

THE TRAIL MARKER

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of the Adirondack Mountain Club, Inc.
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P. O. Box 2276, New York, NY 10009-9998
Camp Nawakwa on Lake Sebago, 845-351-4135
www.adkny.org



Chapter Chair's Message

by Ed O'Donnell

We're in the deep freeze now, but had a great fall season. Thanksgiving was a resounding success at the camp where Ingrid Strauch and yours truly prepared a sumptuous meal for twenty members. Ingrid, my wife and I went up Wednesday evening to get a jump on preparing meals. The air was crisp and cool, and a few flakes fell. All day Thursday, Ingrid and I, along with the Flowers, had great fun preparing Thanksgiving dinner. We had some old stalwarts and a few newer faces; everyone had a great time.

In this issue, I have included an article about opening the camp in the shoulder seasons, meaning weekends in the cooler months, and more mid-week hosts outside of July and August. Nawakwa is a gem, and the best way to appreciate it is to show it off more. Please feel free to contact hosting chair, Janet Sibarium (janet@adkny.org) to volunteer as a Caretaker. No shopping or cooking chores are required. Just be there to welcome members and their guests.

Board Member David Miller has volunteered to work with Ingrid's Strauch's Membership Invigoration Committee by handing out our new member recruitment pamphlets at the Reeves Meadow Visitors' Center. If you are interested in helping David, please contact him to volunteer to hand out pamphlets at the Center and welcome visitors passing through the camp. We want new members, and the best way of recruiting Harriman hikers is to go to the source: the Visitors' Center. We've all seen dozens, if not a hundred, vehicles parked there on weekends. Let's see if we can entice some of those dedicated hikers to sample the joys of Nawakwa. We could host a table in our turnaround and give pamphlets, water and tours. Interested? Contact David at snoop353@aol.com or 516 316-7658.

In order for the Board to better understand the issues of the membership, we will be conducting a survey(s) asking the membership to tell us their needs, priorities and desires. We will start by using an electronic application called Survey Monkey. Rest assured that if you do not have web access, you will be able to give us feedback by regular mail. But we are requesting that you endeavor to use electronic media WHENEVER possible. Paper Trail Markers, Annual Appeals and surveys can be budget busting and bad for the forests. Please do your share by saving us postage and printing costs.

Lastly, we are sending out the 2010 Annual Appeal. For 2008 – 9 we had sent out one appeal in early 2010, after our financials had been posted. This appeal will put us back on schedule for an Annual Holiday Appeal going forward. E-mail holders will receive the letter by e-mail. Those without e-mail will get a hard copy by snail mail.

Here's hoping that you'll make a donation... I will!

Happy Holidays!
Ed O'Donnell, Chair

Editor's note: On December 30th Steve Zubarik, David Miller and I walked into Nawakwa to see what the blizzard had wrought. The road had not been plowed, but the power was on, the roofs were intact and the camp was in good shape and ready for the Martin Luther King 3 Day weekend, to be hosted once again by Deanna and Larry Scoones (see page 3).

Happy New Year!



Hikes: January–April 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.

Saturday, January 22 • Nyack Piermont

Seven -mile moderate hike from Nyack to Piermont on the Long Path. Bus riders take the Coach Red and Tan bus 9A from Port Authority to Piermont at 8:15am. Leader will be on the bus. Drivers park in Piermont in Lot D on Gair Street ¼ mile east from Piermont Avenue (Harbour House) and from there the hikers will shuttle to the Nyack trailhead. Alternatively, if drivers prefer, all cars can be left at Lot D and the hike will go from Piermont to Nyack and the drivers, after a street walk in Nyack, will return to Lot D via a short ride from Nyack on the New York bound 9A bus. **All hikers please call leader to confirm the logistics.** Qualifying.

Leader: John Lipsett

212-867-8280 work 212-864-6109 home

Sunday, January 23 • Riverside Park 2A3 (W)

A moderate, level walk from 116th St. to 66th St. followed by a nice bowl of hot soup (or whatever) at Ollie's. Meet 10:30 inside the Broadway & 116th St. subway station, but outside of the turnstiles. Optional small contribution for Riverside Park Fund. Will take place no matter what the weather, but call or preferably email me beforehand to make sure that the walk is on. No pets; no smoking. Not qualifying.

