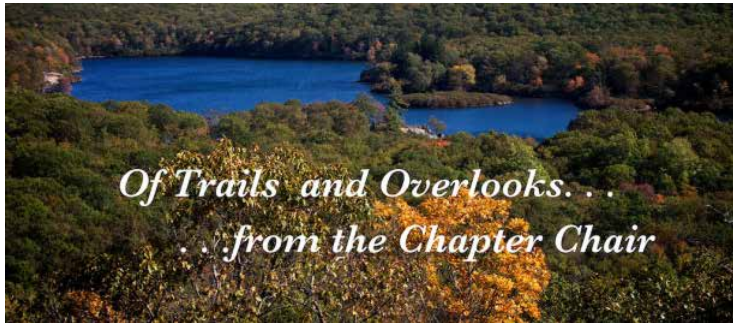


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www.adkny.org



On the Heritage of the New York Chapter: Teamwork and the Individual

- Teamwork: the activity of a number of persons who individually contribute toward the efficiency of the whole
- Individual: a particular person; one that has a real and independent existence

Over the July 4th weekend at Camp, a number of people remarked to me about “how good the Camp looked.” I knew it was so only because a lot of individual members, over many months, had been hard at work keeping up with the maintenance and improvements to Camp Nawakwa. The cooperation and hard work of many individual Chapter members and applicants, cheerfully working together with respect and appreciation, had come together to make Camp look and be at its best.

In the last Trail Marker, I wrote about how the “community spirit,” exemplified in the hosted weekends and especially the Saturday night dinners, is the real heritage of our Chapter. But of course this community arrangement at Nawakwa all depends on individuals who are willing, ready and able to work together on common endeavors. It is, in effect, a creative dynamism that has the ability, when it is working well, to bring great benefit both to the individual and to the group. This is not something that happens automatically, however.

The following event serves as an illustration, perhaps even a parable, of what I mean of the dynamism between the individual and the group. It concerned one of the early Chapter members, Kerson Nurian, and his dispute with the Trail Conference. It is told in William J. Myles’ book: *Harriman Trails: A Guide and History*:

The Triangle Trail was first marked in 1939 as the Yellow Bar Trail. It was blazed by Kerson Nurian, with yellow bands around the trees, starting from the woods road along Black Ash Brook, the former route of the R-D Trail. Nurian used already existing roads and trails, ending on Parker Cabin Mountain. In October 1939 he offered his trail to the Trail Conference. They accepted, and assigned Harry Silverman as its maintainer.

Early in 1942, the Conference marked a Yellow Triangle Trail from Parker Cabin Mountain to the arm of Lake Sebago, and continuing to ADK Camp Nawakwa. At the lake edge, it crossed an older trail that ran past the Old Dutch Doctor’s place to Johnstown at the northwest end of Lake Sebago (the Sloatsburg Trail). In 1943, Nurian returned to Bulgaria, and the Conference then decided to mark the whole trail, from Black Ash Brook to Lake Sebago, with yellow metal triangles (Trail Conference Minutes, 4/4/44). By 1946, it was marked to the Dutch Doctor Shelter.

Then, in 1947, Nurian returned! Joseph Barth’s Trail Committee minutes for September 24, 1947 reported that all 80 metal markings had been removed from the Triangle Trail from Black Ash Brook to Parker Cabin Mountain (that had been the route of Nurian’s Yellow Bar Trail). By the spring of 1948, it was clear who had done it, because the yellow bars had been repainted around the trees. After heated discussions with Bartha and the Conference, Nurian agreed to leave the trail alone, provided that painted triangles were used instead of metal ones. And so it was. Nurian died on November 19, 1948, at the age of 75.

Both the Trail Conference and Kerson Nurian had a lot to offer hikers and the development of the trail system in Harriman Park. But only when the talents and contributions of each were mutually respected, only when good communication allowed for real listening and compromise, only when each party was validated and affirmed, could real teamwork start. As Bea Wood commented recently [see the article elsewhere in this Trail Marker], the community arrangement of Nawakwa depends “on everyone being compatible, willing to do a job, willing to



work with other people to get it done, willing to take care of the property...these things are important.”

Yes, indeed, because of the teamwork among individuals members, (a true part of the heritage of the New York Chapter), the Camp is looking real good.

