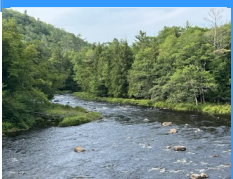




LAKE PLEASANT-SACANDAGA ASSOCIATION



Volume 26-Issue 1

NEWSLETTER SPRING/SUMMER 2024



Email: LPSA.ADK@gmail.com

Website: www.lpsa-ny.org

PRESIDENT'S MESSAGE

by Dan Wilt

As the 2024 summer season is getting close, I am looking forward to some warm days ahead and the return of many LPSA friends and others and as I write this message on 4/24/24, we still have a few snowbanks but spring is fast approaching with warmer temperature forecasts in the near future. The lakes are now free of ice, but still too cold for a dip!. Fishing activity has begun so soon the inspections will begin.

Articles: Please take the time to read the following articles in the publication. We have hired LPSA Lake Stewards, although AWI is still looking for candidates for our areas of coverage. This is a great way to make some money and help protect our lakes. Feel free to contact me if you are interested.

School Program: Charlie Ascher has been hard at working on the spring program for 2024. The Lake Pleasant School, 7th and 8th graders will be going to the Wild Center, Tupper Lake for a special tour related to protecting our lakes and climate change and how this affects our lake ecology. This program is sponsored by LPSA. I would like to personally thank Charlie for his efforts and hard work putting this program together each year. This program has proven to steer our area students in a direction to help serve our efforts and maybe future employment in Environmental Protection.

Membership: In my Fall message I mentioned recognition of other members, so today I

would like to recognize Tom Rippere for his many years of service to LPSA. Tom has been writing our news articles and has always been there to keep this organization on a straight line providing important information from other Lake Advocates in the Park. Tom is also a past President of LPSA so when you see him, thank him for his services.

Funding: I mentioned this in my previous message, LPSA was notified from the Town of Lake Pleasant, Supervisor of a cut to our budget line which will make it even more challenging to protect our lakes. Though most of the cost of Lake Stewards is covered by your dues and donations, additional funds are needed to fulfil this task. Please take the time to let your Town Board know how important it is to keep our lakes clean of invasives so we all can enjoy what we've been working hard to protect.

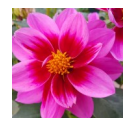
This is very important to future LPSA efforts.

LPSA Membership Activities: This year we will be providing another "Meet and Greet" get together at the Lemon Tree. The date will be June 23rd from 4:30pm – 6:30pm On August 25th LPSA will have a Barbeque, also at the Lemon Tree and we are asking that you bring a friend and prospective member.

That's it for now folks. Looking forward to a good summer and hope to see you soon!



"Birches on the Hudson" watercolor
by Balston Spa artist Karen Banovic



Editor: Tom Rippere

Design & Production by Belinda Germain

NOW HIRING SUMMER LAKE STEWARDS

by Tom Rippere

Each summer, the Adirondack Watershed Institute (AWI) www.adkwatershed.org/employment at Paul Smith's College hires Lake Stewards to inspect boats being launched at local boat ramps to ensure the boats are not bringing invasive plants or animals into our lakes. AWI receives funding from New York State to hire Lake Stewards at boat ramps and boat wash decontamination stations throughout the Adirondacks. AWI is looking for candidates to fill full-time and part-time positions for this summer, some of which are in the Speculator-Lake Pleasant area. Please help us find candidates to fill these important jobs. Candidates can contact Brett Wimsatt at bwimsatt@paulsmiths.edu



Also, the New York State Hemlock Initiative (NYSHI) at Cornell University is planning to hire a two-person Hemlock Conservation Team to work in the Southern Adirondacks to treat hemlock trees to control Hemlock Woolly Adelgid (HWA), an invasive species that threatens hemlock trees. The team will scout priority areas for HWA early detection, maintain a database of treated trees, and assist the NYSHI lab with field research projects on HWA biological control and early detection of HWA using eDNA. For more information on the technician position and the lead position, send an email to Tom Rippere at TomLPSA@yahoo.com.



