



Shore Lines

The Newsletter of the Saratoga Lake Association

Jon Weilbaker
Duck Parade 2023

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President's Letter

Seeing docks sprout up along the shorelines, I say: “let the ‘Lake season’ fun begin!” As our “Fishing Professor”, Bob Turner, describes in his article, the avid fishermen among us are already at it and having some good luck.

I want to thank the editors and many contributors to this edition of Shore Lines. I think you will enjoy several personal items. You can meet the newest member of the SLA Board of Directors, Joan Dash, who is featured in the “In the Spotlight” section. Welcome, Joan. Dorothy Monahan Callahan’s story of her family’s long history on the Lake and past grand vacation venues like the White Sulfur Springs Hotel is fascinating, and Dr. Johnson’s description of his catamaran sail to Panama with his wife Angie to provide dental care to the needy is really inspiring.

There is also much to learn in this edition. Dan Buckley’s latest article on Lake Ecology, for example, helps us understand how conditions in the Lake change over the course of the year and how what those of us living on and near the Lake do affects it. It’s hard not to notice all the new home construction, remodeling and maintenance activities going on along the Lake shores. An article on the challenges people face in doing this work and encountering the many regulations that apply should be of interest to many of you.

Finally, Assemblywoman Woerner’s announcement that the State budget includes funding to help acquire and preserve Snake Hill is very good news. The SLA had a strong hand early last year in bringing public attention to initial plans to construct homes on the iconic site. Funding will be provided directly to Saratoga PLAN, the land trust that has led recent efforts to acquire the property and will ultimately assume ownership. There is still a way to go before the acquisition can take place and we can be confident the site is permanently protected. SLA continued partnership and support of Saratoga PLAN in various ways will be very important. We will keep our membership informed as things progress.

Let me close by wishing everyone a happy spring and summer season!

Hub Miller
President



Saratoga Sustainability Fair

One of our current priorities is strengthening partnerships with organizations such as Sustainable Saratoga (SuSa) that, in their own special ways, are advocating for public policies and actions that protect the environment. A number of SLA Board members participated in the April 16, 2023 Saratoga Sustainability Fair at Skidmore College sponsored by SuSa. This gave us the opportunity to talk to numerous Fair visitors about the SLA's mission and welcome them to join and help us in our cause.

Editors' Notes

As dock season is coming, one of our lake residents' has invented a new tool to install dock posts easier. It is called Docket Tool. More information about it can be found on www.Dockettool.com. I bought one and am eager to use it to install my posts.

Never too late to become a member. The Saratoga Lake Association is a not-for-profit organization. Started in 1936, its purposes are to promote and

enhance the health, safety, sanitation, ecology, recreation and environmental quality of the Saratoga Lake area through education, charitable contributions and environmental action. Please share with friends. Click [HERE](#) to join. With your contribution you get our Newsletter and contribute to our mission to maintain the health and safety of Saratoga Lake.

Stay tuned for information on our summer party in July, information on water chestnut pulls, our street clean-up, and other events for the summer! We look forward to seeing everyone!

Pat Tuz
Joe Schwartz
Editors



View of Snake Hill from Riley Cove.
Submitted by Joan Dash



Early morning in April
Joan Wade-Keszey



In the Spotlight....

Hello Joan Dash

I bought a house on Saratoga Lake a couple of years ago and I'm eager to do what I can to help make Saratoga Lake the best it can be for now and future generations. I have a science background, and most of my career was spent studying the movement and persistence of chemicals in the environment, including waterways and lakes. This work landed me on the Massachusetts Pesticide Board for almost twenty years, with four gubernatorial appointments from four administrations - two Democratic and two Republicans. The board made decisions on what pesticides could be used in Massachusetts and under what conditions they could be applied.

As for my education, I got an undergraduate degree from Tufts combining civil engineering and biology and a masters and Ph.D. in “engineering” from Harvard (that being the only degree given out by Harvard’s Division of Applied Science in those days.) My dissertation had nothing to do with engineering, but rather used high pressure liquid chromatography to study a natural fungicide produced by soybean roots. I found that the soybeans could turn off this natural fungicide in response to beneficial fungi such as mycorrhizae but not beneficial bacteria which had to encapsulate themselves for protection. My research helped pave the way for commercialization of the natural fungicide.

I left all this behind and was proud to be a stay at home mom for a while, eventually joining my husband in the adventure of a life time. We spent over twenty years going back and forth to Egypt using ground penetrating radar to help archaeologists and the Egyptian government decide where to dig. Most of the time I provided the grunt labor, dragging the equipment over carefully prepared grids while my husband read the results in real time. We worked all over the country but mainly in the Valley of the Kings, the adjacent West Valley, an ancient harbor on the Red Sea, and the Giza Plateau surrounding the pyramids, even a section of the Sphinx itself. My daughter was along for many of these adventures and she and her husband will hopefully continue this work once their children are older.

I’ve been asked to mention my biggest concern for Saratoga Lake. Although I have a lot to learn about this particular lake, any lake surrounded by dense neighborhoods risks an overload of nitrogen and phosphorus from things like lawns, gardens, and golf courses, which then can lead to an overgrowth of algae and aquatic plants. Bacteria decomposing this plant matter can use up all the oxygen, causing the death of fish and proliferation of nuisance algae at the surface which makes the problem worse. Once this “death” of a lake begins it can be almost impossible to turn around. Hopefully, the large number of committed citizens around the lake will not let this happen. I look forward to helping.



Lake Ecology

By Dan Buckley

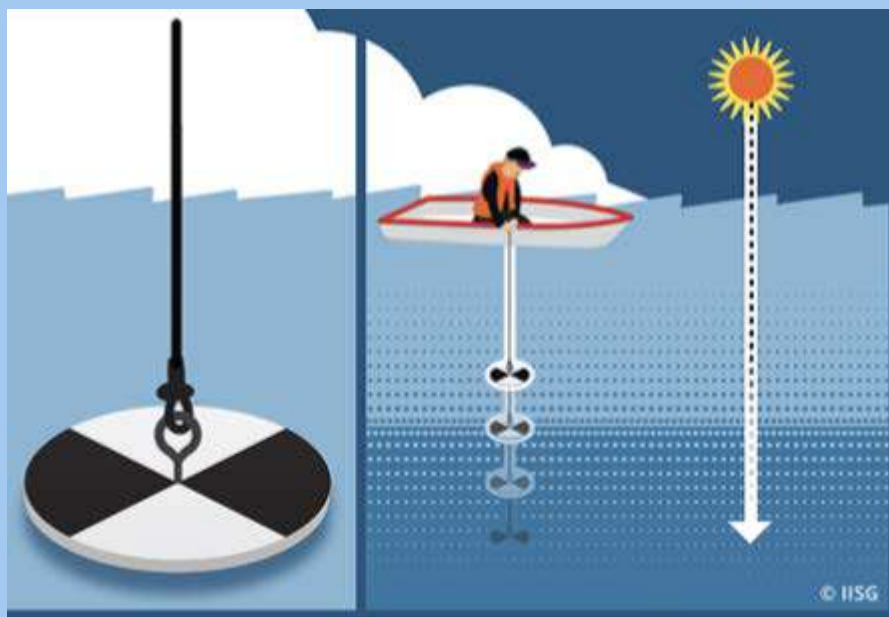
Secchi Transparency and Seasonal Plankton Sucession

