



# MAILBOAT

FEBRUARY 2016

## Camp Canaras – Upper Saranac Lake, New York

Larry Koch



St. Lawrence University

The Main Lodge

Situated on the west shore of the north basin of Upper Saranac Lake sits Camp Canaras, a modern use conference center lives in the time warp of camps from 100 years ago. Camp Canaras has been Saint Lawrence University's conference and alumni retreat for the past 50 years; however it was not always that way. It was a playground for the rich and famous during the first 50 years of the 20th century.

Canaras, one of the largest camps in the north basin, consists of 1700+ feet of waterfront, 27 acres of land and 28 buildings, all but two built before the Great Depression. There are two wet boat houses, two dry boat houses, 14 sleeping cabins, 4 kitchens and 6 service buildings, plus the caretaker's camp.

There are three distinct original camps that make up current camp Canaras. The oldest camp, known as Ne-Pah-Win, was developed about 1898. The second was built in 1913 and originated the name Canaras. The third was developed in 1915 and was called Camp Caduceus.

Camp Ne-Pah-Win was developed in 1898 by Dr. Samuel W. Lambert. Starting in the 1880s, Dr. Lambert redeveloped a hospital for women in New York City and, with financial help from J.P. Morgan, started the Columbia Teaching Hospital – what became Columbia Medical Center.

By 1905, Cleveland H. Dodge, a national figure during the Woodrow Wilson administration, took over the camp. Dodge and Wilson were classmates at Princeton. Dodge managed Wilson's 1912 and 1916 presidential campaigns. He was president of the National YMCA, and on the boards of the American Red Cross, Princeton University, Ansonia Brass and several railroads. Lastly, Dodge was president of mining company Phelps Dodge.

Dodge purchased a kids camp in Bradford County, Pennsylvania

for the YMCA around 1905 called Ne-Pah-Win. It is thought he carried the name to his personal camp on Upper Saranac Lake. Ne-Pah-Win is a native term for "sleeping lake." The camp's layout is typical of the era. The current Ne-Pah-Win lodge contains both a great room and a dining area with a kitchen to the rear. Behind are outbuildings for ice, wood, and servants' quarters.

The current Harding Cottage, probably the first camp owner's cabin, includes a small parlor, bedroom and dressing room. Story has it that President Warren G. Harding overnighted here during a visit to Saranac Lake in 1922. The current Jackson Lodge was constructed at a later date, probably by Dodge as new owner's cottage. Jackson was probably designed by Dodge's brother in law Wainwright Parish in the alpine style common of the later 19-teens. Parish and Schroeder was a well-known New York architectural firm at the time.

Dodge was a competitive sailor (his sailing partner Sidney Colgate lived a few camps away), so his boat house is a dry one for storing sailing gear and includes a viewing gazebo on top. Around 1920, Dodge bought nearby Green Bay Camp and Camp Ne-Paw-Win was sold to Robert Bentley, owner of Camp Canaras next door.

Camp Canaras (Saranac reversed) was built in 1913 by Robert Bentley of Youngstown, Ohio. He was president of the Youngstown Sheet and Tube Company and the Ohio Carbon Limestone Company.

Bentley held a huge camp grand opening party here in July 1913, featuring banquets, water activities and fireworks from the waterfront tea house that still exists today. While Bentley was from Ohio, most of his guests were from New York, keeping him connected



St. Lawrence University

Harding Cabin

Continued on page 5

# President's Letter

Susan Hearn

I am grateful to Nancy Howard for summarizing the USLA activities during her tenure as President of the association. We are grateful for her stewardship.

As she closes, she identifies a number of issues that will be considered in 2016, which include a decision with regard to the fireboat, discussion of raising the annual membership dues and perhaps reconfiguring the zones. In addition, we hope to have a quorum so we can approve the proposed by-laws changes and elect officers and directors for the USLA (yes, it is an election year!).

Dates for the meetings of the membership are identified so you can mark your calendars now. We are proposing changing the August meeting from a morning meeting to a late afternoon event that can be combined with a social/cultural event. Maybe it will be easier to increase attendance in the late afternoon, or when we serve wine; who knows?

I hope you are enjoying your "off season," wherever you are. I am in mid-Michigan and it has been a very mild winter so far; haven't even been able to get the cross country skis out. The limited snowfall was quickly covered by a layer of ice, and I am getting too old to fall.

Stay well!

*Susan Hearn*

## Calendar

<b>May 28, 2016</b>	USLA Board Meeting	
<b>July 9, 2016</b>	USLA Membership Meeting	
<b>July 11-13, 2016</b>	USLA Boating Course	9 am – 12 noon each day
<b>August 8-10, 2016</b>	USLA Boating Course	9 am – 12 noon each day
<b>August 13, 2016</b>	USLA Membership Annual Meeting	
<b>August 27, 2016</b>	USLA Board Meeting	

## Let's stay in touch!

Please send any changes of address, telephone or email address to [usla@uppersaranac.com](mailto:usla@uppersaranac.com). If you do not have email, please send updates to USLA, P.O. Box 872, Saranac Lake, NY 12983.

