

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



## Chapter Chair's Message

by Ed O'Donnell

Dear Chapter Members:

I am sure we have all been watching the financial crisis unfold for the past few years, worrying how it might impact us. We are all concerned about our savings, mortgage and retirement. But Nawakwa is not immune to the troubled waters surrounding us. In an analysis by our treasurer, we are running roughly a \$5,000 annual deficit. While we all cherished our beloved paper copies of the Trail Marker, it was clear that we needed to save money, and also go green. Despite this significant savings of \$5- 6,000 on printing and postage (while providing you with a contemporary publication: hyperlinks, color photos, etc.), we are still in the 'red.'

Basically, our significant expenses center around the high cost of liability and Directors and Officers insurance, as well as the cost of camp lease fees - poorly counterbalanced by low camp revenues. The Board is looking at a variety of **possible** solutions: camp fee increases, an Annual Nawakwa Camp User Fee, legacies and/or a fund raising campaign focused on particular projects. In November we will launch our Annual Appeal. We are asking long time members to look back at what the camp has meant to them. This is an opportunity to thank the Chapter for the joy it has brought you, and help future generations share in your experiences. For newer members to experience the same joy of the outdoors and nature, they need to invest in their and Nawakwa's future.

On the subject of legacies and gift planning, we want to encourage any member who has the ability and generosity to make a gift for the future. Making a codicil to one's will, or using this as an opportunity to write or re-write a will, is a gift from the heart. Gifts such as these enable the camp to address much needed and costly projects such as the repair/rebuilding of the Lodge's foundation, the construction of toilets and showers, and other important capital projects. Regrettably, legacies that only allow us to use the interest do not really make an impact. A \$10,000 bequest that allows us only to use the interest, when the current rate is a mere 1- 2%, only gives the Chapter \$100 - 200 a year to address major structural issues with our buildings. Clearly this is not a viable method of raising much needed revenue. We ask you to open your hearts and donate with the generosity and spirit that you have shown over your years at Nawakwa. See you on Fall Work/Wood Day - rain or shine, Saturday, October 15, 9 am.

Ed O'Donnell, Chapter Chair

## 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.

## 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](mailto: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](mailto: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](mailto:snoop353@aol.com) if you can contribute your time and expertise to this vital position.

## VOTE!!

**The ballot for the NY Chapter ADK elections can be found on page 5.**

**Please mail in your vote by November 1st to:**

Election Committee Chairs  
Gary Brazel and Suzanne Gentner  
140 Cadman Plaza West, Apt. 10D  
Brooklyn, NY 11201-1876

# Hikes: October–December 2011

(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, Glen Nison, at [gnisonbike@juno.com](mailto:gnisonbike@juno.com)

### Saturday, October 15 • Bronx Botanical Garden

Chrysanthemum show in conservatory, plus conifers & primeval forest walk. Maybe 3 miles at a very relaxed pace. Take the 10:23 Harlem Line train from Grand Central, arriving at the “Botanical Garden” Station at 10:42. Fare OW \$3.75 with “City Ticket.” Alternatively, take the 4 or D subway to “Bedford Park Blvd.” and then the #26 bus east to the Mosholu Gate entrance -- or, the 2 subway to “Allerton Ave.” and then the #26 bus west to the entrance. Meet just inside the Mosholu Gate at 10:45. Admission to the Gardens is free on Saturdays until noon, but there is a fee for admission to the conservatory. If driving, park in the lot by the station (\$10) or on a nearby street. No coordination of rides. Visit will end by 3 but, of course, you are free to leave earlier or stay later. Not necessary to register, but you must call or preferably email me beforehand to make sure that the visit is on. Bring lunch and beverage, or buy it in the cafeteria. Sorry, no pets -- and no smoking. Not qualifying. Bob Susser 212-666-4371; [rsusser@aol.com](mailto:rsusser@aol.com)

### Sunday, October 23 • Rockefeller Preserve

A leisurely stroll of around 6 miles along some of the pleasant carriage paths and intimate wooded lanes with panoramic vistas which characterize this beautiful state park preserve. Lunch at Stone Barns Center -- buy it there or bring your own. Take the 9:20 MetroNorth Hudson Line train from Grand Central, arriving in Philipse Manor at 10:12. This train may also be boarded 9:40 at the Marble Hill station, one block from the 225th St. stop on the #1 subway. Please sit in the first or second car of the train. Back in time for 4:10 train to NYC. 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. Sorry, no pets -- and no smoking. Qualifying. Bob Susser 212-666-4371; [rsusser@aol.com](mailto:rsusser@aol.com).