Leader: Bob Susser, 212-666-4371; rsusser@aol.com

Saturday, February 5 • Bronx Botanical Gardens 1A4 (W)

No flowers but plenty of stately, snow-clad trees in this winter wonderland. Take the 10:23 Harlem Line train from Grand Central, arriving at the Botanical Garden Station at 10:42. Fare OW \$3.50 with "City Ticket." Or, take the No.2 subway to Allerton Ave., then the No.26 bus to the Mosholu Gate. Meet just outside the Mosholu Gate at 10:45. Admission to the Gardens is free on Saturdays until noon. If driving, park in the lot by the station (\$12) or on a nearby street. No coordination of rides. Visit will end around 3 but, of course, you're free to leave at any time. Call or preferably email me beforehand to make sure the visit is on. Bring lunch and beverage, or buy it in the cafeteria. No pets; no smoking. Not qualifying.

Leader: Bob Susser 212-666-4371; rsusser@aol.com

Sunday, February 27 • Johnstown Circular

A winter wonderland walk on the White Bar, Triangle, and other trails, passing by Lakes Skenanto and Sebago.

Around 7 miles at a moderate pace. Lunch indoors at ADK lodge on Lake Sebago (\$2 use of facility fee). Gaiters and/or creepers may be necessary (ask me about this). Out around 4, in time for the 4.28 train back to Penn Sta. 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 9:14 Jersey Transit train from Penn Station, changing at Secaucus for the 9:31 to Sloatsburg. Please sit in the 1st or 2nd car of the train. Or, take the 9:10 bus from the PABT arriving in Sloatsburg at 10:06. Leader waits for both bus and train. Sorry, no children, no pets, no smoking. Qualifying.

Leader: Bob Susser 212 666-4371; rsusser@aol.com.

Sunday, March 13 • Inwood & Fort Tryon

Parks 2B4 (W) After a stroll through Inwood Park, we cross over into Fort Tryon Park -- with its majestic outlook over the Hudson -- for lunch (bring lunch and beverage). After lunch, a visit to the Cloisters (admission is "pay what you wish" -- \$1 is fine), then through the rest of the park. Depending on snow/ice conditions gaiters and/or creepers may be necessary (ask me about this). Trans: take A train to 207th St. -- meet 10:30 on the NE corner of 207th & Broadway. The walk should end around 3. Give me a call Saturday evening if the forecast calls for snow, rain, or thundershowers. No smoking. Not qualifying.

L Bob Susser: rsusser@aol.com, 212 666-4371.

Sunday, March 20 • First Day of Spring

Nawakwa Circular

We'll trek from Camp Nawakwa onto the TMI, Stony Brook, Kakiat etc trails. The brook should be full of spring thaw. Qualifying.

Leader: Steve Zubarik 845-786-3247

Saturday, March 26 • Ramapo Valley Reservation Circular

Come join us for a leisurely hike along the Ramapo river, up alongside a brook and past a reservoir to the ridge. Lunch will be at a beautiful overlook. On the return we'll go around a lake. Joint with AMC. Qualifying and about 5 miles at an easy pace with some ups and downs thrown in. Take the 8:45am Shortline Bus from Port Authority arriving in Suffern, NY arriving at 9:38. Meet in the parking lot opposite of bus ticket office near jct of rts 59 and 202 in business district.

Leader: Renate Jaerschky 845-368-1749

Saturday, March 26 • Ramapo Circular

Moderate seven mile hike over the Wanaque Ridge trail and the McEvoy, Cannonball and other trails in Ramapo Mountain State Forest. Bus riders take the 8:30am New Jersey Transit 197 bus from the Port Authority to Doty Road in Haskell, NJ, arriving at 9:35am. Leader will be on the bus. Drivers meet the bus, parking at the shopping mall on the west side of rt. 511 just north of the bus stop kiosk on Doty Road (located 1 mile north of the route 511 exit 55 on I-287). Hikers then will go ¾ mile back to Back Beach Park, where cars will park, for the start of the hike. Qualifying.

Leader: John Lipsett

212-867-8280 work 212-864-6109 home

(Hikes, continued)

Saturday, April 2 • Garrison 2C7 (W)

Woods roads and trails. A long uphill at the beginning and downhill at the end, but otherwise mostly gently rolling hills with no scrambling. 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 9:51 MetroNorth Hudson Line train from GCT arriving in Garrison at 11. Or, take the 9:40 local at the Marble Hill station (one block from the 225th St. stop on the #1 subway) changing at Croton-Harmon for the express. Please sit in the 1st or 2nd open car of the train, and please use the restrooms on the train. Out around 5. Sorry, no children, no pets, no smoking. Qualifying.

