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Peter Stuyvesant Post Office Station
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Camp Nawakwa on Lake Sebago, 845-351-4135
www.adkny.org



Chapter Chair's Message

by Ed O'Donnell

Lions, tigers and ...?

Yes, we have bear(s). Black bears are a normal part of the Harriman biosphere, and it is natural that we might see them at camp. Recently a bear parked itself at our water pump, and evidence (scat) was observed by our tent site close to the lake. A bit disconcerting, but not overly dangerous if handled properly. What brings bears – food and curiosity. The prowler at dusk, looking for nourishment. The biggest caution is not to leave out any scraps of food. If you are tenting, it may be better to keep your food in the lodge. We DO NOT encourage cooking outside the lodge, more due to fire hazard than anything else, but cooking, dirty dishes, packaging and scraps can attract bears. Keep the camp clean of food and food waste/garbage, and the bears will look elsewhere.

Never provoke a bear: make loud noises, sudden moves, etc. Using bear repellent spray (pepper spray) should only be done in an emergency, not simply to scare off the animal. There is a bear hunting season in the fall, that includes a time for bow hunting also. The Park is well aware of our camp visitors, and we will keep them informed of any bear activity.

Have you noticed an upsurge in little critters? We have. There seems to be a natural cycle of boom and bust years in wildlife, probably having to do with rain fall, available food in the natural environment, etc. Mice and chipmunks seem to abound now. If you see damage or evidence, please alert a Board member.

We are the proud new owners of a Phantom sailboat. Already we have lost a mast, and it has been replaced. Sailing is a skill, much more so than simply paddling a canoe or kayak. Do not take the boat out unless you know how to handle it. There are a number of members who have sailing skills. Please take advantage of their knowledge before you venture off on your own. Please remember that ALL members and their guests are responsible for loss or damage to camp property: you break/lose/sink it – it's yours to replace. Responsible use of camp equipment/facilities is each individual's responsibility.

Lastly, we have a new Board's Board in the lodge. We will post information and reminders. Please review it each time you come.

Ed

Save the Date

**Fall Work/Wood Day - rain or shine,
Saturday, October 15, 9 am.**

Tom Schiels and Kim Killion will host workday lunch as well as weekend meals. The menu will include hearty food and drink for hard working men and women.

2011 Locker Renewals and Locker Availability

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 rented a locker in 2010, you will receive a locker renewal notice during the coming month with instructions for mailing your \$35 renewal fee.

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 now 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

Social Media Expert Wanted!

ADKNY is seeking a web-savvy member to manage content and communications on our Facebook page, as well as other electronic means of keeping members connected, such as Twitter. Please email Board Member David Miller at snoop353@aol.com if you can contribute your time and expertise to this vital position.

Hikes: August–October 2011

(visit 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, Glen Nison, at glenisonbike@juno.com

Saturday, August 20 • Garrison.

Around 7 moderately-paced miles. Mostly woods roads and trails, but a substantial uphill at the start (no scrambling). Take the 9:50 Hudson Line train from GCT arriving in Garrison at 10:56. 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. Sit in first or second car of train, and use restrooms on train. Out in time for the 5 pm train back to NYC. It's not necessary 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. Sorry, but no children, no pets, no smoking. Qualifying. Bob Susser 212-666-4371; rsusser@aol.com

Sunday, August 21 • Nawakwa Loop

Meet at Nawakwa at 10:00AM. We'll get to know the neighborhood on the TMI. Buck, Seven Hills Trails and woods roads. 6 miles. Moderate pace. Qualifying. Leader: Steve Zubarik, 845-786-3247 or pref. szubarik@optonline.net