In my last article I mentioned that the plankton community changes over the course of the open water (growing) season. Today I want to expand upon this change but first I want to talk about water transparency, how it is measured and what impact the plankton community has upon this. Liquid water is colorless and transparent and it slowly absorbs light passing through it. When we look down from the surface and see fish or the bottom of a lake or pond what we are seeing is sunlight that is being reflected off that surface that is then reaching the retina of our eyes. As we get into deeper water we can no longer see the bottom because the light has been absorbed to the extent that our eyes can no longer detect it. In addition to the water molecules absorbing light, dissolved and particulate matter in the water also absorbs some of the light preventing it from being transmitted back to our eyes. The more particulates in the water, the less our ability to see into it.

To measure the transparency of a given body of water we have for over 150 years used a device called a Secchi disk which was named after its inventor

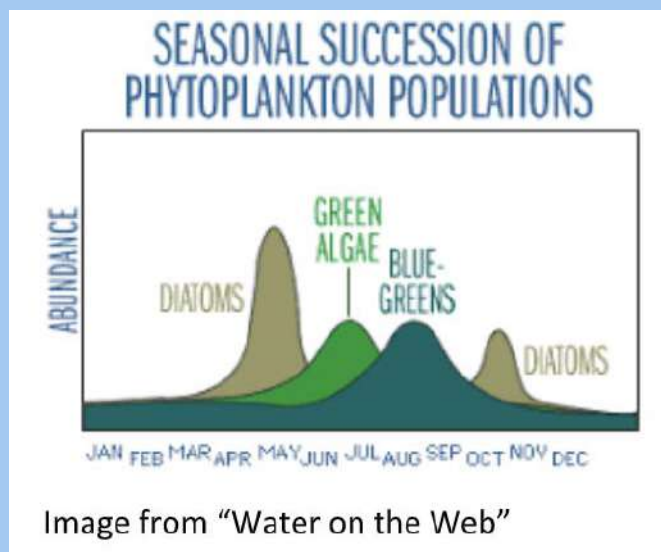
Bishop Secchi. It is modified by George Whipple in 1899 for use in lakes and is a 20 cm (8 inch) diameter disk with black and white quadrants (see figure below). Investigators lower the disk on a tape measure into the water until it disappears. They then bring the disk back up slowly until the disk just reappears. They record the depth off of the tape and repeat this twice more. How quickly the disk disappears is primarily determined by the amount of suspended solids (seston; dead organic and inorganic particles and plankton; living single and multicellular microscopic organisms). If you look at SLPID's annual lake reports you will find the graphs that indicated Secchi Disk transparencies through the ice free seasons.

Secchi Disk



Plankton are small (mostly microscopic) organisms that float in the water column and that are unable to swim against a current. In this floating community there are both photosynthetic organisms (autotrophs) that are referred to as Phytoplankton and non-photosynthetic organisms (heterotrophs) known as zooplankton. The zooplankton can not produce their own food and they generally feed upon the phytoplankton (single celled and small multi-celled algae). The makeup of this community changes over the course of the season with different phytoplankton groups become dominant at different times due to various environmental factors such as light and nutrient availability, water temperature and predation by zooplankton. As I mentioned in my last article the first algal group to gain dominance in the late winter/early spring are the diatoms (see figure 2). This group is generally followed by a green alga community in the late spring/early summer. Part of

this shift in algal groups is due to changing water temperatures and another factor is the predation on the algae by zooplankton. Two of the most common zooplankton are very small crustaceans, copepods and water fleas (Daphnia) the latter of which you might have observed in a middle of high school science course. Summers usually have less precipitation than the springs which means that less soil and nutrients are being washed into the lake. This lack of nutrients and the increased predation by more abundant zooplankton results in what we call the lake's clear water phase where secchi disk transparencies may be the greatest of the growing season. As the lake continues to warm through the summer and into the early fall a third group of photosynthetic organisms becomes more abundant, the blue-green alga (Cyanobacteria). Most algal predators (native mussels (clams), zebra mussels and zooplankton) will selectively avoid feeding on this group of alga so their numbers can build up. This group can then suddenly bloom (explosive population increase) if there is a sudden influx of nutrients (specifically phosphorus) into the water from a sudden violent rainstorm. These blooms can include potentially harmful species that secrete toxins into the water that are poisonous to humans and their animals. You are starting to see these shoreline blooms in Saratoga Lake. Finally in late fall as the stratification in the lake breaks down due to cooling temperatures you may also see a blue-green bloom or alternatively and second diatom bloom.



The harmful algal blooms (HABs) present a serious threat to the ecology of the lake and to how people can safely interact with the water. It is important to prevent situations in the lake that can lead to these blooms which means that all shoreline owners should seek ways to minimize runoff from their properties. The nutrients that are carried by the runoff are fuel for algal blooms. People in Saratoga Lake community and the entire Saratoga Lake

watershed face a daunting task in maintaining the water quality in Saratoga Lake. All should do their part to maintain a healthy ecosystem in Saratoga Lake.

Protect the Lake - Ask Questions!

Protection of our Lake comes in different ways. The Saratoga Lake Protection and Improvement District (SLPID) plays a special role as a taxing district authorized to undertake numerous measures directly on the Lake like harvesting of invasive weeds, testing of water quality and much more. The all-volunteer Saratoga Lake Association (SLA) has for many decades been an advocate and contributor to the “cause”. The SLA has attempted to keep its members informed of developments on or near the shores that can create negative impacts. Through Shore Lines and other means, we have described issues involved and pointed members to where they can get involved if they so choose in local government reviews of these cases.

What can the individual homeowner living on or near the Lake do?

