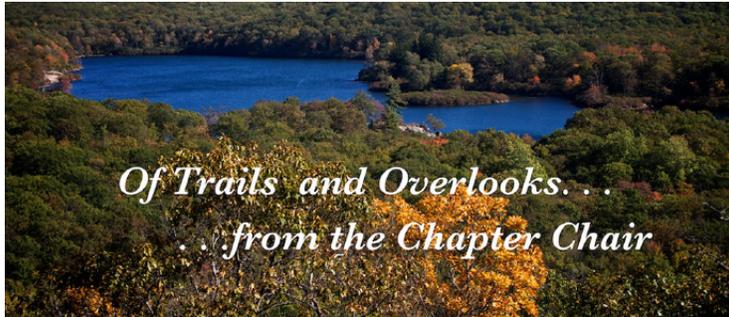




# THE TRAIL MARKER

June-July 2018

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](http://www.adkny.org)



**Cooperation:** *The work and activity of a number of persons who individually contribute toward the efficiency of the whole.*

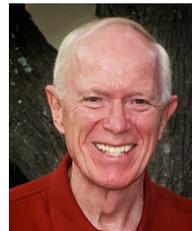
**Teamwork:** *Work done by several associates with each doing a part but all subordinating personal prominence to the efficiency of the whole.*

- Merriam-Webster Dictionary

Saturday, May 5th, saw this year's Spring work-weekend unfold in a marvelous way as thirty-five members, including six Applicants, came together to clean up and prepare Camp Nawakwa for the new camp season. The enthusiasm, energy, and coordinated activity of everyone involved were a pleasure to see and reminded me of the essential qualities and strength of our club, that of cooperation and teamwork.

Such constructive, common endeavor is the result of a lot of hard work and learning experiences. I was reminded of how teamwork and cooperation were central aspect of the Lewis and Clark expedition. After several months and five different court-marshals for serious breaches of conduct, the group of about forty individuals struggling up river and across country became a team of co-workers, loyal and supportive of one another. In an afterword in a book on The Journals of Lewis and Clark, Herman J. Viola writes: "One reason for the expeditions success was the harmony of its members. The Corps of Discovery demonstrated teamwork at its best - a handful of comrades from different educational and ethnic backgrounds working successfully for a common goal."

With this issue of the Trail Marker we outline the revised Camp Nawakwa Committee [see the related article]. The three areas working together (Camp Committee, Hosting Committee, and Activities Committee) allow for an enlargement of the number of people involved in organizing Camp Nawakwa and invite and guide others on how to get more involved in the use and enjoyment of camp. For example, the Camp Committee consists now not just of one person, but has a full committee, (Don Gabel as Chair, Bill Burns as co-Chair, Eve Mancuso and Teri Gabel as a



permanent committee) and room for 'ad hoc' sub-committee members to work on special projects during the season. The article on this new Camp Nawakwa Committee explains how all the parts work together and allow for many members to be part of the organizing and co-ordinated running of Nawakwa. Please read this article and consider helping out when a call goes forth.

Cooperation and Teamwork - where the activity and contributions of individual members, each doing their own part, contribute to the overall efficiency, strength, and harmony of the whole group. Simply put, the more involved we become in working together over time, the more we get to "own" the reality and experience of Nawakwa. Teamwork- with all working together for a common goal - helps everyone share in the enjoyment and fellowship of being New York Chapter members.

- Ray Kozma, Chapter Chair

## Hosted Events June–July 2018

(visit [www.adkny.org](http://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](mailto:maporis@aol.com)  
**Mary Hilley** [hilley66@gmail.com](mailto:hilley66@gmail.com)

Commissary Concerns?  
Call or email **Maryann Poris (973) 731-7117**  
[maporis@aol.com](mailto: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.

### June 2-3 • AMC Invitational Weekend

It's time to again welcome AMC members to Camp Nawakwa and to show them why becoming a keyholder can provide a new dimension to their hiking, camping, swimming and boating experiences in the NY/NJ area.