Saturday, September 17 • Ramapo Valley Reservation Circular

Come join us for a leisurely hike starting along the Ramapo River, up alongside a brook and past a reservoir to the ridge. Lunch will be at a beautiful lookout. On the return we'll go around a lake. Qualifying and joint with AMC. Approximately 5+ miles with some ups and downs. Take the 8:45am Coach/Shortline Bus – purchase ticket at Shortline Window in the north wing of the Port Authority (212-736-4700, www.coachusa/shortline). Arrive in Suffern at 9:38. Meet in parking lot opposite of bus ticket office near jct. of rts 59 and 202 in business district. Leader: Renate Jaerschky 845-368-1749

Saturday, September 24 • Sterling Forest

Moderate sven-mile hike on the Wildcat Mountain and Furnace Loop trail. Bus riders take the 8:30am Shortline Bus at the Port Authority to the Sterling Forest stop (next stop after Tuxedo rail station), at the jct of Routes 17 and 17A. Leader will be on the bus. Drivers meet at 9:00am at the hikers' parking lot on Hall Drive, reached by taking rt. 17 north 1/3 mile past the Red Apple Rest to Orange Turnpike about 3/4 mile to Hall Drive, then left on Hall Drive 1/2 mile to the hikers' parking lot on the left side of the road at the point where the road bends right. The drivers should park as many cars there as possible and drive back to Rt. 17, then take Rt. 17 south 1 1/2 miles to the exit ramp for Rt.17A and park at the large lot at the top of the ramp. If you are the only driver at the hikers' parking lot on Hall Drive, drive to the Rt.17A parking lot.

The hike begins at the Rt.17A parking lot (bus stop) at 9:30am. Qualifying. Leader: John Lipsett 212-867-8280 (work) 212-864-6109 (home)

Saturday, September 25 • Russian Bear 2D5

The leader's pace is slow, stopping wherever there is interest. Nevertheless this is a hike on trails which could be rough and steep, and for a short while just through the woods. Transportation - meet behind fire house 9:05 Sloatsburg: non car people call for help with transportation. L Bill Hladky. 914.410.4385 AnM, C: 914.874. 4640 wehladky@yahoo.com NCA 9:00.

Saturday, October 1 • 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. We will explore the former town of Lakeville and the "Iron Mining History Trail" including a new section of an old railroad bed. Joint with AMC and qualifying. Approx. 5+ miles. Take the 8:45am Coach/Shortline Bus – purchase ticket at Shortline Window in the north wing of the Port Authority (212-736-4700, www.coachusa/shortline). Arrive in Suffern at 9:38. Meet in parking lot opposite of bus ticket office near jct. of rts 59 and 202 in business district. Leader: Renate Jaerschky 845-368-1749

Hosted Weekends:

August–September 2011

To host a weekend or midweek, contact Host Chair:

Janet Sibarium (212) 254 0738
Email: jansib@mindspring.com

Midweek: August 8 – 12 • Lisa North

August 13 – 14 • Sizzling Trio & A BBQ

Join Herman, Everod and Jean Zambrano (in her hosting debut) for the guy's 9th 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. Please register by Wednesday: August 10th, 9:00 p.m. Hosting Trio: Herman Barrocales 718 – 469-2865 namrehbarr@aol.com and Everod Carter 718-271-1219 or e-mail: evccarter@verizon.net (Registrars) and Jean Zambrano

Midweek: August 15 – 19: Dennis Creegan & Celeste Rufer

August 20 – 21 • 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.

Midweek August 22 – 26: Kim King

August 27 – 28 • Late Summer Weekend

Join Hsin Wang and co-host, applicant, Yajing Li, for their co-hosting debut. Please register by Thursday, Aug. 25th.
Co-Hosts: Hsin Wang (registrar) hzw31@verizon.net and yajing li yajinglee@yahoo.com

(weekends, continued)

**Midweek: August 29 – September 2:
Carol & Bill Burns**

**Labor Day Weekend: Sept. 3 – 4:
(Saturday – Sunday Lunch)**

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 (registrar) and Carol Burns (registrar): Tel: 718 – 816-1933 eruizgomez2000@yahoo.com

**September 4 – 5: 2nd Half Labor Day Weekend:
Host Needed**

Midweek: September 5 – 9: Steve Barre

Sept. 10 – 11: New Trio Weekend

Join Laura Campbell and applicants, Alexandra Neuber and Marc Edelman, for a weekend of hiking, swimming, kayaking, relaxing, and BBQing.. Please register by 9 p.m. on Thursday.