## Membership Committee

Dean Butts, Chair

We ended 2015 with 544 paid members compared to 556 at the end of 2014. Thanks to all who supported USLA last year...the names were included in the October issue of Mailboat.

Now is the time to consider renewing your membership for 2016. Membership Dues Statements will be mailed in April, but you can renew EARLY online through our website: [www.uppersaranac.com](http://www.uppersaranac.com) and clicking on "Membership". In addition to clearing this item off your "to do" list, you will be saving USLA the expense of printing and postage. Good things are happening; join and be part of it.

As always, USLA appreciates your support.

UPPER SARANAC LAKE ASSOCIATION, INC.

P.O. Box 872

Saranac Lake, NY 12983

[www.uppersaranac.com](http://www.uppersaranac.com)

THE USLA MAILBOAT

Lynne Perry, Editor

Harry Wirtz, Layout/Design

### BOARD OF DIRECTORS

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**Zone 2** Mary Ann Randall (891-0430)

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**Zone 4** Cindy Rosenwald (891-0818)

**Zone 5** Dick Gunthert (891-4138)

**Zone 6** Cheryl Joyce (891-4344)

**Zone 7** Mary Jane Staufenberg (891-1428)

**Zone 8** Jane Oravec (891-5992)

**Zone 9** Nancy Howard (359-9177)

**Zone 10** Susan O'Brien (359-2069)

**Zone 11** Bill Mansfield (359-2217)

**Zone 12** Airlie Lennon (359-7417)

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[usla@uppersaranac.com](mailto:usla@uppersaranac.com)

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

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# Annual Report 2015

## President's Thumbnail Sketch

August 2014-August 2015

**“It’s hard to lead a cavalry charge if you think you look funny on a horse.”—Adlai E. Stevenson**

I was barely a minute on the job in August when indeed I did feel funny-looking as an urgent notice from DEC announced an imminent early September closing of Back Bay boat launch. We needed to alert our 500+ membership pronto. Thankfully, with our Lake Manager’s ready energies and Communications Chair’s ready expertise, we visited all alternate USL boat launch options and notified USLA membership by posting cards to all members and an urgent e-mailboat. Many zone chairs also cooperated by contacting members most likely to still have boats afloat.

**“Surround yourself with great people; delegate authority; get out of the way.” Ronald Reagan**

For this sketch the “we” refers to the “great people” of the USLA Board. We begin with the filling of board vacancies. We welcomed three enthusiastic new board members: Zone Chairs, Mary Ann Randall, Zone 2 and Susan O’Brien, Zone 10, and Environmental Committee Chair, Steve Maikowski. We also bestowed Bruce Holran Honorary Member, USLA Board of Directors.

We secured The Wild Center location and speakers for our two summer membership meetings and speakers: New York State Senator Betty Little for July and Cathy Dove, President, Paul Smiths College for August. Throughout the year, we held three additional USLA board meetings, two Conference Calls: November, 2014 and March 2015 and a meeting at the Howard’s ‘The Carry’, May, 2015.

We visited both county and state DOT’s in Malone primarily to share concerns regarding curbside mowing during vulnerable Monarch Butterfly habitation which issue is among those on the Environmental Committee’s table. We applauded last summer’s carefully conceived “Protect the Lake Tip Sheet” prepared and sent to us all by our Environmental Committee. We went to bat for continuity of Tupper Lake emergency and fire compensation funding from Harriestown, and later fostered USLA communications with Saranac Lake and Tupper Lake governance with personal visits.

With patient guidance from the Lake Manager, we completed the voluminous Lake Champlain Basin Committee stewardship grant application which resulted in the award once again for the upcoming 2015 summer season. We welcomed our Lake Manager’s refreshing plans to follow through on generating next generation involvement in the care and feeding of the lake via summer family activities: the Water Shield Workshops and Asian Clam Survey. We honored the USLA/USF \$1,000 donation challenge. We are pleased to be supportive of the notable new Adirondack Lake Alliance table.

We applauded the fresh and well-balanced calendar of cultural activity proposed by Cultural Affairs Committee Chair, Susan Hearn, including confirmation of the annual hosting of the fourth of July Wooden Boat Parade and festive ‘show and tell’ reception afterward at Back Bay boat launch.

At the same time, we encouraged - to modest success - zone chairs to take advantage of USLA’s budgeted funds by engaging neighbors in at least one summer zone event. Throughout the year we cited examples of success when USLA committees engaged more USLA members.

We kept abreast of the tedium of the Fireboat repair issues up to and including storage in the fall and activity for naught in the spring and summer. We replaced the failed original webcam. We stabilized the USLA Scholarship Fund within the USLA mission framework for a student who intends to focus on environmental studies.