So please join us for a fun filled weekend of hiking, water sports and socializing. Ray Kozma will be leading a hike into camp on Saturday and Jerry Flower, Membership Chair, will update guests on the process for becoming a keyholder. Meals will be a cooperative effort under the supervision of Susanne Flower.

To register email the host [susanneflower@gmail.com](mailto:susanneflower@gmail.com) by Thursday, May 31, 2018. Please specify number of meals and if meat or veggie preference. The anticipated fee is \$60 for keyholders and \$70 for guests and includes meals (dinner, breakfast and trail lunch) and overnight camp fee.

If you want to join the hike from Sloatsburg to camp, please let Susanne know and she will forward your name to Ray.

Reminder: Passport holders do not pay the \$30 camp fees. 2018 Passports are still available from Ray Kozma.

### June 16–17 • Father's Day Weekend

Father's Day Weekend: June 16 - 17  
We honor Fathers and all those who have played important parts in the lives of young people!

Please join hosts Don and Teri Gabel for an easy peasy Father's Day weekend of relaxation, good company, and easy meal prep. Please specify meals (dinner, breakfast, lunch) and indicate meat or vegetarian.

Registration Deadline: 10:00 p.m, Thursday, June 14. Call 845-359-7518 or email [blaugabels@msn.com](mailto:blaugabels@msn.com).

### June 23–24 • Beginning of Summer Weekend

Come celebrate the beginning of summer at Camp Nawakwa. Join Tatiana Helms and Jim Slovik for a relaxing weekend and enjoy swimming, boating and hiking

with a touch of Russian flare: stuffed peppers, chilled Russian potato salad, possibly a herring appetizer for the brave, pierogi ... dessert not to be overlooked: apple pie with ice cream. Please indicate if you are a vegetarian.

Hosts will provide Saturday Happy Hour, Dinner, Sunday Breakfast and Trail Lunch.  
Registration Deadline is Thursday, June 21st by 12 Noon.

Co Hosts: Tatiana Helms and Jim Slovik (Registrar). Please RSVP to [eljunco@msn.com](mailto:eljunco@msn.com), or call 610-427-4428 indicating the meals you are registering for and any dietary restrictions.

### June 30–July 1 • Moon Over Nawakwa Summer Classic Weekend

Enjoy June's full moon and early summer's long days at a Nawakwa classic weekend -- featuring outdoor pleasures, good company, and delicious healthy food (with vegetarian option).  
Co-hosts Jill Appel and Hsin Wang.  
Register with Hsin ([whsin31@gmail.com](mailto:whsin31@gmail.com)) or phone (718-913-9250) by Thursday June 28th no later than 9PM. Please specify the meals (Saturday dinner, Sunday breakfast and trail lunch) and if you need a vegetarian option.

### July 2–6 • Midweek: Angela and Bernard Panzer

**July 14–15 • Bastille Day Celebration at Nawakwa**  
Time to dress in blue, white or red! Beret or mustache will also suffice!

The 5th annual Bastille Day celebration is being hosted by Lewis Ports and Susanne Flower on the week-end of July 14th & 15th. Saturday evening happy hour and dinner and Sunday breakfast and trail lunch will be seasonal French cuisine. There will be casual waterfront activities and hiking (on your own, no assigned leader) on Saturday afternoon and Sunday morning.  
Please register with Jerry Flower, [jerry.flower@verizon.net](mailto:jerry.flower@verizon.net), indicating number of meals and vegetarian option by 10 PM on Wednesday, July 11th. Shopping and food preparation will start early Thursday morning.  
Saturday happy hour and dinner are limited to 30 people, so register early!