- Ray Kozma

Hosted Weekends: August–September 2014

(visit www.adkny.org for frequent updates)

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

To host a weekend or midweek, contact Host Chair:

Janet Sibarium (212) 254 0738
Email: jansib@mindspring.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, and both host and co-host must be either a keyholder or an applicant. This includes summers and holidays. This also includes families with adult and minor children.

Midweek Host: August 11 – 15: Steve Barre

August 9 – 10 • Camp Friends Hosting Encore and Night of the Shooting Stars

Last year's co-hosting was so much fun, that Jill and Hsin decided to do an encore. Enjoy a delicious, healthy seasonal menu (with vegetarian options) and a comfortable, relaxed weekend. The weekend is timed for the beginning of the annual Perseid meteor shower (Aug. 9–14), so with luck we'll be able to catch a few falling stars for dessert.

Co-Hosts: Jill Appel and Hsin Wang
hzw31@verizon.net 718-913-9250.

August 16 – 17 • Waning summer Southern sojourn

Traditional summer fare: fried chicken, potato salad, corn-on-cob, a colorful seasonal salad. Vegetarians please advise host on their preferred substitute.

Host: Bill Hladky wehkladky@yahoo.com and 914. 874.4640.
Registration deadline August 15, high noon.

Midweek Host: August 18 – 22: Ron Engasser

August 23 – 24 • AMC Invitational Weekend

Please join and welcome AMC members to Camp Nawakwa. Swim, use the camp's canoes or kayaks, hike in the area, or just relax on the big, open front porch. Cost is \$45 for overnight accommodations in sleeping cabins and three meals: Saturday dinner, Sunday breakfast, and Sunday trail lunch. (Note: NY Chapter Members with Nawakwa Passport will deduct the \$20 overnight fee from the total). Please specify omnivore or vegetarian when you register, and please specify whether you will drive or take public transportation. Escorted hike in from Tuxedo train station (but cars cannot be left there overnight). Trans 9C: 9:14 NJ Transit train from Penn Station (or 9:23 from Hoboken); change at Secaucus for 9:31 train to Port Jervis.

Co-Hosts: Kim Waldhauer and Ray Kozma, (Registrar)
rmk129koz@aol.com tel. 917-406-3782.

Midweek Hosts: August 26 – 30: Derek & Katherine Lomer

August 30–31 • Labor Day Weekend

On this Holiday For Workers, don't work! Instead, take advantage of the leisure activities afforded by Camp Nawakwa, even if that means doing nothing at all. **Giacomo Servetti** will be your host.

Please register by 8/28 @ 9:00 p.m. and let me know if you are a vegetarian. gservetti08@gmail.com or 845-947-0054.

September 6–7 • Back To School Special!

Enjoy a bounty of colorful, seasonal vegetables, fruit and grilled chicken to satisfy all vegetarians and omnivores

Co-Hosts: Everod Carter and Janet Sibarium (Registrar)
jansib@mindspring.com or tel: 212 – 254-0738

September 13–14 • Last Summer Weekend

Kick back, enjoy camp and our cool host encore!
Seasonal delights await your taste buds.

Please e-mail or text to register.

Host: Russell Silverman E-mail: aleph1null@gmail.com
Text: 917-335-6165

September 20–21 • First Fall/Bring Your Friends Weekend

Now is the time to invite the friends you have been telling about Nawakwa for an early autumn weekend designed to introduce them to what we offer in hiking and socializing. Please register via e-mail.

Co-Hosts: Jerry and Susanne Flower and Laurel Nadler
jerry.flower@verizon.net

Saturday, September 27 • Annual Fall BBQ & 88th Anniversary of Camp Nawakwa

Your reservation and check must be received by Thursday, Sept. 18th.

Join the celebration with your encore hosts, Rob and Rosalie Goldberg, for this all day not-to-be-missed event!

Date: Saturday, Sept. 27th

Time: All Day: BBQ at 5:00 p.m.