Co-Hosts: Laura Campbell (registrar) laura.b.campbell@verizon.net, 1-212-663-0944 and Alexandra Neuber and Marc Edelman marc.edelman@gmail.com

**Midweek: Sept. 12 – 16: Midweek Host:
Laura Campbell**

Sept. 17 – 18: Pre-Autumn Weekend Will the weather be warm...BBQ, swim, lounge? Or will it be cool...taste of fall, hike, more lounging? Chapter chair, Ed O'Donnell, seeks co-host for active weekend: hike, bike, canoe, kayak, row, paddle, sail. Seasonal food and activities promised.

Co-Hosts: Ed O'Donnell, Tom Schiels and Kim Killion Register by 9 PM on Thursday: eodonnell@goodwillny.org, 718-777-6338.

September 24th • 85th 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. 24th

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 vegetarian or chicken or beef meal

Your reservation and check must be received by Thursday, Sept. 15th. Please mail your check, payable to Robert Goldberg to:

Mr. Robert Goldberg
37 Van Sickle Road
Lafayette, NJ 07848

Midweek: Sept. 19-25: Midweek Host Needed

Not Singing In The Rain

by Conservation Chair Peter Varley

If you visit Nawaka, no doubt you have seen me or someone like me scurrying across the road or rustling in the brush and thought how cute we were. Hikers and campers may not know much about us, so let me be presumptuous for speaking for all of us, and tell you.

Most of us are 4 – 7 inches long and have 4" tails. Our facial cheeks are like pouches and are used to carry nuts; berries and other food back to the burrow. We are omnivores and will eat salamanders and nestling birds if available. Our burrows are often tunnels which maybe 10 feet long and have chambers where collected food is stored.

Many think we hibernate during winter, but we don't. That is a time of lots of sleeping, interrupted by food breaks supplied from our stored larder.

Life is full of dangers, with hawks, foxes, coyotes and snakes looking for us to be dinner. A few shrill chirps alerts others to the threat. Otherwise, we tend to be solitary creatures who come together only to mate.

A lonely female lets her needs be known with a series of "chuk, chuk, chuk" calls and welcomes all who respond. About a month after the matings, a litter of 2-9 little ones are born. Mom helps them get started, but after a month or so, moves on.

We have likes and dislikes. Beechnuts are gourmet dining and hot, windy, or wet weather is unpleasant. Morning and evening are the best times to forage. July and August we seldom venture out due to the scarcity of food.

By now it is probably clear who we are. But if not, let me make it easier. We do not sing and my name is not Alvin.

Who am I?

(Answer on another page).



On A.T. approaching the Lemon Squeezer

photo by Servetti

ADK-NY TRAIL VOLUNTEER HOURS ~ SPRING 2011

by Trails Chair William Burns

MAINTAINER(S)	TRAIL	Work Hours	Travel Hours	Total Hours
John Lipsett	RD Tuxedo to Rt.106 (4.13 mi.)	16.5	6	22.5
Janice Dunham and Yajing Li	Triangle Tuxedo to Parker Cabin @ White Bar (3.3 mi.)	9	2	11
Ingrid Strauch	Triangle White Bar @ Dutch Doctor to WB @ Parker Cabin (1.95 mi.)	17.5	8.5	26
Jack Papirio	AT Orange Tpk. to Mombasha Rd. (1.4 mi.)	6	3	9
Glen Nison	White Cross TMI to RD (2.15 mi)	2	2	4
Debbie Malita	AT Rt. 17 to Orange Tpk. (1.8 mi.)	5.5	3	8.5
Steve Zubarik	Long Path GWB to Greenbrook Sanctuary (5.1 mi.)	18	7.5	12.5
Richard DeCoursey	White Bar Rt. 106 to ASB (2.05 mi.)	5	7.5	12.5
Noel Shultz	TMI RD to Sebago Dam (2.4 mi.)	10.5	3	13.5
Elizabeth Ruiz-Gomez	White Bar Johnstontown Rd. to Triangle Trail (1.5 mi.)	4.5	2	6.5
Bill and Carol Burns	TMI Sebago Dam to Breakneck Ridge Trail (2.75 mi.)	6	4	10
Giacomo Servetti and Kim Waldhauer	White Bar Dutch Doctor Shelter to Route 106 trailhead (3.8 mi.)	45	17	62
	TOTAL HOURS	145.5	65.5	198



