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Camp Nawakwa on Lake Sebago, 845-351-4135
www.adkny.org



Chapter Chair's Message

by Ed O'Donnell

Dear Members:

We had another great camp clean up this past weekend. About twenty members were hosted by Maryann and Mike Poris along with applicant, Nina Ziv. Some members came up early and put out the raft and set up the water front, leaving most of Saturday to scrub down the kitchen in time for a great lunch of chili, including a vegetarian version.

The back trail from women's cabin one to number two was overgrown and blocked by debris and fallen tree branches. It's now open and clear, so feel free to meander up that way. And while sweeping out cabin two, we found a two foot long black snake resting on one of the mattresses. We tried to scoop it up with a hook, put it in a bucket and release it outside, but it was way too adept at squirming away. She was way more terrified of us than we were of her, and ducked into the wall on the lake side of the cabin. So if you choose to sleep in number two, don't wonder who might be curling around your toes at night....

Derek and an applicant, John, got onto the Lodge's roof and worked on the flashing around the skylight, Leni Tab and friends cleaned the main room, Phyllis Stewart and crew worked on the kitchen, and the usual suspects all pitched in raking, sweeping and scrubbing. The camp looks great and ready for the season.

Lastly, the two tent platforms are amazing, and kudos goes to Derek and his crew. There was lots of sweat equity lugging lumber and concrete blocks down to the lakefront on the first weekend, and a second crew came up a week later with a nail-gun and made swift work of planking the frames. Now we can all fight over who will use them.

The summer calendar for hosts is fast filling up, so don't be shy about contacting Janet Sibarium to volunteer for a weekend or week. Happy hiking!

Ed O'Donnell, Chair



It will soon be Mountain Laurel time

photo by Servetti



Veteran Nawakwan Ray Kozma with his brother John, a new member, on the hike to St. John's in the Wilderness, the annual Palm Sunday event

photo by Glen Nison



Hal Hill dispatching a felled tree down by the swim dock

photo by Steve Zubarik

June-July 2012

Camp Chair's Message

by Derek Lomer

We now have two lake front tent platforms at Camp Nawakwa. The materials were purchased from the generous donations members made to our camp improvement fund. The labor was provided by members keen to see these improvements realized. On the first weekend we had myself, Ed O'Donnell, Tom Schiels, Bill Hladky, Bruce Rosenbloom, Ed Brophy, and Mike Poris. On Friday 4/27 Beckerle Lumber deliver the materials to the camp. On Saturday morning our crew arrived and we hauled everything down to the sites and prepared the areas. By the end of the day we had the cement bases set up with the posts and girders. The following weekend Guy Lingley, Paul Rondinone and Bill Hladky got to it. They laid out the joists and nailed down all the decking. Each platform is 12' x 12' with lakefront views. To find them take the trail off the road near the porta potty and head down toward the lake and the tent sites. One platform is straight ahead and another is over to the right. Many thanks to all our volunteers for making such a great improvement to the camp that we will enjoy for years to come.

The next improvement project will be interior cladding and sealing of the sleep cabins. With cabins 3, 4 and 5 there is only tar paper covering the inside of the rough siding and open gaps between the walls and roofs. The other three cabins are paneled and sealed on the interiors. We received 36 sheets of 1/2' luan plywood and a roll of tar paper and aluminum screen from Beckerle Lumber. The plywood has been carried up to the cabins, twelve sheets in each. The tar paper and screening is in the basement along with T50 staples. There are also a couple of boxes of 1" screws to attach the plywood to the rough siding. The plan is to seal the gaps between walls and roofs with aluminum screen and on the walls between each stud we will first put a layer of new tar paper and then cover with the luan plywood.

The plywood must be carefully cut to fit between the studs and fastened to the inside of the rough siding. This will create a protective barrier but will not create a large cavity for nesting rodents. Anyone who feels their carpentry skills are up for this task is welcome to work on this at anytime. Please check in with me before doing so. The last project we hope to complete this year is the replacement of the kitchen counters. Anyone who is interested in working on this and has some carpentry skills please contact me.

