



THE TRAIL MARKER

April-May 2018

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of the Adirondack Mountain Club, Inc.
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Camp Nawakwa on Lake Sebago, 845-351-4135
www.adkny.org



*Of Trails and Overlooks...
...from the Chapter Chair*

“The mountains are calling and I must go.”
- John Muir

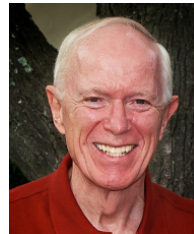
Although the Vernal Equinox happened this year on Tuesday, March 20th, we know that Springtime weather lags behind the calendar event. March is the time when the ice melts, rivers begin to run free again and the sap of trees once more begins to flow. But it is in the months of April and May when we look for, and see, the signs of Spring, invigorating and renewing us. And like John Muir, as the daylight lengthens, the temperature rises, and Spring unfolds, we also feel that “The mountains are calling and I must go.”

Anywhere we go, near or far, for a vacation that can rejuvenate us is good. For us of the New York Chapter, coming to Harriman Park and to Camp Nawakwa for a day, an overnight, or longer is a very special tonic for mind, body and spirit. When driving up from the city and cresting the last hill of Route 17 that brings into view the hills of Harriman, I begin to relax. Many have commented on the special pleasure they experience as they drive in from the outer gate and get immersed in the trees of the woods and the bends of the road on the approach to Camp Nawakwa. We have a treasure that thrills and invigorates us.

This satisfying experience of Camp Nawakwa doesn't just happen automatically, but is a result of the memories we all have created, over time, through our shared involvement in camp with one another. The more active and engaged we are, the more meaning and pleasure camp can hold for us.

At its best, Camp Nawakwa is a place alive and pulsating with the energy, co-operative effort, good will, and harmony of the members.

We eagerly look forward to the official start of another camp season and to the active involvement of all key-holders. This year we have a number of new features in place for Camp Nawakwa that should help us enjoy camp fully. There is a new Hosting Committee formed to facilitate hosting arrangements for weekends and mid-weeks. We have a new Activities Committee which has plans to bring special



events, lectures and activities that will enhance camp life this season [see the related notices of these two committees elsewhere in this Trail Marker]. We also have redeveloped the Nawakwa Camp Committee to ensure the good maintenance and operation of camp, with the goal of getting more members organized and involved in specific projects. For example, in addition to our Spring and Fall Work weekends, we have planned two special ‘Camp Project’ days, one in July and one in August. These projects will help keep the camp in fine condition, allow additional qualifying work activities for Applicants, enlist more Nawakwans in being part of needed repairs and improvements around camp, and build up more treasured memories.

An exciting camp season lies ahead for us, so break away and come: Camp Nawakwa is calling!

- Ray Kozma, Chapter Chair

***Keep close to Nature’s heart... and break clear away,
once in a while, and climb a mountain
or spend a week in the woods. Wash your spirit clean
(John Muir)***

Hosted Events April–May 2018

(visit www.adkny.org for frequent updates)

Unless specified, please register by Thursday prior to the weekend.

To host a weekend or midweek, contact Hosting Committee:

Maryann Poris (973) 731-7117 maporis@aol.com
Mary Hilley hilley66@gmail.com

Commissary Concerns?

Call or email Maryann Poris (973) 731-7117
maporis@aol.com

A note to hosts: There is a limit of one host plus one co-host per weekend or midweek. This includes summers and holidays. This also includes families with adult and minor children.

April 28-29

Join long-time Nawakwa member, Alex Wilkie for one of the first spring weekends at camp. It's a great time to be at camp with cool night breezes, budding trees and very few bugs. Food will be simple but hearty. Meal preparation will be kept to a minimum so everyone can enjoy the outdoors. Please RSVP before 10 p.m., on Thursday. In your message please note which meals you plan to attend and if you have any dietary restrictions. Email - afwilkie204@gmail.com. Phone - 856-630-5607.

SPRING WORK WEEKEND – MAY 5-6, 2018

The opening of the new camp season is always an exciting time for the New York Chapter. The Spring Work Weekend is the opportunity to make the campgrounds, the Waterfront, the Main Cabin, and all the sleeping cabins ready for enjoyable use by Key-holders and their guests. Camp Fees are waived for all who take part in the work-day, plus there will be lunch for all workers. (Those who might be staying overnight still need to register with the overnight host and pay the day fee of Sunday. And whatever extra food costs there might be). Work weekend is a qualifying event for Applicants. Please sign-up for the work day by May 2. Registrar is Steve Barre (212-633-6644) or sbarre9723@yahoo.com.