SLA and SLPID both do much to educate ordinary citizens on proactive steps that can be taken. Promoting measures such as installation of rain gardens in properties along the shore is an example.

Then there are the laws that address water quality and environmental protection. Solving emerging problems like harmful algal blooms may call for more than what is currently prescribed in law. But, compliance with existing laws is the critical, minimum step all must take for the sake of our Lake. There is no way around it. But, let’s face it, this is often very challenging for the average person. There are many different laws and jurisdictions involved. Local municipalities around the Lake are concerned with control of erosion and stormwater; the Department of Environmental Conservation (DEC) regulations apply to excavation and placement of fill in the Lake; the Army Corps of Engineers (Corps) regulates activities on a navigable waterway and wetlands.

This is often bewildering for people wanting to modify their property in some way. I hear people engaged in large scale projects say it is very difficult to find contractors or engineers who are steeped in applicable regulations. When you add the challenge that comes with properties that slope towards the Lake ... some quite steeply...the task can be quite difficult. In any case,

the best policy is to ask questions. But, where to start? It's important to not go on opinions of neighbors or contractors that can't demonstrate deep knowledge and experience dealing with waterfront regulation. Speaking to SLPID Lake Administrator, Cristina Connolly, is a wise first step. Town officials tell me they welcome calls to their building departments / code enforcement officers who can also speak with authority about what reviews and permits are needed from the Town and point to what's required by other agencies.

The family of one of our own directors was recently cited for not getting required permits for work being done at their property. Among other things, they were cleaning out an old dump on the property and attempting to address instabilities on steep slopes leading down to waters edge. The family retained soils experts and a contractor with experience in stabilizing slopes. The family tried to manage the project themselves. They made calls and contacted the correct agencies. However, they did not go deep enough. The violations are being addressed but, had the family asked the question of the right municipality officials or SLPID as a first step, they may have avoided problems. Lesson learned for all of us.

A final note: I applaud ongoing efforts of the three Towns on the Lake and Saratoga Springs for working with SLPID on a common set of waterfront zoning standards. I believe this could go a long way in strengthening and simplifying what is now a very daunting process for everyone.

Saratoga Lake Trivia

Thanks to Dr. Jim DeMasi for sharing this multiple choice on Saratoga Lake Trivia. The answers are at the end of the Newsletter. Good luck!!

1. The size of Saratoga Lake is approximately _____ acres.

- a). 1000
- b). 2000
- c). 3000
- d). 4000

2. The watershed is massive and is approximately _____ acres.

- a). 75,000
- b). 150,000
- c). 210,000
- d). 300,000

3. The deepest part of the lake is _____ feet.

- a). 95
- b). 125
- c). 300
- d). 50

4. The retention/turnover time of the Lake is _____ time(s)/year.

- a). 1
- b). 2
- c). 3
- d). 4



Best First Day Ever

The Fishing Professor, April 2023

aka Bob Turner

I think Alexander Pope was thinking about fishermen when he wrote, “People always hope for the best, even in the face of adversity.” Early spring fishing is a balance between my eagerness to go fishing and the recognition that it’s too early and too cold to catch many fish.

I have very low expectations for the first day of fishing-- motor around the lake to our favorite spots, drink a couple of cold beverages, comment on the new homes going up on the lake, make a half- hearted attempt at catching fish, and come in when we can’t feel our fingers. I won’t catch any fish, but the disorganized tackle boxes, frayed lines, and lack of senko worms reminds me that I wasn’t really prepared in the first place.

I had no reason to think things would be different this past Sunday when my fishing buddy, the Hungarian called. But, the beautiful 70-degree sunny day inspired some hope. Instead of fishing in my traditional first day of the season parka, ski hat, and long johns, I was in shorts, sandals, and with plenty of sunscreen.

The Hungarian may need to have reminders on our phone with our children’s’ birthdays and wedding anniversaries, but he has an encyclopedic memory of the location and timing of “great days” on the Lake. As we pattered out of Fish Creek, he recalled an amazing early spring day in 2019 where we caught 30 bass on the northern shore of Saratoga Lake by a set of docks we call the “4 Flags”. If you drive around the the north shore, you will be able to figure out why pretty quickly.

I rolled up on the “4 Flags”, proverbially “armed” with four rods with a spinnerbait, wacky worm, Keitech swimbait, and a perch jerkbait. The missus cannot fathom why I need all four, although I have explained numerous times, that while I may have more rods than I need, I don’t have as many as I want. The front of the boat looks like a Shimano ad from Bass Pro Shops. While I am throwing everything in my arsenal at the bass like former Red Sox junk baller Luis Tiant, the Hungarian is delicately removing his four-piece Orvis fly rod from its tungsten tube and assembling it like it’s a Stradivarius. The Hungarian has decided this season he is going to be the crazy guy bass fishing with a fly rod, kind of like the guys at Gore Mountain you see telemarking instead of skiing.

I can’t help, but feel some second-hand embarrassment watching the Hungarian flick a hand tied crayfish back and forth on his 4-weight fly rod in front of a family of five putting in their dock. I am exhausted just watching this exercise in futility when on his 3rd cast he hooks into a nice pickerel. The Hungarian is quite the

angler, and has caught tarpon, salmon, trout, permit and bonefish, but this is his first pickerel on the fly. I note the history making moment, but he declines the photo op. Meanwhile, I am power fishing, covering territory and changing baits rapidly, that would make all-time money winner in professional bass fishing Kevin VanDam, aka KVD and creator of power fishing, proud. Unfortunately, the northern shore is not producing.

The Hungarian remembered a weed bed in Manning Cove where we caught some nice bass in spring of 2021 and promptly motored about 15 feet from the shoreline of Manning Cove in about 2 feet of water. I fired my watermelon colored senko plastic worm near a submerged tree stump, and it gets hammered by a big bass. I start to internally kick myself for not changing the leader and double checking my knots. Miraculously, after a short fight, a nice 3 1/2 lb largemouth is in the boat. The Hungarian finds another pocket of warmer water, and I catch another nice bass.

At this point, the giant black cloud above us opens up, and we are quickly drenched. We need to decide whether to go home early or drive to the far southern corner of the lake, as far as possible from the marina. On any other first day, we count our blessings and call it quits. But the Hungarian is feeling pretty cocky after more or less calling the previous two bass. He says he knows a special spot in another shallow corner of the southern part of the lake. I am admittedly skeptical/shivering. My budding hypothermia is quickly dispelled as I proceeded to catch 5 nice largemouth on my first five casts. His special spot produces non-stop action for the next 30 minutes as we proceed to catch about 14 largemouth, 3 pickerel and a very unusual tiger striped smallmouth in the next hour. We have never had such a great first day. Lessons learned, always go fishing and listen to the Hungarian.

