

THE TRAIL MARKER

August-September 2018 Issue

Published by the *New York Chapter, Inc. of the Adirondack Mountain Club, Inc.*
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Camp Nawakwa on Lake Sebago, 845-351-4135 www.adkny.org

A Heartfelt “Thank You” to Giacomo Servetti

To All Chapter Members: This edition of the *Trail Marker* looks different because it is a simplified and temporary format that will be used until we have located a new *Trail Marker* editor. As announced in the previous *Trail Marker* (June-July), our very reliable and talented Giacomo Servetti, who for ten years has served admirably as our Webmaster and *Trail Marker* editor, has retired from the position. To him we give a sincere and well-earned “Thank You.” Our gratitude embraces not only his time and talent given generously to the New York Chapter, but also his friendly cooperation, his valuable suggestions and comments, and his unhesitating willingness in being responsive to the Board’s many requests over these years. Giacomo’s love of the Chapter and of Camp Nawakwa were clearly apparent in his dedication to the *Trail Marker* and website work, as well as in the many Fall barbecues he has hosted, to everyone’s delight. We are grateful to him, we know we have his on-going support, and we look forward to seeing him and Kim often at camp. - Ray Kozma, Chapter Chair

Of Trails and Overlooks...

...from the Chapter Chair

“I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived. – H. D. Thoreau

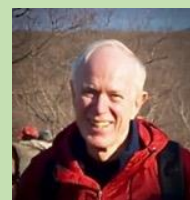
We often talk of how relaxing and refreshing it is to get out into the woods, even for a short time. There is a term in Japanese called “shinrin-yoku” that means “taking in the forest atmosphere” or “forest bathing.” The idea is simple: If a person simply visits a natural area and walks in a relaxed way there are calming, rejuvenating and restorative benefits to be achieved. As with a good cleansing, relaxing and refreshing bath, we can feel all the stresses of daily life and work begin to fade away.

This ‘retreat into nature’ is not a way just to escape temporarily from the stresses and challenges of life, but more a way to be restored and rejuvenated so that we can immerse ourselves into life more completely and with greater clarity of mind and purpose. This is what I think Thoreau was talking about – entering the woods as a way to live life more fully and more deliberately.

The rest of H. D. Thoreau’s thought quoted at the top of this article continues: *I did not wish to live what was not life, living is so dear; nor did I wish to practice resignation, unless it was quite necessary. I wanted to live deep and suck out all the marrow of life, to live so sturdily and Spartan-like as to put to rout all that was not life, to cut a broad swath and shave close, to drive life into a corner, and reduce it to its lowest terms.”*

May we go into the woods and learn to live deeply and deliberately.

– Ray Kozma, Chapter Chair



Hosted Events: August-September 2018

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

Note: Updates to this schedule will be provided in the weekly hosting emails sent out by the Hosting Committee

To host a weekend or midweek, contact Hosting Committee: hostingadkny@gmail.com or call Maryann Poris (973) 731-7117 if you have any questions.

Commissary Concerns?

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

There is a limit of one host plus one co-host per weekend or midweek

August 4-5, 2018 – Host needed

Mid-week, August 6-10 – Steve Barre

Saturday August 11 – Native Americans and Bears

An after-dinner speaker will focus on Native American history and the impact on the park, as well as a discussion on bears. **Host and Registrar: Ray Kozma raymondkozma@gmail.com.** (Note: This will only be Saturday dinner and pre-prandial. Overnighters are on their own for Sunday breakfast and lunch.)