In accordance with current USLA Bylaws, a Task Force was appointed to complete a five years review. Highlights:

- Reviewed quorum status ad infinitum—Task Force Chair, Airlie Lennon, presented it at the August annual meeting—only to not have a quorum for the vote
- Recommended USLA mission be scaled to best reflect that of USLA founding charter members
- Noted for the record USLA is incorporated under Section 1120 (Residential Real Estate Association) of New York State corporation law, and falls under Section 501C(4) of the Federal Tax Code.

The Executive Committee continued the thread of USLA records safekeeping which are currently primarily at the camp of President Susan Hearn.

**“The mark of a great man is one who knows when to set aside the important things in order to accomplish the vital ones.”—Brandon Sanderson**

Here we salute Michelle Brown-Garcia, vital Safety Chairman. For when the absolute impossibility of finding a certified New York State Boating Course instructor loomed, Michelle readily volunteered to take the full course herself. With Dave Perry’s return to assist her, the courses prevailed with near-record attendance.

Finally, aside from the fireboat issue, we note for future consideration:

- Minimal, practical zone reconfiguration
- Raising the dues
- Generating more robust summer meeting attendance
- Earmarking once and for all a USLA logo

Faretheewell and then some,  
Nancy S. Howard  
Past President USLA

**Financial 2015**

Jay Kapolka, Treasurer	
Cash Balance 01/01/2015	25,823.09
Dues and contributions	29,170.00
2014 reimbursement due on grant	15,000.00
	-----
	69,993.09
2015 Expenses	31,507.84
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Cash Balance 12/31/2015	38,485.25
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# Environmental Committee

Steve Maikowski, Chair

Airlie Lennon, Larry Nashett, Lynne Perry, Committee Members

We are working on two initiatives: a continuing one on the new Franklin County Tourism Bed Tax, and a new initiative to increase local recycling in and around the Lake. As a follow-up to our efforts to get a percentage of the new bed tax revenue allocated to lake associations to support ongoing aquatic invasive species prevention, we have adapted the letter we presented to Franklin County legislators in Malone in September and are sending it to each of the nine members of the Tourism Advisory Committee (TAC) for new Franklin County Bed Tax.

We have also started a multifaceted effort to improve recycling programs and options around Upper Saranac Lake. In August, we met with George Eades, Executive Director of the Franklin County Waste and Recycling Centers, to discuss how we could better promote and encourage recycling at the Franklin County Centers. Eades has agreed to fund the manufacture and placement of new recycling signage, both general informational signage and new individual signs on each recycling container at all the Centers in the county. The Environmental Committee is now designing the new signs, which we plan to have in place by May, 2016. Among the signs will be a large one that announces that Franklin County residents can purchase a permit to recycle for 12 months for only

\$10—a great affordable, and often unknown option. Once all these new signs are in place, we will actively publicize all the new recycling improvements in local media outlets.

Our Committee is also undertaking local education efforts about the benefits of recycling, including addressing popular misconceptions about recycling at area recycling centers (especially at Lake Clear). (See the adjoining “Benefits of Recycling” box in this issue of Mailboat). In order to better identify ways to enable local residents to recycle more materials, we are conducting an email survey of USLA members about their recycling practices via Survey Monkey in early 2016. For those USLA members not on email, or not providing an email address, you can go to the following site to participate in this survey:

[https://www.surveymonkey.com/r/USLA\\_recycles](https://www.surveymonkey.com/r/USLA_recycles)

We are also meeting with local caretakers to discuss their role in increasing recycling by Camp owners—which will also reduce caretaker costs when going to the Waste Centers. Information gleaned from the survey and these meetings will assist the Committee in the development of new and easier ways for members to recycle.

## Why Recycle? Thoughts about recycling at Upper Saranac Lake



Plastic recycling at Tupper Lake

Recycling helps to eliminate excess trash at the Franklin County Landfill.

The charges you pay at the transfer stations at Tupper Lake and Lake Clear will be lower. You pay by weight. Recyclables typically are at least 50% of your trash weight. An annual permit of \$10 allows you to bring recyclables to the transfer station without weighing.

Plastics, paper, cardboard, tin, glass and metal can be recycled into new merchandise. Many manufacturers are using these to

lower their costs for material. In turn, this helps to preserve natural resources – trees, water, minerals, etc.

**It Conserves Energy:** A lot of energy is needed to make products. Energy is saved by reducing or reusing the amount of products we need to buy. Less energy is often required to produce recycled goods than new products.