While I was still skiing in late March, Ryan Constantino and his buddy Will Fox had an even better first day on Saratoga Lake with five fish just shy of 17lbs (see photo below). The lesson I take from this is, I should have gone fishing sooner, and so should you.

A few thoughts on catching bass in the spring. Early season fishing success is all about finding the warm water. The mouth of Fish Creek was 58.7 degree on Sunday afternoon, and we had no luck at all. Getting into the corners of Manning Cove and the northern shore, we found the water temperatures were between 64-68 degrees. There were nice schools of bass and they were very active. My second tip is to fish slow. Wacky rigged Senkos, Keitech swimbaits and tubes, ned rigs, jerk baits fished slowly with long pauses, and jigs give the lethargic bass time to decide to hit them, although often it will be more of a modest tap than late spring slam. If you want to catch pickerel or pike, you can't go wrong with a white or

yellow spinnerbait, colorado blades if the water is murky, willow blades if the water is clear.

Tight lines. Send your comments, suggestions, fish photos, and offers to take me fishing to bturner6406@gmail.com.



Will Fox and Ryan Constantino

What's the deal with the dead fish?

Bob Turner

The Fishing Professor

Have you noticed a bunch of dead fish on the shore or in shallow water this year? The winter fish die-off is a natural phenomenon caused by the lack of dissolved oxygen in the water, also known as winterkill. Winterkill happens when the ice prevents wind action from adding oxygen to the water or snow accumulation on the ice prevents sunlight from reaching plants, thus preventing the oxygen-creating process of photosynthesis. The decomposition of organic matter (aka weeds) and respiration of aquatic organisms cause a decline in oxygen in the water. The shallower parts of Saratoga Lake with lots of decaying aquatic

vegetation and soft bottoms are more susceptible to winterkill, due to their low storage capacity for oxygen. Most articles I have read by State Department of Natural Resources say it typically doesn't affect fishing quality of the overall health of fish populations.



Jon Weilbaker
Kingfisher looking for breakfast



Old Tavern Farm and Winery and Brown Road Racing

The last issue of Shore Lines featured a photo of Dekanter training in Florida for her first race. On April 15, she broke her maiden race by winning in a crowded contest, bravely charging through on the inside to finish first under jockey Katie Davis.

But that win at age 4 in only her second race doesn't tell the story of how owners are willing to have faith and confidence in their animal and provide the medical and financial support to get them to the victory they believed was possible.

When Brown Road Racing and Old Tavern purchased Dekanter, she had foot problems that the former owners felt would keep her from a successful racing career, although she had a solid pedigree.

The intention was to make her a broodmare. But when she arrived at OTF, the staff and an orthopedic vet determined that a special shoe could help heal her foot issue.

Then she contracted colic, a serious intestinal problem, and needed surgery at Saratoga Road and Riddle Equine Hospital.

Next stop was training by Saratoga's Dr. Stowe Burke, a vet and rehabilitation trainer. After a few months, Dr. Burke said she was ready to find a racetrack trainer and prepare for the second half of her three-year old season.

Michelle Borisenok of Brown Road Racing said they chose Jorge Abreu because of his horsemanship and Florida base, since Dekanter is Florida bred. Jorge felt

Dekanter was ready for her first race in November at Gulfstream. She ran well after a tough trip from the starting gate. Then it was up to New York's Aqueduct for a contest against open company in a twelve-horse field at 6 furlongs. The rest is history and hopefully a prelude to a successful career on the track that will eventually bring her back to Old Tavern Farm as a broodmare.

Old Tavern Farm invites you to their Facebook page [HERE](#) where they are presenting the birth of each new foal from their seven-mare expectant group. Several have already arrived and are growing alongside their mothers.



Aqueduct, New York
Brown Road Racing &
Old Tavern Farm owners
Accept the Outcome 2nd-Jorge R. Abreu trainer-Quiescent 3rd

Purse \$80,000
DEKANTER
April 15, 2023
Katie Davis up
6 furlongs time 1:08.61





White Sulphur Springs Hotel

By Dorothy Monahan Callahan

For those of us who are becoming “long in the tooth”, (I prefer *Mature*), there are certain memories of Saratoga Lake that take us back to a time when things were a bit more peaceful and recreational.

Early residences were often seasonal and called Camps. Some had signs hung in front bearing names Like *HERE AT LAST*. Boats were wooden, had oars and a space in back for a motor. Luther Forest really was one. Longfellows was a barn-shaped store to buy staples like milk and bread. Supermarkets were only in the city.

Encircling the lake were places to spend time and money to have fun on what was usually a two-week vacation. Kaydeross had been the primary amusement park for decades. It continued to have the merry-go-round that is now reconstructed in Saratoga Springs Congress Park, as well as the popular Penny Arcade.

Brown’s Beach had a Ferris Wheel, Tilt-a-Whirl and other rides, plus music and dancing on Saturday night. Kelly’s Beach was small, but you could wade way out and still be only up to your waist. Between Kelly’s and Brown’s was Monahan’s Cliff House. It was purchased by my great grandmother who came up from New York City and bought it in 1906 when a lot of Irish Americans were building the railroad and working in the grand hotels in town.

The hotel, then owned by my grandfather, succumbed to the expansion of Route 9P and only the barns are still left on the property. One of them held a swing for us as children to glide on when we visited.

The other more grandiose vacation spot that succumbed to highway expansion is the reason for all this nostalgia, the much-heralded White Sulphur Springs Hotel. The road swung round the hotel and its medicinal spring. Movie stars and boxing greats had stayed there and entertained, thus making it a great draw for the rich and famous, as were many entertainment venues in town.

There is nothing left of many places I have noted, but the one memento that remains shocked me when I passed it last week. The Spring that road construction relegated to the east side of the highway has finally found itself in a state of collapse. The once-proud edifice where well-dressed ladies and gentlemen sipped the waters has almost slipped into obscurity.

A decade ago, Wikipedia noted it on the White Sulphur Spring Hotel site as in the process of being refurbished as a Pocket Park. Evidently, regulations and finance problems got in the way and its memorial plans were never realized. Now the property bears a For Sale sign.

There is one hope that the owners of the land, present or future, will understand the chance to save a piece of Saratoga Lake history. Stillwater's Supervisor has stated he and his council would be willing to work alongside them to fulfill their long-held vision of this memorial.

