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of the Adirondack Mountain Club, Inc.
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Camp Nawakwa on Lake Sebago, 845-351-4135
www.adkny.org



Chapter Chair's Message

by Ed O'Donnell

End of Paper Trail Marker – Electronic Version Replaces It

Favoring electronic copies of newsletters is becoming widespread among environmental and other clubs, e.g., AMC as well as the ADK Chapters in NYS. Not only will this move save money, it will save trees – aren't we supposed to be in favor of GREENING? Unfortunately receiving a hard copy is just not fiscally viable any more.

Did you know that 64% of our Chapter's revenues are spent on the Trail Marker? Last year our income was about \$10,000, and we spent a whopping \$6400 on printing and postage for the TM. That's 64%! When you consider that the main club shares 30% of each member's annual ADK dues with our Chapter (\$50, for most of us), this means our entire portion of member dues is spent to cover the cost of TM printing and postage. The balance of \$3,600 comes from camp usage fees and donations. In other words, the dues you pay to ADK are completely consumed by distributing the TM.

The Board sees the TM cost as greatly out of proportion to the many other pressing needs we have as a Chapter. With that in mind, it has been decided to shift ALL recipients of the hard copy TM to the online version available on The ADK NY website. The electronic copy on the website has full color photos, plus the website itself is continually updated with current information. Members who wish to continue receiving a paper copy of the TM will be asked to pay a subscription fee of \$15 to cover the annual cost of printing and mailing.

To see the electronic copy of the TM (including past issues), just visit our website: www.adkny.org. If you wish to receive notification of each TM's publication, please send your e-mail address to jerry.flower@verizon.net. To receive a hard copy of the TM send your check for \$15 payable to the NY Chapter of ADK to Bruce Rosenbloom, Treasurer, ADK NY, 3965 Sedgwick Ave., Apt. 19E, BX, NY 10463

Ed O'Donnell, Chair

We Still Want to Hear from You!

What does Nawakwa mean to you? What do you like best about being at camp? 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!!

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

Save the Date

The ADKNY Annual Fall Barbecue will take place at Camp Nawakwa on Saturday, September 24.

Don't miss it! Visit www.adkny.org for updates and details.

Welcome!

New Applicants

John Kozma
Tim Reed
Monika Vokoun
Rob Matson



Many thanks to Paul Rondinone and Guy Lingley, seen here with their newly completed boat rack, which they built in two days. This is a **major** improvement to the camp!
photo by Alex Wilkie

Hikes: June–July 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 g_nisonbike@juno.com

Sunday, June 12 • 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 (fare: RT\$15.50/Srs.\$10). Or, take the 9:10 ShortLine bus from the PABT arriving in Sloatsburg at 10:07 (fare: RT\$25.90/Srs.\$12.90). Out in time for the 4:28 train back to Penn Sta. Qualifying and joint with AMC. Sorry, but no children, no pets, no smoking. Leader: Bob Susser 212 666-4371; rsusser@aol.com.

Saturday, June 18 • Reeves Meadow Circular

Short hike with challenges proceeding at the leader's slow pace. Pauses to hear the birds (hopefully), see the flowers and enjoy the vista. Not to be confused with the wonder and demands of the great ruggedness among the hills and escarpments to be found out of Reeves Brook while using alternative routes to common destinations. About 5+ miles, qualifying and joint with AMC. Take 8:30am Shortline Bus run #401 (you must indicate to the driver you want to get off at Sloatsburg). Arriving in Sloatsburg at 9:12am. Meet at Municipal Bldg parking lot located north of 2nd stoplight. Follow signs into parking lot. Leader: Bill Hladky 914-410-4385
NCA 9pm wehldaky@yahoo.com

Saturday, June 18 • 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 9:45 train from GCT arriving in Cold Spring at 11:00 (fare: OW\$10/Srs.\$6.50). 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. Fare: OW\$7.50/Srs.3.75. Please sit in the first or second open car of the train. Sorry, but no children, no pets, no smoking. Qualifying and joint with AMC. Leader: Bob Susser 212 666-4371; rsusser@aol.com.

Saturday, June 18 • Sterling Forest Fire Tower Circular

Join us for a leisurely 5-mile hike at a moderate pace with some ups and downs. We'll go 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 new "Iron Mining History Trail". Joint with AMC and qualifying.