**It Creates Jobs:** Recycling is big business in NYS, and it's a main-stream industry accounting for over 50,000 jobs and producing \$10 billion in new products and services each year

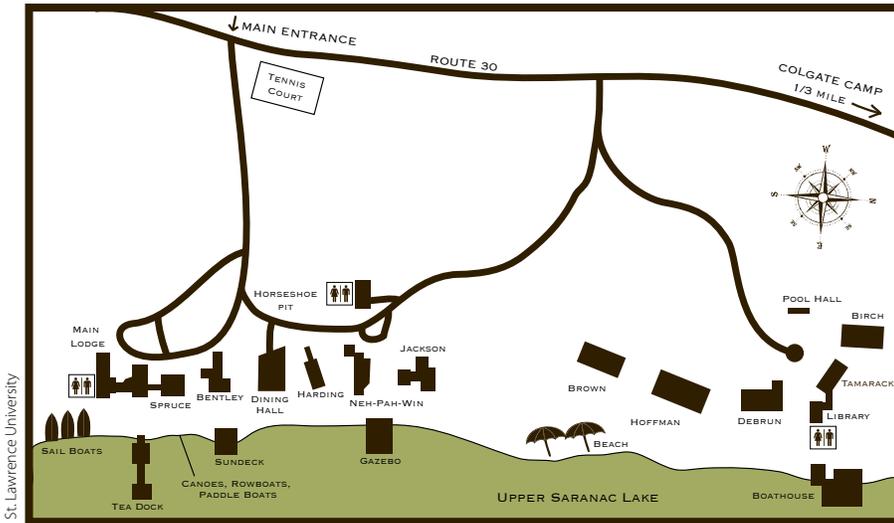
What happens to the recyclables from Tupper Lake and Lake Clear? According to George Eades, Executive Director of County of Franklin, Solid Waste Management Authority:

- Metal from Tupper Lake is sold locally; metal from Lake Clear is sold to a buyer and trucked elsewhere.
- Cardboard is sold locally in Tupper Lake.
- Number 1 & 2 plastics, paper and tin are trucked to Lewis in Essex County where they are baled and sent to market. Paper is also trucked to local farmers to be used for animal bedding.
- Glass, which currently does not have a financially viable resale market, is crushed and used for road construction in the Franklin County landfill.
- Tires are used in manufacture of cement.

*USLA Environmental Committee*

# Camp Canaras

Continued from page 1



St. Lawrence University

with the New York business crowd. Bentley's widow sold the camp to Helen Woodward Martinez de las Rivas in 1930.

Woodward, an heir to the Jell-O and General Foods fortune, married a loyalist in the Spanish revolution. She and her husband Luiz summered here and wintered in Palm Beach, Florida. Helen endowed the Hauptman-Woodward Institute in Buffalo, NY in 1955 and the "R" wing at the University of Rochester Medical School. She was an avid golfer who built the LeRoy, NY Golf Club in 1935 and probably played the Saranac Inn course often.

Between 1936 and 1965, when St Lawrence occupied the camp, Camp Canaras went through three owners. New York Attorney William E. Dana sold it to Laurence S. Rockefeller in 1946. Rockefeller donated it to Sloan Kettering Hospital in New York in 1952 and Sloan Kettering gave it to St Lawrence University.

Like Ne-Pah-Win, Canaras had a main lodge, owner's cabin, boat house, and service buildings. There are many original camp artifacts in the lodge's great room. The kitchen was once located behind the dining room and a hall off the great room leads to 4 guest rooms.

Great camps had many outbuildings. You pass the gate house and tennis court when you drive in. Bentley must have been enamored with big power boats. He built the waterfront boat house and a big two story, three stall garage long enough to store 30' boats with servants' quarters upstairs. Other outbuildings include a small stable, a tool shop and an ice house, with its deep cement floor foundation.

Bentley cottage was the owner's cottage, built directly behind the boat house. The cement footings we see today connecting the main lodge and boat house to Bentley cottage once supported at least a wooden walk and, more common for the era, a covered walkway. The camp is thought to be an early William Distin design.

Camp Caduceus was developed by Charles J. Rhoads in 1915, when he purchased this land from the Upper Saranac Company. Charles was a Philadelphia banker and the first president of the Philadelphia Federal Reserve. Rhoads knew both Dodge, owner of Camp Ne-Pah-Win next door, and Woodrow Wilson who started the Federal Reserve System in 1913.

A graduate of Haverford College, Rhoads was president of Bryn Mawr College for many years until his death in 1956. Rhoads sold the camp to Horatio G. Lloyd after only two years ownership to coordinate European reconstruction following WWI for President Wilson.

Lloyd was president of the Philadelphia Commerce Trust Company and credited with stopping the great financial panic of 1907. He became one of 11 senior partners with J.P. Morgan in New York. Working closely with Mr. Dodge next door, he chaired the Philadelphia branch of Woodrow Wilson's United War Works Campaign.

Horatio G. Lloyd sold the camp in 1932 to Edward L. Norton, a Bell Labs Nobel prize winner, who sold it to Arthur Fagan, publisher of the Jersey Observer of Hoboken and real estate developer. Fagan suffered a fatal heart attack at age 47 after playing a round of tennis at the camp in 1946. His widow Elizabeth sold Camp Caduceus along with next door Camp Sunrise to Dr. Harry C. W. S. deBrun. DeBrun was a well-known New York doctor who, in the 1920's and '30s, established and published many modern day trauma patient emergency room procedures. His widow left the camp to

St. Lawrence University in 1968.