Price: (Includes Day Fee and BBQ):

\$30 per adult

\$20 per child (4 – 13 years old)

Please indicate if you wish vegetarian or chicken or beef meal.
Please mail your check, payable to "Robert Goldberg":

Mr. Robert Goldberg

118 Lake Avenue

Ithaca, NY 14850

Questions? Please e-mail Rob: robg741@gmail.com

September 28 • (Breakfast and Lunch): Need Host

Future Events: October 11 – 13: Columbus Day Weekend:

Family and kid friendly Co-Hosts: Derek & Katherine Lomer



Peacefully sleeping Black Snake near Cabin 3

Kim Waldhauer

Hikes: August–October 2014

(visit www.adkny.org for frequent updates)

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

For listings of hikes not lead 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, August 9 • Prospect Park & The Brooklyn Botanical Gardens

Meet in front of the Pavilion Theater at 10am (188 Prospect Park West, Brooklyn, F & G trains to 15th Street, Prospect Park station). Moderate five mile hike. Wooded trails, Lookout Hill, The Lake, the new Lakeside Center, Brooklyn Botanical Gardens (\$10 admission), the Long Meadow. Non-Qualifying.

Leader: Derek Lomer, derek@adkny.org

Saturday, August 30 • Parker Cabin Mountain & Claudius Smith Den

Departing camp at 10am. Moderate 7-mile hike from Nawakwa over camp trail, Triangle to Parker Cabin Mt, White Cross to Claudius Smith and TMI back to Nawakwa for a swim. Qualifying.

Leader: Derek Lomer, derek@adkny.org

Sunday, September 7 • Central Park Trees (Northern)

A relaxed stroll to identify some of the approximately 140 species of trees in Central Park, as described in the book “New York City Trees” by Ned Barnard. Both tree experts (whose assistance will be much appreciated) and complete beginners are cordially welcome. This walk will necessarily proceed at a snail’s pace, with many stops to look at and identify trees. Meet 10 a.m. inside the Dana Discovery Center (bathrooms!), a short distance east inside the entrance to the park at 110 St. and Lenox Ave. Email or call me beforehand if it looks like it might rain, or if you have any questions, otherwise just show up. Walk should end around 1 p.m., with lunch at some convenient (and inexpensive) nearby restaurant Bob Susser, rsusser@aol.com, 212-666-4371.

Saturday, September 13 • Wave Hill

Visit the renowned gardens & conservatory at Wave Hill, with its beautiful trees and spectacular views over the Hudson. (Check out the photos on their website: www.wavehill.org.) Admission is free on Saturdays until noon. Around two miles altogether at a very moderate pace. We’ll meet 10:45 outside the Burger King, on the west side of Broadway around a block north of the 242nd St. terminus of the No. 1 subway, in time for a free shuttle bus to Wave Hill. After lunch (bring your own or buy it at the cafe) we’ll take a stroll on some shady trails on the property, and then take the shuttle bus back down to Van Cortlandt Park where those who wish can visit the Van Cortlandt House Museum (well worth the \$3 admission) or explore several interesting nature trails. Email me or give me a call beforehand to make sure that the walk will take place and if you have any questions. Sorry, but no pets (and, of course, no smoking). Bob Susser: rsusser@aol.com; 212 666-4371

Saturday, October 4 • Bear Mountain Circular

Moderate 7-mile hike along the Popolopen Gorge , historic Revolutionary War and other trails. Bus riders take the 8:45 am Shortline Coach bus at the Port Authority Bus Terminal to Bear Mountain arriving at 10:15am when the hike begins (leader will be on the bus). Drivers park at the Bear Mtn. Inn parking lot (fee - \$8?) and meet the bus where it stops on the access road to the Inn

approximately 50 yards or so directly below the main entrance to the Inn. Qualifying.

Leader: John Lipsett 212-867-8280 work 212-864-6109.

Greetings from the Archives Committee

This newly formed Committee seeks members who are interested in collecting, preserving and publishing important materials relating to our Chapter. We welcome anyone with expertise in this area. We look forward to taking advantage of the upgrade to the Chapter website so that we can promote interesting historic materials.

Please be in touch with Ellen King, Chair, ellen_king13@msn.com or 201-247-0243.