Hosts: Lewis Ports and Susanne Flower

### July 16–17 • Midweek & Writers' Retreat:

#### Jane Prendergast

### July 21–22 • Art Show / Music Night Weekend

Join Leni Tabb & Martin Kellerman for a vegetarian menu to satisfy and delight all palates. Enjoy Leni's famous chili with fixin's, seasonal vegetables and a homemade dessert! Register by Thursday, July 20th at 8:00 p.m. Please specify the meals you are signing up for (Saturday dinner, Sunday breakfast, Trail Lunch).

Co-Hosts: Leni Tabb (Registrar) and Martin Kellerman  
212 677-1604 or [lenit831@gmail.com](mailto:lenit831@gmail.com)

## July 23–27 • Midweek: Laura Campbell

### July 28–29 • Assorted Fusion Dishes

Enjoy summer fare that begins with a variety of fusion dishes for meat lovers and vegetarians alike along with adult beverages and minty water. For the finishing touch, delicious pies and ice cream.

Guaranteed good chat and laughs among friends.

Satisfying and economical.

Host/Registrar: Yajing Li yajinglee@yahoo.com or call 973-641-5693. Please register no later than 9PM Thursday, July 26

### July 30–August 3 • Midweek: Marilyn Varley and Ludwig Hendel

### August 11–12 •

Hosts Janet Sibarium and Everod Carter. Details will be available in a few weeks.

### August 27–31 • Midweek: Lisa North, Lillian Zwyns

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## Hikes: June–July 2018

(visit [www.adkny.org](http://www.adkny.org) for frequent updates)

Hikes Chairperson: Glen Nison

718-625-2182

[gnisonbike@juno.com](mailto: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, July 7 • Green Pond - Island Pond Circuit

Starting from the Elk Pen parking area and using a variety of trails and woods roads (including re-located section of the Stahahe Brook Trail), we will take in views of Green Pond and Island Pond, with lunch at either Green or Island Pond. The Elk Pen is off Arden Valley Road close to the NYS Thruway, accessed from Route 17 just south of Arden. We will pass through the Valley of Boulders and see some nice views from the Green Pond area. There is a moderately strenuous uphill at the start of the hike and a downhill back to the parking area. The rest is easy walking, about 6-7 miles. Bring lunch, water, snacks, rain gear, and wear sturdy hiking shoes. A ride from Sloatsburg or Tuxedo can possibly be arranged for those coming up by way of public transportation. Please register with leader by 9 PM Thursday, July 5th. Meet at Elk Pen at 10am. Qualifying. Leader: Ray Kozma - 917-406-3782 or email: [raymondkozma@gmail.com](mailto:raymondkozma@gmail.com).

## 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).

This year's Board of Directors elections will take place on Saturday, October 20, 2018 at the Sloatsburg Library. Official notice and details of these events will be given later in the year.

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## On Protection from Ticks

(Including Treatment of clothing and gear with permethrin)

We all know the usual suggestions on avoiding ticks: Use DEET, wear long pants and long sleeve shirts, avoid walking through tall grasses, do a body-check as soon as possible after a hike, plus take a good shower. There is also a way to keep ticks at bay by treating clothing and gear with 'permethrin.' (Note: Permethrin is not for use on your person/skin, but only on garments/gear.)

Sprays and solutions are available for treating clothing/gear yourself. The spray is very convenient for treating hiking shoes and backpacks. Do-it-yourself treatment lasts for about six weeks. But for extremely effective treatment of clothing, which is supposed to last through 70 washings or the life of the garment, nothing beats the commercial application by a company called Insect Shield.

For about \$75 you can get two full outfits or so commercially treated. Their website ([Insectshield.com](http://Insectshield.com)) states the following:

Insect Shield Easy Packs are designed to make the Insect Shield Your Own Clothes service more convenient and easy to use as well as offering cost-saving benefits.

When you order an Easy Pack 1 you will be shipped a packet with the return shipping labels already affixed. Easy Packs packets are 17.25" by 14" pre-paid Priority Mail envelopes. Pre-paid shipping eliminates the need to make a trip to or pay for shipping at Post Office.