### Saturday, October 29 • Trail clearing work day

Trails crew will be leaving from Nawakwa no later than 10:00AM. Bring clippers or use those provided. Lots of bushes to cut! Qualifying  
Contact the leader by 8:00 PM on October 28 to register. Leader: Noel Schulz, tel 201-445-6445 or [noelschulz@verizon.net](mailto:noelschulz@verizon.net)

### Sunday, October 30 • Trick or Treat on Parker Cabin Mountain

Moderate loop hike from Camp Nawakwa to Parker Cabin Mtn. We'll hike along the White Bar and Triangle trails. Leaders will hand out treats on the mountain. Qualifying. Please register with leaders:  
[Giacomo Servetti gservetti08@gmail.com](mailto:Giacomo.Servetti@gmail.com)  
or [Kim Waldhauer kwaldhauer@gmail.com](mailto:Kim.Waldhauer@gmail.com)

### Sunday, November 6 • Bear Mountain.

Over Timp and Bald. Two nice uphill and a moderately steep descent from Bald, but some fairly easy walking on woods roads as well. Around 8 miles at a moderate pace. Out around 4. Parking fee \$7 per car. It is not necessary 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 8:45 ShortLine bus from PABT to Bear Mountain, arriving at 10:15. Sorry, but no children, no pets, and no smoking. Qualifying. Bob Susser 212 666-4371; [rsusser@aol.com](mailto:rsusser@aol.com).

### Sunday, November 13 • Johnstown Circular

A scenic ridge walk on the Blue Disc and other trails, passing by Lake Skenanto. Around 7 miles at a moderate pace. It is not necessary to register, but you must call or preferably email me beforehand to make sure 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 10:12 (Important: check train status). 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, and no smoking. Qualifying. Bob Susser 212 666-4371; [rsusser@aol.com](mailto:rsusser@aol.com).

### Sunday, November 20 • 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. 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 train from GCT arriving in Garrison at 11. 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. Please use 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. Bob Susser 212 666-4371; [rsusser@aol.com](mailto:rsusser@aol.com).

### Friday, November 25 • Inwood & Fort Tryon Parks, with a visit to the Cloisters

Around 3 miles at a moderate pace. 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, including the Heather Garden. Take A train to 207th St. -- meet 10:30 on the corner of 207th & Broadway. The walk should end around 3. Give me a call Thursday evening if the forecast calls for rain or thundershowers. No smoking. Not qualifying. Bob Susser: [rsusser@aol.com](mailto:rsusser@aol.com), 212 666-4371.

### Saturday, November 26 • Trail Clearing on the RD

Meet at the Tuxedo parking lot area (north of the train station) at 9:20am. Bus riders take the 8:30am Shortline bus from the Port Authority North Wing to Tuxedo. Leader will be on the bus. Commemorate the 90th year of the R-D trail, Harriman's first marked trail, and leader's 25th year maintaining it. Bring work gloves. Qualifying. Leader: John Lipsett 212-867-8280 (business) 212-864-6109 (home)

*(hikes, continued)*

### **Sunday, November 27 • Riverside Park**

A leisurely stroll of around 3 miles in Riverside Park and along the river from 116th St. to 66th St. -- followed by lunch at Ollie's Noodle Shop on 67th St. Meet 10:30 inside the Broadway & 116th St. subway station, but outside the turnstiles. Optional small contribution for Riverside Park Fund. Rain or shine. No need to register -- just show up. Not qualifying. Bob Susser 212 666-4371; rsusser@aol.com.