ADKNY Board of Directors and Committee Chairs

Chapter Chair: Raymond Kozma Email: ray@adkny.org
Vice-Chair: Steve Barre Email: vicechairman@adkny.org
Secretary: Janet Sibarium Email: secretary@adkny.org
Treasurer: Bruce Rosenbloom Email: treasurer@adkny.org
Director: Ron Engasser Email: usron@juno.com
Director: Kim Waldhauer Email: kimw@adkny.org
Director: Maryann Poris Email: maryann@adkny.org
Director: William Burns Email: bill@adkny.org
Director: Suzanne Rocheleau Email: srocheleau@cantor.com
Main Club Director: Mark Fedow Email: parentclubdirector@adkny.org

Membership Chair: Jerry Flower Email: jerry.flower@verizon.net
Newsletter Editor: Giacomo Servetti Email: editor@adkny.org
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Hiking Chair: Glen Nison Email: gnisonbike@juno.com
Camp Chair: Kim Waldhauer Email: kimw@adkny.org
Co-Camp Chair: Derek Lomer Email: derek@adkny.org
Trails Chair: William Burns Email: wjburnsjr@adkny.com
Park Liason: Raymond Kozma Email: ray@adkny.org
Conservation/Education: Don Gabel Email: blaugabels@msn.com
Archives: Ellen King Email: ellen_king13@msn.com
Webmaster: Giacomo Servetti Email: webmaster@adkny.org

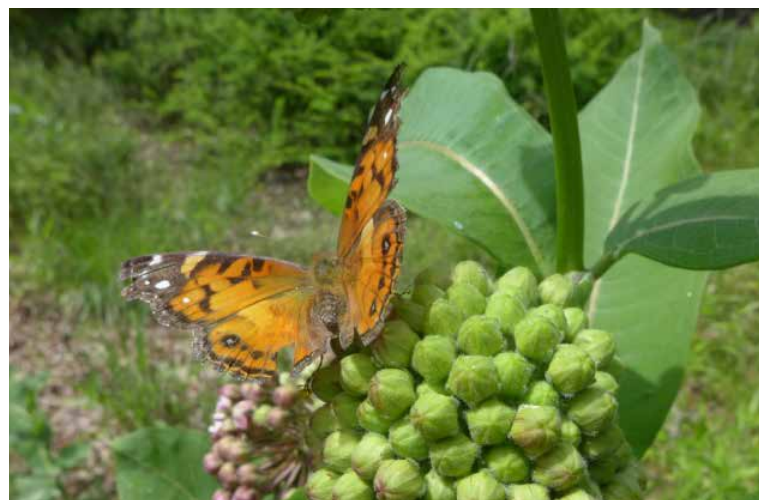
The editor encourages all members to contribute articles and photos to be used in the Trail Marker and on our website.

Please email to editor@adkny.org

Deadlines for submission to the newsletter are:

October-December 2014 –Deadline: September 19

January-March 2015 –Deadline: December 19



Along the camp road

Glen Nison

Presentation to Bea Wood

by Ray Kozma

This past June 29th, Ellen King, Chair of our new Archive Committee, and I drove down to the Philadelphia area to present Bea Wood with the New York Chapter Trailblazer Award for her life-long work and dedication to the New York Chapter. Bea was one of three Chapter members we honored at the Winter Social in January (the other two being Helga Abel and Glen Nison). But because of distance and travel complications, Bea was not able to join us then, so we went to visit her at her new retirement community in Pennsylvania (Foulkeways) to present her with the award.

Bea was delighted with our visiting her and proved a very gracious host, giving us a tour of the community and treating us to Sunday dinner in the full-service restaurant that is part of the complex. In preparation for our visit, Bea had gone through the many stacks of Chapter-related material she has accumulated over the years. Ellen was able to bring back with her arm-loads of papers and files that will help us in setting up and cataloging material for our Archives.

Bea, who joined the New York Chapter in 1973, said: "ADK became my family, my vocation, my avocation for the next twenty-five years or so" (culminating in her becoming President of the ADK Main Club). Of the memories she has of Winter weekends at Nawakwa, Bea said: "It was a very warm place to be, in terms of friendship, comradery." Of sitting in front of the fireplace those Winter evenings, she remembered "it was just one of the things that makes you fall in love with the place." And of the New York Chapter in general, Bea said: "It's kind of like a family...a place where people of like interest could go...It is a community arrangement that depends on everyone being compatible, willing to do a job, willing to work with other people to get the job done, willing to take care of the property. These things are important."