Leader: Bob Susser 212 666-4371; rsusser@aol.com.

Saturday, April 9 • Mt. Taurus

A long uphill, but rewarded with spectacular views of the Hudson Valley. Around 6 miles at a moderate pace. 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 9:51 MetroNorth Hudson Line train from GCT arriving in Cold Spring at 11:05. Or, take the 9:40 local at the Marble Hill station (one block from the 225th St. stop of the #1 subway) changing at Croton-Harmon for the express. Please sit in the 1st or 2nd open car of the train, and please use the restrooms on the train. Out around 4, but plan to hang around for a while afterwards for some refreshment at the Depot Cafe. Sorry, no children, no pets, no smoking. Qualifying.

Leader: Bob Susser 212 666-4371; rsusser@aol.com.

Saturday, April 16 • Fahnestock

Various trails through woods and high-level meadows with alpine-like vistas. Around 8 miles at a moderate pace. Out around 5. 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 9:51 MetroNorth Hudson Line train from GCT arriving in Cold Spring at 11:05. Or, take the 9:40 local at the Marble Hill station (one block from the 225th St. stop of the #1 subway) changing at Croton-Harmon for the express. Please sit in the 1st or 2nd open car of the train, and please use the restrooms on the train. Out around 5, but plan to hang around for a while afterwards for some refreshment at the Depot Cafe. Sorry, no children, no pets, no smoking. Qualifying.

Leader: Bob Susser 212 666-4371; rsusser@aol.com.

Sunday April 24 • Ridgewood Circular

Join us for an easy hike up to the ridge and enjoy a nice view. We'll pass three lovely ponds and walk through the formal gardens of Skyland Manor House. Qualifying and joint with AMC. About 5 miles at an easy pace with some ups and downs. Take the 8:45am Shortline Bus from Port Authority arriving in Suffern, NY arriving at 9:38. Meet in the parking lot opposite of bus ticket office near jet of rts 59 and 202 in business district.

Leader: Renate Jaerschky 845-368-1749

Hosted Weekend: January 2011

To host a weekend or midweek, contact Host Chair:

Janet Sibarium (212) 254 0738

Email: jansib@mindspring.com

**Martin Luther King Three – Day Weekend,
January 15, 16 and 17th**

Help us continue the hallowed tradition as we start off 2011 with food, fun and frolic. Will there be snow? Skating on the lake? We ARE certain to have plenty of wood to keep the home fires warm and plenty of tasty food for hearty appetites. Register for the weekend by Wednesday, Jan. 12, 10PM with what meals you are staying for and if you are a vegetarian, carnivore or somewhere in between. Be prepared to hike/snowshoe/crampon in from the Drive with all your gear as the camp road may not be plowed (hint – bring a kiddie sled to hold your gear). There will be a 6-8 mile Nawakwa Circular hike or snowshoe trip on Sunday (see separate hike write up). Monday's lunch will probably be leftovers and we usually leave in the early afternoon. (Don't forget, if you register you are responsible for the food costs incurred).

Hosts: Deanna and Larry Scoones, 718.543.0102.

2010 Election Results:

Bruce Rosenbloom: Treasurer (2 years)

Two Year Directorship: Maryann Poris

Two Year Directorship: Steve Barre

Special thanks to the Nominating Committee:

Ruby & Noam Kornfield, Teresa Marrero

and the Ballot Tallying Committee:

Suzanne Gentner and Gary Brazel

Welcome!

New Keyholders

Martin Kellerman • November

Phyllis Tompkins • December

Janet Azar • December

New Applicants

Jean Condon • October

Ruth Wangerin • October

We Want to Hear from You!

What does Nawakwa mean to you? What do like best about being at camp? What are the things you're not so crazy about? What further improvements would you like to see happen, and what would make you spend more time at one of the Hudson Valley's most desirable locations?

TAKE THE SURVEY! Click on this link or go to:

<http://www.surveymonkey.com/s/63328MD>

It's fast, private and secure. Make your voice heard!!

Wishful Thinking

by Conservation Chair Peter Varley

Winter is the time when many look forward to the promise of spring, while others look back at what happened in the past. Both views are needed, the past can be a guide for the future.