The Caduceus, the medical symbol containing a snake around a pole, is said to be the axis or pole by which the ancient messenger gods travel between heaven and earth.

Like Ne-Pa-Win and Canaras, Caduceus contained a main lodge with a great room, large stone fireplace, dining area and rear kitchen. The owner's cabin is next door and there are two guest cottages. Behind the main lodge are buildings once used for storage, maintenance and servants' quarters. Typically, owner's cottages were separated from the main lodge for privacy and kitchen fire safety. Unlike the other two camps, there is no commanding view of the lake from the main lodge. Across the way is a very large 4 stall boat house with a great room upstairs. The small main lodge great room combined with the big one in the boat house indicates the two buildings were probably planned and built around the same time. The architect is unknown.



Boat House

Michelle Brown Garcia

**Notes from the author:**

USL Association member Larry Koch researched Camp Canaras over 18 months. This article is intended to be informative but not definitive. Conclusions have been made based on piecing together bits of information from various sources. The Twitter of the early 20th century was the social section of the New York Times and other newspapers. A property deeds search at the Franklin County court house provided ownership history for each camp. Google searches of the old owners, all VIPs of earlier days, came up with loads of information. Lastly, old stories still told provide a fun historical perspective of the camp.

# The Friends Purchase Eagle Island

Paula McGovern, Executive Director Friends of Eagle Island

Friends of Eagle Island closed on the Island property on November 6 and opened a new chapter in the history of this magnificent place. Now begins the journey to restore and reopen the property as a youth camp and as a rustic retreat and camping experience for individuals, small groups, and families. It has taken a long time and a great deal of work for us to get to this point. While many of you have been keeping up via this newsletter and other communications, you probably still have questions. Not all of your questions can be answered here but we will try and address a few.

Over the years of non-use, the North Country winters took their toll on the structures and some of the infrastructure. Even as we were in the process of acquiring ownership, FEI hired engineers to provide a preliminary assessment of the property's needs. Since then, our engineers have more thoroughly assessed the current situation in regards to the water supply, sewer/septic systems, structural (roofs) and electrical needs, and identifying the repairs and upgrades needed to resume use of the Island. A preservation architect has been hired to assess the historic structures and provide a conditions report and a conservation plan that will serve as the working document to prioritize renovations to restore and preserve the key historic buildings. FEI is partnering with AARCH (Adirondack Architectural Heritage) to ensure that this historic landmark is not only maintained but honored and able to be shared with the larger community. All of these preliminary efforts are to establish an overall plan that will be shared with the Town and community. If all goes well during these winter months of planning we can start to initiate some of the imperative work on the property to prevent further deterioration.

2016 will be a busy year with repairs and restoration to accomplish our goals for the Island. A key part of that vision is to resume the low impact youth camp use. That camp will have much the same focus as Eagle Island traditionally had: an environmentally responsible Adirondack immersion that includes a premier sailing program, a base for wilderness adventure trips, outdoor experiences, and environmental education and stewardship. The planned capacity of approximately 140 campers is the same as it had been.

FEI also envisions providing "wilderness lodge" activities for adults and families pre and post camp, family camp, rentals for



Friends of Eagle Island

View from Mariner Boat House – Eagle Island

family reunions and other events all with an eye towards sharing the beauty and historic features of the Island while ensuring a low impact on the environment and the community.

FEI cannot wait to open the Island to the entire community, starting with an "Open Island" this summer to give the Saranac Community an opportunity to see the structures— for many, a first!— and to better understand our vision. FEI wants to get to know and to be part of the community whether it is hosting events, or providing a location for an environmental or historic workshop by partnering with the many wonderful organizations in the area. Members of the FEI team will be around throughout the winter for various planning purposes and would love to meet the "winter community." I, in particular, will need some cross-country skiing companions!

Please stay in touch by visiting our website [friendsofeagleisland.org](http://friendsofeagleisland.org) or sending me a note at [pmcgovern@friendsofeagleisland.org](mailto:pmcgovern@friendsofeagleisland.org)

Paula McGovern is the Executive Director of the Friends of Eagle Island, Inc., a 501(c)(3). Eagle Island is a National Historic Landmark and was operated as a Girl Scout sailing, outdoor skills and adventure camp for over 70 years. In 2009, the Girl Scouts suspended use of the camp while it evaluated its options. In 2011 the camp was put on the market for sale. FEI acquired the camp this past fall.

## Fireboat Update

Jon Landsberg, VP USLA

**A quick update regarding the status of the Upper Saranac Lake fireboat:**

The boat is currently being stored at Day Brothers Marina in Plattsburgh awaiting a decision from the USLA board whether or not to go ahead with repairs to the boat's engines.

To recap, the boat was transferred from the Saranac Lake Fire Department to the Tupper Lake Fire Department a couple of winters ago after the Town of Santa Clara decided not to renew its agreement with Saranac Lake for fire coverage.