Serious trail maintainers on the Triangle. July 30 was hot!
photo courtesy Yajing Li



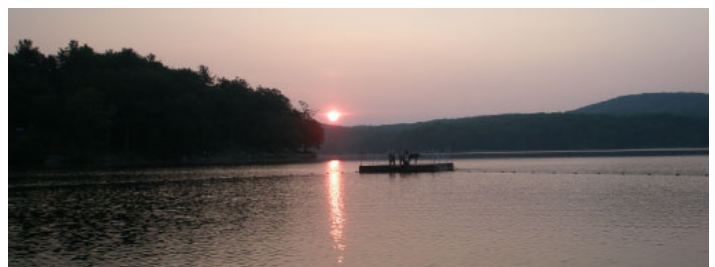
A visitor to camp

photo by Glen Nison

The Trail Marker



Kayaking on Lake Sebago – one of the many pleasures of Camp Nawakwa!
photo by Glen Nison



Sunrise on Sebago

photo by Servetti

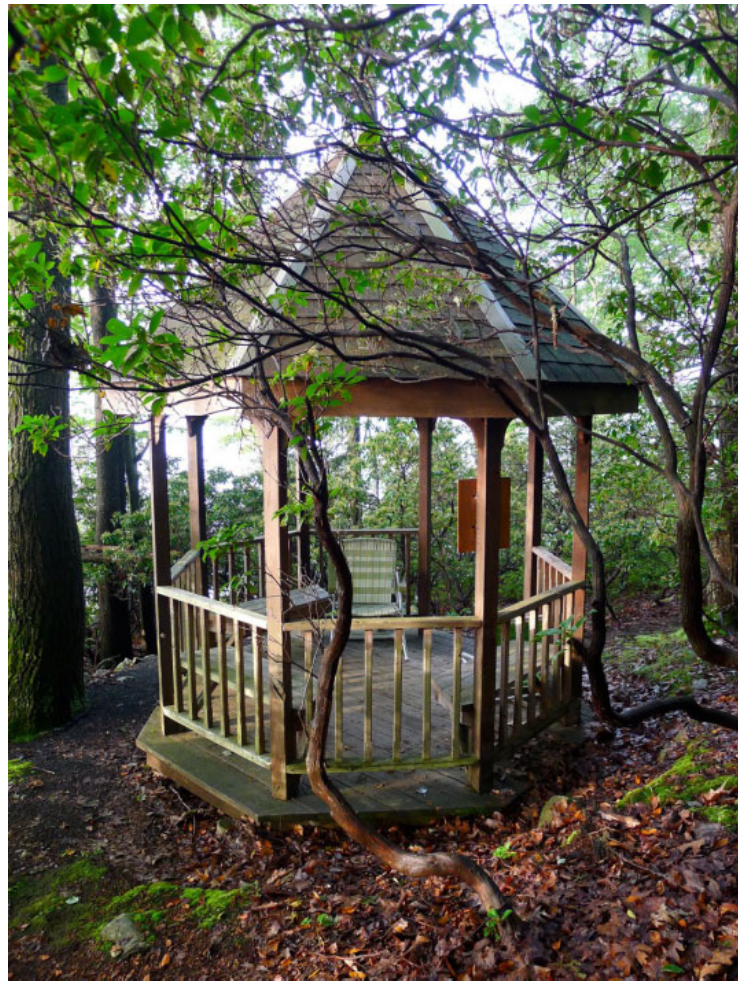
