

MEMBER NEWSLETTER

### Friends of the Kayaderosseras

PO Box 223,  
Ballston Spa, NY 12020

### Summer Wading for Tires

FOK Volunteers got into the creek to pull out trash and tires from Gray's Crossing. Great work to the crew, but sad that once again we pulled out so many tires in a small area of the creek. We also were able to clear some downed trees and the major blockage before Grays Crossing was cleared from hard work and a good push of water from summer storms.

Rich and Dave even did a bit of swimming to pull some tires out. Refreshing.



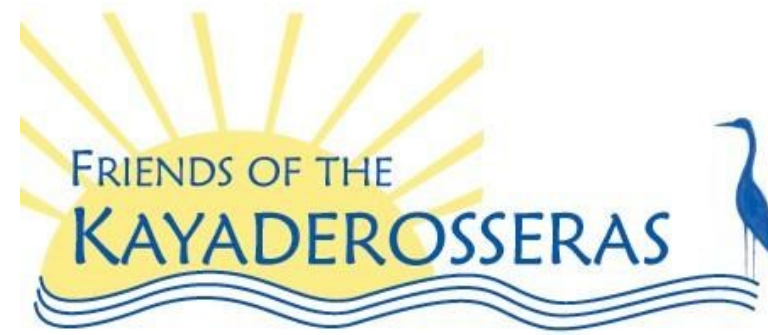
### Fall Trout Stocking:



This fall we stocked a mix of rainbow and brook trout between Kelly Park and Rock City Falls.

This stretch of the creek features the best trout habitat with its rocky bottom and deeper holes. By stocking the trout in the Fall with less fishing pressure and colder water temperatures, the fish have a much greater chance of surviving. Also, by only stocking the trout below Rock City Falls, it ensures that the stocked fish don't interfere with the wild brook trout population in the stream's headwaters. The Kayaderosseras is high-quality trout water, and an abundance of insect life fuels their diets. With proper fish handling and catch & release angling practices, the fish we're stocking can live for years!

This stocking event was not an open event for the public like the spring trout stocking.



Our Mission:  
To promote awareness and appreciation of the Kayaderosseras Creek and to inspire action to conserve and protect the creek and its watershed as both a natural and

[www.Kayadeross.org](http://www.Kayadeross.org)  
[Info@kayadeross.org](mailto:Info@kayadeross.org)

Check in with "FOK" on Facebook  
PO Box 223, Ballston Spa, NY 12020

### Conserving the Creek

Fall—Winter 2018

### 1st Annual Pedal the Creek

Most people understand that there isn't enough water in the upper stretches of the Kayaderosseras Creek to **paddle**, but on September 8 - a cool Saturday morning - riders set out to show you could **pedal** the Creek. Riders followed the Creek on 14, 30 and 50-mile rides, on the road of course, and discovered the natural beauty of the upper Creek. They also enjoyed the fellowship of a bike tour as part of the first Friends of the Kayaderosseras (FoK) Pedal the Creek Bike Tour.

For those who were only familiar with the Creek below Rock City Falls, this bike tour was a great chance to discover the Creek as its headwaters tumble out of the Kayaderosseras Range west of Brookhaven Golf Club. Riders were able to follow the Creek as it grows and flows past the green bridges in Greenfield, the river plains in Porter Corners, and the historic mills in Rock City Falls. The bike routes included anywhere from eight creek crossings on the 14-mile tour to 18 creek crossings on the 50-mile tour. Riders were also able to follow along the side of the Creek in several places. FoK's tour was different from other bike tours since our focus was not simply on the miles but on the Creek. FoK provided cue sheets that answered questions and presented interesting facts, such as what defines the Creek's headwaters, and that there was a trolley that followed the Creek upstream, all the way to Middle Grove.

Co-director Kris Neddo was pleased with the positive feedback received and appreciated the support of the riders and volunteers who joined our first annual Pedal the Creek Ride.