Transportation: 8:45am CoachUSA/Shortline bus arriving in Suffern at 9:38. Meet in parking lot opposite bus ticket office near junction of routes 59 and 202 in business district. Leader: Renate Jaerschky 845-368-1749

Sunday, June 26 • Popolopen Gorge

Starting from the Fort Montgomery Visitors Center we'll take the Popolopen Gorge Trail -- mostly pretty flat, but with a few short steep uphill (but no scrambling). Then over the new bridge to the 1779 Trail, and back to the Visitors Center, with an optional visit afterwards to the Bear Mountain Zoo. Around 5 miles at a moderate pace. Take the 9:50 train from GCT arriving in Garrison at 11 (fare: OW\$10.25/Srs.\$6.75). You can also connect to this train by taking the 9:40 local at the Marble Hill station (one block from the 225th St. stop on the #1 subway) and changing at Croton-Harmon. Fare: OW\$7.75/Srs.3.75. Please use the restrooms on the train and please sit in the first or second open car. Drivers from NYC: Saw Mill River Pkwy. to exit 26, Route 9A North to Route 9 North to Route 403 West to Garrison station. Park temporarily in the large commuter parking lot on the east side of the station. There will be an approximately 6-mile shuttle to Fort Montgomery. Sorry, but no children; no pets; no smoking. Out in time for the 5 pm train back to NYC from Garrison. Qualifying and joint with AMC. Leader: Bob Susser 212 666-4371; rsusser@aol.com

Saturday, July 9 • Skannatati Circular

Hike at a slow pace with leader employing alternate routes to visit familiar places with terrain and ecological challenges along the way. About 5+ miles but definitely not a walk. Qualifying and joint with AMC. Take 8:30am Shortline Bus run #401 (you must indicate to the driver you want to get off at Sloatsburg). Arriving in Sloatsburg at 9:12am. Meet at Municipal Bldg parking lot located north of 2nd stoplight. Follow signs into parking lot. Leader: Bill Hladky 914-410-4385
NCA 9pm wehldaky@yahoo.com

Saturday, July 23 • Island Pond Wanderings

This is a HIKE not a walk: short with some difficult trails. At Island Pond in the afternoon. Move with enough speed to avoid natural pace fatigue, slow enough for stopping to smell the flowers, at least any the deer have not eaten. Might get as far as the top of Island Pond Mtn. Check the weather for temperature. Will go even in the 90s. Three liters of liquid a must in that case. Qualifying and joint with AMC. Transportation – take 8:30am Shortline Bus from Port Authority, bus run #401 (you must indicate to the driver you are getting off) at the "Welcome to Harriman Park" sign on Rt. 17 at Arden Valley Road 2 miles north of Southfields. At that sign, go E 4/10 mile. Meet in parking lot, which is the first right turn after crossing the Thruway bridge. Leader: Bill Hladky 914-410-4385
NCA 9pm wehldaky@yahoo.com

Saturday, July (16th or 30th depending on when the board meeting is) • Breakneck Pond Circular

A moderate 7-mile hike. Bus riders take the 8:45am Coach Shortline Bear Mtn. bound bus from Port Authority to the intersection of routes 202 and 306 in

(Hikes, continued)

Pomona Heights (10 minutes past Suffern) arriving at 9:47am (leader will be on the bus). Drivers turn west at such intersection, then take the next right to Mountain Road, then turn left and go to Diltz Rd and go to the large parking lot 1/3 mile on the right where the hike will begin at 10am. The hike will proceed via the TMI, Red Arrow and SBM trails past Third Reservoir to Breakneck Pond and return to the cars, depending on timing, via the same route or via the Breakneck Mountain and TMI trails and conclude at Nawakwa for a swim. Hikers please call leader. Qualifying:
Leader: John Lipsett (b) 212-867-8280 (h)212-864-6109

Sunday, July 24 • Mt. Taurus.

Around 6 moderately-paced miles. A long uphill, but spectacular views of the Hudson Valley from the top. Take the 9:50 MetroNorth Hudson Line train from GCT arriving in Cold Spring at 11. 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 the first or second open car and use the restrooms on the train. Out around 4, but plan to hang around afterwards in Cold Spring for some refreshment. 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. Drivers from NYC: Saw Mill River Pkwy. to exit 26, Route 9A North to Route 9 North to Route 403 West to Route 9D North to Route 301 (which is Main St. in Cold Spring), left on Main St. to its end at the Depot Cafe. Park temporarily in their parking lot or on a nearby street. Sorry, but no children, no pets, no smoking. Qualifying. Bob Susser 212-666-4371; rsusser@aol.com.