Mid-week: August 13-17 – Alex Wilke (Wed-Fri)

August 18th - 19th– Annual Grilled Salmon Dinner

Join Chef Everod and friends for the tasty Annual Grilled Salmon dinner. Registration Deadline: Wednesday, August 15th at 9 PM. Please indicate which meals and if you prefer vegetarian meals. **Email registration preferred: Jansib@mindspring.com or voicemail: [212-254-0738](tel:212-254-0738)**

Co-hosts: Everod Carter and Janet Sibarium (registrar)

Camp Projects Day – Saturday, August 18th

NEEDED: A FEW GOOD MEN (AND WOMEN)

WE have a growing list of camp work - from weed-wacking - to spreading deck sealant - to picnic table restoration.... and more! Oh yes, more. Have we piqued your interest? We'll work in the morning, from 9 AM 'til Noon, and avoid the heat of the afternoon. Sandwiches and cold beverages to follow, then the afternoon at leisure. So, members, **STEP UP and HELP OUT.** Attendance will be capped at 30 (just kidding). **Email Steve Barre to register: sbarre9723@yahoo.com**

Mid-week: August 20-24 – Host needed

August 25-26, 2018 – C'mon in! The waters fine! Kick back, relax, and enjoy the waning days of summer with good food, good company, and let's hope, good weather. Menu will reflect the season. Please register by 9 PM Thursday, August 23. Specify whether you

are omnivore or vegetarian and in which meals (dinner, breakfast, lunch) you'll be partaking. **Host: Ingrid Strauch istrauch11@gmail.com**

Co-host: Ray Kozma

August 27–31 Midweek – Being in the Moment

Lilian Zwyns will be holding sessions focusing on Mindfulness, Meditation & Movement.

Host: Lilian Zwyns; Co-host Lisa North.

September 1-3, 2018 (Labor Day Weekend) – Host needed

Mid-week – September 4-7: Don and Teri Gabel

September 8-9, 2018 (Annual Meeting) – Deirdre Tourin: dtouring3@yahoo.com

Mid-week: September 10-14 – Peter Varley

September 15-16, 2018 - ADK Rendezvous at Camp Nawakwa (An Invitational Weekend)

The New York Chapter has invited members of our neighboring Chapters (North Jersey-Ramapo, Mohican, Mid-Hudson, and Long Island) to spend a relaxing weekend at our camp in Harriman State Park, Saturday-Sunday, September 15-16, 2018. We are calling this Invitational Weekend an "ADK Rendezvous," where the surrounding groups of ADK Chapters can get together in one place: Camp Nawakwa. **The weekend is open to everyone!** Plan on coming to camp to be a part of this special event as we welcome to Nawakwa members from our neighboring Chapters. Please register for this special event by September 10, 2018, indicating which meals you are having and if an omnivore or vegetarian.

Host: Ray Kozma raymondkozma@gmail.com.

Mid-week: September 17-21 – Host needed

September 22-23, 2018 – Host needed

Mid-week: September 24-28 – Host needed

September 29-30, 2018 – Host needed

Hikes: August-September 2018

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>

Saturday – August 4, 2018: Photo Hike and Bald Rocks Shelter – Starting from the parking area at Lake Askoti on Seven Lakes Drive, we will follow a variety of trails, making several stops as we go for photo opportunities. Lunch will be at the shelter. We will stop at an overlook, a Beaver pond, hike past Pine Swamp Mine, and head up to Bald Rocks mountain with its many interesting rock formations (Bowling Rocks, for example). It will probably be possible to arrange a ride from Sloatsburg for those without a car. Please call leader to check. Bring lunch, water, rain gear, and appropriate hiking shoes (and a camera!).

Meet at the Lake Askoti parking area at 9:45AM. Qualifying (about 6 miles). Leader: Ray Kozma raymondkozma@gmail.com or 917-406-3782.

Saturday – September 22, 2018: Hike to Big Hill Shelter - Big Hill shelter is a beautiful stone lean-to, in a nice location, with views of New York City. The area surrounding the shelter is grassy and open, on the edge of a drop-off (allowing for very nice views). Beginning from the Boat Launch parking area on Lake Sebago and following an old woods road and a cairn-marked trail, we will make our way past Breakneck Pond and then over to the shelter. The return trip will follow other woods roads back to the parking area. Please call leader for the possibility of arranging a ride from Sloatsburg for those without a car. Bring lunch, water, rain gear, and appropriate hiking shoes. **Qualifying: About 7 miles. Meet at the Boat Launch/Fisherman's Parking area on Lake Sebago at 9:45AM. Leader: Ray Kozma raymondkozma@gmail.com or 917-406-3782.**