Meanwhile we had our spring cleanup weekend on May 19th and we had a great turnout. The cabins and lodge were thoroughly cleaned, the paths were raked and the waterfront was setup. The park has been doing work on the lodge foundation and so you may see that some lockers have been moved. Hopefully they will also be replacing the lodge roof and some of the decking on our swim dock. We had a tree removal service come in on 5/18 and take down the large oak that had beaver damage and was leaning precariously over our swim dock. Now there is a lot more sunshine on the dock in the afternoon. So improvements are happening at Camp Nawakwa.

Thanks to everyone for the funds and the hard work!
Derek Lomer, Camp Chair

(see page 7 for photos detailing the construction of these great additions to our camp)

Lockers available for rent

Many Nawakwa members find it convenient to rent a locker at Camp to store such items as sleeping bag, tent, air mattress, toiletries, towels, spare shoes, change of clothing, hiking gear, camp chair, and other necessities of camp life. The lockers are fairly spacious, and at \$35 a year, they're probably the cheapest real estate you'll ever rent. If you don't have a locker currently but would like to enjoy the benefits of having one, you should notify Jerry Flower at membership@adkny.org or drop a note to ADKNY Membership, 802 W. 190th Street #1F, New York, NY 10040 with a check for \$35.

Boat storage available

Store your boat at camp for the season! Boats will be stored at owner's risk under cabins 1 or 6 for \$35/season. Contact Treasurer@adkny.org

Get your official New York Chapter

full color patch today! Just send a check (payable to NY-ADK) for \$10.00 to Bruce Rosenbloom, 3965 Sedgwick Avenue, Apt 19E, Bronx, NY 10463 Attn: ADK Treasurer.

Wear it proudly!



The editor playing swamper

photo by Steve Zubarik

Volunteers Wanted!

We are always seeking volunteers to lead hikes. Familiarity with trails and hiking experience is all that is required. If you are interested, please contact the Hikes Chairperson, Glen Nison, 718-625-2182
gnisonbike@juno.com

Hosted Weekends:

June–August 2012

(visit www.adkny.org for updates)

To host a weekend or midweek, contact Host Chair:

Janet Sibarium (212) 254 0738

Email: jansib@mindspring.com

June 2 – 3 • Birthday Celebration Weekend

We're celebrating our birthdays by hosting a weekend at Nawakwa and bringing some of our friends as guests. For dinner we'll have "feijoada", an emblematic Brazilian meal of black beans and meat served with rice, collard greens, cassava flour and hot pepper sauce (to suit your taste, not applied in advance). And for dessert: birthday cake. Let us know if you'd like a vegetarian option.

Please e-mail to register by Thursday May 31st .

Co Hosts: Alexandra Neuber and Marc Edelman

Alexandra@neuberphoto.com

June 9 – 10 • AMC/ADK Invitational

Co-Hosts: Bill Hladky and Diane Booth (Saturday) and Ron Engasser (Sunday)

Join Bill Hladky and co-host Diane Booth in welcoming AMCers. Enjoy mountain laurel peak blooming season on/near campgrounds. Bill will lead an easy, but interesting, hike from Tuxedo to camp, for those who are interested. Diane's menu planning and culinary skills (along with Ron's help), will guarantee the enjoyment and satisfaction for all weekend registrants. Registration required including deposit in full. (For Nawakwans there is no set \$50 fee.)

Co-Hosts: Bill Hladky (Registrar) and Diane Booth, Ron Engasser. wehldky@yahoo.com or tel.: 914-410-4385 by 9:00 p.m

Mid-Week June 10 – 15: Mid-Week Host: Walter Jaeckel

June 16 – 17 *Need Host*

June 23 – 24 • Summer Begins

Get the biggest outdoor bang for your buck with the longest daylight of the year. Summer fare at the low \$\$ end.

