

# **THE TRAIL MARKER**

Published by the New York Chapter, Inc.  
of the Adirondack Mountain Club, Inc.  
Peter Stuyvesant Post Office Station  
P. O. Box 2276, New York, NY 10009-9998  
Camp Nawakwa on Lake Sebago, 845-351-4135  
www.adkny.org



## **A REMINDER TO ALL WEEKEND AND MIDWEEK HOSTS**

PLEASE print out the hosting forms prior to your weekend or mid-week. Janet e-mails the forms to hosts at least a week earlier than your hosting stint.

Please also post or e-mail (a.s.a.p.) the camp attendance forms, as indicated on the form.

### **We are always looking for new and veteran hosts.**

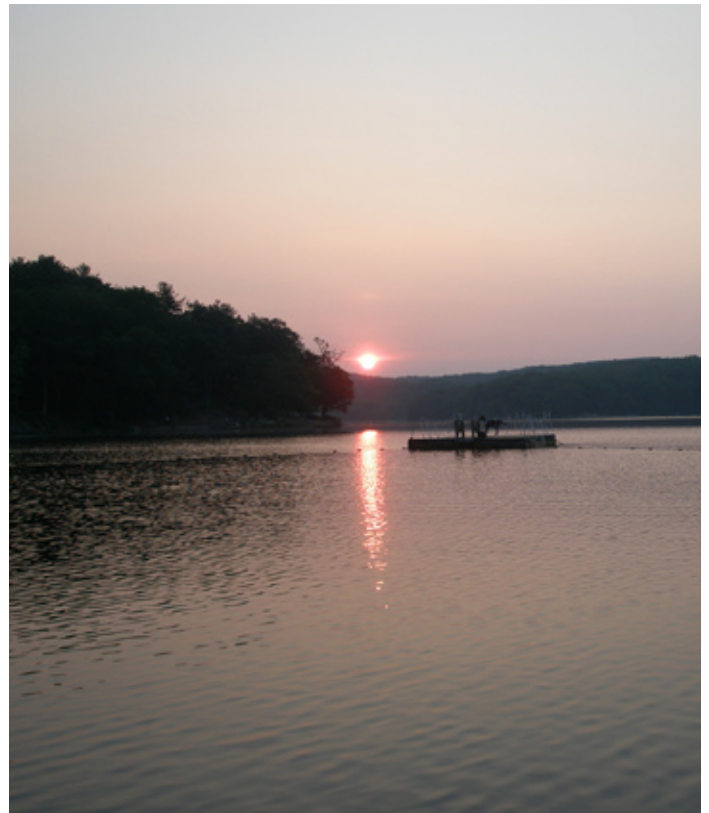
We are currently booking for hosts for October, and we need co-hosts for Thanksgiving.

If you can co-host, please call or e-mail Janet a.s.a.p.

As a token of our appreciation, camp fees are waived for hosts.

Thanks.

Janet Sibarium (Host Chair)



Nawakwa sunrise photo by Giacomo Servetti

## **Chapter Chair's Message**

by Ed O'Donnell

**D**ear Fellow Members:

If you've visited the camp lately, you've seen a lot of work completed. We secured an arborist who evaluated our tree situation and provided us with a very reasonable quote. We prevailed upon the Park to remove the rotted tree next to Cabin 1, so the cost of that removal was borne by Harriman, not the Club. Exit signs and emergency lighting have been repaired/replaced, and three new ladders have been installed in the swim area. In addition, we have divided the tree trimming/removal work into two parts. Part one was recently completed. You will notice that the dead tree directly behind the back door of the Lodge has been removed, as well as the oak tree over the lodge trimmed of dangerous branches, along with other work. We will have a second round of arboreal work done in the fall, but we wanted to be sure that anything that might have endangered a building was dealt with immediately. Lastly, our refrigerator in the kitchen was 'fried' by the electrical surge (lightning??). We have finally received the replacement refrigerator, after several aborted delivery attempts. The annual camp inspection is slated for July 15.

Our 2009 annual appeal has so far generated \$3980. Some of this money will go towards roof repairs, an on-demand water heater, kitchen counter replacement, etc. If you did not have the opportunity to make a donation, have no fear, the 2010 Annual Appeal is still slated for this fall/winter, putting us back in the regular cycle for appeals.