May 12 - 13 • Mothers Day Weekend!

Come celebrate Mothers Day at Camp Nawakwa. Join Jim Slovik and Eve Mancuso for a traditional Nawaka weekend enjoying our Mothers favorite recipes and dishes. Hosts will put together a weekend that will make our Mothers proud. Hosts will provide Saturday Happy Hour through Sunday Trail lunch. There will be plenty of time for exploring, hiking and remembering Mom. Come for the weekend. Registration Deadline is Wednesday, May 9th by 10:00 PM. Co Hosts: Eve Mancuso and Jim Slovik (Registrar) Please RSVP to eljunco@msn.com, 610-427-4428 with the meals you are registering for and any dietary restrictions.

MAY 19-20 • JAMAICAN HOLIDAY

Ron Engasser & Guy Lingley will be fixing up Jerk Chicken and Ribs with everything else that goes with it. Join us for

this festive weekend. The usual Grape juice, crackers & Cheese happy hour. Various selections of music will be offered. Contact RON ENGASSER AT 631-289-5375 OR USRON@juno.com Let the Party begin!

Hikes: April–May 2018

(visit www.adkny.org for frequent updates)

Hikes Chairperson: Glen Nison
718-625-2182
gnisonbike@juno.com

For listings of hikes not led by members of ADKNY, (and not necessarily qualifying) try these links:
<http://www.nynjtc.org/content/scheduled-hikes>
<http://www.hudsonhikers.org/schedules.html>

Please check schedules of various public transportation options as fares and schedules may have changed.

Saturday, April 14 • Island Pond Circular and Photo Shoot at the Lemon Squeezer

We will start from the parking area on Route 106 and head for the Lemon Squeezer. There we will attempt to recreate the old photo of Chapter members who gathered at that spot about 50 years ago for a picture. The 8x10 B&W photo was found a couple of years ago in the locker room, behind a locker, and is now on display in the Main Cabin. We haven't been able to identify any of the people in the photo, but we will make sure our re-creation notes all who take part. The hike will continue around Island Pond by way of an old wood's road (a former route of the AT) and back to the parking area. It will probably be possible to arrange a ride from Sloatsburg for those without a car. Please call leader to check. Bring lunch, rain gear, and appropriate hiking shoes. Meet at the parking area at 9:45AM. Qualifying (about 6 miles). Leader: Ray Kozma Contact at: raymondkozma@gmail.com or 917-406-3782. (Rain date: April 21)

Saturday, May 5 Sterling Forest

Six-mile moderate hike on trails in the area of Sterling Forest adjoining Route 17. Bus riders take the 8:30am Coach Shortline bus at the Port Authority to the Tuxedo route 17A park and ride (next stop after the Tuxedo town stop). Drivers meet at the park and ride at 9:30am. A shuttle of 1-2 miles will be made at the start of the hike. All hikers please call leader. Qualifying. Leader: John Lipsett 212-867-8280 (work) 212-864-6109 (home).

Saturday, May 12 • Photo Hike and Bald Rocks Shelter

Starting from the parking area at Lake Askoti on Seven Lakes Drive, we will make several stops for photo opportunities as we hike up to Bald Rocks shelter for lunch. We will stop at an overlook, a Beaver pond, hike past Pine Swamp Mine, and head up to Bald Rocks shelter with many interesting rock formations (Bowling Rocks, for example) along the way. It will probably be possible to arrange a ride from Sloatsburg for those without a car. Please call leader to check. Bring lunch, rain gear, and appropriate hiking shoes. A tripod is recommended. Meet at the parking area at 9:45AM. Qualifying (about 7 miles). Leader: Ray Kozma Contact at: raymondkozma@gmail.com or 917-406-3782.

NY Ramblers Hiking Club Invitational at Camp Nawakwa Presidents' Weekend – February 17-19, 2018

Members of the New York Ramblers Hiking Club took part again in an Invitational Weekend at Camp this past Presidents' weekend. Saturday night brought six or seven inches of snow into Harriman, making for some beautiful hiking on Sunday (over to lake Skenonto and its surrounds). The hardy group hike into camp from Tuxedo on Saturday and out again on Monday. In between, Ingrid Strauch planned and organized wonderful, healthy meals for the group. A nice fire in the fireplace added to the setting and relaxed, easy discussion around the table took place.