It may be the last opportunity.

Spring Clean Up!

Back in the day when Saratoga Lake was populated primarily by camps, trash was often discarded in the woods or buried. We've heard stories of an excavator digging a new foundation and finding an old refrigerator, and we know where there is an old car rusting in the woods near Garside Lane.

Our slope has been a resting spot for an extensive collection of old liquor bottles, galvanized barrels and pails, and other trash for nearly a century. Maybe from Newman's Lake House which was just down the street. We've spent many afternoons cleaning up. Many of the liquor bottles are from prohibition days, and a NYS license plate is dated 1951, the year that the casinos were closed.

Our goal is to clean out this dump as best we can before plans are finalized to stabilize the slope. The heavy rain coming from the street once took down one of the large oak trees, and the backside of the garage. It is a project but we look forward to making a better Saratoga Lake.



Saratoga Springs Rowing Club getting ready to row!

About halfway between the Saratoga Rowing Association and the Skidmore College Valentine Boathouse sits the Saratoga Springs Rowing Club, the "real" oldest rowing club on Fish Creek. Recently some of their over 300 members showed up to install their dock for the start of the rowing season.



When rowing was revitalized on Fish Creek

By Pat Tuz

We are proud to have had our first rower on Fish Creek go to the Olympics. Kristy Wagner metaled with partner, 3 time Olympian Gevvie Stone to come in 5th in the 2021 summer games in Tokyo. Kristy is part of the Arion Group, (Advanced Rowing initiative of the Northeast). Kristy and teammates were in Chula Vista CA for the 2023 National Selection Regatta this week. This is a qualifier for the World Rowing Cup Championships in Varese Italy in the summer. A top 6 finish there will qualify them for the World Championships in Belgrade Serbia in September. Kristy and her partner in the double, teammate Lauren O'Connor, won their race in 6:54:35, edging out Cambridge Boat Club. In the single skulls, Teammate Savannah Brija, finished 3rd in 7:52:72, behind Olympians Kara Kohler and Michelle Sechser.

However, this story is about the **Saratoga Springs Rowing Club**, and the revitalization of rowing on Fish Creek. SSRC started in 1986 with a group of interested residents and still stands today. It's purpose was to "bring back" rowing which was an immensely popular sport on Saratoga Lake in the 1880's and 1890's.

Per the SSRC web site, **The Saratoga Springs Rowing Club (SSRC)** was founded in the Spring of 1986 by a group of twenty residents of the City of Saratoga Springs, New York.

The stated objectives of the club were as follows:

1. Establish an organization that would make it possible for interested local persons to participate in the sport of rowing
2. Provide a nucleus around which to gather socially for those who become involved in the sport or for those interested in supporting the sport
3. Re-establish rowing as a popular sport in the City of Saratoga Springs where it had once enjoyed immense popularity.
4. Educate the local populace as to the nature and benefits of the sport, and of its place in the history of Saratoga Springs
5. To re-enter the name of Saratoga Springs into the national and international realm of the sport of rowing, through entry into competitions, activities and membership in the national organization.

6. To dispel the popular notion, through Club activities and attitude, that rowing is an elitist sport to be enjoyed only by the students or graduates of Ivy League schools.

7. To compete in regional, national and international competitions and to beat the Yalies on their home course.

During the Club's inaugural year, enough money was collected from members to purchase the first boat, a wood Pocock 4+ from the Gunnery School in Washington, CT. Later in the summer, a second boat, a Schoenbrod 4+ , was purchased from Princeton University. The two boats were stored on open racks at the Waterfront Restaurant on Saratoga Lake, and, in the absence of a dock, were launched from the beach.

The Club adopted a logo, racing colors, and a blade design and an attitude.

As a means of bringing local attention to the sport and to raise money for Club equipment, the Club organized a regatta, called the **Head of the Fish Regatta**, to be held on the last Saturday of October. Sixty-four boats were entered and money was raised through entry fees and the sale of T-shirts.

In 1987, the Club held a dinner dance and formal ball at the Gideon Putnam Hotel on the first Friday in February. To be an annual event, it was held as a means of getting together socially the member of the regional rowing clubs, local supporters of the Club and Club members, their spouses and friends. The **Head of the Fish Regatta** was held in October with eleven rowing organizations participating.

In 1989 the Club built a boathouse on Fish Creek on land leased from one of the members. And the Head of the Fish continued to grow with 119 boats from different clubs around the country.

The SSRC participated in many worldwide events including the World Masters Championships in Glasgow, Scotland, in 1988, in Vichy, France in 1989, and in Viareggio, Italy in 1990.

By 1995, at the tenth annual Head of the Fish Regatta, there were 386 boats, 2230 rowers and 75 organizations represented. The Club had sold the original wood 4+ and had bought and subsequently a wood double. Both boats were sold to the restaurant chain Fridays. This made room in the boathouse for two new doubles that were purchased by the Club.

In 1996 Club members assisted the Historical Society of Saratoga Springs in putting together and exhibit on the history of rowing on Saratoga Lake from 1870's to the present, which was on display at their museum in Congress Park. The Club assisted the High School in their efforts to start their own crew team which ultimately

became the Saratoga Rowing Association. The Head of the Fish attracted 475 boats that year.

Fast forward to 2023 with the 37th Head of the Fish, which now attracts Clubs from all over the United States. Under Head Coach and Executive Director Eric Catalano, HOF is now one of the largest of the Fall Head races in the United States.

It all started with a group of interested citizens with a vision, and an “attitude”, as they said, who made it happen. Thank you SSRC!!

Giving Back

Saratoga Lake Association members, retired dentists' and sailors' Dr. Marc Johnson and Angie Johnson head to Panama to help Panama's indigenous population with dental care. For information on this program, contact Floating Doctors' [HERE](#) for medical opportunities abroad. To contact Dr. Johnson, email him [HERE](#) for more information. Read about their trip below.

“Often when you think you're at the end of something, you're at the beginning of something else.” – Fred Rogers

In March 2021, after 27 years, I, Dr. Marc Johnson retired from serving my wonderful patients in Saratoga Springs, N.Y. I left my patients and team members in the capable hands of Dr. Joseph Juracka, a Saratoga Springs native, and his wife Diana. With my wife Angie, we set sail again for an adventure in our new to us catamaran christened “Side Two”. After living as a full-time sailing family from 2006-2010, I knew I wanted to return to areas lacking dental care and provide services. We outfitted “Side Two” with a full portable dental clinic to provide services in remote locations.