Saturday, July 30 • Trail clearing on section of the Triangle trail

Meet at Nawakwa at 10:00AM. Bring clippers or use those provided. Lots of blueberry bushes to cut! Qualifying. Leader: Noel Schulz, tel 201-445-6445 or noelschulz@verizon.net

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

Hosted Weekends: June–August 2011

To host a weekend or midweek, contact Host Chair:

Janet Sibarium (212) 254 0738

Email: jansib@mindspring.com

June 11 – 12 • Mountain Laurel Blooming Weekend

View scenic mountain laurel buds while hiking. Cooking will be simple, plentiful, and cost conscious, meeting or exceeding, with help, our standards of pleasurable meals. Please RVSP by Thursday before 9:00 P.M. Host /Registrar Bill Hladky: e-mail: wehldaky@yahoo.com
Tel: home: 914- 410- 4385 or cell: 914- 874-4640

June 18 – 19 • Strawberry Weekend

Although the menu is not yet determined, host Noel Schulz promises healthy and delicious food. With strawberries in season, Noel will include fresh picked strawberries from a local farm for each meal. Please register no later than Thursday, June 16th, 9:00 p.m.
Host: Noel Schulz Tel: 201-445-6445 or e-mail noelschulz@verizon.net

June 25 • 26 Asian Food Night

Join Mizan and Sachika for their encore as co-hosts for a delightful culinary experience.
Co-Hosts: Mizanur Rahman (Registrar), Sachika Iwata 917 -860-6282 or e-mail: Mizanur@gmail.com
Co-Hosts: Mizan Rahman and Sachika

Midweek: June 27 • July 1 – Ernie Kreise

JULY 4th HOLIDAY WEEKEND: PLEASE NOTE IF YOU PLAN TO SPEND THE ENTIRE WEEKEND AT CAMP FOR July 2 – 4, YOU MUST REGISTER SEPARATELY FOR PART I AND PART II.

Part I: July 2 (Dinner) - July 3rd (Breakfast and Trail Lunch)
Spend the 1st half of the holiday weekend at camp. Classic non-complicated menu with easy prep and clean-up.
Co-Hosts: Susanne & Jerry Flower jerry.flower@verizon.net

Part II: Sunday, July 3rd (BBQ Dinner) - Monday, July 4th (Breakfast and Trail Lunch)
Stay at camp for the 2nd half, or escape the city on Sunday. Join us for a dinner of fresh, seasonal food and BBQ. When registering please indicate if you want chicken or vegetarian dinner. E-mail registration preferred. Please register by Thursday June 30.
Co-Hosts: Everod Carter and Janet Sibarium (registrar) jansib@mindspring.com Tel: 212 -254-0738

Midweek: July 5 – 8 • Butch and Angela Panzier

July 9 – 10 • Omnivore Weekend

Hike, swim, relax and enjoy mellow company. Ingrid needs co-host with car.
Host: Ingrid Strauch (& Mysterious Co-host with car) ingrids@rapaportpublishing.com

Midweek: July 11 – 15 • Maryann and Michael Poris

Weekend of July 16 – 17 • Hosting 101

Join the Chapter Chair and Vice Chapter Chair and learn easy secrets to weekend hosting (with support from Susanne Flower). Co-Hosts: Ed O'Donnell & Jerry Flower
jerry.flower@verizon.net

Midweek: July 18 – 22 • Elizabeth Ruiz Gomez & Lisa North

July 23 – 24 • Kid Friendly Weekend

If you enjoy energetic kids who love the outdoors, please join us. Parents are responsible (as always) for their offspring. Simple kid friendly menu to be enjoyed. (No vegetarian meals this weekend.) Please e-mail your reservations by Thursday, July 21st.

Hosts: Elizabeth Gomez-Ruiz & Family
eruizgomez2000@yahoo.com

Midweek: July 25 – 29 • Adam Conrad and Ellen Libretto

July 30 – July 31: Need Host

Midweek: Aug. 1 – 5 • Steve Barre

Aug. 6 – 7 • Leni Tabb & Mystery Co-Host (with car)

Midweek: Aug. 8 – 12 • Lisa North

Aug. 13 – 14: Need Host

Midweek: Aug. 15 – 19: Need Midweek Host

Aug. 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 Aug. 22 – 26 • Kim King

Aug. 27 – 28: Need Host

Midweek: Aug. 29 – Sept. 2 • Carol & Bill Burns

Labor Day Weekend: Sept. 3 – 5: Elizabeth Ruiz Gomez & Carol Burns (Sat – Sunday Lunch)



Happy snake

photo by Servetti



Ingrid Strauch and Steve Zubarik about to take on the White Bar during Noel Schultz's June 4 trail maintenance hike
photo by Servetti



Hikers on the White Bar Trail

photo by Servetti

**CAMPING WITHOUT A CAR!
NO GEAR, NO PROBLEM!**



We are Malouf's Mountain Campground,
a hike in, hike out camping resort on
Fishkill Ridge in Beacon, NY.
Check us out at www.maloufsmountain.com
or call 845-831-6767.

Gas Lights Out?

by Conservation Chair Peter Varley

It seems like the old is new again. Two topics featured in past columns, fracking, and nuclear energy, are back in the news.