Each Easy Packs hold approx. 8-10 items.

You may fill the pack with any clothing items (excluding underwear, dry-clean only goods, or waterproof goods) and drop it into any USPS mail pickup location - Mail Carrier daily pickup, USPS Collection box, USPS Office - for delivery to Insect Shield. Return shipping to customer is included in the price too!

- Ray Kozma

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Special Thanks to Walter Jaeckel for his generous cash donation to the NY Chapter!

# Spring Work Weekend -2018

Those who were able to take part in Work Day already know this, but everyone should know what a great showing took place, with 35 or so people on hand (including six Applicants) to get camp cleaned, organized and ready for the new season. The friendliness, enthusiasm, and cooperation of everyone there was truly impressive.

Hats off to Don, Teri, and Steve Barre for organizing and overseeing the work, to Mary and Maryann Poris for the wonderful food at lunch, and to Janet and Everod for hosting the overnight and preparing even more wonderful food. We look forward to a very good new camp season at Nawakwa. Below are some photos from the day.



Photos by Ray Kozma

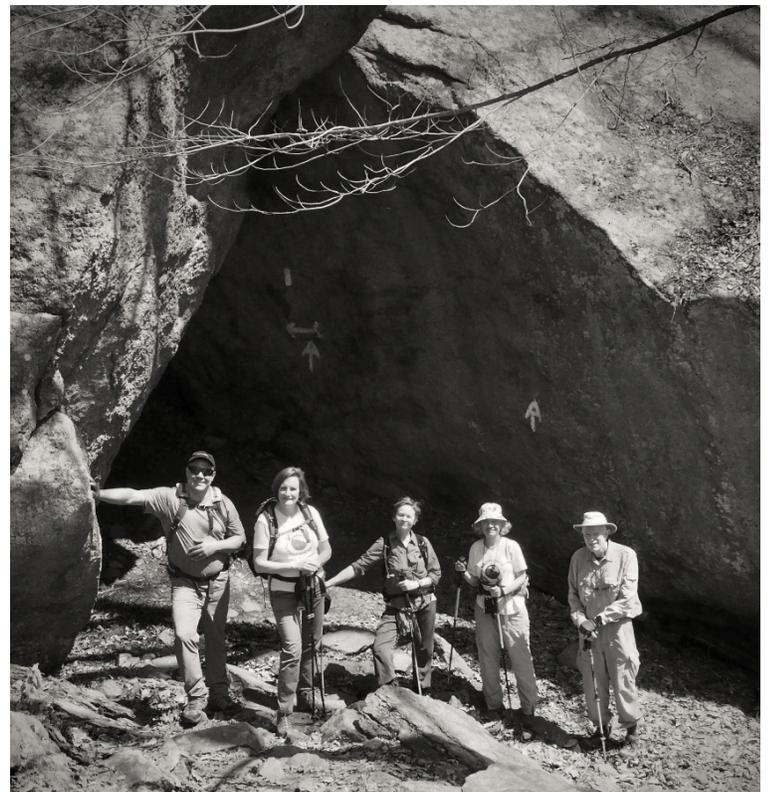
## Editor's note

I became a keyholder in 2008 at which time I accepted the tasks of editing the Trail Marker and maintaining this chapter's other means of communication, ADKNY.ORG. I now relinquish this post to another volunteer. Please contact the Board of Directors if you are interested in assuming this role. The next issue is due in two months, and maintenance of the website, as all you webmasters out there know, is basically full time.  
--Thanks, Giacomo

## Hike to the Lemon Squeezer – April 14, 2018

On a beautiful, sunny, and warm mid-April Saturday, we hiked around Island Pond with our destination being the 'Lemon Squeezer.' Not only did we have fun squeezing through the narrow rock formation (through which the Appalachian Trail goes), we also stopped to recreate the black and white photo from about fifty years ago that is framed and hanging on the wall of the Main Cabin. Below are pictures from the day.