Happy Birthday Bea!

The recent issue of Adirondack Magazine (page 36) notes that our own Bea Wood has just celebrated her 100th birthday! Bea, who joined ADK and the New York Chapter in 1973, served on the New York Chapter Board of Directors as Treasurer, served twice as Chapter Chair, and then as New York Chapter Director. She was a Director of the Main Club's Executive Committee, then second and first Vice-President, and then in 1996 was elected the fortieth president of the ADK Main Club. In between, she served on numerous ADK Committees (Publications, Development, By-laws, Archives, just to name a few). She has received the ADK Distinguished Volunteer Award and, in 2014, the Chapter presented her with our own New York Chapter Trailblazer Award.

Bea has shared her time and talents generously with the Chapter and the Main Club and is an inspiration to us all. Congratulations, Bea, and Happy Birthday! We wish you all the best!

The New York Chapter Winter Social

Our annual Winter Social was held Sunday, January 21, 2018 at Pete's Tavern in Manhattan. Twenty-six participants enjoyed a leisurely and delicious meal and a very friendly and relaxing gathering of member-friends, new and old. During the festivities, three outgoing Board members (Janet Sibarium, Steve Barre, and Lewis Ports) were recognized and honored for their service on the Board of Directors. Each was presented with the White Birch Award and a complimentary Passport in recognition of their dedicated service on behalf of the New York Chapter members. Below are some of the photos from the event.



Policies and Procedures Update

The Board, in consultation with our lawyers, has updated our Conflict of Interest and our Whistleblower policies, as well as approved a new Policy on Compensation (printed below). These and all other policies can be found on our website, in the Members Only section, under the section "Policies and Procedures." These policies just mentioned pertain to our status as a New York State not-for-profit corporation. Also posted there are our policies on Reimbursement of Expenses and on Lapsed Key-holder Membership, as well as all the policies pertaining to Camp Nawakwa and Sponsors/Applicants. The website provides an efficient, effective, and easily accessible place for all members to keep up-to-date on all the policies and practices of the New York Chapter. If you haven't seen it yet, our new Hosting Manual is also posted to the website (in the Members Only section). On the Home page, under Membership, can also be found our new Sponsor/Applicant Handbook. Elections Note: Each year we have elections for New York Chapter Board member positions. Our elections last year for new Board members followed the requirements of New York State Not-for-Profit Corporation law for the first time. Moving forward, the Board has decided that future elections will take place at the Annual Board Meeting and that the Annual Board Meeting will be held the weekend after Labor Day. This year's Annual Board Meeting and Elections will be Saturday, September 8th, 2018.

Policy on Compensation

The New York Chapter is one of the Chapters of the Adirondack Mountain Club (Main Club) and is a New York State Non-for-Profit 501(C)7 Corporation. The New York Chapter operates as a volunteer organization, without any paid staff. Although the New York State Non-Profit Corporation law (Section 58, paragraph b) states: "A corporation may pay compensation in a reasonable amount to members, directors, or officers, for services rendered," it shall be the policy of the New York Chapter that no member of the Board of Directors, no Committee member, and no Chapter member, shall receive compensation for the performance of their roles and duties, or services rendered, on behalf of the Chapter. (Ordinary and expected/approved expenses will be reimbursed, as per the Policy on Reimbursement of Expenses)

Welcome, New Key Holders!

Sara Beaudry
Tatiana Helms
George Kantor
Leslie Super

Welcome, New Applicants!

Thomas Dargan
Tanya Gabel-Ether
Mark Gottlieb
Aaron Green
Cecile Grima
Tatania Helms
Rosemary Irving
Karen McDonald
Lisa Richardson
Jeffrey Sherman
Yanjun Zhang

The Annual Nawakwa Passport - 2018

The Annual Nawakwa Passport for 2018 is now available for all Key-holders. The Annual Passport, which covers the Day Fees for all visits to camp per calendar year, is \$150 per individual Key-holder and is non-transferable. If a Passport holder brings spouse, children, other family members or guests to camp, these other must pay the appropriate Camp Fees, as usual. All Key-holders should be familiar with, and follow, the Guest Policy and the Hosting Policy. To obtain the Annual Nawakwa Passport, Key-holders should send their request (with their name address, phone number and check payable to the New York Chapter - ADK), to:

Raymond Kozma, Chapter Chair
New York Chapter-ADK
585 North Railroad Ave-3D
Staten Island, NY 10304

Note: Because of our new Policy on Compensation, Passport holders who volunteer to host at Camp Nawakwa are not allowed to claim any credit toward next year's Annual Passport.