Co-Hosts: Terri Zubarik and Kim Waldhauer

tzubarik@gmail.com or 845-786-3247

June 30 – July 1 • Post Hurricane Hosting Debut

Yajing's hosting debut was cancelled last Labor Day Weekend due to Hurricane Irene.

Luckily she is not discouraged and volunteered to host.

Host: Yajing Li yajinglee@yahoo.com

Mid Week July 2 – 6: Mid-week Co-Hosts:

Butch & Angela Panzer

July 7 – 9 • Mid Summer's Dream

Burgers, corn and salad. This weekend we'll celebrate the 4th since it falls in the middle of the week. If enough people sign up for Monday, we'll have a long weekend.

Please register by Thursday.

Host: Kim King kimking@artpost.com 845-679-3880

Mid-Week: July 9 – 13: Mid-week Host: Doris Repke

July 14 – 15 • Bring Your Friends Weekend

Now is the time to invite the friends you have been telling about Nawakwa for a week-end designed to introduce them to what we offer in hiking, swimming, boating and socializing. There will be a short hike scheduled on Saturday afternoon around 2:30 and another longer hike on Sunday morning after breakfast.

Saturday dinner will be a celebration of both American and French Independence - a belated July 4th and July 14th Bastille Day!

Please register via e-mail.

Co-Hosts: Jerry and Susanne Flower

jerry.flower@verizon.net

Mid-Week: July 16 – 20: Mid-week Host: Lisa North

July 21 – 22 • Annual Open Board Meeting 10:00 a.m. (Main Cabin)

Need Host

Mid-Week Host: July 23 – 27: Carol & Bill Burns

July 28 – 29 • Mother-Daughter Nawakwan Encore

Enjoy mid summer weekend at camp and chill out with Carol and Elizabeth. Menu not set yet, but sure to please all palates.

Co-Hosts: Carol Burns (phone:718-816-1933) and Elizabeth Ruiz Gomez eruizgomez2000@yahoo.com

Mid-week: July 30 – August 3: Mid-Week Host: Laura Campbell

August 4 – 5 *Need Host*

August 11–12 • Wanted: Hungry Vegetarians and Omnivores

Take a swim or hike, and stay for dinner. Join Leni Tabb and Suzanne Rocheleau, in their hosting encore. Seasonal menu is guaranteed to satisfy hungry vegetarians and omnivores. When registering, please specify if you prefer vegetarian or chicken.RSVP by Thursday Aug. 9th, @ 9:00 p.m.

Co-Hosts: Leni Tabb lenit4@verizon.net (registrar) & Suzanne Rocheleau

August 13 – 17 *Mid Week Host Needed*

August 18 – 19 • Simple Pleasures Weekend

Simple food, simple pleasures of late summer at Camp and the best corn in town. Host will be at Camp Friday night if you want to come up early. Please register by Thursday evening.

Host: Kim King kimking@artpost.com 845-679-3880

Midweek: August 20 - 24 Mid Week Host: Kim King

August 25 – 26 • Late Summer Birthday Celebration

Host: Despina Metaxatos dmetaxatos@hotmail.com and mysterious co-host needed!

Future Events:

Annual Fall BBQ: Saturday September 29:

Co-Hosts: Rob and Rosalie Goldberg

Overnight and Sunday September 30: Teresa Marrero

Hikes: June–August 2012

(visit www.adkny.org for updates)

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

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

Saturday, June 2 • Hudson Highlands

Moderate 7-mile hike traversing Manitou Point Preserve, Manitoga and other trails. Train riders take the 8:47am Hudson Line train, last car, from Grand Central (stops at 125th Street, does not stop at Marble Hill) to Manitou Station, arriving at 8:49 am. Leader will be on the train. Drivers drive north from the Bear Mtn Bridge on 9D, turn left (west) in about a mile on to Manitou Road and in ¾ mile park just before the rail tracks near the small station where the train arrives. All train and car hikers please call leader. Qualifying.
Leader: John Lipsett 212-867-8280(work) 212-864-6109 (home)