Thank you, Bea, for sharing your time and talent with us over all these years. ADK and the New York Chapter have benefitted greatly from your efforts on our behalf.

A Note from the Trails Chair

by William Burns

The New York Chapter has 13 hiking trail sections that are maintained for the New York/New Jersey Trail Conference. They vary in length from .85 to 5.1 miles. We maintain one section of the Long Path from the George Washington Bridge to the Greenbrook Sanctuary which is our longest section. We also maintain 2 sections of the Appalachian Trail. At the present time, we have all of our sections staffed. The Trail Conference has recently offered us another trail to maintain. If anyone is interested in getting involved in trail maintenance, please contact me. wjburnsjr@adkny.com

Vegetarian News for Nawakwan Diners and Hosts

by Maryann Poris

Did you know that a vegetarian diet, specifically a vegan diet, cuts one's dietary carbon footprint drastically? According to The Huffington Post, if Americans chose a vegetarian diet, the environmental footprint would be the equivalent of removing 45 million cars from the road. An idea to ponder!

Here at Nawakwa, we are seeing an increase in vegetarians on our hosted weekends. With that in mind, we'd like to make a few suggestions to diners and hosts. When vegetarian diners sign up, they should clearly state that they are vegetarians so that the hosts are aware of this. Hosts, as most do, need to prepare a meal for the vegetarians that is rich in variety, including fruits, vegetables, leafy greens, whole grain products, nuts, and beans.

One favorite meal is vegetarian chile and lentil soup, served with crusty bread. Another favorite involves modifying the main dish. Instead of meat in the pasta, for example, serve the vegetarians pasta with vegetables and tofu. Generally, hosts should make sure there is an alternative that is filling and tasty for those who are vegetarians.

Below is a recipe for eggplant tacos from Vegetarian Times:

Tunisian Eggplant Tacos

Fills 4 tacos.

Serve this filling in warmed flour tortillas, which are surprisingly similar in taste and texture to some Tunisian flat breads.

- 8 plum or Roma tomatoes (1 1/4 lb.)
- 2 medium red bell peppers
- 2 small eggplants, diced (4 cups)
- 2 tsp. harissa paste (or chile pepper paste)
- 1 tsp. ground cumin

1. Preheat oven to broil. Place whole tomatoes and bell peppers in two separate baking dishes; broil 30 minutes, turning occasionally, until skins begin to blacken. Remove dishes from oven, cover bell peppers in dish, and cool. Remove skins, cores, and seeds from bell peppers, and cut into 1/2-inch pieces. Remove skins from tomatoes, and crush with hands. Reserve all juices.



2. Coat large skillet with olive oil cooking spray, and heat over medium-high heat. Sauté eggplants 5 to 7 minutes, or until browned. Add tomatoes and bell peppers and their juices. Stir in harissa and cumin. Simmer 5 minutes, or until sauce thickens.

Have fun improvising....Send in your vegetarian recipes to the Trail Marker.

NOMINATING COMMITTEE — REQUEST FOR NOMINEES

Dear fellow Nawakwans,

We want to take this opportunity to reach out to each of you for any recommendations you may have for someone to serve as a Board Director or Officer. The following Board members terms are up and while they have graciously accepted to run again for their positions, (thank you, all!), you certainly are free to also recommend someone else to run for any of the positions, if you wish.

Ray Kozma, Chair

Steve Barre, Vice Chair

Suzanne Rocheleau, Treasurer (Moving from director to replace Bruce Rosenbloom)

Mark Fedow Main Club Director

William Burns, Director

Ron Engasser, Director

In addition, the following two Nawakwans have agreed to run for the two director positions from which members are stepping down:

Lisa North

Mary Hilley

Keep in mind that whomever is elected may attend some board meetings by phone, so there is no necessity to come into the city for every single meeting. What we need is someone with a love of Nawakwa and a willingness to assist in navigating through, weighing in, and voting on the issues that will come up during his/her 2-year tenure on the Board. Any suggestions you may have would be greatly appreciated! Please send your recommendations to: Ruby Kornfeld, rubyk@nyc.rr.com Daphne Prior nazdrovi1@gmail.com Carol Burns carol_kb@yahoo.com

The deadline for submission of nominees is August 9, 2014.