Finding a government or medical/dental only based NGO under which we could provide dental services proved to be very difficult. Government agencies said “No” or didn't respond. Many organizations were not set up for ongoing care and only provided 'parachute drops' of care. I was troubled that I may have to give up on my stated goal to provide free dental care to remote communities.

After a rough sail to Hampton VA, Angie met a woman, Joan, walking the docks. We filled Joan in on our frustration in finding a way to provide dental services while sailing. Joan was actually a world class sailor and a well connected activist. She told us about Floating Doctors and the physician/sailor

who was there volunteering currently. Even the name was a perfect fit, “Floating Doctors”. The Floating Doctors mission is to reduce the present and future burden of disease in the developing world, and to promote improvements in health care delivery worldwide. (<https://floatingdoctors.com/>)



After a two week sail to Panama from Florida in June 2022, Angie and I started our fellowship with Floating Doctors. We are volunteering in Bocas del Toro, Panama, a province of Panama that is situated in the Caribbean, next to the border of Costa Rica. This Archipelago is home to one of the largest portions of Panama's indigenous **Ngäbe-Buglé** population. The majority of the Ngäbe-Buglé live in small communities or villages of a few hundred to a

thousand people throughout the archipelago and in the remote mountains on the mainland. A 2010 study by the Gorgas Institute of the Ngäbe-Buglé and Kuna populations revealed that 90% of individuals aged 5-75 suffer from dental caries and oral disease. Poor oral hygiene, lack of access to fluoride and poor diet have serious implications on the overall dental health and quality of life for those in the communities. Most of these communities lack running water, electricity, or sanitation. Transportation for them is by paddling a dugout canoe, for those that have one.

Most of the patients we have seen have never met a dentist outside of Floating Doctors. The members of these communities face a variety of geographical, economic, and social barriers to basic healthcare and oral health education. Travel access to the nearest



dental facility or provider is long, sometimes days, and expensive for this subsistence population.

As those of you who know me, know that I am not used to working in dentistry 5 days a week. Both of us are working in the harshest, most difficult conditions of our lives and loving it. We arrive at these locations via dugout canoes powered by outboard motors. Some locations require over 6 hours by boat. Sleeping in jungle hammocks to the sounds of roosters and stray dogs has been an adjustment for sure. We have met some

amazing people who are all so committed to making a difference in the world. The majority of the organization is medical based and we had the pleasure of volunteering alongside our daughter, Sabrina, a 2nd year med student, for 3 weeks this summer.

Of course our primary focus is on education and prevention. Whenever possible we enter the schools for education on diet and oral hygiene. 90+% of the children have rampant tooth decay and don't understand why. We have seen more children drinking soda and juice than water and are looking to reverse those trends.



How can I help?, you ask. We are serving these communities until around Thanksgiving. After that, a new lead dental provider and dental coordinator are needed. Retiring like us? Before you get bored, come and volunteer.



In the interim, we are looking for dental volunteers who are able to come help for as little as a week at a time. We recommend at least two + weeks for dental volunteers as getting here requires an overnight in Panama City. Dental students gain excellent supervised experience here. We are actively seeking donations of supplies and funding. Our dental chairs are barely holding on and we have priced new ones at \$500 each. We have to raise the funds to purchase them.

The organization receives no financial support from the Panamanian government and relies on volunteer's contributions and outside donations to provide care. To donate to the dental program visit : <https://www.floatingdoctors.com> To find out more about what we are doing, how you can help or to give us feedback, email us:

Dr. Marc at dentallead1@floatingdoctors.com
Angie at dentalcoordinator@floatingdoctors.com.



Recipes

This very versatile recipe is from SLA member and Membership Director

Eileen Seery. Enjoy!



CHICKEN PILLOWS

These crisp and garlicky pastries can be put together way ahead of time and frozen, unbaked. Remove from freezer just before baking
Bake at 400* for 15 minutes— till golden brown.
Makes about 24

I found this in a magazine over 30 years ago. It was from the White House Recipes that they served at parties. I have been making these every year, just before the holidays. This year with a friend and my daughter, we made 230 to share. We made 4 pounds of chicken each

Ingredients:

2 whole boneless chicken breast - about 1 pound
3 Tablespoons lemon juice
2 Tablespoons oil—I use olive oil
1 Teaspoon finely chopped garlic
1 Teaspoon crushed oregano
½ Teaspoon salt
½ Cup butter
½ pound frozen Phyllo Pastry Sheets. Now they come in a box.

I put the box in the refrigerator overnight to defrost

Prep:

1. Cut chicken into small cubes—1 inch
2. Combine lemon juice, oil, garlic, oregano & salt in a bowl. Mix well. Overnight in refrigerator. I now use a plastic bag.
3. Melt Butter. Unwrap phyllo and place on a piece of wax paper. Keep phyllo covered at all times with another piece of wax paper to prevent it drying out. Place a sheet of dough on counter, brush with melted butter. Place a couple of pieces of chicken at the top. Roll down to midway. Bring in sides and continue rolling. It will look like a spring roll. Brush all over with more butter. Place seam-side down on a jelly -roll pan. Repeat till all chicken is gone.]
4. Bake in a hot oven (400*) for 15 minutes or until golden brown. My oven takes longer.

To Freeze Ahead:

Place on baking sheet and freeze. When frozen, place in a plastic container and return to freezer