– Ray Kozma



## ADKNY Board of Directors and Committee Chairs

Chapter Chair: Raymond Kozma

[raymondkozma@gmail.com](mailto:raymondkozma@gmail.com)

Vice-Chair: Teri Gabel

[blaugabels@msn.com](mailto:blaugabels@msn.com)

Secretary: Eve Mancuso

[emancuso@brookerengineering.com](mailto:emancuso@brookerengineering.com)

Treasurer: Suzanne Rocheleau

[rocheleau3@gmail.com](mailto:rocheleau3@gmail.com)

Director: Diane Booth

[dbooth108@aol.com](mailto:dbooth108@aol.com)

Director: Mark Fedow

[fedowf@aol.com](mailto:fedowf@aol.com)

Director: Lisa North

[lrn1212@aol.com](mailto:lrn1212@aol.com)

Director: Marty Kellerman

[mmkellerman@gmail.com](mailto:mmkellerman@gmail.com)

Director: William Burns

[wmjburnsjr@gmail.com](mailto:wmjburnsjr@gmail.com)

Main Club Director: Mary Hilley

[hilley66@gmail.com](mailto:hilley66@gmail.com)

Membership Chair: Jerry Flower

[jerry.flower@verizon.net](mailto:jerry.flower@verizon.net)

Newsletter Editor:

Host Committee Chairs:

Maryann Poris [maporis@aol.com](mailto:maporis@aol.com)

Mary Hilley [hilley66@gmail.com](mailto:hilley66@gmail.com)

Commissary: Maryann Poris

[maporis@aol.com](mailto:maporis@aol.com)

Hiking Chair: Glen Nison

[gnisonbike@juno.com](mailto:gnisonbike@juno.com)

Trails Chair: William Burns

[wmjburnsjr@gmail.com](mailto:wmjburnsjr@gmail.com)

Park Liason: Raymond Kozma

[raymondkozma@gmail.com](mailto:raymondkozma@gmail.com)

Conservation/Education: Don Gabel

[blaugabels@msn.com](mailto:blaugabels@msn.com)

Archives: Ellen King

[ellen\\_king13@msn.com](mailto:ellen_king13@msn.com)

Webmaster:

## 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**

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#### **Change of address:**

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

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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.**

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Like us on Facebook!



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

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Follow ADK-NY on Twitter!



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

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# Who We Are

## The New York Chapter, Inc. of the Adirondack Mountain Club, Inc.

The New York Chapter, established in 1922, is one of the 27 chapters that form the Adirondack Mountain Club statewide. Since 1931, the New York Chapter is a New York State 501 (c) 7 not-for-profit corporation. As an ADK Chapter, we share the mission of the Main Club in its dedication “to the conservation, preservation, and responsible recreational use of the New York State Forest Preserve and other parks, wild lands, and waters vital to our members and chapters.” As a Not-for-Profit Corporation, our bylaws and policies abide by the rules and regulations of New York State laws and help us function in a smooth and positive way.

What characterizes who we are is a spirit of consideration and teamwork in all of our activities. Whether we are taking part in a work weekend, are on a hike, are relaxing at the waterfront, conversing on the porch, or helping a new applicant and or a quest get the ‘lay of the land,’ a spirit of openness, generosity, and friendly welcome are the positive core values that will attract and retain the members both old and new.

All members are expected to value and treat each other and all guests with respect and dignity, ensuring that no behavior causes offence or distress to others, but that all behavior fosters the dignity, integrity, and value of each person. Above all, an attitude of generosity and friendly goodwill best serves the health of the club. Hikers walking through camp, for example, provide the opportunity for our aiding them with helpful directions and can be a moment to introduce our camp to potential new members. The values of genuine respect for one another, of cooperation, openness, and a spirit of warm welcome, are the values that will ensure the health, vitality, and harmony of the New York Chapter.