2018 Conservation Committee Update – New York Chapter

This summer the Conservation Committee shifted gears and began a cooperative effort with the New York/New Jersey Trail Conference to eradicate the invasive Aralia tree in Harriman Park. Through a series of hikes, we were able to map Aralia trees over approximately one square mile and submit this information over to NYNJTC. In addition to the mapping efforts, we conducted three hikes to apply specialty herbicides as a limited basal bark treatment. These applications were done over a 14.5 acre area around the Green Pond area, near Lake Stahahe. As a 40-year veteran New York State Pesticide Applicator, I was able to piggy back on the NYNJTC Invasive Strike Force Park permits. Our team also removed the seed heads on numerous Aralia trees that we could not reach to make herbicide treatments. The first application was in mid-July and when we returned in late-August all the treated trees were dead, with little to no collateral damage. The approximate total number of tree “stems” killed is about 500. We have killed 95-100% of the Aralia in this 14.5 acre Green Pond area. The plan for the upcoming year will be to continue the Aralia eradication program with NYNJTC. There will be a late-July (July 23) hike and camp-out at the Bald Rocks lean-to to continue the herbicide treatments, remove seed head, and continue the mapping process. In 2018, our ability to make herbicide treatments will be increased, since Nawakwa applicant Katie Bronson (a NYS Pesticide Applicator) will be added to the NYNJTC Strike Force applicator list.

- Don Gabel, Conservation Chair

Make Your Own Tick Repellent

- Martin Kellerman, Director

In a spray bottle, mix 2 cups of apple cider vinegar and 1 cup of water.
(Ticks hate the smell and taste of vinegar, and will be easily be repelled by this ingredient alone.)

Add 20 drops of your favorite essential oil. Eucalyptus oil is a calm, soothing scent that also works as a tick repellent, while peppermint and citrus oils give off a strong crisp scent that repels ticks. (This way you won't smell like bitter vinegar all day!)

Place the top onto the bottle and shake well.

After mixing the solution, spray onto clothing, skin, and hair before going outdoors. Reapply every four hours to keep ticks at bay, and examine the skin and hair when returning home to make sure no ticks are on the body.

ADKNY Board of Directors and Committee Chairs

Chapter Chair: Raymond Kozma

raymondkozma@gmail.com

Vice-Chair: Teri Gabel

blaugabels@msn.com

Secretary: Eve Mancuso

emancuso@brookerengineering.com

Treasurer: Suzanne Rocheleau

rocheleau3@gmail.com

Director: Diane Booth

dbooth108@aol.com

Director: Mark Fedow

fedowf@aol.com

Director: Lisa North

lrn1212@aol.com

Director: Marty Kellerman

mmkellerman@gmail.com

Director: William Burns

wmjburnsjr@gmail.com

Main Club Director: Mary Hilley

hilley66@gmail.com

Membership Chair: Jerry Flower

jerry.flower@verizon.net

Newsletter Editor: Giacomo Servetti

glsnawakwa@gmail.com

Host Committee Chairs:

Maryann Poris maporis@aol.com

Mary Hilley hilley66@gmail.com

Commissary: Maryann Poris

maporis@aol.com

Hiking Chair: Glen Nison

gnisonbike@juno.com

Trails Chair: William Burns

wmjburnsjr@gmail.com

Park Liason: Raymond Kozma

raymondkozma@gmail.com

Conservation/Education: Don Gabel

blaugabels@msn.com

Archives: Ellen King

ellen_king13@msn.com

Webmaster: Giacomo Servetti

glsnawakwa@gmail.com

Please Note: Current Camp Fees and Categories

DAY FEES:

Key-holder Members: \$15.00 per day

Applicants and Guests: \$20.00 per day

Adolescents (13 to 17): \$15. per day

Children (12 and under): \$10.00 per day

OVERNIGHT (2 DAYS)

Key-holders: \$30.00

Applicants and Guests: \$40.00

Adolescents: \$30.00

Children: \$20.00

Change of address:

If you move, please contact the Main Club AND the NY Chapter Membership Chair, Jerry@adkny.org to notify us of your address change.