Additional information is available at this website:

LAKE SHORE MONITORING

Each summer, dozens of LPSA members volunteer their time to help patrol our shoreline in their canoes and kayaks, looking for invasive aquatic plant species. If any invasive species get into our lakes, we hope to discover them and remove them before they become well established. If you are willing to help with this important project, please send an email to Jim Olsen at jamesrolsen@msn.com. Jim conducts a training session at the start of each summer, to train volunteers for this activity. (This summer, the training may be conducted via an on-line Zoom webinar.)



SAVE THE DATES—MARK YOUR CALENDAR

LPSA has two events scheduled for this summer. We hope you will plan to join us:

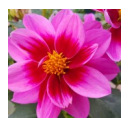
Sunday, June 23 --- "Meet and Greet" 4:30 to 6:30 pm, at The Lemon Tree

No advance registration or payment is required.

We will have appetizers at a cost of \$11.00 per person.

Sunday, August 25, Annual Meeting and Chicken Barbeque at The Lemon Tree

Please plan to bring a friend and prospective member with you to help us enroll new LPSA members.



2024 LAKE PLEASANT SCHOOL PROGRAM

by Charlie Ascher

This year's LPSA sponsored program at the Lake Pleasant School for grades 7 and 8 will center on Terrestrial Invasive species. We are now on a two-year rotating schedule so that all students will have the opportunity to experience each of the LPSA school trips as well as to conduct different independent research projects on topics that relate directly to LPSA's stated goals. In addition to the program for grades 7 and 8, grades 4, 5 & 6 will again be participating in their own program in conjunction with Hamilton County Soil and Water with continued support from LPSA.

The students will be working on computerized presentations on terrestrial invasive species. The projects are geared to identify various types of terrestrial invasives both plants and animals, the damage that they cause, methods of prevention and eradication, and finally the economic effects of an uncontrolled invasion. Ryan Marshall has been tremendous in his support of the presentation programs over the past 12 years, but he has moved on to be principal of the Wells School. Therefore, this year's program will be coordinated by Tyler Cline and Dana Ordway. As in previous years, each student is required as part of the school curriculum to conduct research either individually or in pairs which is then used to formulate a computerized presentation. The students present their projects to the school staff members who then identify the finalists. These students then present them to a panel of representatives from LPSA. The LPSA panel then chooses the winners of the contest. Prizes in the form of debit cards are given to each of the winners for First, Second, and Third place as well as Honorable Mention, along with framed certificates.

We are pleased to announce that we have scheduled a trip for grades 7 & 8 to the Wild Center, in Tupper

Lake, in conjunction with this year's research topics. The students have a very full day scheduled which includes three formal sessions. First is a Guided Walk around the Center's grounds with a corresponding discussion on terrestrial invasives. This will be followed by a Classroom Session on Creatures on Climate Change, where the kids will be introduced to the science of climate change and its impacts on Adirondack wildlife. Finally, the kids will have time to explore the Wild Walk including its enormous spider web, full-sized bald eagle's nest and all of the other components of the attraction. Time will be allocated for their bag lunches.

The program topics and activities for the lower grades are being formulated through the cooperation of personnel from Hamilton County Soil and Water, Lake Pleasant School and LPSA. More information will follow.

All these programs further LPSA's program for public education and involvement of the local community. Involving the local school children and educating them on the threat from all types of invasive species is a major component of LPSA's efforts and helps to reinforce the relationship between LPSA and the local community.

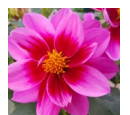
We couldn't have accomplished this program without the initial and continued support of the Lake Pleasant Central School (LPCS) administration and staff as well as from Hamilton County Soil and Water Conservation District.



Terrestrial Invasive Species: Hemlock Woolly Adelgid - white egg sacks



Hemlock Woolly Adelgid bugs - 1/20th inch



HAMILTON COUNTY SOIL AND WATER CONSERVATION DISTRICT

by Tom Rippere

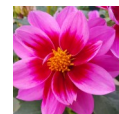


HCSWCD Technician Katie WhitKovits surveys Indian Lake for aquatic invasive species

The LPSA newsletter provides information on the many programs and projects we have that help keep our lakes clean and healthy. We are not alone in this work. We partner with many other organizations to achieve our goals. One partner is Hamilton County Soil and Water Conservation District. This government organization performs a lot of work throughout the county to help keep our lakes, rivers, forests and fields healthy. Also, HCSWCD staff members provide many educational programs to raise awareness for a multitude of environmental topics.