Based on a verbal agreement with Tupper Lake to take over the boat, they had their people assess the condition of the boat and after extensive delays advised us that the engines were in need of major repairs that were beyond their capabilities. It was at that point that the Executive Committee of



the USLA had the boat transferred to Day Brothers for estimates on the repairs necessary to put it back in service.

Based on the significant costs estimated to repair the boat as well as a variety of logistical issues involved with owning, storing, operating and maintaining the boat including questions regarding what the relationship will be with the Tupper Lake Fire Department going forward, the board has decided to look at all the options available. These include discontinuing the use of the boat and putting it up for sale.

Presently various members of the board along with past president Ron Otten are gathering the appropriate data necessary to make an informed decision on how to proceed. It is the goal of the board to make a decision in time to have whatever is decided fully implemented by the beginning of the season.

We have received quite a bit of feedback from the membership on this and if you'd like to add your voice please email me at [Jon.landsberg@gmail.com](mailto:Jon.landsberg@gmail.com).

# Government Relations Committee

Cindy Rosenwald, Chair

## Santa Clara Planning Board

Last month the Santa Clara Planning Board passed three amendments to the Land Use Code, which will pertain to new construction. The first change is in Section 2.20 where the definition of dock has been changed to cover all types of docks, permanent and removable.

The second change was to Section 7.35 A, B and C and states docks cannot exceed 500 square feet, boathouses cannot exceed 625 square feet (an increase from 500 square feet), and the combination of the two cannot exceed 875 square feet (an increase from 750 square feet). The change was made to accommodate the popularity of pontoon party boats.

The final change was to Section 5.10 and limits building height to 30 feet. It also adds a table for clarification of lot regulations.

These regulations have now been forwarded to the Secretary of State for approval before becoming part of the Code. There is no

timeline for the process of approval, but homeowners are urged to check with the Santa Clara town officials prior to beginning construction. Again, these new regulations do not apply to current structures.

## Town of Santa Clara Community Center

The new Community Center is now open. Located adjacent to the Town Garage on Route 30, the new building is a handsome addition to the town. Offices located in the new building include Supervisor, Town Clerk, Code Enforcement, Town Assessor, Judge and Town Court.

Town Board and public meetings as well as Town Court are held in the large community room. This room, with adjacent kitchen, is also available for community and private functions. Information regarding scheduling requirements is available on the town website [www.townofsantaclara.com](http://www.townofsantaclara.com) under Permits and Forms.



Bartlett Carry outlet from Upper Saranac Lake, January 2016

Susan O'Brien

## IN MEMORIAM

### DR. EMMANUEL “MANNY” BERNSTEIN

Dr. Emmanuel Bernstein passed away peacefully November 11, 2015 at age 85. Dr. Bernstein graduated from Saranac Lake High School, and attended University of Pennsylvania, SUNY Plattsburgh and Columbia University. He received his PhD in counseling psychology from University of Oregon. He is survived by his wife, Meg, daughter Barbara, son Arthur and their families. Manny's purpose in life was to relieve the pain of humans and animals. He founded the local humane society. He especially loved being on Upper Saranac Lake and feeling the motion of being on water. He valued conversation with everyone and embraced life. Manny's favorite quote was "Logic can get you from A to B. Creativity can get you everywhere". Albert Einstein.

### MILLIE LEONARD

Millie Leonard died November 24, 2015, after a long battle with cancer. She is survived by her husband Robert, 5 daughters, 12 grandchildren and 10 great grandchildren. Millie and Robert spent summers at "Loons' Nest" on Upper Saranac Lake where many memorable moments were created. Millie had a generous, loving heart and touched many lives with her presence. Her family and friends will always be thankful for the gift that was her life.

### MARGE ROTHSCHILD

Bernice M. Rothschild (Marge) passed away peacefully of natural causes on December 28, 2015, just two months short of her 95th birthday. At her side were Lynn Gitlitz (daughter), James Rothschild (son), Vida Rothschild (daughter-in-law), Marc Gitlitz (son-in-law), Aaron Rothschild (grandson), Haylee Shipman (granddaughter), Frank Shipman (grandson-in-law), along with three of her five great grandchildren. Lloyd D. Rothschild, her husband of 70 years, died three years ago.

Marge's love for Saranac Lake took root in 1930's. Her father, Aaron Newmark, was diagnosed with Tuberculosis and doctors advised the family to head north to Trudeau Sanitarium."The Cure" was considered to be his only hope of beating TB. Marge and her sister, Helen Newmark Sandhaus often accompanied their mother Ruth Newmark, on Trudeau visits. Later on, Helen also contracted TB and was admitted to Trudeau. Marge was forever grateful to the mountain air, doctors and staff that enabled her father and sister to join the list of lucky survivors.

Her affection for the beauty of the Adirondacks and many friends (two and four legged) continued to grow. In 1963, the family purchased "The Pines", once a guest cabin at Saranac Inn, and took up summer residence. Marge inherited the cabin in 1980 making Upper Saranac her summer residence. She moved permanently to Saranac Lake after her husband died, fulfilling her lifelong dream of living in Saranac Lake year round.