Eileen Seery



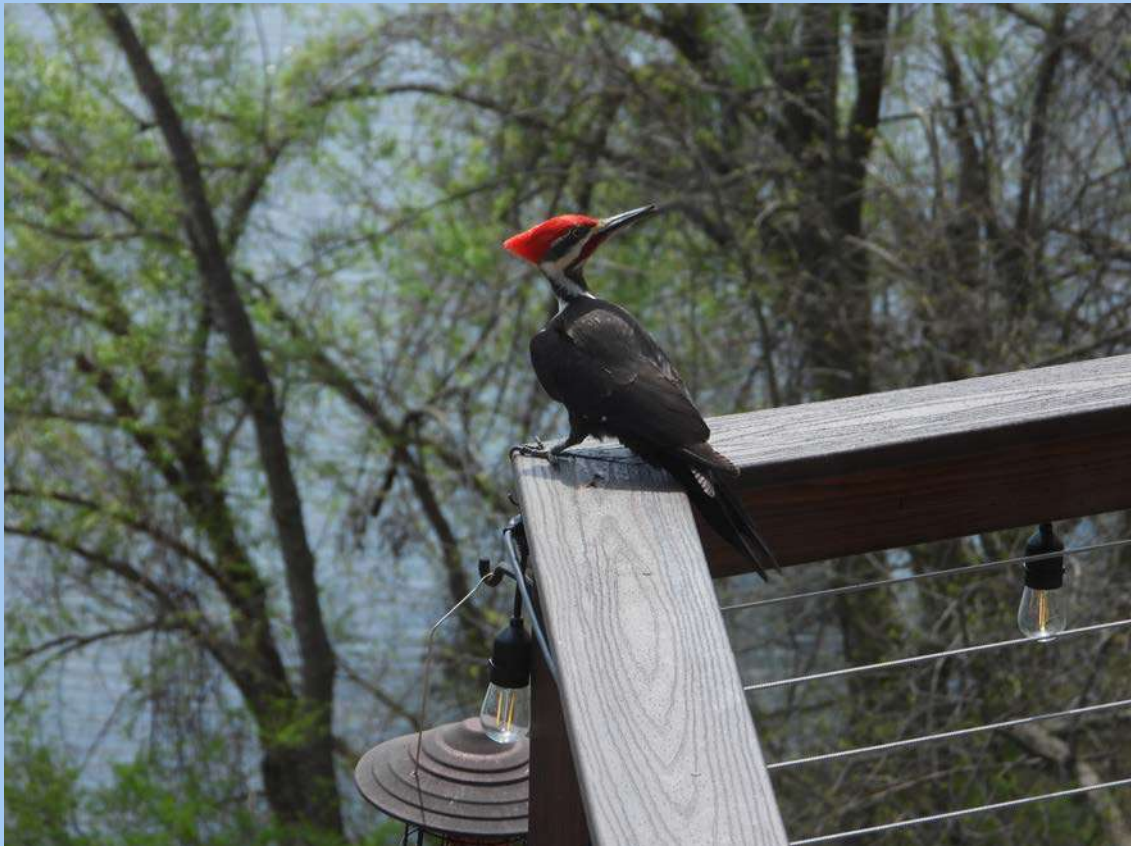
Marlene MacFarlane
Eagle and baby along Route 9P



James Close
Snake Hill in the early spring morning



**Jon Weilbaker
Common Mergansers playing
Piliated Woodpecker on the deck (below).**





Saratoga Lake Sailing Club News and Events

Mary Kate McCarty, Publicity Chair

The Saratoga Lake Sailing Club (SLSC) is actively preparing for summer 2023. We have “work parties”, where members work on the grounds, the house, the boats, the docks, the moorings, etc.

The Sailing School schedule is in place. Classes include beginner junior lessons, junior intermediate sailing, junior racing and adventure sailing. Adult programs include a Learn to Sail class, and an Introduction to racing, among others. We also offer private lessons for individuals and/or small groups. Some of the classes tend to have waiting lists, but we encourage everyone who’s interested to sign up, since slots frequently open up.

Our racing program includes two races on Sunday afternoons and one race Wednesday evenings. Our fleet has grown to ten classes of boats that compete regularly.

We encourage everyone to take advantage of our programs. The Saratoga Lake Sailing School has been working hard to expand our instructional staff so that we could make more space available people who want to join us. We are happy to say that we have now opened up a number of spots:

- All existing Junior programs have had new spots added
- We have added a 5th junior session the week of August 7th for both junior Intermediate and Learn to Sail programs
- In the adult programs, we have added a number of Learn to Sail and Family Sailing spots.

To sign up for sailing this year, [please go to our registration site: https://www.saratogasailingschool.org/registration.html](https://www.saratogasailingschool.org/registration.html) .

If the class you want is still showing a waitlist, please do register for that as we hope to be able to add even more spots as we get closer to the season.

Please visit our websites, sailsaratoga.org for more information as well. You can find more up to date information in our monthly newsletter The Telltale (dropdown under News and Events). There you'll see what's "On The Block", featuring boats and boat equipment for sale. There's also a list of club officers with contact information should you have any questions.

Property Sales Around the Lake

April 15, 2023

Hello SLA Members:

Here are the most recent closings that have closed since the last Newsletter.

1. 26 Dartmouth Way, Saratoga Springs - closed on 4/5/2023 for \$669,900. It was on the market for 134 days and was originally listed for \$669,900. The property was new construction and had 1,965 sqft. of living space and was on .19 acres.
2. 156 Kaydeross Park Rd, Saratoga Springs - closed on 1/31/2023 for \$794,999. It was a Private sale. The Townhouse had 1,850 sqft. of living space and was situated on .15 acres.
3. 36 Vista Drive, Saratoga Springs, NY - closed on 3/7/2023 for \$940,000. It was on the market for 10 days and was originally listed for \$959,000. The property had 3,310 sqft. of living space and was on .36 acres.
4. 17 Beach Court, Saratoga Springs, NY - closed on 2/22/2023 for

\$1,100,000. It was on the market for 11 days and was originally listed for \$949,900. This Townhouse in the Water's Edge Community included 1,800 sqft. of living space and was on .05 acres.

The current market conditions continue to reflect very low housing inventory with many more buyers than sellers, despite the increased interest rates (approx. 6% for a 30 year fixed). It remains a good time to sell a home as prices remain strong, while buyers are frustrated with the number of houses to visit if they are looking to buy.

CLICK [HERE](#) TO VIEW THESE AND MORE LISTINGS.

Information Provided By
Edward Brewer
Associate Broker
518-428-6184
Edwardbrewer@howardhanna.com.



*Edward Brewer
Associate Broker
Howard Hanna Real Estate*



CLICK [HERE](#) FOR MORE INFORMATION ABOUT LAKES APPRECIATION MONTH CONTEST.

LAKES APPRECIATION MONTH POSTER CONTEST



Three posters will win a \$300 cash prize!
\$250 to the artist's school or organization /
\$50 to the artist



July has been Lakes Appreciation Month for the past 25 years! This spring, students of all ages are encouraged to submit posters reflecting how important lakes are to all of us!

Submitted artwork will be a big part of NALMS' celebrations through July across North America.

Show us your love for lakes - send us your artwork!

<https://www.nalms.org/lakes-appreciation-month/poster-contest/>

Instructions:

All grades K -12 welcome to participate!