You can learn more about their staff, programs, and accomplishments by reading their 2023 Annual Report. You can find this on-line, at

<https://HamCoSWCD.org/wp-content/uploads/2024/04/2023-annual-report.pdf>



CONTACT US

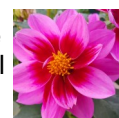
You can contact us at LPSA.ADK@gmail.com

To contact Dan Wilt, LPSA President, you can send email to dan@wiltindustries.com if you have any questions or concerns. Like and Follow us on Face Book @ LPSA2016. You can see pictures of various seasons, add your own pictures, or read about upcoming events and projects in the LAKE PLEASANT / SACANDAGA area.

Additional information about LPSA is available on our website LPSA-NY.org

The website contains much information about our Association and our projects & programs. There is also a library of information on Aquatic Invasive Species and Terrestrial Invasive Species, plus links to DEC and APA websites which contain a wealth of information.

If you would prefer the convenience of making payments to LPSA on-line, instead of mailing a check, you can now use the "PayPal buttons" on our website to pay for luncheons, annual membership renewals, and donations to the LPSF general fund or the LPSF Kathy Huber Memorial Fund. With the PayPal buttons, you can make payments to LPSA and LPSF using a credit card or your PayPal account. You do not need to have a PayPal account to use the credit card payment option.



Library Hours:

Lake Pleasant Public Library: Open - Mon, Wed, & Fri, 1-7 pm, Tue, Thur, Sat, 10-2 518-548-4411
During July and August also open Tue & Thur 10-7 pm 518-548-4411

Virginia Hosley Free Library in Wells: Open: Tues & Thur 6 to 8 pm Sat 10 am to Noon
Mah Jongg Game Night, every Tues 6 to 8 pm. Craft Night, every Thur 6-8 pm 518-924-2220

Piseco Library: Piseco School, Rte 8, Open Mon-Fri 8 am-4pm, whenever the school is open.
518-548-7555

ENJOYING NATURE MAY LESSEN NEED FOR SOME MEDICATIONS

By Sandee LaMotte; Reprinted from CNN news article, January 17, 2023

(edited for length)

Going for a walk in a park or along a lake or a tree-lined space may reduce the need for medication for anxiety, asthma, depression, high blood pressure or insomnia, a new study found. “Physical activity is thought to be the key mediating factor in the health benefits of green spaces when availability or active use of green space are considered,” said study coauthor Anu Turunen, a senior researcher at the Finnish Institute for Health and Welfare in Helsinki.

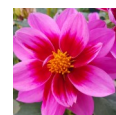


The study found visiting nature three to four times a week was associated with 36% lower odds of using blood pressure pills, 33% lower odds of using mental health medications, and 26% lower odds of using asthma medications. “The analysis can reveal key associations, but we can’t say for certain whether it was the greenspace proximity or use that led to reduced use of medications,” said Lincoln Larson, an associate professor in the College of Natural Resources at North Carolina State University in Raleigh, who was not involved in the study. “Perhaps people who were healthier to begin with (and less likely to take prescription drugs) were more likely to get outdoors in the first place,” Larson said.

Green and blue space

The study interviewed approximately 6,000 random people in three of the largest cities in Finland about their use of green and blue spaces within a kilometer of their homes. Green spaces included forests, gardens, parks, cemeteries, moors, natural grasslands, wetlands and zoos. Blue spaces included lakes, rivers and the sea. Prior studies have found people living near green spaces reap significant health benefits. A 2016 study compared the amount of plant life and vegetation near the homes of almost 100,000 women. After eight years, the researchers found having access to the most green space reduced the women’s death rate by 12% — and improved their mental health. A 2019 study of green spaces around the globe found people who live near them are less likely to die prematurely. Even doctors are beginning to prescribe nature as a treatment for mental health, as CNN Chief Medical Correspondent Dr. Sanjay Gupta explored in an episode of his podcast series, Chasing Life.

Lincoln Larson, at North Carolina State University, said “If you want to reap the full health benefits that nature can provide, you have to immerse yourself in those settings.”