Keeping the history of Saranac Lake during the days of Trudeau alive was her mission. A career housewife turned artist, she worked at a time when women struggled to gain recognition as artists. Her role as President of AIA (Artists in America) provided a platform to foster social change. Marge's much acclaimed abstract work was exhibited in numerous galleries, one-woman shows in NY City and museums – e.g. the Aldrich Museum, and the Silvermine Art Guild. She was a big fan of not only abstract art, but also of using abstract thought to stimulate creativity. Knowing of her on-going concern for how the modern world distanced humanity from nature, confirms how the Adirondacks influenced her work in later years. Marge was greatly respected for her unique talent and work as a healer. It was her fondest desire to see Saranac Lake regain prominence as the healing community she long remembered.

*James Rothschild*

### VIRGINIA VAN VRANKEN

Virginia Van Vranken passed away January 19, 2016 after a courageous battle with T-cell lymphoma. She is survived by her husband, Lyle, son Jared and two sisters. Virginia earned a Bachelor's degree from SUNY Plattsburgh and a Master's degree in Social Work from SUNY Albany. She was Executive Director of Hospitality House in Albany, an independent social work consultant, an adjunct professor of social work for Skidmore College and SUNY Albany and retired from Saratoga Hospital Nursing Home in 2014. Virginia was a very loving person whose empathy for others made her an extraordinary advocate and her personality and sense of humor left a lasting impact on anyone that she met. She loved gardening/yard work, birds, cooking, crafting and spending time with family, friends and her beloved dogs. Virginia and Lyle spent time at their home on Upper Saranac Lake.

# Summer Events Shaping Up

## Cultural Affairs Committee, Sally Ward, Chair

The Cultural Affairs Committee is planning a roster of events for another memorable Saranac summer. Here's what's on tap:

### Upper Saranac Garden Tour

Visit three unique properties: the Cohen and Rothschild gardens (both part of the old Bucknell estate) and the Gitlitz garden at Saranac Inn. Each will showcase a different aspect, including gardening ideas for difficult Adirondack soils, an historic focus, and a woodland theme. Lunch will be included. Date TBA

### Paddle and Picnic

Jeff Dickson has again agreed to be our fearless leader for this outing through Fish Creek and several idyllic ponds. No carries on this trip! Bring your own canoe or kayak. Date TBA

### Kids' Triathlon

A canoe/swim/short hike or run format is proposed. This one is for those with younger families and visiting grandchildren. If this is you, we ask for your help to pull it off! Needed: a lakeside location for water events, parents and grandparents to supervise and cheerlead. Please email: [cultural@uppersaranac.com](mailto:cultural@uppersaranac.com). Date TBA

### USLA Membership Meeting and Social

Change is in the air! The August USLA membership meeting, usually held on a Saturday morning, will be very brief and scheduled for late afternoon, followed by the ever-popular wine and cheese event. Look for some fun surprises at this gathering and celebration of our lake community on August 13.

## A note from the Safety Committee

### Michelle Brown Garcia, Chair

The calendar may say its winter but some of us are already thinking about deck chairs and summer!

The safety committee is pleased to announce that our summer classes for the CPR & First Aid as well as the New York State Safe Boating Courses will be held again.

Sonny Young has offered to teach the CPR & First Aid classes. The dates, times & location are TBA in the May issue of *The USLA Mailboat*.

The boating courses will be taught by Michele Brown Garcia

with support from Dave Perry on the following dates:

July 11, 12 & 13th from 9AM until 12 noon

August 8, 9 & 10th from 9AM until 12 noon

The location for the boating classes will also be announced in the May issue of the Mail Boat.

Remember that in 2014 NYS passed a law that states if you were born on or after May 1, 1996 you must take a safe boating course in order to operate a motor boat of any size. Courses are offered by the United States Power Squadrons, the US Coast Guard Auxiliary and the Upper Saranac Lake Association.



Drone's eye view of Upper Saranac Lake 2015—"Looking forward to summer!"

# Predicting Winter Weather

Richard Gast; Extension Educator; Natural Resources  
Cornell Cooperative Extension of Franklin County

Last October, a friend's intrepid little granddaughter overheard a conversation I was having with her father about what this winter would be like. I said that I couldn't predict what type of weather the winter would bring and she jumped right in, informing us that the way to know what the winter will be like is to look for the woolly bears. She wasn't talking about Winnie the Pooh or massive, omnivorous mammals with coarse, heavy fur and sharp claws. She was referring to woolly bear or banded woolly bear caterpillars; sometimes called woolly worms or fuzzy bears; the ones that are often seen wandering about in late summer and early fall. They're bristly, with black bands at either end of their bodies and a band of coppery reddish-brown around the middle. They famously curl up when you touch them or pick them up.

The banded woolly bear caterpillar (WBC) is actually the larva of the *Isabella tiger moth*, *Pyrrharctia Isabella*, which overwinters as a caterpillar, often in or near its final stage of larval development. We most often notice WBC at that time; when they're roughly one-and-a-half to two-inches long and seeking overwintering shelter in plant debris and leaf litter or in other protected places.