Send an electronic version of your poster artwork to lakesappreciation@nalms.org

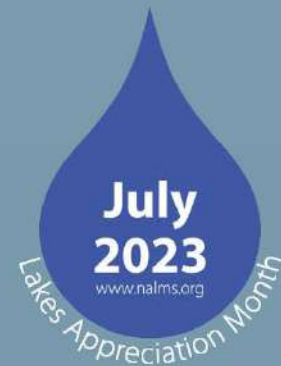
Each entry must include student name, grade, school, and contact information

Prizes will be awarded to the top entry in each grade division

Full instructions available at <https://www.nalms.org/lakes-appreciation-month/poster-contest/>

Deadline:

June 15, 2023



CLICK [HERE](#) FOR MORE ABOUT LAKES APPRECIATION MONTH POSTER CONTEST.

Answers to Jim DeMasi's Saratoga Lake Trivia questions:

Answers: (1) d 4032 ac (2) b 156,104 ac (3) a 95 ft (4) d 4 (e) all the above



Please join us in thanking and supporting our **Business Members**. Below is a directory with links and phone numbers. If you own a business in our community, please consider joining the *Saratoga Lake Association*.

AUCTION SERVICES

Auctions International, *Professional Auctioneers*: 11167 Big Tree Rd East
Aurora, NY 14052 | 800-536-1401 | [Auctionsinternational.com](https://www.auctionsinternational.com)

BOAT RECREATION AND SERVICES

Adirondack Cruise & Charter Company: 549 Union Ave, Saratoga Springs, NY
12866 | (518) 956-2626 | [adkcruise.com](https://www.adkcruise.com)

Boat N RV CONDOS: 1428 NY-9P, Saratoga Springs, NY 12866 | (518) 583-
1600 | [boatnrvcondos.com](https://www.boatnrvcondos.com)

Kayak Shak: 251 County Rte 67 Saratoga Springs, NY 12866 | (518) 587-9788
| [kayakshak.com](https://www.kayakshak.com)

Saratoga Lake Sailing Club: 163 Manning Rd, Ballston Spa, NY 12020 | (518)
584-9659 | www.sailsaratoga.org

Saratoga Powerboat Marina and Repair Services | 251 Co Rd 67, Saratoga
Springs, NY 12866 | (518) 598-3091

BUILDING

Prime Builders Corporation: Prime Building Corp | 712 Route 9P Saratoga Springs, NY 12866 | 518-810-2390 | [Primewaterfrontbuilders.com](https://www.primewaterfrontbuilders.com)

Trudeau Home Improvements: (518) 669-0400 | adamtrudeau14@yahoo.com | [Facebook.com/TrudeauHomeImprovements](https://www.facebook.com/TrudeauHomeImprovements)

CAMPGROUND

Lee's Park: 1466 Rt. 9P Saratoga Lake, New York | (518) 584-1951 | [leespark.com](https://www.leespark.com)

CHILD CARE

Maple Leaf Child Care Center: 2737 U.S. 9, Ballston Spa, NY 12020 | (518) 889-5045 | [Mapleleafchildcare.com](https://www.mapleleafchildcare.com)

CHRISTMAS TREES AND WREATHS

Boulder Brook Farm: 5186 Nelson Ave Ext, Ballston Spa, NY 12020 | (518) 584-1637 | [Boulderbrookfarm.com](https://www.boulderbrookfarm.com)

DINING

Carson's Woodside Tavern: 57 NY 9P, Ballston Spa, NY 12020 | (518) 584-9791 | [Carsonswoodside.com](https://www.carsonswoodside.com)

Lake Ridge Restaurant: 35 Burlington Ave., Round Lake, NY. 12151 | (518) 899-6000 | [lake-ridge.com](https://www.lake-ridge.com)

GOLF

Saratoga National: 458 Union Ave, Saratoga Springs, NY 12866 | (518) 583-4653 | [Golfsaratoga.com](https://www.golfsaratoga.com)

FINANCIAL SERVICES

KING Wealth Management Group: 270 W Circular St #1, Saratoga Springs,

NY 12866 | (518) 306-5640 | Kingwealthmanagementgroup.com

NewYorkATM.com: (917) 842-6201 | Jon@newyorkatm.com | NewYorkATM.com

INSURANCE

The Connors Agency *Insurance*; 40 North Central Avenue, Mechanicville, NY 12118 | (518) 664-7307 | connorsgroup.com

Debra Lamay Agency: 2537 Route 9, Suite 200 | Malta, NY 12020 | (518) 400-1175 | debralamayagency.com

LEGAL SERVICES

Martin, Harding & Mazzotti, *Personal Injury Attorneys*: 18 Division Street, Suite 413 Saratoga Springs, NY 12866 | 1800law1010.com

LIQUOR STORES

Barrymore's Wines & Spirits: Barrymore's Wine & Spirits | 1456 Rt 9P, Saratoga Springs, NY 12866 | (518) 583-2673 barrymoreswineandspirits.com

MARKETING

The Creative Advantage: 620 Union Street, Schenectady, NY 12305 | (518) 370-0312 | Thecreativeadvantage.com

Power Communications: 1114 Ellsworth Boulevard, Malta, NY 12020 | (518) 587-5995 | powerny.com

MARINAS

Fish Creek Marina: 251 Stafford Bridge Road, Saratoga Springs, NY 12866 | (518) 584-1901 | Fishcreekmarina.com

Saratoga Lake Marina: 549 Union Avenue Saratoga Springs, NY 12866 | 518-796-5223 | saratogalakemarina.com

MEDICAL

Joseph Schwartz, MD, *Medical & Cosmetic Dermatology*: (518) 274-4305 | 137 Hoosick St Troy, NY 12180

<http://josephschwartzdermatology.com>

REAL ESTATE

Howard Hanna Real Estate: Ed Brewer, Phone: 518-428-6184, Email: edwardbrewer@howardhanna.com

The Richer Team at Hanna Commercial Real Estate: 20 Aviation Rd, Albany, NY 12205 | (518) 364-7406 | Hannacre.com/professionals/listings/jessica-richer



Saratoga Lake Association

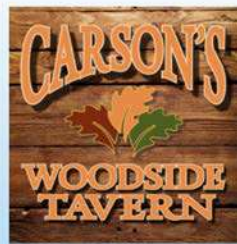
Business Members 2023



Boulder Brook Farm

Saratoga Lake Association

Business Members 2023



Saratoga Lake Association

Business Members 2023



KingWealth Management Group | *Refine Your Wealth*



Saratoga Lake Association

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NewYork**ATM.com**



PRIME BUILDING

Saratoga Lake Association

Business Members 2023



Saratoga Lake Association

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Joseph Schwartz, MD
MEDICAL & COSMETIC DERMATOLOGY



Saratoga Lake Association

Business Members 2023



**SARATOGA
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