Thanks

Special Notice

Annual Meeting of the New York Chapter

Date: August 9, 2014

Place: Main Lodge of Camp Nawakwa

Time: 1:30PM

Article VIII, Section 1 of the New York Chapter Bylaws states: There shall be an annual meeting of the membership each and every year in accordance with Chapter 35 of the Consolidated Laws of New York "Not-For-Profit Corporation Law." Accordingly, on August 9, 2014 at the Main Lodge at Camp Nawakwa we will hold our Annual Meeting for the New York Chapter.

All Chapter members are invited and encouraged to attend and take part in this year's Annual Meeting. Jean-Claude Fouere, who chairs the Membership and Development Committee for the Main Club, will be on hand to make a special presentation. He is interested in our thoughts, suggestions, and comments on how to attract new members both for the Main Club and our Chapter in the New York City area. He will share some ideas he himself has on the topic and will welcome our feedback.

Advance Notice to All Key-holders: Upgrade of Locks and Keys Planned for Next Year

After serving well for 86 years, some of our locks have disintegrated. Some key-holders have reported difficulty in using their keys in the old locks. Rather than trying to tinker and repair the old locks and keys, the opportunity is right to upgrade and improve



our security at Camp Nawakwa. After lengthy discussion, the New York Chapter Board of Directors has approved a Motion to change all the locks and keys to an up-to-date and more secure system of locks and keys. Every effort will be made to contact all our members. Kim is available to address concerns at kim@adkny.org

The change will take place in January-February of 2015. The next Trail Marker (October-November-December issue) will give details on how key-holders may obtain their new keys. And there will now only be three keys needed for all the locks!

- Kim Waldhauer and Derek Lomer, Camp Committee Co-chairs.

Notes from Camp

by Kim Waldhauer, Camp Chair

I've received some compliments lately on the general upkeep of the camp. I hasten to credit Derek Lomer with all the heavy lifting here! In addition to his many repairs and improvements, he somehow found time to instruct me in the care and feeding of the camp buildings, most notably how to repair roof leaks. Right now, as far as I know, the roofs are not leaking (But wait until the wind changes...!) I repaired 3 leaks in the main lodge, and leaks in Cabins 1, 2, and 3. After four attempts Cabin 3 finally stopped leaking. All these repairs are just a game of whack-a-mole, and in time the roofs will leak again, because they have aged out.

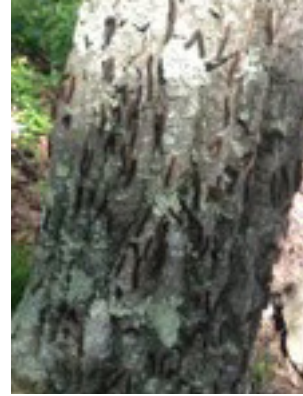
The window repairs are about 3/4 finished. The Park gave us new hard-wired smoke detectors in the main lodge. I made and stained new shelves for the blanket cabinet in the Infirmary to replace the sagging ones, and there is now light coming through the glass over the stairs.

We're low on firewood, and it would be especially helpful if members without rotator cuff injuries could split a log now and then and throw it on the pile so we can make it through to the annual Fall Wood/Work Day.

We've had a spate of uninvited guests lately. Members are reminded to keep the ADK gate locked at all times.

Caterpillars rage at Nawakwa

On our most recent weekend adventure in camp, we saw more caterpillars than we had ever seen. They were thick on tree trunks and even rocks.



Zoe Silverman noted, "There were caterpillars everywhere. I don't know what they were doing, but I did see at home that their dead bodies turn into cocoons. Or that was their eggs. Whatever it was, it was weird."

A quick web search revealed that this happened in June in many woods in the northeast.



Glen Nison



Bill Hladky

New Platforms!

photos by Bill Hladky and Bill Burns



Kim



Derek, saw



Herb, Derek, Bill



Kim, Herb



Herb



Kim, hammer



Kim, ADKNY chapter pencil

Sorry I lost your pencil, Derek.



Bill



Herb, hammer



Herb, hammer, nail



Herb, Derek, Bill



Carol, concrete footings



Bill, Derek, Herb, Bill



Bill, Derek, Bill



Bill, Derek

c'est magnifique! July 19 - 20 Post Bastille Day Celebration!