We had a nice turnout for the July Fourth BBQ. We still have a few holes in the summer hosting schedule, so please contact Janet Sibarium after checking the web site schedule. The Annual BBQ is scheduled for Sept. 25th. The Annual Open Meeting is scheduled for Saturday, August 28th at 10 AM at the camp. Everyone is welcome to come and participate.

Ed O'Donnell, Chair

# Hikes: August–September 2010

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

## 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.

**Sunday, August 15 • Jamaica Bay Wildlife Refuge**  
1A4-6 (H). Bring your binoculars and sun protection for a walk through one of the most important bird sanctuaries in the northeastern United States. Osprey sightings likely. We'll walk the West Trail in the morning, stop for lunch, and those who wish to can continue on the East Trail in the afternoon. Sneakers are fine for the West Trail, but the East Trail is often muddy. Take the Rockaway A train (not the Lefferts Boulevard A train) to Broad Channel. Leader departs station at 10 a.m. sharp. Drivers may meet train riders at train station for shuttle or go directly to the refuge visitors center.

**L Ingrid Strauch [ingrids@rapaportpublishing.com](mailto:ingrids@rapaportpublishing.com).**

For driving directions:

[www.nyharborparks.org/visit/jaba.html](http://www.nyharborparks.org/visit/jaba.html)

**Thursday August 19 • Ramapo Reservation Hike**  
We'll meet at 9:00 AM. Route to be determined depending upon weather. Please register with leader:  
**Phyllis Stewart [pastewart@optonline.net](mailto:pastewart@optonline.net)**  
or **201-327-6319**.

### Saturday, August 21 • Garrison

Mostly woods roads and trails, but a substantial uphill at the start (no scrambling). Around 7 miles at a moderate pace. Email or call to confirm that hike will take place, and if you need or can offer a ride from NYC. Take the 9:50 Hudson Line train from GCT arriving in Garrison at 10:56 (OW\$10/Srs.\$6.50). You may also take the 9:40 train at the Marble Hill station (one block from the 225th St. stop on the #1 subway), changing at Croton-Harmon for the express (OW\$7.50/Srs.3.75). Sit in first or second car of train, and use restrooms on train. Out in time for the 5 pm train back to NYC. Sorry, but no children, no pets, no smoking. Qualifying.

**Bob Susser 212-666-4371; [rsusser@aol.com](mailto:rsusser@aol.com)**

### Saturday, August 21 • Sterling Forest Fire Tower Circular

Join us for a leisurely hike up to the ridge and the Fire Tower where we can enjoy a grand view. On the return we will explore the former town of "Lakeville" and the new "Mining History Trail". Qualifying and joint with AMC. Approx. 5 miles at a moderate pace with some ups and downs. Transportation: take 8:45 a.m. COACHUSA/Short Line (212-736-4700 <http://www.coachusa.com/shortline/>). Purchase ticket at Short Line Ticket Windows (North

Wing). Take bus to Suffern, Rockland CO., NY. Arr. 9:38. Meet in parking lot opposite bus ticket office near junction Routes 59 & 202 in business district.

**Leader: Renate Jaerschky 845-368-1749**

### Tuesday September 14 • Long Path Maintenance hike

We'll meet on the LP at the west end of the George Washington Bridge and walk 5.4 miles north to the Greenbrook Sanctuary. We'll touch up some blazes, pick up some litter and do other light maintenance. There will be a shuttle back to the GWB. Qualifying. Please register with leader, **Steve Zubarik [szubarik@optonline.net](mailto:szubarik@optonline.net)** or **845-786-3247**.

### Sunday September 19 • Pyngyp An Easier Way

Meet 9:30 AM at the south end of the main lot at Anthony Wayne-Exit 17 on the Palisades Plwy. Using the SBM Trail, we will climb this 1032 ft. summit from the north and avoid the steep south face. After lunch and views we will return on the SBM and 1779 trails. Qualifying.

**Leader: Ike Siskind [IkeMar@Verizon.net](mailto:IkeMar@Verizon.net) or 845-352-8506**. No calls morning of hike. Be prepared for hot weather. TC map 119.

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NOTICE: THERE IS NO WEEKEND HOST FOR JULY 31 - AUG. 1.

Members and their guests are welcome to come up to Camp Nawakwa and enjoy all its pleasures. However, please remember there are rules we ALL must abide, in accordance with the Park's regulations for everyone's safety and so we can still renew our permit, and keep our mandated liability insurance!