August–September 2011

Answer to Not Singing in the Rain
Tamias striatus
 Eastern Chipmunk



The Trail Marker

August-September 2011

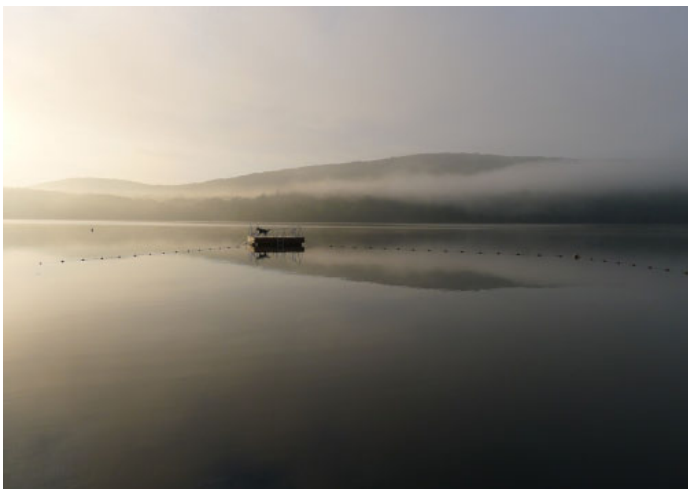


Nawakwa photos by Glen Nison



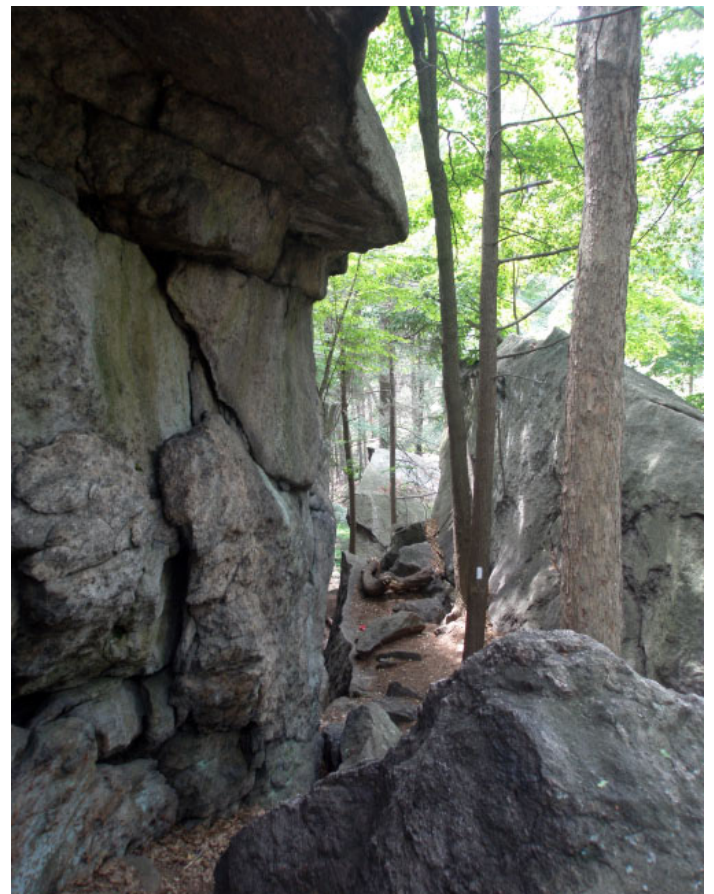
View from the boat launch

photo by Glen Nison



Mist over Sebago

photo by Glen Nison



At the Lemon Squeezer

photo by Servetti