BOATING SAFETY TRAINING NOW REQUIRED IN NEW YORK

by Tom Rippere

A new law requires that motorboat operators will need to complete a Boating Safety course. In 2024, the safety training course is required for anyone born January 1, 1978 or later. In 2025, the training will be required for ALL motorboat operators, regardless of their age. Motorboat operators must complete a Boating Safety course, and carry a certificate of the training with them when boating. An operator who has a valid boating safety certificate issued by another state is exempt from the New York State certification requirement if they have their certificate with them. To operate a motorboat in New York, you must be at least 10 years old. Young boater safety certificates previously issued by New York State satisfy the educational requirements.

Anyone operating a Personal Watercraft (PWC, e.g. JetSki™, Wave Runner™) must be at least 14 years old,

and have a boating safety certificate with them. Although it is not recommended, children under the age of 14 may operate a PWC provided there is a certified operator over the age of 18 on board.

Additional information is available on the state website:
<https://parks.ny.gov/boating/education.aspx>

Classroom training sessions are sometimes provided at various locations across the state. These courses are listed on the state website shown above. This website also provides links to several companies that provide the training on-line, for a fee - usually about \$35. The only free on-line training is provided by the non-profit organization Boat U.S. (Users are encouraged to make a donation to the foundation, to help cover their operating expenses.) Learn more at <https://courses.BoatUS.org>.



CORRESPONDENCE TO BOARD MEMBERS

Lake Pleasant-Sacandaga Association
PO Box 164
Speculator NY 12164-0164
Dan Wilt, LPSA President, dan@wiltindustries.com

ALL MEMBERSHIP RENEWALS, CHECKS & LUNCHEON RESERVATIONS:

Lake Pleasant-Sacandaga Association
PO Box 383
WELLS NY 12190-0383
Email: LPSA.ADK@gmail.com
Face Book [@LPSA2016](https://www.facebook.com/LPSA2016)

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If you would prefer the convenience of making payments to LPSA on-line, instead of mailing a check, you can now use the "PayPal buttons" on our website to pay for luncheons, annual membership renewals, and donations to the LPSF general fund or the LPSF Kathy Huber Memorial Fund. With the PayPal buttons, you can make payments to LPSA and LPSF using a credit card or your PayPal account. You do not need to have a PayPal account to use the credit card payment option.

2024 Board Meeting Dates:

Saturday, June 15th - 8:00 am (at Library)
Saturday, July 13th- 8:00 am (at Library)
Saturday, August 17th- 8:00 am (at Library)
Saturday, September 14th- 8:00 am (at Library)



Sacadaga River—near Wells



***Kitterfield Road
Lake Pleasant***

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Rich Armstrong - 1st Vice President
Craig Pedersen—2nd Vice President
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Support Area Businesses:

The businesses below are those business members who have chosen to display their logo or business card with info. If you are interested, please contact us - email:

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Katie Smith, Esq

Email: katie@speculatorlawyers.com



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thumann27@msn.com**

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mpoc211@yahoo.com**

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Rob Macchi
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Speculator NY 12164
973-800-0233
Macchi.robert91221@gmail.com

Think Globally, Act Locally

"Although conservation requires a long-term commitment and a large-scale vision, the work itself is local." – Scott Russell Sanders

SAVE THE DATE

Sunday, August 25th, CHICKEN BARBEQUE & ANNUAL MEETING

and member gathering at The Lemon Tree More info will follow.
Please plan to bring a friend and prospective member with
you to help us enroll new LPSA members.





**IF YOU KNOW OF SOMEONE WHO WANTS TO JOIN, PLEASE GIVE
THEM THIS APPLICATION FOR NEW MEMBERS ONLY**

Name(s) _____

Mailing Address _____

City _____ State _____ Zip _____

Phone # _____ Email _____

Hamilton County Location Address _____

City _____ State _____ Zip _____ Phone # _____

CLASSES OF MEMBERSHIP: Make checks payable to: LPSA

Mail checks to: LPSA c/o Belinda Germain, Administrator, PO Box 383, Wells, NY 12190-0383

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Speculator NY 12164-0164



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