1. Each member is responsible for himself and his/her children and guests. BEFORE using the camp facilities, EACH MEMBER AND GUEST MUST SIGN IN the register book, and SIGN the ADK RELEASE FORM. IF YOU BRING CHILDREN, YOU MUST write the child's name and ALSO SIGN the ADK RELEASE CHILD FORM.
2. Each member and member's guests must pay all day or overnight camp fees in the envelopes provided in put into the locked box on the desk. (The schedule of fees is taped onto the box and on the desk.) Please pay in cash or make checks out to "NY - ADK". On the envelope, please write your name, date and the amount paid.
3. Members and their guests must read, sign and comply with the Bathing Beach Safety Plan... Never swim outside of the roped off bathing area, and there must be a responsible person on the swimming dock when someone is in the water. This is a PARK regulation.
4. If you are the last person to leave camp on Sunday, please close the camp properly, locking everything up.

(Continued from page 2)

5. If you are the last person to leave camp on Sunday, fill out the "beach front log" and sign it. (The binder is in the locked box by the swimming dock with the water life-saving equipment.) (It only takes a minute!)

6. If you use the kitchen, please clean up after yourselves.

We want our members to enjoy our camp, but we must be responsible, adhere to the Park's rules for everyone's safety.

Thanks...

Janet Sibarium

Secretary/Host Chair

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## Hosted Weekends: August–September 2010

To host a weekend or midweek, contact Host Chair:

**Janet Sibarium (212) 254 0738**

**Email: jansib@mindspring.com**

**August 2 – 6:** Midweek Host: **Ernie Kreise**

### **August 7 – 8 • Two Sizzling Guys & A BBQ**

Join Herman and Everod for their 8th Annual summer BBQ blowout. Food, laughs and good cheer will be the theme of the weekend. Vegetarians welcome. When registering, please mention if you are a vegetarian.

Co-Hosts: **Herman Barrocales 718-469-2865** and

**Everod Carter 718-271-1219** or e-mail:

**evccarter@verizon.net** Please register by Wednesday, August 4th, 4:00 p.m.

**August 9 – 13:** Midweek Host: **Lisa North**

### **August 14 – 15 • Greenmarket Weekend**

To celebrate the mid-August eating season... correction: "hiking" Season, it will be a Greenmarket weekend. All food for dinner, lunch and breakfast will be purchased from the Greenmarket and the Tribeca CSA. At this time of year, there should be fresh fish, clams and veggies, salads, yogurt and ice cream. Please RSVP by Thursday night via email or phone.

Co-Hosts: **Dennis Creegan** and **Celeste Rufer**

**dcreegan@verizon.net** or tel: **212-732-7375**

**August 15 – 20:** Midweek Host: **Steve Barre**

### **August 21 – 22 • 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. Host: **Kim King**

**kimking@artpost.com 845-679-3880.**

**August 23 – 27:** Midweek Host: **Kim King**

### **August 28 – 29 • Lazy, Hazy Summer Weekend**

Plan to stay after the board meeting and join Nawakwa's talented mother-daughter team, Carol and Elizabeth, for their encore summer weekend. Gourmet cook Elizabeth

hasn't yet decided on the menu, but it's sure to whet the appetite.

Co Hosts: **Elizabeth Ruiz-Gomez** and **Carol Burns**

(registrar): Tel: **718 – 816-1933**

**August 30 – September 3:** Midweek Hosts:

**Adam & Ellen Conrad**

### **Labor Day Weekend: Sept 4 – 5**

(Sat afternoon – Sunday lunch)

Need Co-Host for second half of Weekend

E-mail registration preferred: **jansib@mindspring.com**

Host: **Janet Sibarium** Tel: **212 – 254-0738**

### **September 11 - 12 • Slide Show/Best of 2010 Adventures**

Share your 2010 adventures after a dinner using the best of the early September market. (That means what looks good, is affordable and can be prepared with minimum effort and clean-up.) Slide presentations with short narratives by Nawakwans who did exciting things during the past year. To be part of the presentation, please contact the hosts no later than September 1st. Computer and projector will be provided.

Register by 9 PM, Thursday, September 9th.

Co-Hosts: **Jerry & Susanne Flower**

**jerry.flower@verizon.net**

### **September: 18 - 19 Italian Weekend**

Italian cuisine and seasonal vegetables appealing to omnivores and vegetarians alike.