Conservation Committee Report

On Saturday July 21, 14 hikers from ADKNY and NYBG, and friends, participated in the CC project to eradicate the Aralia Tree. Overnight plans were scrapped due to the ominous forecast of a Nor'easter shedding up to 2 inches of rain. Ten hikers surveyed hilly, rocky terrain, bushwhacking their way in an organized line across 3/4 square miles south of Island Pond to count the numbers of existing Aralia trees. We were able to record using both the ADKNY GPS units and by cell phone GPS. These numbers will be tabulated and sent to the NY/NJTC. Four other hikers identified and killed over 1,000 [saplings](#) to 8" diameter trees in the Bald Rock area of Harriman. These numbers also will be tabulated and sent to the NY/NJTC.

A second date for the CC Aralia tree eradication project will be August 25. We will meet at 8:00 am in the hikers parking lot on Route 106. On this day, we will survey remaining fragmented areas in the same location as the last two summers. Hikers will need sturdy hiking shoes, lunch, good eyes, and lots of energy. This last weekend, the surveying proved to be quite grueling, because of the varied terrain. The youngest of our group were quite exhausted. A reminder that these hikes are advanced in nature, because they are off trail with more potential for snakes, bees, and other wildlife. The terrain is quite varied. For safety and logistics, one must be physically and mentally prepared.

A third and possibly fourth date will be added at the ends of Sept. and Oct. with one of the two being possibly an overnight.

- Don Gabel, Chair

* Advance Notice *

The Annual Open Board meeting will take place this year at Camp Nawakwa on Saturday, September 8, 2018 (the Saturday after Labor Day) at 11 AM in the Main Lodge.

Elections for the Board of Directors will take place on Saturday, October 20, 2018 at the Sloatsburg Library. Voting will be from 1 PM to 3 PM, with the tallying immediately afterwards. Official notice and details of these events will be given later in the year. See the Nominating Committee's write-up and Request for Nominations in this issue of the Trail Marker.

ADK-NY-VOLUNTEER-HOURS

REPORT DATE: SPRING-2018

Trail #	<u>MAINTAINER</u>	<u>TRAIL</u>	Trail Length	Work Hours	Travel Hours	Total Hours	
1	John Lipsett	<u>RD</u> Tuxedo to Rt.106	4.13	12.0	7.0	19.0	
2	Noel Schulz	<u>Triangle</u> Tuxedo to WB junction at 2.6mi.	2.60	3.5	1.0	4.5	
3	Ingrid Strauch	<u>Triangle</u> White Bar @ Dutch Doctor to WB @ 2.6 mi fr Tuxedo	2.65	20.5	10.0	30.5	
4	Jack Papirio	<u>AT</u> Orange Tpk. to Mombasha Rd.	1.40	3.5	1.5	5.0	
5	Glen Nison	<u>White Cross</u> TMI to RD	0.70	0.0	0.0	0.0	
6	Bill and Carol Burns	<u>AT</u> Rt. 17 to Orange Tpk.	1.80	12.0	12.0	24.0	
7	Dennis Hickey	<u>Long Path</u> Greenbrook Sanctuary to GWB	5.10	20.5	7.5	28.0	
8	Richard DeCoursey	<u>White Bar</u> Rt. 106 to ASB	2.05	6.0	6.0	12.0	
9	Noel Schulz	<u>TMI</u> RD to Sebago Dam	2.40	6.5	2.0	8.5	
10	Herb Coles/ June Fait	<u>White Bar</u> Johnsontown Rd. to Triangle Trail	1.50	15.5	12.0	27.5	
11	Giacomo Servetti and Kim Waldhauer	<u>White Bar</u> Triangle to Rt. 106	3.80	23.5	6.0	29.5	
12	Sarah Lang Wiehart and Michael Wiehart	<u>White Cross TMI to Victory</u>	1.45	31.5	22.0	53.5	
TOTAL TRAIL MILES			29.58				
				TOTAL HOURS	155.0	87.0	242.0

ADKNY Board of Directors and Committees

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 Committee:

Chair: Jerry Flower jerry.flower@verizon.net

Committee Members:

David Miller snoop353@aol.com

Janet Sibarium jansib@mindspring.com

Newsletter Editor: Vacant

Host Committee:

Maryann Poris and Mary Hilley

hostingadkny@gmail.com

Commissary: Maryann Poris

maporis@aol.com

Activities Committee:

Lisa North lrn1212@aol.com

Marty Kellerman mmkellerman@gmail.com

Camp Committee:

Chair: Don Gabel blaugabels@msn.com

Co-Chairs: Bill Burns wmjburnsjr@gmail.com

Steve Barre sbarre9723@yahoo.com

Members:

Eve Mancuso

emancuso@brookerengineering.com

Teri Gabel blaugabels@msn.com

Hiking Committee: Glen Nison

gnisonbike@juno.com

Trails Committee:

Chair: William Burns wmjburnsjr@gmail.com

Park Liaison:

Raymond Kozma raymondkozma@gmail.com

Conservation/Education:

Chair: Don Gabel blaugabels@msn.com

Archives Committee:

Ellen King ellen_king13@msn.com

Webmaster: Vacant

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.

Notice:

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 etiquette and is prohibited.**

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.

New York Chapter Elections – 2018

Nominating Committee: Request for Nominations

Elections for five (5) New York Chapter Board of Directors positions are scheduled to be held October 20, 2018. The Nominating Committee takes this opportunity to reach out for any recommendations that you may have for someone to serve as a Board Director or Officer. Needed for these positions are Nawakwans with a love of the New York Chapter and Camp Nawakwa and with a willingness to assist in navigating through, weighing in and voting on, the issues that will come up during his or her two-year term on the Board. Suggestions for candidates for these positions are greatly appreciated.

- Note:
1. All Chapter members may vote in the elections. Members may vote in person or by proxy.
 2. As per ARTICLE IV, Section 1 of the By-laws: “All Directors and Officers must be Nawakwans.”
 3. All names must be received by September 1, 2018. The slate of candidates will be posted in the October – November Trail Marker. Official notice will also be mailed to everyone.

The following Board positions are open:

Two Officer positions are open for election:

Chapter Chair (two-year term)

Treasurer (two-year term)

Three Director positions are open for election:

Director (two - year term)

Director (two - year term)

Director (two - year term)

One current Officer (Treasurer): Suzanne Rocheleau, and the following current Directors, whose terms of office are expiring, have agreed to run for re-election: Bill Burns, Mark Fedow.

Please email the names of any willing candidates for the above positions to the Nominating Committee as soon as possible:

Daphne Prior	nazdrovi1@gmail.com
David Miller	snoop353@aol.com
Janet Sibarium	jansib@mindspring.com

Help Wanted: Trail Marker Editor and Webmaster

In addition to occasional direct mailings to New York Chapter members, the New York Chapter uses electronic ways to communicate to the Chapter members. These includes the publication of our *Trail Marker* newsletter, our website, and the sending of emails. We are searching for an experienced person who is qualified to take on the tasks of editing the *Trail Marker* and maintaining the New York Chapter's other means of communication, ADKNY.ORG. Please contact the Board of Directors (addresses are listed in the masthead of the *Trail Marker* above) if you are interested in assuming this role.

Deadline for submissions to the next edition of the Trail Marker (October-November-December issue) is October 20, 2018. All submissions can be forwarded to our Chapter Chair, Ray Kozma, at raymondkozma@gmail.com.



Coming Events

October 6-7-8, 2018 (Anniversary Weekend)

*Celebration of the 96th Anniversary of the New York Chapter and
the 92st Anniversary of Camp Nawakwa*

Since opening day in April, 1926, Camp Nawakwa has been the headquarters of the New York Chapter. For this special anniversary weekend, all New York Chapter members, all Key-holders, and all Applicants are invited to join together in celebration. (Note: Day Fees are waived for this weekend.)