First “fracking”. This is the process used in gathering natural gas where a well is drilled down as many as a few thousand feet and then turned 90 degrees and drilled horizontally. A water, sand and chemical slurry is then injected into the well, fracturing the shale and releasing trapped gas. Although vertical fracking has been used in NYS for years, horizontal fracking is a new process. It is controversial because the fluids recovered from the well may be radioactive or contain toxic substances. These fluids must be handled and disposed of in a safe manner. The fracking process uses a great deal of water, which must be sourced and transported to the well site.

Some of the gas bearing shale is under the Catskill/Delaware watershed, so there is also concern about safeguarding the drinking water.

A moratorium on fracking, imposed by the NYS Assembly, expires 7/1/11.

Visit naturalgasforamerica.com, and earthjustice.org for more information.

Nuclear energy was viewed by some as the answer to our energy needs. Now some are having second thoughts. Licenses for Entergy’s Indian Point reactors 2 & 3 are up for renewal in 2013 & 2015.

Indian Point reactors use a cooling system that takes in Hudson River water, circulates it to cool the reactor, and then discharges it, warmer than when it entered the system, back into the river. NYS Dept of Conservation reports that because the process of drawing in the water kills or damages a billion aquatic life forms annually, the process violates the Clean Water Act and a compliance permit cannot be issued. That permit is needed before federal authorities can renew the license. NYS recommends that a closed loop tower cooling system be built. This would be very expensive.

Adding to Indian Point’s problems is the discovery of another active seismic area, this one near Reactor 3. In the event of an accident, or an event requiring evacuation, where would people go and how they would get there? A 10 mile evacuation zone would involve moving 272,000 residents. A 50 mile zone, as favored around the recent Japanese accident site, would involve over 17 million people and range from Bridgeport, CT. to Newark, NJ, including most of NYC.

For more on Indian Point visit riverkeeper.org and safesecurevital.com.

Contact your state and federal elected representatives and make your opinions about fracking and nuclear energy known.

Palm Sunday Hike – April 17, 2011

by Hikes Chair Glen Nison

On Saturday, April 16 a 3-inch deluge turned almost every stream into a raging river in Harriman State Park but that didn’t cancel the annual Palm Sunday Hike to St. John’s Church in the Wilderness, which was enjoyed by 14 happy hikers. The weather turned out to be beautiful and most of the trails were easily passable with some rock hopping and careful footwork. Lunch on Breakneck Pond Mountain was very relaxing with some views. The service was packed, and of course the delicious buffet in the barn “across the road” had a long line of hungry hikers who enjoyed some first class entrees, desserts and coffee.



Palm Sunday Hike

photos by Glen Nison

Timber Locks

by Steve Zubarik

Last October, Eddie Walsh, NYNJ Trail Conference engineer, invited me to go to the park sawmill to gather locust posts for new railings at Nawakwa. We loaded a bunch of posts in Eddie's trailer and took them to camp. Eddie said "Use timber locks for fasteners. You can get them at Home Depot."

This spring, Paul Rondinone and I went to camp to see if we could dig holes in the rocky hill behind the lodge. Through brute force, Paul was able to dig post holes. Amazing! Noel Schulz scraped bark and softwood off the posts and railings. Noel was in charge of quality control and artistic presentation. Herb Coles had some suggestions about project management. "Buy a damn load of gravel". I bought some timber locks and we attached rails.

This May, Terri and I happened to be having lunch at Fattorio il Poggio in Lucca Italy (Terri in inset). It was a wine tasting lunch and vineyard tour. A new fence along the vineyard looked very familiar. There they were, timber locks!! Better than meeting the pope.

Editor's note: The next time you're making your way, especially in the dark, up to the cabins or privies, you'll thank these men!



Noel



Paul



Paul and Herb

photos by Steve Zubarik

2011 Spring Clean-Up Weekend

Thanks to everybody who helped out to get the camp ready for the summer.

It takes a lot of effort to ensure that all members can enjoy the unique pleasures of our beloved home away from home.

photos by Ed O'Donnell



Derek Lomer and his cousin, Stephen Hicks



Emily Tourin



Ed Brophy with Gemma



Termites ate the cores of the cabin
6 4 posts



And these as well



Palm Sunday photos by Raymond Kozma



Guy Lingley

Boat Rack construction photos by Derek Lomer



Mountain Laurel was blooming all over as the trail crew got to work trimming blueberry bushes on the White Bar on June 4th. The hike was led by Noel Schultz. Above, Bill, Carol, Ingrid, Monika, Armond and Noel. Afterward we were treated to a delightful dinner at camp hosted by Despina Metaxatos and Terri Zubarik. photos by Servetti