ADKNY Members occasionally receive email notifications about hosted weekends, hikes and related Camp events. These notifications are only to be sent by the Host Chair or the Newsletter Editor. **Mass-emailing the membership for any other reason is bad netiquette, and is prohibited.**

The editor encourages all members to contribute articles and photos to be used in the Trail Marker and on our website. Please email to glsnawakwa@gmail.com

Deadlines for submission to the newsletter are:

June–July: May 11

August–September: July 13

October–December: September 14

Like us on Facebook!



<https://www.facebook.com/pages/New-York-Chapter-of-the-Adirondack-Mountain-Club/167423969980047>

Follow ADK-NY on Twitter!



Get updates on Nawakwa happenings on Twitter! Go to https://twitter.com/ADK_NY, click on follow, then receive news, reminders, and special notices effortlessly! Account managed by Ingrid Strauch.

Attention: All Key-holders

HOSTED EVENTS: CALLING ALL VOLUNTEERS!

The Calendar is open for volunteer hosts for the 2018 Camp Season (May 1st – October 15th). An email or letter was sent out March 1st to all key-holders. If you have not received this communication, please make sure your email addresses, home addresses and phone numbers are up to date with the main club.

To host a weekend or midweek, please contact the hosting committee. The new email for hosting reservations and questions is: hostingadkny@gmail.com. Mary Hilley and Maryann Poris are the new hosting co-chairs. Please email the hosting committee with your requests or questions or, if you prefer, call Maryann Poris at 973-731-7117.

The following weekends have been slated by the Board of Directors:

May 5-6:	Spring Work Weekend*
May 26-28:	Memorial Day Weekend
June 2-3:	AMC Invitational Weekend
June 23-24:	Camp Project *(To Be Determined)
August 18-19:	Camp Project *(To Be Determined)
September 1-3:	Labor Day Weekend
September 8-9:	Annual Open Board Meeting & Elections
September 15-16:	ADK Rendezvous Invitational Weekend
October 6-8:	Anniversary/Columbus Weekend
October 13-14:	Fall Work Weekend*

*Qualifying events for applicants. More information will be forthcoming about our camp projects. This is a great opportunity for members to contribute to Nawakwa and for applicants to complete their requirements.

Current hosting policies and the Hosting Manual can be found on the website.

Hoping to hear from you!

Coming this Camp Season: Exciting News from the Activities Committee!

This coming summer the Activities Committee will help to organize different kinds of activities occurring during hosted weekends and mid-weeks.

There will be two kinds of programs:

1. Programs that a volunteer member can lead/provide, for example:, Yoga, sharing interesting trips w/ or w/o videos/pictures, sailboat use & training, hiking do's & don'ts, games/ music after dinner, and more.

For example Sara Beaudry has already volunteered to provide a yoga class and Lillian Zwyns will offer classes in "Movement, Meditation & Healing, mmmmmh!" during the mid-week August 27-31.

2. Programs provided by outside expert presenters from the Palisades Interstate Commission Regional Museum. Presentations will be about an hour in length. Here is a list of topics:

Native Americans, Plants, Animals of the water, Insects, History of some of the Park lands, Animal talks, Living with bears & other furry animals, Interpreting our surroundings (walk), Night Sky, Birds

Some activities can take place in the afternoons before dinner prep or after dinner. Hosts will be notified and asked if they are okay with the activity and when it will take place. Hosts may request a particular activity, should they wish.

All we need now is for Members to Sign Up and Spread the Word!

Please email Marty or Lisa if you are interested in leading an activity. Tell us the topic and the dates you are available to lead the activity.