### **Sunday, December 4 • Fahnestock**

Various trails through woods and high-level meadows with alpine-like vistas. Around 8 miles at a moderate pace. It is not necessary 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 MetroNorth Hudson Line train from GCT arriving in Cold Spring at 11:00. 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. 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 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. Out around 5. Sorry, but no children, no pets, and no smoking. Qualifying. Bob Susser 212 666-4371; rsusser@aol.com.

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## **Hosted Weekends: October–December 2011**

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

*To host a weekend or midweek, contact Host Chair:*

**Janet Sibarium (212) 254 0738 Email: [jansib@mindspring.com](mailto:jansib@mindspring.com)**

### **October 15 – 16 Fall Work Day/Weekend**

After a long day of outdoorsman/woman activities, enjoy a hearty dinner to restore your body and spirit. We will serve a nourishing main course (to satisfy carnivores and vegetarians) with delicious sides, and dessert.

Co-Hosts: Tom Schiels and Kim Killion:

RSVP to [thomasschiels@gmail.com](mailto:thomasschiels@gmail.com)

or call 917-301-7286 by 10 PM Wednesday, October 12th. Specify meals you will have and whether you are a vegetarian.

### **October 29 – 30 • Halloween Weekend**

No, it's not a trick.

Enjoy a wicked brew and good times with co-hosts Giaco & Kim!

Please register by 9:00 P.M. Wednesday, October 26

Co-Hosts: Giacomo Servetti and Kim Waldhauer

845-947-0054 or [gservetti08@gmail.com](mailto:gservetti08@gmail.com)

### **Thanksgiving : Thursday, November 24th.**

This is a time-honored tradition at Camp Nawakwa. Looking for co-hosts.

### **December 3 Sinter Klaas**

Sinter Klaas (the Dutch Santa Claus) has returned to camp!

Traditionally, all registrants bring a cheap present

(costing less than \$3) and a hand written poem (doesn't have to rhyme). Please call by Thursday, Dec. 1st to register. Co-hosts:

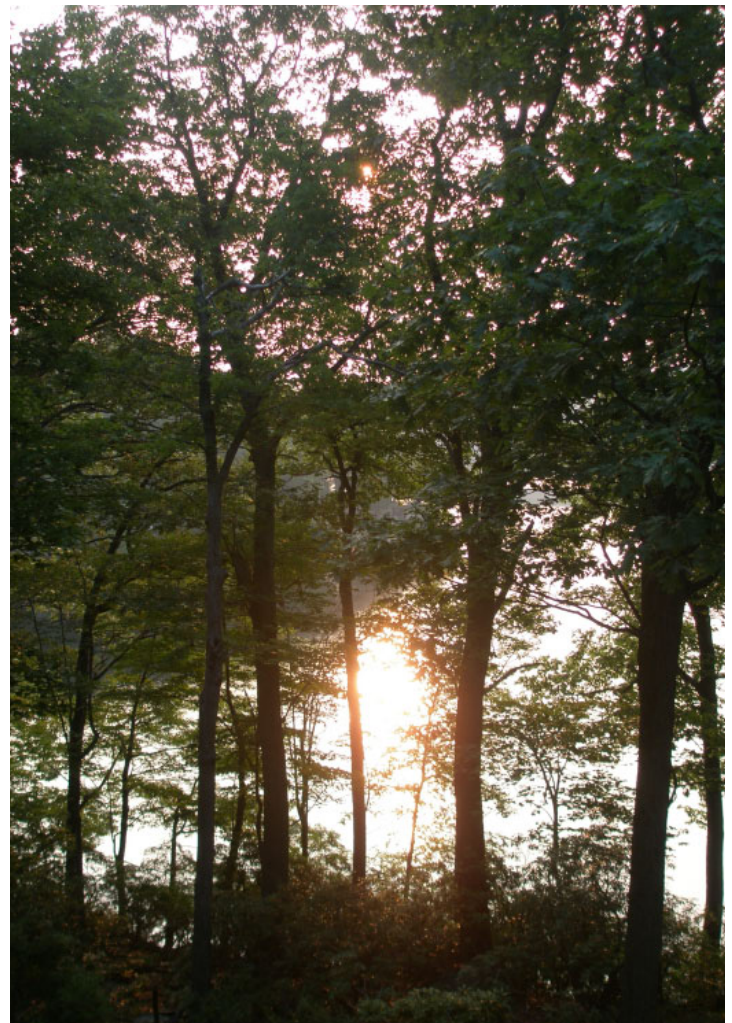
Fenna Koppleman (registrar) 718-336-6521 and Dennis Creegan