Co-Hosts: **Terri Zubarik** and **Laura Campbell**

Terri Zubarik **tzubarik@gmail.com** tel. **845-786-3247**

### **September 25th • 84th Anniversary of Camp Nawakwa & Annual Fall Barbeque**

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

Date: Saturday, Sept. 25th

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

Price: (Includes Day Fee and BBQ):

\$25 per adult \$15 per child (4 – 12 years old)

Please indicate if you wish a vegetarian or chicken meal

Your reservation and check must be received by Thursday,

Sept. 16th. Please mail your check, payable to Robert

Goldberg to:

Mr. Robert Goldberg

37 Van Sickle Road

Lafayette, NJ 07848

### **September 26 (Breakfast and Lunch):**

Overnight/Sunday

Host: **Janet Sibarium** Tel: 212 – 254-0738 or e-mail:

**jansib@mindspring.com**

Must register by Thursday Sept. 23 if you're planning to stay overnight and join us for breakfast and lunch.

(Please indicate if you want both Sunday meals or just breakfast, and if you are a vegetarian.)

# BOTANY WALK

by Steve Zubarik

Jon Sperling led a botany walk “around the block” during Teresa Marrero’s hosted weekend July 26th. Jon, a biology professor, handed out magnifying glasses and tree identification books (“Key to Woody Plants” by W.C. Muensher) before the walk. It soon became clear that the book was unnecessary. Jon was the real authority.

Jon identified and described the frogs, lichen, mushrooms, moss, ferns, shrubs and trees that we found. He explained our local “climax” forest ecosystem. I now know how to tell a blueberry from a huckleberry bush. I can identify on oak in winter when there are no leaves. I can distinguish between black and yellow birch. Unfortunately, I know what’s going to happen to the American Chestnut next to the lodge.

Jon’s botany walk, Teresa’s cuisine and a full moon made it a special weekend at Nawakwa.



On a walk around the block



Jon taking a lichen sample

Botany Walk Photos by Steve Zubarik

# Log in, Log out

by Conservation Chair Peter Varley

“Let’s have a fire”, are words often heard at Nawakwa. Thoughts of crackling and popping sounds, flames reaching and dancing, heat radiating out of the fireplace are usually enough for many people to reach for the matches. But the story begins 25 or more years before, as an acorn germinated and began its life journey. The early years can be hard, especially with all the browsing deer. Many saplings don’t make it, but for those that do, it means they have survived droughts, excessive rainfall, and insect and disease assaults. It is a constant balancing between adapting to environmental challenges and maintaining organism health.

And then, perhaps due to high winds, declining health, or a chainsaw, the tree falls. If this happens near Nawakwa, park staff makes it available to us and on Wood Day, it is sawn and split into firewood and stacked under the porch.

That’s as it was. Today, park maintenance staff has been decimated by budget cuts. Who will mark and fell trees now? Some camps have already stopped receiving logs and must buy their wood from outside vendors.

We are fortunate to have at least a limited wood supply. Let’s make it last. Before reaching for the matches, reflect for a moment on the significant events in your own life that have occurred during the time the wood that is about to be burned, was alive. Is it appropriate to light a fire on a cool summer’s evening? Is it a good idea to throw another log on the fire, when it’s likely most of those enjoying the fire will leave before the log burns down? Firewood’s commodity-like status may have been all right in the past, but with changing times, attitudes may also need to change. What do you think?