Saturday, June 9 • Trail Maintenance

Come volunteer to get our trails cleared for hikers. We will be clipping and cutting on the Triangle Trail. Bring hedge clippers &/or loppers, or use our tools. Bring lunch or snack and water. The work crew will leave from Nawakwa at 10:00 AM. Qualifying. Register before 8:30 PM Friday, June 8 by contacting the leader.
Leader: Noel Schulz, tel 201-445-6445 or noelschulz@verizon.net

Sunday, June 10 • Johnstown Circular

An approximately 7-mile moderately-paced ridge walk on the Blue Disc and other trails, passing by Lake Skenanto with its oceans of mountain laurel (now at their peak). Out around 4. No need to register, but you must call or preferably email me beforehand to make sure that the hike is on, and if you need or can offer a ride from NYC. Take the 9:14 Jersey Transit train from Penn Sta., changing at Secaucus for the 9:31 Port Jervis train to Sloatsburg, arriving at 10:12. Or, take the 9:10 ShortLine bus from the PABT arriving in Sloatsburg at 10:07. Out in time for the 4:28 train back to Penn Sta. Sorry, but no children, no pets, no smoking. Qualifying.
Leader: Bob Susser 212 666-4371; rsusser@aol.com.

Saturday, June 16 • Destination: The Stone Memorial Shelter

The Stone Memorial Shelter was built in memory of Edgar Stone and his wife, Jessie, who together founded the Tramp and Trail Club of New York in 1914. The shelter was dedicated in 1935 (Edgar had died in 1932). The shelter is in the Pine Meadow Lake area, on the eastern boundary of Harriman Park. Our hike will start at the Fisherman's/Boat Launch parking area on Lake Sebago (about a half mile past the gate to camp). Using mostly woods roads and a cairn marked trail, we will head for the shelter for lunch, then skirt the shore Pine Meadow Lake and Lake Wanaksink as we head back to the cars by way of the Seven Hills trail. A fairly long hike (8 miles) with a climb up at the beginning, but not a strenuous hike. Bring lunch, water and snacks. We'll meet at 9:45 AM at the Lake Sebago Boat Launch parking area. Qualifying. Call leader if you have any questions.
Leader: Ray Kozma (917-406-3782)

Saturday, June 16 • Fahnestock

Various trails through woods and high-level meadows with a profusion of wildflowers and alpine-like vistas. Approximately 8 miles at a moderate pace. Out around 5. No need to register, but

you must call or preferably email me beforehand to make sure the hike is on, and if you need or can offer a ride from NYC. Take the 9:50 Hudson Line train from GCT arriving in Cold Spring at 11:00. This train may also be boarded 9:40 at the Marble Hill station (one block from the 225th St. stop on the #1 subway), with a change at Croton-Harmon for the express. Please sit in the first or second open car of the train. Sorry, but no children, no pets, no smoking. Qualifying.
Leader: Bob Susser 212 666-4371; rsusser@aol.com.

Saturday, June 23 • Gunks: Ice Caves

Difficult to say the least. Short, slow paced: an exploration of cracks/ crevasses in the bedrock: snow in deep wide cracks: roughed, bushwhacking off normal bushwhacking routes.
L. Bill Hladky wehldaky@yahoo.com
ph.914. 410. 4385 nca 9:00

Sunday, June 24 • Highlights of Central Park

North Woods, Conservatory Gardens, The Ravine, Belvedere Castle, Shakespeare Garden, and The Ramble, ending up around 1:15 pm at Ollie's Noodle Shop on 67th & Broadway for a nice bowl of noodles (or whatever). Take the No. 2 or 3 subway to 110th St. & Lenox Ave. Meet at the entrance to the park at 110th & Lenox at 10:30. Call or preferably email me beforehand to make sure the walk is on. Not Qualifying.
Leader: Bob Susser; rsusser@aol.com; 212 666-4371.