The Nawakwa Activities Committee

Lisa North LRN1212@aol.com

Marty Kellerman mmkellerman@gmail.com

Presidents' Weekend photos courtesy of Glen Nison



Crossing Marcy Dam



Hiking in Avalanche Pass



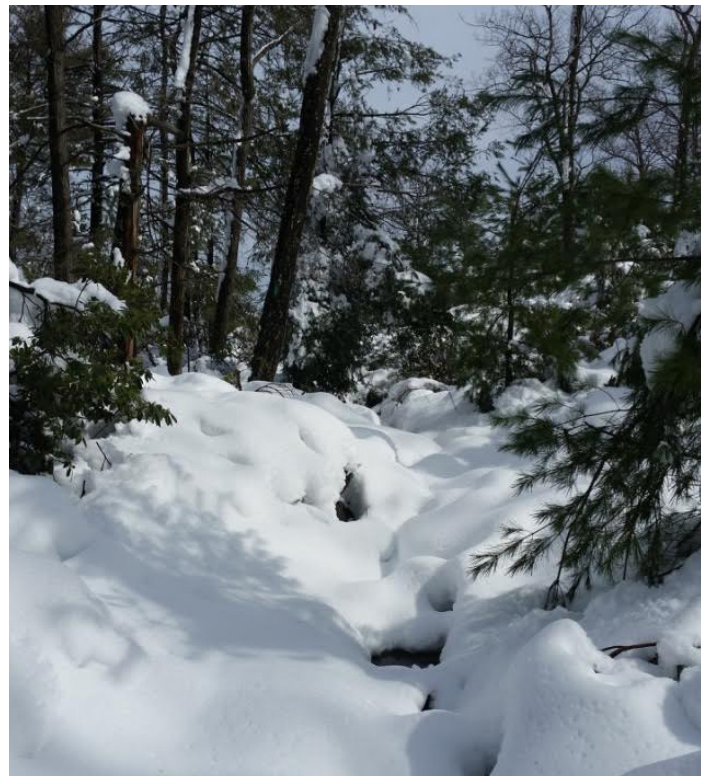
Glen Nison near ice formations, Avalanche Pass, ADKs



Ice Wall in Avalanche Pass, ADKs

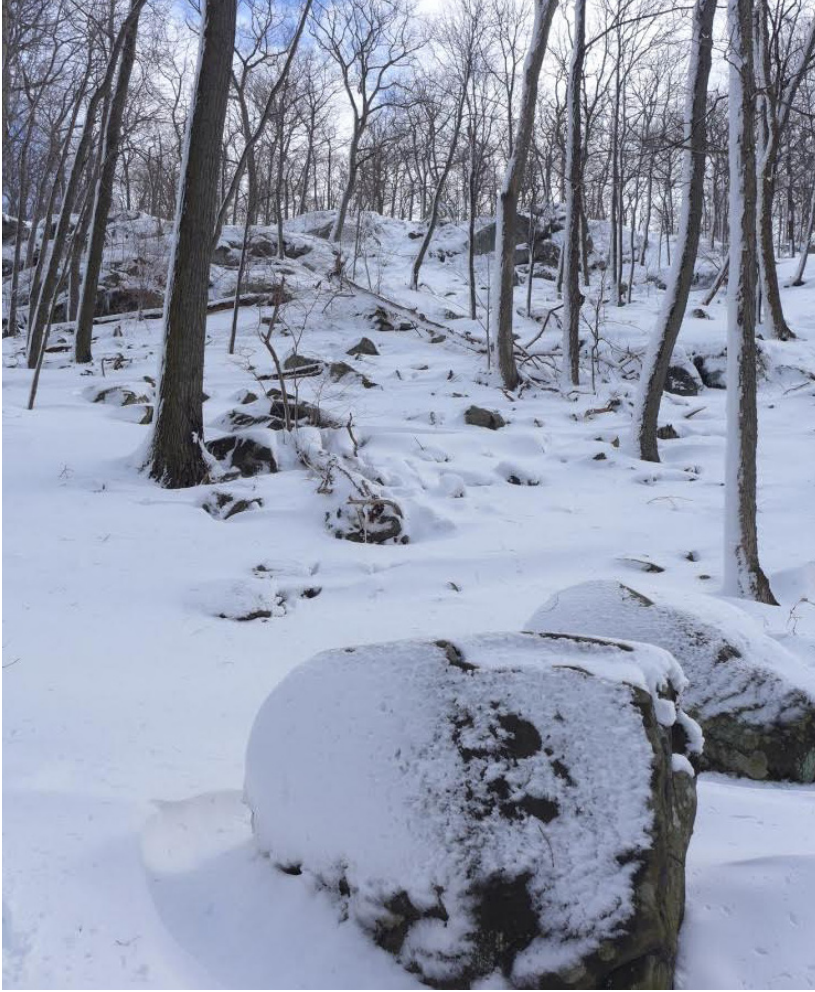


Near Island Pond, a splash of color



On the ASB_Long Path, hard to follow and "easy" trail

Presidents' Weekend photos courtesy of Glen Nison



On the AT out of Arden, hard to follow the white blazes!



Rich Decoursey and George Kantor near Street Mtn. Adks



Snowshoe tracks from the Elk Pen, Harriman State Park



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C/O Jerry Flower
802 West 190th Street #1F
New York, NY 10040

FIRST CLASS MAIL

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Photo by Servetti