-changing adventures on and off the island, ranging from basic swim lessons to multi-day canoeing or backpacking trips. Camp Eagle Island sailors took part in weekly races on the lake. These programs promoted self-confidence and independence, increased leadership skills, and instilled a love of the outdoors. Former campers fondly remember waking up on pristine summer mornings to the sound of water lapping at the island shores.

Sadly, in 2008 the Girl Scouts decided to close the camp, and in 2010 the property was offered for sale. Camp Eagle Island alumni were brokenhearted. Many had been returning regularly to Eagle Island after their Girl Scout years, for Women’s Weekends and Family Camp. In 2011 they formed the nonprofit organization Eagle Island, Inc. (EI), with the goal of purchasing the island and returning it to use as a youth camp.

They began fundraising, but the purchase price seemed out of reach until November 2015, when the group was able to acquire the property through the generosity of a donor who strongly believed in their mission.

Hurrah! Now what? EI needed to get some idea of what shape the buildings and systems were in after seven summers of disuse. The historic architecture firm Crawford & Stearns was brought in to evaluate the building complex, which had been granted National Historic Landmark status in 2004. A second firm, AES Northeast, completed an evaluation of the fresh water and septic systems. Also, executive director, board member and former camper Paula Michelsen was hired to help the all-volunteer board administer what was starting to look like a very big project.

The reports were daunting: 100+ years of Adirondack winters had taken a toll. All the historic buildings needed foundation work and new roofs, not to mention a few heaved floors and some rotten porches. And not much of the older fresh water and septic systems was usable. But there was good news too: the buildings were mostly quite solid and serviceable despite the long list of costly repairs.

In the spring of 2016, a call for volunteers was sent out, and EI’s supporters jumped at the chance to get involved. The volunteers were mostly female alumni, but many brought their friends, families, and partners. They also brought toolboxes, drills, work gloves, and painting clothes. There was no potable running water, and the septic system was not operational, so volunteers lived with bottled water and Porta Potties.

During the next few summers, a visitor to Eagle Island would have seen volunteers happily engaged in serious and messy work. They cleaned, painted, inventoried, replaced rotten shingles, re-glazed windows, and hauled trash. Former tent-mates re-connected, and new connections were formed. Everyone was delighted to be back on Eagle Island.


“It was amazing to me that all these people felt so connected and were willing to come back after all these years,” said Chris Wubbolding, EI board president. Chris had been involved with Girl Scouting, but had never been to Eagle Island. She picked up her hammer on her first visit, and continues to be inspired by the remarkable group of volunteers that Eagle Island attracts.

Key volunteers with specific skills have been vital to the effort. Former camper LeeAnn Millar is a school nurse. She coordinated volunteer efforts for several summers, and also provided first aid know-how. Kathy Gilroy teaches woodworking at a middle school in New Jersey. Among other projects, she spearheaded the Health Center renovation. Alumna Han-



Erika Bailey



 Erika Bailey

nah Grill builds movie sets for a living. For her, relaxation at the island usually involves building stairs or replacing floors.

Descendants of the Graves family were also excited to see activity on Eagle Island. Henry D. "Buz" Graves, Jr., already a summer Adirondack resident, joined the board and pitched in. He spread the word to his cousins. Gwendolen Shupe had grown up hearing stories about Eagle Island, and when invited, came in from California to meet her cousin Buz and see the island for the first time. She has since formed close ties to the organization.

EI was eager to be part of the local Adirondack community. They joined the Upper Saranac Lake Association, and reached out to Adirondack Architectural Heritage (AARCH) and Historic Saranac Lake. The latter two groups have brought historic preservation tour groups out to see the Great Camp complex. In 2017, artists from Saranac Lake Plein-Air spent a day painting, photographing, and drawing on the island. The Wild Center hosted a fundraising concert in 2018.

During the Girl Scout years, there had been little or no public access to Eagle Island. Many lake residents had never seen the buildings up close. In late summer 2016, EI invited the public to two "Open Island" events. Boat transportation from the mainland was provided, and visitors toured the island. In the Dining Pavilion, they browsed historic photos and copies of the original architectural drawings. And of course, there was singing in the Lodge. The popular event drew a mix of local residents and alumni, and has been repeated each summer since.

Rehabilitation of the historic buildings required heavier lifting and more expertise than volunteers could provide. Small grants were obtained from the Preservation League of New York State, the Cloudsplitter Foundation, and the National Trust for Historic Preservation. EI applied to the North Country Regional Economic Development Council for Historic Preservation funding, and in 2016 received a grant for Phase I work. The Main Camp area of Eagle Island became a construction site, with building repairs and new water and septic system installation all in progress.

Throughout the ongoing work, the EI board continued to focus on their goal: What else was needed before they could open camp? Eagle Island supporters were impatient. Ori-

nal hopes for overnight camping in 2019 were dashed as it became clear that the water systems and kitchen would not be ready. What about day camp? The board of health gave its approval. An enthusiastic supporter provided grant funding for a camp director position, and Katrina Deardon was hired as EI's second full-time employee. She immediately moved to Saranac Lake and began the planning.

Eagle Island Camp reopened during the summer of 2019, welcoming day campers for two one-week sessions. Katrina established a new play area on the Mariner's Rock peninsula, with easy access to the beach, keeping campers well out of the way of the ongoing construction. Swimming lessons, kayaking, and sailing were part of each camper's day. Staff included several alumni, including former counselors who returned to teach and inspire a new generation of EI sailors.

The EI organization believes that it is vitally important to provide opportunities for youth to experience the outdoors, away from screens and classrooms, and that economic barriers should not limit access. About a third of the camper families in 2019 requested and were granted financial assistance for Day Camp.

The summer of 2020 will be the busiest yet. Eagle Island Camp will welcome campers for six weeks: Two weeks of all-gender Day Camp, two weeks of girls' Overnight Camp, two weeks of Family Camp, and two Women's Weekends. Construction work continued over the past two winters, with contractors riding snowmobiles out to the island.

Camping is currently limited to the tents and cabins near the Main Camp area, as the wash houses in the outer areas have not yet been refurbished or reconnected. "Our big challenges now are to fill camp, and to raise the funds needed to expand the operation," said Executive Director Michelsen. EI got some great news in recent months, receiving both Federal and New York State grant funding for Phase II of the historic rehabilitation project.

It has been a whirlwind four and a half years since EI began the Eagle Island project. While there is still a lot of work to be done, Eagle Island supporters are well on their way to ensuring that "children may always play" on Eagle Island.