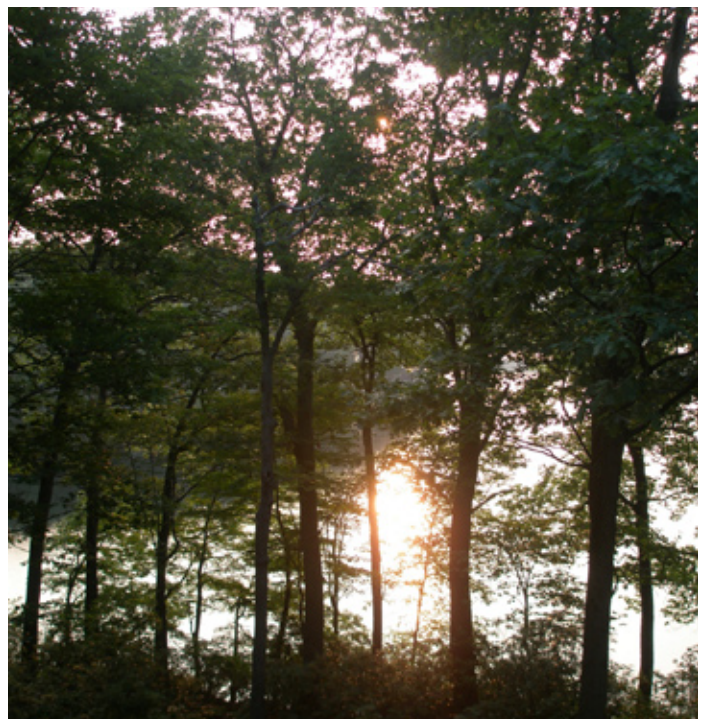


Photo by Giacomo Servetti

# Trail Maintenance Update

by Trails Chair William Burns

Our trail maintainers are always appreciated for their hard work and determination to keep our trails well groomed. We would like to welcome three new trail maintainers. They are: **Debbie Melita**, who will replace **Melanie Simmerman** on the AT trail from Route 17 to Orange Turnpike, and **Janice Dunham** and **Yajing Li**, who will be taking over for **Larry Peternith** on the Triangle trail from Tuxedo to the White Bar trail.

Melanie and Larry were dedicated maintainers who gave years of devoted care and service to the Club.



Photo by Giacomo Servetti

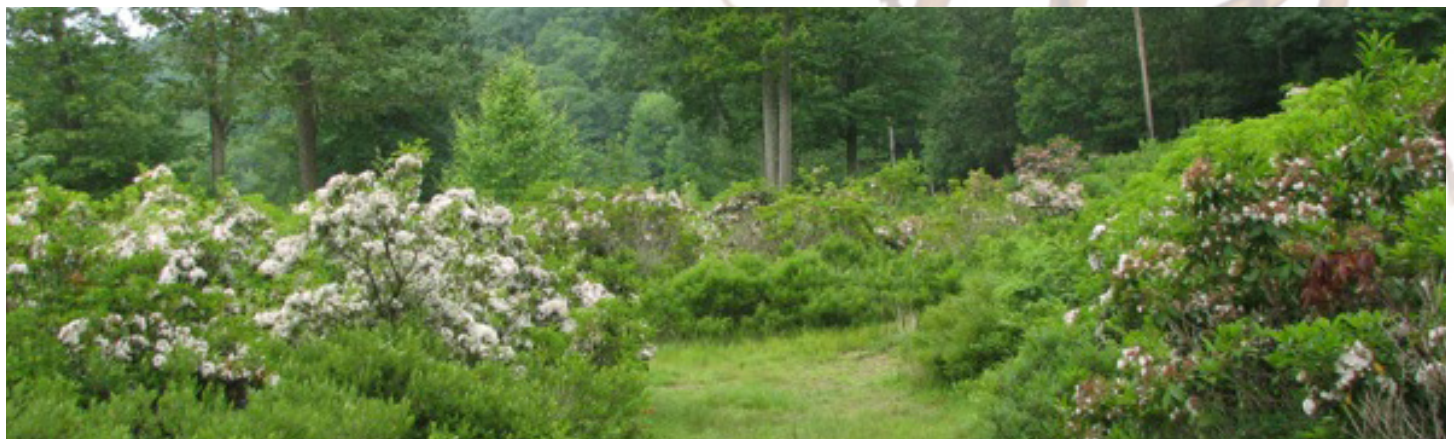


Photo by Glen Nison

## Act 1, Scene 4

### Wildlife: No Defense

*Les mouches noires*, the black flies: the dominant life form of the North woods. We have two seasons here in the very North, they all say: black flies and snow flies. They all are right.

The instant that the snow melts, Black Fly awakens and manifests itself as a new batch of the fly atoms that are its body. Last year's body died in August, leaving behind seeds for this year's to rise like Phoenix from beneath old leaves.

This year's body, like the ones from all the other years, lives to eat. The Human aura of warm air and carbon dioxide advertises fine dining from a quarter mile away. Unlike Mosquito, who will eat only from a spot it can fly to, Black Fly will walk to areas not available to air travelers. This means that Mosquito will be found only on bare skin or on thin cloth, while Black Fly goes trekking into hair, through buttonholes, up pant legs and sleeves, and down into socks. Black Fly leaves welts the size of a quarter that ooze yellow pus and finally crust over after several days. Black Fly wakes when the sun rises and sleeps at sunset, when Mosquito takes over.