In the coming year will the natural gas industry continue to enjoy its exemption from the Safe Drinking Water Act; is fracturing a safe environmental practice; what will be the fate of the FRAC Act pending in Congress?

Will global warming continue to be viewed as a political issue, not as a serious environmental one? Will carbon dioxide emitters be identified and given incentives to clean up our atmosphere? Is global warming a lot of “hot air”?

Is corn better used as a fuel that costs more than gasoline, produces less energy, gives off greenhouse gases and damages the engines that burn it, or as food for humans? Will this be the year a coherent national energy policy is formulated?

Will this be the time people realize that “energy independence” is a rallying cry and not a possibility using existing technology? Or that “cap & trade” are demonized words representing the desirable concept of limiting carbon dioxide emissions?

Will we learn how to make coal “clean” or nuclear power “green”? Will we have economic stimulus programs that promote environmentally sound projects rather building roads? Will single use products such as newspapers, glass jars and aluminum cans be treated as resources rather than as garbage?

Is this the year we learn to conserve rather than consume?

Will this be the year you get involved?

Recipe

Cranberry-Pear-Walnut Sauce
Submitted by Ingrid Strauch

This cranberry sauce was a big hit at Nawakwa’s 2010 Thanksgiving feast. (It went over pretty well in 2009, too.) Hope you enjoy it!

1 standard bag cranberries
1 large or 2 small pears, cored and diced
6 tablespoons sugar
1 cup orange juice
1/2 tsp ground cinnamon
1/2 tsp ground ginger
1/2 cup coarsely chopped walnuts

In 3-quart saucepan combine cranberries, pears, sugar, orange juice, cinnamon, and ginger. Bring to boil over medium heat, reduce heat and simmer 5–10 minutes or until cranberry skins pop. Serve warm, or refrigerate until ready to serve. Just before serving, lightly toast and stir in walnuts. Makes 3 to 4 cups.

New Caretaker Status at Camp

by Chapter Chair Ed O’Donnell

How can we encourage greater use of Camp Nawakwa? This is a subject that several Boards have addressed for a number of years. Most recently we decided to open the camp in the ‘shoulder seasons’ under a Caretaker status. What does that mean?

Starting around April and up until we have more regular hosts in the warmer parts of May, the club will solicit for Caretakers to stay at the Lodge for Saturdays through Sundays as non-hosting Caretakers. The Caretaker will not be shopping for groceries or preparing group meals, but will simply be at the camp to open the Lodge, welcome members and assure that camp rules are followed. This is similar to summer midweek hosts during the summer who are present but not preparing meals. We will have the same arrangements in the fall, as well as develop shoulder season mid-week hosts in June and September.

All of the above Caretaker assignments are meant to increase use of the camp by members who might normally not use the camp for a variety of reasons. Maybe some members are a bit anxious about being alone at the camp, or have trouble heating the cabin with the stoves or fireplace, and so forth. This Caretaker schedule is open to ALL members, and we encourage anyone who might want to use the camp more to sign up now as Caretakers with Janet Sibarium (janet@adkny.org). Nawakwa is a unique resource that no other chapter has. Let’s try to appreciate it by developing its potential.



Photos by Giacomo Servetti

Dear Nawakwans, Thank You!

The NY Chapter's Board would like to thank the following list of donors who contributed in the 2009 Annual Appeal.

Total raised was \$5480.

Helga Abel	Ann Loeb
John Adams & C Grancher	Fred Mazelis
Lucille Astrella	Glen Nison
Stephen Barre	Edmund O'Donnell
Hannelore Baumann	Maria Olivera
John Blenninger	David Robinson
Ed Brophy	Bruce Rosenbloom
Melinda Broman	Noel Schulz
Everod Carter	Janet Sibarium
Winifred Clark	Inge Simpson
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Robert Goldberg	Marianne Van Blarcom
Robert Glynn	Anne Weyrauch
K.W. Hanson	John Wood
Renate Jaerschky	Teri Wood
Ellen King	Stephen Zubarik
Alberto Caballero	Terri Zubarik

Hiking in Heaven in the Colorado Rockies—Crested Butte, Colorado September 18–26, 2010

by Richard De Coursey

*ADK Trip to Crested Butte, Colorado September 18-26 2010
Cost: \$980.00 includes 8 nights in a double room,
8 breakfasts, daily rides to and from trailheads.
Airfare, lunch, dinner and beverages not included.*