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## Memories of Adam Conrad

Biographical information from Emily Hirshbein of Queens College:

*“Born in Poland, Adam Halicki Conrad joined the Queens College library when it was still in Klapper Hall. As an Assistant Professor at Queens College, Mr. Conrad published various reference works, including “Wilderness preservation planning, and management: an annotated bibliography” and “Zero-based budgeting: an annotated bibliography.” A life-long learner, Mr. Conrad continued to come to campus and audit courses after his retirement in 1990. Mr. Conrad and his wife, Ellen Libretto, shared a love of reading, hiking, and travelling. Mr. Conrad passed away in 2017, leaving the bulk of his estate to Queens College in honor of his late wife, Ellen Libretto.”*

My memories of Adam Conrad go back to the summer of 1985. That summer, Adam had taken part in August Camp at which he, evidently, sang the praises of the New York Chapter and Camp Nawakwa. The result was that, in late August, he brought some new visitors to camp who soon became Key-holders. I remember Adam as always thoughtful, pleasant, scholarly and friendly. He was a true gentleman and easy to be with. Adam and his late wife Ellen Libretto were longtime New York Chapter members who often hosted mid-weeks. They added a very special and positive dimension to camp life.

– Ray Kozma

# History and Policy on Invitationals

The New York Chapter is fortunate to have as its base of operation the year-round use of Camp Nawakwa on Lake Sebago in Harriman State Park. Leased from the Palisades Interstate Park Commission and first opened in 1926, Camp Nawakwa has been faithfully maintained and operated by that group of Chapter members called Nawakwans, who are the Key-holder members.

Key-holders, in addition to enjoying Camp Nawakwa themselves and inviting family and friends to come as guests, have also been on the lookout to share camp with other like-minded outdoor enthusiasts. The motivation was not just to share the beauty and activities of Camp Nawakwa with other groups, but to attract new members who would add to the vitality and growth of the Chapter. Thus was born what we call the “Invitationals.”

A look at material from our archives [curtesy of Ellen King, our Archivist] shows that one of the first such ‘Invitational’ events was held on June 1, 1935. The Long Island and Mid-Hudson Chapters came to camp for the day and for a barbecue [Note: We still have Long Island and Mid-Hudson members who are also New York Chapter members].

The archives list numerous times over the years when Camp Nawakwa was host to many ADK Chapters: The Albany Chapter, the North Jersey Chapter, the Ramapo Chapter, the Knickerbocker Chapter, the Oneonta Chapter, all were invited to camp for an Invitational weekend or just the day. [Note: Later this year, on the weekend of September 15-16, we are inviting the surrounding local ADK Chapters to gather for a ‘Rendezvous Weekend’ at Camp Nawakwa.]

Over the years we have hosted the Green Mountain Club, the Union County Hiking club, the Sierra Club, the New York Ramblers, a Poughkeepsie hiking group, and even the 5 Boro Bike Club. During the 1970s, through the efforts of a member who worked there, we had United Nation Invitationals. And, of course, we have had many AMC Invitational weekends [Note: On June 2-3 this year we will again be hosting AMC members for a weekend.] These invitational events demonstrate the vitality and openness of the membership, as well as our love of the outdoors, as we share the richness of Camp Nawakwa with other groups.

The process for arranging an Invitational event, should any Key-holder have a particular group they would like to invite to camp, is as follows:

1. Present to the Board a write-up of the particular group you would like to invite to camp.
2. The Board will determine the appropriateness of the group and the timing of the event. (Please note: All Invitationals are held outside of the High Camp Season which is July 4<sup>th</sup> through Labor Day weekend).
3. The invitation for the event comes from the Board so that those invited are guests of the Board, not of the individual Key-holder.
4. If the invitational event is approved, appropriate hosts and activities for the event will be worked out with the Hosting and Activities committees.