WBC don't hibernate, at least not in the usual sense; they don't just rest or sleep or become inactive by slowing their breathing and lowering their heart rates. When winter sets in, WBC actually freeze solid. They produce a cryoprotectant, glycerol (a type of antifreeze), in their circulatory fluids, which inhibits damage to cell tissue, allowing them to survive until spring, at which time they feed (primarily on wild herbaceous plants), before pupating within cocoons made from their setae (hairs); and eventually emerging as adult *Isabella tiger moths* in the spring.

The results of a three-year study by Katie E. Marshall and Brent J. Sinclair; Department of Biology, University of Western Ontario, London; was published in 2011 in the *Journal of Experimental Biology*. Scientists looked at the potential impacts of climate change (repeated freeze-thaw cycles and decreasing snow cover) on WBC and other freeze-tolerant insects. When looked at year by year, the difference in mortality among the treatment groups was not statistically significant, but when the data for all three years was combined, mortality was significantly higher for the multiple freeze-thaw-cycle group (29.7%) than for the sustained freeze (10.3%) or control (13.1%) groups.

So, can banded WBCs really be used to predict the severity of coming winter weather? Popular folklore says yes. One widely accepted perception is that the fatter and fuzzier WBC are, the worse the coming winter will be. Another alleges that if they're seen moving south, the winter ahead will be a harsh one. If they're headed north, you can expect milder winter weather. (I guess easterly or westerly movement indicates uncertainty.) The most widely maintained belief has to do with the length of the caterpillar's coppery reddish-brown banding; the shorter the center band, the harsher the winter ahead will be.

There's little, if any, scientific evidence to support the accuracy of any of this, although from 1948 through 1956, Dr. C. H. Curran,



River Edge Nature Center

Woolly Bear

then curator of insects at the American Museum of Natural History in New York City, along with a group of friends and colleagues, calling themselves the Original Society of the Friends of the Woolly Bear, conducted some, perhaps tongue-in-cheek, research on the subject.

Year after year, they went bear hunting (woolly bear hunting, that is) in Bear Mountain State Park, near Peekskill; catching as many specimens as they could find and counting the number of reddish-brown segments on their bodies, before releasing them. Over the years, average counts ranged from 5.3 to 5.6 out of 13-total distinct body segments. Since, in all instances, this accounted for substantially more than a third of the woolly bear's body, Curran concluded that those relatively high percentages indicated that the corresponding winters would all be milder than average, which they were.

Most entomologists will tell you that the pigmentation of WBC setae reveals more about the age of the caterpillar than it does about future winter weather. Each time a WBC molts (sheds its exoskeleton to grow larger, replacing it with a new one), at least one black segment is replaced by a reddish-brown one, so a greater number of red-brown segments indicates that the caterpillar is an older- or later-instar larva. Evidently, more black setae are produced during periods of wet weather, too.

The bottom line: using insects to forecast weather probably isn't very accurate. But it's fun!

# Upper Saranac Foundation Receives Lake Champlain Basin Program Grant

By Guy Middleton,  
Lake Manager, Upper Saranac Foundation

The Upper Saranac Foundation has recently been awarded a \$15,000 Grant from the Lake Champlain Basin Program. The Grant will help underwrite the cost of the Watershed Stewardship Program’s watercraft inspection and Aquatic Invasive Species (AIS) monitoring efforts at locations in the headwaters of the Lake Champlain Basin, including Upper Saranac Lake and Fish Creek Pond boat launches. Stewards prevent the spread of AIS by performing careful inspections of watercraft launched and retrieved at these sites, as well as educating the public in order to increase visitor understanding of AIS issues and spread prevention measures.

The Watershed Steward Program Grant will also assist in funding public outreach and education through the Water Shield Workshops, a hands-on Water Quality educational experience. The Water Shield Workshop is an exciting way for shore owners to get involved with the efforts to improve and maintain the Water Quality of Upper Saranac Lake through experiential education and engagement. The Workshop is scheduled for two times this coming summer, with a focus on school aged children. Participants of the Water Shield Workshop learn about Upper Saranac Lake, and how to keep its water clean and clear, learn

about the Lake’s ecosystem, shoreline protection and pollution control, and Invasive Species.

Funding for the Grant is provided by the Lake Champlain Basin Program and the New England Interstate Water Pollution Control Commission. For more information on the Upper Saranac Foundation and the Water shield Workshop please visit our website at: <http://usfoundation.net/>



Boat Washing Station

Guy Middleton



Water Shield Workshop 2015

Guy Middleton

THE UPPER SARANAC LAKE ASSOCIATION

# MAILBOAT

FEBRUARY 2016

Upper Saranac Lake Association, Inc.

P.O. Box 892

Saranac Lake, NY 12983



Upper Saranac Lake outlet into Middle Saranac Lake, January 2016

Susan O'Brien