Saturday, July 21 • Harriman: Arden: 2 D 6

Depending on the heat, we will decide where to go. I walk slowly: one gear, one speed, with no skimping on finding challenging routes to interest landforms and heat relief. L. Bill Hladky wehldaky@yahoo.com PH. 914. 410. 4385 nca 9:00

Saturday, July 28 • Kids exploration "Hike"

Starting at the Sebago dam at 10:00 AM we will proceed down the stream and ultimately come back. Age and interest of the kids will determine destinations in the loosest sense of the word. At this time of the year there are green frogs, mushrooms, bugs of interest, and bug spray for those of pestilence capacities, flowers, trees: a stream: a mountain: rocks: snakes (everybody must be alert, they are the one thing for which the kids do not have natural protective instincts, I do, but mostly likely they don't: views. Distance short unless the group is older kids with restless energy to burn. Let me know by the Friday night before.
914. 410. 4385 Answer machine, 914. 874. 4640.
Wehldaky@yahoo.com
With advance notice I could meet the Bus in Sloatsburg.

Saturday, August 4 • Dater County Park and Harriman

Moderate 6-mile rather circular hike mainly on Dater Mountain County park trails and partly on Harriman trails to be followed hopefully by a swim at Nawakwa. Bus riders take 8:30am Coach Shortline Bus at Port Authority to Sloatsburg to meet drivers at the parking lot behind the Sloatsburg Municipal Building at 9:10am. Leader will be on the bus. All hikers please call leader to assure transportation to nearby trail head.
Qualifying.
Leader: John Lipsett (bus.) 212-867-8280 (home) 212-864-6109

Saturday, August 11 • Catskills: Plattkill Clove creek slosh

Most difficult: the mother of other hike's difficulties. Group limited to 20. Registration required. This is a wet adventure with : swimming, sloshing, hiking, and there is a real down and dirty scramble. Are you confident where most people will never want to go? I walk slowly: one gear: one speed.
L. Bill Hladky wehldaky@yahoo.com ph.: 914. 410. 4385 nca 9:00

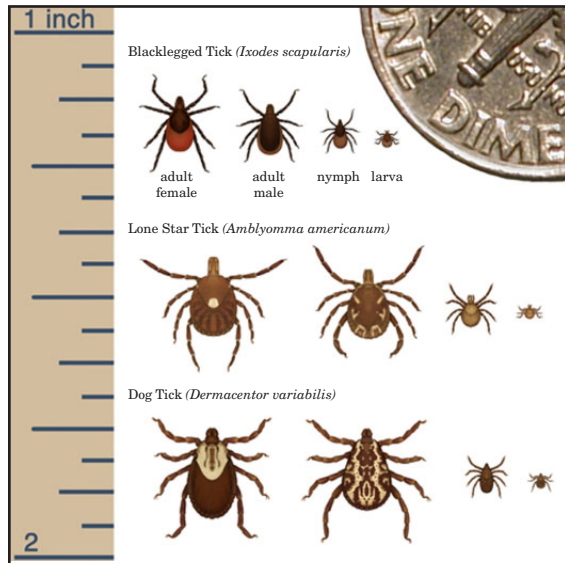
Ticks season is coming: They'll bug you this spring

By Claudine Zap • The Upshot

Because of the extra-mild winter this year, the early spring could bring an unwelcome guest: the tick. Be warned: The warmer weather is good news for people and pets who want to be outside, but beware of an uptick of the hard-to-detect pest.

The basic reason is that the eggs will hatch sooner. "Eggs are already in the ground, but this is the time that they will be coming out in great numbers," said Pollie Rueda, an entomologist stationed at the Smithsonian and Walter Reed Army Institute of Research. He noted that the normal tick season is from May through August, but with the 70-degree temperatures in some places, the ticks may get a jump on the season.