# CAMP NAWAKWA COMMITTEE

1. *The **Camp Committee**, working with the Board of Directors, is charged with the over-all repairs, maintenance, and good operation of the buildings, mechanics, grounds, and Waterfront area of Camp Nawakwa.*

Camp Chair: Don Gabel

Co-Chair: Bill Burns

Sub-Committee: Eve Mancuso, Teri Gabel

Associate Committee Members (Members and Applicants who help on a regular or occasional basis)

- a. Areas of responsibility:
  1. Oversight of the buildings of camp (maintenance/repair and inspections)
  2. Upkeep of the camp grounds/paths/roadway
  3. Oversight and maintenance of the Waterfront area
  4. Coordinate the Spring and Fall Work Weekends and organizing the two 'Camp Projects held in early and late summer.
  5. Identify and direct the MCI project
- b. The Camp Chair communicates with the Park and with the Lake Foreman;

2. *The **Hosting Coordinating Committee**, working with the Board of Directors, is charged with insuring all that is necessary for the optimum running of Camp Nawakwa during the official Camp season.*

Hosting Co-chairs: Maryann Poris and Mary Hilley

Responsibilities:

- a. Camp Calendar:
  1. By March 1<sup>st</sup> of each year, notice will be sent to all Nawakwans (Key-holders) that the Camp Calendar is officially open and that Key-holders are invited to request particular dates the member would like to volunteer for hosting weekends and mid-weeks.
  2. Prior to this notification, the Board will have communicated to the Hosting Coordinating Committee any planned Invitational or Special Events that will be held at camp that year.
- b. Records Maintenance
  1. Keeping track of and updating all forms needed at the Registration Desk.
  2. Keeping the "Hosting Manual" updated.
  3. Compile statistics on the use of Camp Nawakwa for presentation to the Board
- c. Commissary Upkeep
  1. Preparing and updating a Commissary and Staples List of stock items, including coffee, tea, sugar, vinegar, olive oil.
  2. Coordinating with all hosts about Commissary items.
  3. Restocking of supplies as needed, with \$300 approved by Board for needed purchases at start of camp season.

3. *The **Activities Committee**, in conjunction with the Hosting Chairs, will organize and schedule various activities and programs of interest to members to be held in conjunction with hosted weekends and mid-weeks, as appropriate.*

Chair: Lisa North

Co-Chair: Marty Kellerman

- Tasks:
- a. Organizing a 'Speaker's List' for presentations at camp.
  - b. Establishing activities and instructional events during the camp season.
  - c. Coordinating and facilitating all activities/events with the hosts and the calendar.

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## *FIRST CLASS MAIL*



*THE TRAIL MARKER*  
June-July 2018

New York Chapter, Inc. of the  
Adirondack Mountain Club, Inc.  
C/O Jerry Flower  
802 West 190th Street #1F  
New York, NY 10040

## News from the Activities Committee!!

We are happy to announce some of our upcoming events that will take place during hosted weekends and mid-weeks.

**July 21 (Saturday): Members Art Show and Music Sing Along .** The Members Art Show will take place during the afternoon and the Music Sing Along will take place after dinner. If you are interested in sharing your art and/or playing an instrument for the Sing Along, please email Lisa or Marty (emails below).

**August 11 (Saturday): Living with Bears and Other Fury Animals:** presentation by the Palisades Interstate Commission Regional Museum at 3:00-4:00 in the afternoon.

**August 27-31 Midweek: "Movement, Meditation, and Healing,mmmmh!" with Lillian Zwyns.**

There will be more activities planned this summer. Please email Lisa or Marty if you are interesting in providing an activity. **Hosts:** If you are interested in having an activity during your weekend or midweek, please let us know.

Lisa North [LRN1212@aol.com](mailto:LRN1212@aol.com)

Marty Kellerman [mmkellerman@gmail.com](mailto:mmkellerman@gmail.com)