Saturday, October 6, 2018

1. There will be our traditional Saturday night community dinner, organized and under the direction of Susanne Flower.
2. After dinner, the following activities are planned:
 1. Special Award presentation
 2. Recognition Awards
 3. Special after dinner presentation

Sunday-October 7, 2018

Starting at 3 PM on Sunday there will be an on-going buffet, with refreshments.

Monday – October 8, 2018:

Enjoy a hearty pancake breakfast, then spend the day at Camp Nawakwa at your leisure. Key-holder members will be present for the day to assist all visitors.

Costs per person for the full three-day weekend: \$75

Saturday only/dinner: \$30

Sunday Breakfast and Trail Lunch: \$10

Sunday Buffet: \$30

Monday Breakfast: \$5

Please register by Thursday, October 5, 2017. Registrar: Diane Booth: dbooth108@aol.com

If you have never been to camp, this is an opportunity to “See Camp Nawakwa.” Key-holder members will be on hand for tours and explanations. Information about the history of the club and on how to become a Key-holder will be available. All may come for the day only or may also stay overnight.

In Memory of Tim Timko

On June 25, 2018) we received this notice from key-holder, Janet Azar:

Francis Michael Martin Timko, fondly known as Tim Timko, 73, of Yorktown, NY, passed away on March 15th, 2018 in Mamaroneck, NY.

Janet added that Tim “was progressing four years after his second stroke, but got pneumonia and after five days, he took his last breath. His family and I were with him most of the time at the end. He loved life and thanked God for every day. We should all do the same.”

Our condolences to Janet and to Tim’s family. Tim had been a New York Chapter-ADK member since July 3, 2010.

ADIRONDACK MOUNTAINS

Summertime and the livin’ is easy. The loons were hooting and our spirits were high. Nothing like an early summer adventure in the Adirondacks to lift your spirits.

You never know what kind of weather you will encounter when you hike trails in the Adirondack Mountains. We were told that we brought good weather with us. The temperature was in the 80’s.

We decided to hike and canoe for the week. We have been casually working on finishing the mountains with fire towers since the challenge book (*Views from on High*) was published in 2001.

Fire Tower Hikes

The first fire tower mountain was Azure. It is a short steep hike with a round trip distance of 2 miles but a 7-mile dusty ride in. Very good views from the Peak and no other hikers on top.

Hurricane Mountain was the second fire tower hike. There are three approaches to this popular rocky summit, however, we started from Route 9. On the trail, it indicated that total mileage was 2.6 miles but the peak steward on top told us that the correct round-trip mileage is 3.4 miles. This is a strenuous climb with steep sections for a fairly long distance. There were three people on the peak, one being the trail steward.

On Saturdays in the Adirondack Mountains, if you can, stay away from the high Peaks. They are crowded. So instead, we hiked St. Regis Mountain. The round trip was 6.8 miles. It is a challenging hike over a well-maintained trail and very steep near the end. There were 10 hikers at the peak. It was hazy on top but with good views of the many lakes in the area.

Canoeing

Moose Pond - We were the only canoeists on the pond in the morning. There were loons everywhere and we got pretty close to them. We located two good swimming areas.

Franklin Falls – Peaceful canoeing and swimming.

We stayed at Mountain View Farm in Jay, New York. On Saturday evening, there was concert on the village green. It was definitely small-town USA at its best and a perfect ending to a great week.

Bill and Carol Burns



Photos by Bill and Carol Burns

Photos from July 7th **Hike to Green Pond and Island Pond**, with trail passing through the Valley of Boulders



Photos by Ray Kozma

Post- Bastille Day Weekend July 14-15, 2018



For the fifth year in a row, Nawakwa was transformed into a specialty French restaurant as key-holder members, applicants and guests were treated to a special Post-Bastille Day celebration.

Susanne Flower and Lewis Ports were the French chefs extraordinaire and the hosts for the weekend, providing also the themed decorations that added to the festivities. Before the main course was served, Lewis took great care to provide an explanation of the foods selected for this special feast. The Post-Bastille Day celebration is fast becoming a Nawakwa tradition. Our thanks to Lewis and Susanne for the wonderful culinary event.



Photos by Ray Kozma