Ticks that are already out and about are the visible adult, sesame-sized ones, noted Kristen Nordlund of the Centers for Disease Control and Prevention.



Courtesy CDC

Think of these little buggers as the arachnid form of vampires. They hang out in blades of grass for a host to come along -- a mouse, a dog, or a human -- to attach themselves and feed off your blood over days, or until discovered, and they often leave disease behind -- sometimes multiple illnesses.

The big concern for humans, according to the CDC, is that most tick infections occur during the "nymph" stage. Those recently hatched ticks are the size of the period at the end of this sentence, and they have four sets of legs and the ability to suck your blood. Because they are essentially invisible, preying on a host can easily go undetected.

In most cases, the tick must be attached for 36-48 hours or more before the Lyme disease bacterium can be transmitted. Infections from ticks, such as Lyme disease (plus babesiosis, Rocky Mountain spotted fever, and anaplasmosis), are on the rise and are difficult to diagnose. The symptoms are awful: from headaches to long-term joint pain and even heart problems.

Since 1992, the cases of Lyme disease have doubled, according to the CDC, and more than 21,000 cases are reported every year.

The CDC is conducting tests on actual households to confirm if spraying a pesticide in the backyard helps to reduce the incidence of human disease. Check its website for good information on preventive measures.

The boat. An Announcement: (anonymous)

We have a new kayak. A single seat AQU2, with adjustable foot pegs: the short and tall members up to 230 lb. can use it. The necessary accessory paddle, blue handle with big white blades, enables powerful strokes: note the paddle is for right handed persons. The model / design is one of the first of the all plastic boats (think a super giant size piece of Tupperware) used by the white water community. This boat, like all the other paddle boat in your fleet slips off rocks, rather than breaking like fiberglass.

The boat is high volume, floats high in the water, and will slice through any of the waves on Lake Sebago. The flat bottom provides stability when forward paddling, and a rounded hull shape, when on edge, gives stability for those who like turning on a dime.

One can wear the boat vs just sitting in / or on it as : on a canoe seat : on sitting on top of the flat top paddle boat : or seating legs out in the whale mouth kayaks. The thigh braces, if and when used, mean the legs are more than passive extensions rather can actively balance the boat.

Paddlers who use the torso rotation stroke to generate power vs paddling with the arms, can achieve the sense of pushing the boat through the water and waves with their feet and for moments feel as if flying over the water. Trust the author, this takes some practice.

A user's pamphlet with how to stay upright and more, will be in the lodge and down by the dock to complement and / or more full describe the potential of this little red, hot rod. For anyone for whom how to exit this boat if upside down is not self evident, how to do so will be on the boat. The pamphlet will describe how to avoid turnover in all but the most extreme situations. The dink is not taught by the red cross, but, is the all most fool proof maneuver for remaining upright. This counter intuitive move is usable only in this kind of kayak and specially outfitted canoes. Use is very ego gratifying.



Our neighbors over at the ACA have been running a canoe sailing race on Lake Sebago called the ADK Trophy that was set up by a husband and wife team from Nawakwa many years ago. Anyone who is interested in canoe sailing and/or entering this race must first join the ACA (there is an introductory rate and daily fees), and they will provide lessons in this and other on-the-water activities. The "ADK Trophy" takes place on July 21:
http://www.americancanoe.org/events/event_details.asp?id=231054
The ACA Website is at <http://www.americancanoe.org>

During the weekend of March 31 - April 1, Chapter Chair Ed O'Donnell hosted the annual Palm Sunday event at Camp Nawakwa. On Sunday the hike to St. John's in the Wilderness was led by Hikes Chair Glen Nison. Many thanks to Glen and Ed for keeping this time-honored tradition alive.



photos courtesy Glen Nison

Tent platform construction!



align joists



bracing



decked



rim joist



step



finished

photos by Paul Rondinone



photos by Bill Hladky





photo by Bill Hladky