Black Fly hovers over a swimmer who has submerged to escape it, waiting for that one to surface again. Deep Woods Formula *antimoustiques* is ketchup for the main course.

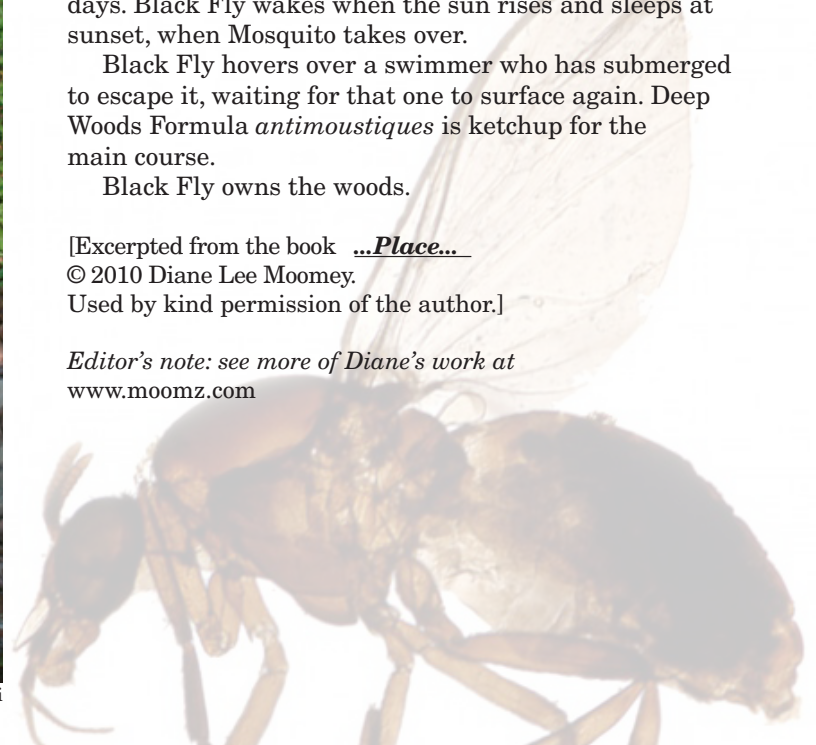
Black Fly owns the woods.

[Excerpted from the book *...Place...*

© 2010 Diane Lee Moomey.

Used by kind permission of the author.]

*Editor's note: see more of Diane's work at [www.moomz.com](http://www.moomz.com)*



# Adirondack Mt. Club Sebago Beach 3/SB3 Harriman State Park Bathing Beach Safety Plan

## Procedures for Daily Supervision Level IV Rules and Regulations

Bathing at the camp is restricted to members and their guests. Uninvited hikers should be asked to leave immediately. The Host should be notified if there is a problem. Supervision Level IV includes a combination of daily monitoring, posting required warning signs, providing members and their guests with the required rules in writing, enforcing all rules, providing conveniently located emergency communication and providing required safety equipment. To be in compliance with Supervision Level IV requirements, all of these components must be in place. Please refer to SSC/State Sanitary Code Section 6-2.17(a)(10).

- Club members are required to see that the rules are being followed.
- Daily inspections of the beach area are necessary to assure that adequate safety levels are maintained. Any problems, such as unsafe water conditions, broken equipment, loose ladders, etc. are to be reported and immediately corrected.  
If the problem cannot be immediately corrected, the specific area or entire beach should be closed, as appropriate.
- Host or Designee is responsible for performing the daily compliance check (including safety equipment, water conditions, and hazard checks) prior to the beach opening each day.
- The Host or Designee will monitor the bathing facilities 1 – 2 times/day by signing the log book at the dock.
- Host or designee will maintain the daily log and report all unsafe conditions to the Camp Chair, or a Board member.
- Supervision Level IV facilities must post specific beach rules which state: · Two or more adults (18 years or older) must be present at the beach when beach is in use, with at least one adult on the beachfront. Children less than 16 years must at all times be accompanied by a parent or guardian or similar adult responsible for their safety and behavior while at the bathing facility. Swim only within the designated bathing area. ·
- Members have been provided with this brochure before they use the bathing facility. Please refer to SSC Section 6-2.17(a)(vii).
- This Bathing Beach Safety Plan will be given to all members upon acceptance, posted on the Club web site [www.adkny.org](http://www.adkny.org), and published annually in the Club newsletter: The Trail Marker.
- In drowning investigations at Supervision Level IV facilities, failing to provide patrons with the written statement or brochure has been documented in many of the incidents
- Bathing is permitted from sun up to sundown (not swimming is permitted after sundown) as long as all rules regarding supervision and safety are followed, e.g., sufficient number of adults present, etc.
- The general rules are posted at the waterfront and Main Lodge. These rules prohibit urination, discharge of fecal matter, spitting and nose blowing. No running or horseplay is allowed at the waterfront.
- Host, designee and all members are responsible for enforcing the rules of the camp.