Flew into Denver, changed for a short 40-45 minute flight to Gunnison. Some people rented cars in Denver and drove, supposedly a beautiful scenic drive. From Gunnison we paid \$65.00 for a round-trip ticket and were driven by van (minibus) to Crested Butte, less than an hour drive, and were dropped off at the bed and breakfast where we were staying. The Cristiana Guesthaus is a european style inn located near the center of Crested Butte and features double rooms, homemade granola, muffins and fresh fruit for breakfast. Coffee, hot apple cider, and tea are also available. They also have a sun deck and an outdoor hot tub for relaxing.

Crested Butte was settled in the 1870s by miners and is at nearly 9000 feet, located in the central Colorado Rockies, it is surrounded by over 3 million acres of wilderness and National Forest with spectacular scenery.

As the mines played out, the town died with them, and was re-born as a hiking and skiing destination. Mount Crested Butte has ski lifts and slopes ranging from beginning to intermediate.

During our hikes I sighted mule deer, mountain lion tracks (but no lions), and marmots. Elk were in the area, but I didn't see any.

For approximately two weeks during July, Crested Butte is known as the wildflower capital of Colorado. I have only seen photos, but it looks spectacular. While I was there the fall colors were at their peak, the aspen trees turn yellow, and it was beautiful. Hikes started early, at 8:30, and finished early, about 3:30, so you could have time to enjoy the town or just relax. Weather was perfect almost every day. It rained on Tuesday, our off day, and part of the next day. The highest altitude we reached was 12,500 feet. We didn't climb any mountains, rather, we hiked through valleys and mountain passes most of the time. Ascent was gradual, and footing was easy. Fortunately, no one in the group felt any ill effects from the high altitude.

Alternatives to hiking included horseback riding, biking, rafting, and fishing. Mountain bikes could be rented in town, and on the rest day myself and one other group member took the free shuttle to Mount Crested Butte, and climbed it.

At night, restaurants in town were good and varieties included Mexican, Asian, Italian, and Western family style dinner.

Editor's note:

Many thanks to Rich DeCoursey for contributing this article to the Trail Marker. He has lots of photos to share – too many to fit here. To see them all go to the PHOTOS page at www.adkny.org or click here:

<http://adkny.org/photos/photos.php?photosetid=63&photoyear=2010>

To see the entire itinerary for this trip go to:

http://www.adktravel.org/10ernenwein_colo2.htm



Photo by Richard DeCoursey

ADK-NY TRAIL VOLUNTEER HOURS ~ FALL 2010

by Trails Chair William Burns

MAINTAINER(S)	TRAIL	Work Hours	Travel Hours	Total Hours
John Lipsett	RD Tuxedo to Rt.106 (4.13 mi.)	24	9	33
Janice Dunham and Yajing Li	Triangle Tuxedo to Parker Cabin @ White Bar (3.3 mi.)	17	6	23
Ingrid Strauch	Triangle White Bar @ Dutch Doctor to WB @ Parker Cabin (1.95 mi.)	9.5	13.5	23
Jack Papirio	AT Orange Tpk. to Mombasha Rd. (1.4 mi.)	3.5	1.5	5
Glen Nison	White Cross TMI to RD (2.15 mi)	4	4.5	8.5
Debbie Malita	AT Rt. 17 to Orange Tpk. (1.8 mi.)	2.5	2	4.5
Steve Zubarik	Long Path GWB to Greenbrook Sanctuary (5.1 mi.)	17.5	9	26.5
Richard DeCoursey	White Bar Rt. 106 to ASB (2.05 mi.)	3.3	7.5	11
Noel Shultz	TMI RD to Sebago Dam (2.4 mi.)	6.5	2	8.5
Elizabeth Ruiz-Gomez	White Bar Johnstontown Rd. to Triangle Trail (1.5 mi.)	6.5	6	12.5
Bill and Carol Burns	TMI Sebago Dam to Breakneck Ridge Trail (2.75 mi.)	24	16	40
Giacomo Servetti and Kim Waldhauer	White Bar Dutch Doctor Shelter to Route 106 trailhead (3.8 mi.)	51	16.5	67.5
	TOTAL HOURS	169.5	93.5	263



Thanksgiving photos by Ingrid Strauch and Monika Vokoun



The Trail Marker



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