## **Welcome New Applicants!**

Michael Sergio  
Lupe Guinier  
Shizuko Okumura  
Anna Marynowska  
Franklin Kassmir  
Michelle Kassmir  
Zofia Zwierz  
Amy Westpfahl  
Ken Mayberg  
Mark Edelman  
Russell Silverman  
Tanya Gabel  
Don Gabel III  
Alexandra Neuber  
Jane Prendergast  
Nina Ziv

## **...and New Keyholders!**

Steve Husiak  
Denise Caracappa  
Andres North  
Robert Matson  
Don Gabel  
Teri Gabel  
Ron Engasser



Sunrise at Sebago

photo by Servetti



Our deepest thanks to Rob and Rosalie Goldberg, who once again gave us all a **stellar** Annual Fall Barbecue to celebrate Nawakwa's 85th year. They just get **better** and **better**!

Photos by Janet Sibarium, Nina Ziv, Giacomo Servetti

NEW YORK CHAPTER ADK BALLOT

VOTE FOR ONE CANDIDATE FOR EACH POSITION:

SECRETARY – 2 Year Term Ending December 31, 2013

Janet Sibarium

Write-in candidate: \_\_\_\_\_

DIRECTOR

David Miller - 2 Year Term Ending December 31, 2013

Write-in candidate: \_\_\_\_\_

Mail to:

Election Committee Chairs  
Gary Brazel and Suzanne Gentner  
140 Cadman Plaza West  
Apt. 10D  
Brooklyn, NY 11201-1876

Ballots must be received by November 1, 2011 to be valid.

## What's for Dinner?

by Conservation Chair Peter Varley

The mention of “termites” to a homeowner may evoke fear and panic, while an admirer of nature may view them as just part of the natural scene. At camp we are both. As stewards of Nawakwa we are concerned about preserving the building, while as admirers if not lovers of nature, we marvel at the natural process revealing itself before us. Just who are “termites”?

Termites live in a colony of thousands, if not a million members. A caste system determines the role each member plays. At the top is the queen and all colony activity is focused on keeping her fed and groomed. Workers perform these domestic duties as well as venturing out of the nest to gather food. They have powerful jaws that enable them to chew off chunks of wood. Since the natural world can be a dangerous place, soldier termites protect them from predators. Every four years or so, if the colony is healthy, a new caste is created. These are the alates. It is not known exactly what triggers the formation of the new caste or how the information is conveyed to colony members. Alates have two sets of wings, but are poor flyers. Their mission is to establish a new colony.

Termites eat cellulose, which is the most common organic compound on Earth and chemically is composed of a string of glucose polymers. Only cellulose in dead material is consumed. Wood is 40-50% cellulose. Termites are cellulose intolerant, but the bacteria and protozoa in their intestines produce cellulase, an enzyme that breaks down the cellulose into food for them and their termites. Mutualism in action.

Termites may be confused with ants, although they are more closely related to cockroaches. An ant's body has three distinct parts, while a termite's body resembles an elongated tear.

Swarming, where alates flow out of the nest much like an industrial smokestack spewing gases into the sky, is a noteworthy event. Predators feast. In-flight lunch anyone? Few will survive to breed. Watch for it in fall and spring and if any sightings are near camp, please report it

Knowing something about termites helps us appreciate nature and to be good stewards.

What are your thoughts?





photo by Servetti