The committee would like to extend a big thanks to the Town of Greenfield for hosting the event and for all their support. Pedal the Creek co-director Rich Bashant shared that when he initially reached out to the Town of Greenfield's recreation director, Rebecca Sewell, "she was quick to offer the town's support. She was great! Right from the first discussion she was very supportive of the idea and offered the Brookhaven Park Pavilion as a host site." **Continued page 3**

### Thank You

In 2018 FOK continued to preserve the creek and surrounding lands for the betterment of our community. We acquired 40+ acres of Creekside land (Axe Factory Preserve) to keep it wild and undeveloped. We pulled out tires, trash and cleared downed trees to make the creek more beautiful, pristine and navigable.

We wish all of our members, friends and family a healthy and thankful Thanksgiving and holiday season..

**The FOK Board of Directors thank you for your service, your membership and your donations to keep this organization thriving and protecting the Jewel of Saratoga County.**





## Making Cleanups Cleaner



As a part of FOKs efforts to reduce waste during our biannual clean-ups, the board of directors decided to experiment with limiting the use of plastic bags and create a sorting system to facilitate recycling. In previous years we have typically collected trash with large plastic commercial weight bags and would leave them at the sites for the local municipalities to pick-up. This last spring we challenged ourselves to haul the bags back to our staging area at Kelley Park, filter as much of the material as possible and leave whatever we could not recycle for the Village of Ballston Spa to collect. It was a bit messy at first but it made a huge difference in the overall amount of bulk trash versus recyclable materials. We encouraged volunteers to bring reusable containers, such as 5-gallon buckets, tote bags or larger trash cans to help with the collection process. It yielded decent results and started us on the path to thinking differently about how we conduct our clean-ups.

This fall, continuing our choose to reuse philosophy, we are planning on ordering a few larger portable totes that have a greater capacity, moisture resistant and equipped with shoulder straps for ease of use when volunteers are collecting litter. We are also looking at collapsible litter bins to help with the sorting process so wrangling all recycled plastics, metals, cans, and glass can be managed effectively. The bags are built with an internal spring construction that allows them to stand up on their own and can be flattened when stored. Like the portable totes, they are washable and can be used without a liner. It's an ongoing learning process but each time we do a clean-up we keep refining.

This same thinking has even overflowed into our pre and post-clean-up meals for the volunteers. Previously we used a lot of disposable materials including paper plates, plastic utensils and drinking cups. We felt we should set a better example and bring as many reusable items as possible so that when we finished, the amount of waste reduced significantly.

We are also encouraging volunteers to bring their own water and water containers eliminating the need for bottled water.

These all seem like obvious things to do but over the years we have inadvertently programmed ourselves to become a hyper-convenience, disposable culture. It's a tough habit to break but it just means that we have to plan a little better and not mind cleaning up after ourselves in everything that we do.

*Joe Acee*

## October 13th Trail Work



Boice Family Park had some busy beavers, the wild animals that built a dam that flooded part of the trail and FOK members and local boy scouts who constructed a walkway to allow hikers to pass dry-shod. Additional Trail Markers were placed along the trails and measurements were taken for future maps to show trail lengths.



## Pedal the Creek Continued

"Really, the most notable part of the support provided by the town" Bashant continued, " was the fact that Rebecca and Town Supervisor, Dan Pemrick, arrived before the first riders started off, and stayed all morning to cook hot dogs, serve lunch, and to cheer the last few riders to get back 'home.'" Indeed, the supervisor was also credited with, or blamed for, suggesting that the return trip include the climb up Ormsbee Road. Coming at the end of all three rides, most riders certainly felt a little pain on this steep hill, but most riders also commented that the expansive view from the top, which included the Kayaderosseras Range, the Adirondack foothills and the Hudson's upper valley was worth the effort.

Although, you may have missed the Pedal the Creek Bike Tour this year, anyone interested in taking a tour along the Kayaderosseras Creek (by bike or by car) can find maps and cue sheets (directions) for the 14, 30, and 50-mile routes on our Pedal the Creek webpage and at the Greenfield Town Hall.

The Pedal the Creek committee would like to extend a big thanks to our sponsors; Tee Shirt Graphics, Stewart's Shops, My Other Garden, Healthy Living Market, and Market 32. If you happen to stop in at one of these fine places, please let them know that you appreciate their support of the Pedal the Creek Bike Tour as well as our efforts to preserve and protect this regional treasure - the Kayaderosseras Creek!

The committee has already begun planning for Pedal the Creek 2019.

**Mark your calendars for Saturday, September 7, 2019!**