## Environmental Conditions

- Environmental conditions must be constantly evaluated at the waterfront. Conditions which may require that the waterfront be cleared of bathers include: unsanitary water conditions, high turbidity, glare, thunderstorms, heavy rains or hailstorms, fog resulting in reduced visibility, heavy or high wave action, and dangerous currents.

## Lightning Tips

- The National Lightning Safety Institute recommends that bathing facilities monitor storm activities and suspend swimming activities when lightning is within 6-8 miles and wait until 30 minutes after lightning has been observed before resuming water activities. The responsible adult on the waterfront person should keep an eye on the weather. Use a “weather radio” or the Weather Channel or other TV program to obtain good localized advanced weather information. When thunder and/or lightning are first noticed, use the Flash-To-Bang (F-B) method to determine its rough distance and speed. This technique measures the time from seeing lightning to hearing associated thunder. For each five seconds from F-B, lightning is one mile away. Thus, a F-B of 10 = 2 miles; 15 = 3 miles; 20 = 4 miles; etc. At an F-B count of thirty, the beach should be evacuated. People should be directed to safe shelter nearby. Swimming activities should remain suspended until thirty minutes after thunder and lightning were last observed
- When unsafe conditions occur, the responsible adult at the waterfront or Host is responsible for monitoring waterfront closure at the camp. At a F-B count of thirty, the waterfront will be evacuated.

**When the waterfront is to be cleared, the person responsible will call out: “Unsafe condition. Clear the waterfront immediately!”**

- Swimming activities should remain suspended until thirty minutes after thunder and lightning were last observed.
- Emergency response procedures include: Clearing the waterfront area · Emergency care of the victim · Contacting emergency personnel · Crowd control · Meeting and guiding emergency personnel to the site and/or victim · Directing traffic · and Drills for emergency response situations
- Host or designee will organize members to seek lost bathers. A lifeboat at the waterfront will be used to locate lost bathers.
- The emergency phone is located in the main lodge. Its number is 845- 351-4135. The camp address is 410 Seven Lakes Drive, Sebago Beach 3, Haverstraw , NY. The ADK is in Rockland County, not Orange County. This is relevant for 911 responders.
- In all emergencies The Chapter Chair will be in charge, if the Chapter Chair is not present, then any Board member, followed by the Host. The Chapter Chair will designate a member for crowd control and ongoing management of the facility.
- Evacuation will be by the camp road to Seven Lakes Drive.



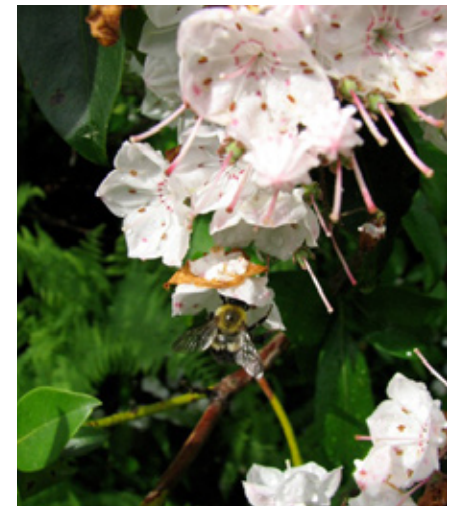
June 19th weekend photos by Janet Sibarium



June 5th weekend photos courtesy Janet Sibarium



July 10th weekend photo by Steve Zubarik



Mountain laurel photos by Glen Nison



New dock! photos by Steve Zubarik



New refrigerator! photos by Janet Sibarium

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**See Page 3 for all details.**