



THE TRAIL MARKER

July—August 2008

Published bi-monthly by the

New York Chapter, Inc. of the Adirondack Mountain Club, Inc. P.O. Box 1119, Grand Central Station, New York, NY 10163-1119 Camp Nawakwa on Lake Sebago, 845-351-4135 www.adkny.org



Chapter Chair's Message

By Barry Bunnell



We are halfway through 2008 already; this year is really going fast. I am not going to talk about what we have done this year, but rather what we have left to do. I will go through the events on the calendar in the order that they occur.

With the arrival of summer the camp is getting busy but there is a lot more going on than just camp business. 2008 is a big election year for the New York Chapter. There are seven positions that will be part of the election. This is probably the most important task

we face in the second half of the year. Please read the separate article in this edition of the Trail Marker for more details.

Second up is the Wilderness Canoe Adventure that the New York Chapter is presenting and is being organized by your truly. We have a handful of people signed up for the trip which will be held from July 21-24. We will be canoeing in the beautiful Lake Lila area. Final details will be available early in July. This should be a lot of fun and a great adventure.

On Saturday, August 2 we will hold the annual membership meeting at Camp Nawakwa. All chapter members are invited. The meeting will start at 10:00 AM and end at noon. By then we will also know the names of all the candidates running for office. They will be asked to attend the meeting and be able to address the issues that they are the most concerned about.

The weekend of September 19-21 you have two events to choose from: The Fall Outing of the ADK Main Club and the Annual Fall BBQ.

The Fall Outing is being hosted by the Hurricane Mountain and North Woods Chapters and will be headquartered at the Lake Placid-Whiteface Mountain KOA in Wilmington, NY. A few people including myself have decided to attend this year's event because our chapter will be hosting it in 2009.

For people not making the trip to the Adirondacks, September 20th is also the date of the Annual Fall Bar-B-Q hosted by Rob and Rosalie Goldberg. Everyone knows it is one of the highlights of the fall so this will really be a tough choice. But, hey, choices are good.

The last event that I would like to bring to your attention is the annual fundraiser for the Main Club which is called "A Wilderness Affair". The event is held in early November. I would love to see a group from our chapter attend it. When I went last year, we donated the best Chapter Basket. We need to do even better this year. We will be asking New York Chapter members to donate the items that are going to be included in the basket. That will make it even more special.

That is it for this report. Keep up the good work and hope to see you at camp or on the trail or in the water.

Barry



The swim dock early in the morning

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Mountain Laurel in full bloom at camp

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203-625-5320 x11

andreas@adkny.org

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718-545-0274

marina@adkny.org

Main Club Information

By Main Club Director Mark Fedow



Great information can be found on the Main club's website www.adkny.org Here is an example:

The Adirondack Mountain Club's Strategic Plan for 2005-2009

ADK Mission Statement

The Adirondack Mountain Club (ADK) is dedicated to the protection and responsible recreational use of the New York State Forest Preserve, and other parks, wild lands, and waters vital to our members and chapters. The Club, founded in 1922, is a member-directed organization committed to public service and stewardship. ADK employs a balanced approach to outdoor recreation, advocacy, environmental education, and natural resource conservation.

Part I: Organizational Vision

Protection of our Wildlands & Waters:

ADK will be the voice and lobby for the larger hiking and paddling community's perspective for the protection of the Forest Preserve and wildlands and waters vital to ADK's members.

Educate for Responsible Recreational Use & Stewardship:

ADK will promote responsible recreational use and stewardship in areas vital to its chapters and members by enhancing its education programs, professional trail programs, and volunteer trail programs at both the Chapter and Club-wide levels.

Provide Rewarding Outdoor Recreational Experiences in our Wild Lands:

ADK will provide diverse opportunities to enjoy the benefits of non-motorized recreation in a natural setting, to experience the transforming nature of the wilderness and other wild areas, and to appreciate and protect the beauty and fragility of our natural ecosystems.

Part II: Means to Achieve the Mission

Members and Chapters:

ADK will increase its membership each year by enhancing services and programs to promote healthy chapters, by increasing the number of chapters, by promoting diversity in its membership, and expanding volunteer opportunities at all levels. ADK will establish a recreation committee to handle recreational policy issues.

Branding and Marketing:

ADK will position itself as the leading organization for the responsible outdoor enthusiast in the region we serve.

For more information visit: <http://www.adk.org/news/strategicplan.aspx>

Mark

Hosted Weekends

Nawakwa Weekends

Registration for each weekend closes by 10 PM on the Thursday before. Please Email or call the number(s) listed if you wish to attend and mention it if you are a vegetarian. Once you register, you are on the guest list; the host will only contact you in case the weekend gets cancelled.

To host a weekend or midweek, contact Host Chair: Janet Sibarium 212-254-0738 email: janet@adkny.org

July 4, 5, 6: Independence Day Weekend: Join us for 3 days filled with those traditional Nawakwa pursuits, hiking, boating, swimming, snoozing. Call by Wednesday evening and specify whether carnivore or vegetarian. It's summertime and the partying is easy! Host: Laura Sunderlin Tel: 718-857-1854

Mid-week July 7 – 11: Hosts Adam and Ellen Conrad

July 12 – 13 Vegetarian Weekend: Join Gary Brazel and Suzanne Gentner for their encore vegetarian weekend. Children welcome! Co-Hosts: Gary Brazel and Suzanne Gentner. Email: garybrazel@gmail.com or phone 718-624-7687

Mid-Week July 13 – 18: Host Peter Varley

Gourmet dinner on July 16th. Please reserve by July 12th. Call Peter: 914-698-2339

July 19 – 20 Hot & Sizzling! Ruby & Noam invite Nawakwas to join them grilling on a July evening. Some like it hot! Too hot for you? Go jump in the lake. Please specify if vegetarian and/or any allergies. Register via Email: noam1@nyc.rr.com or Tel: 718-426-3120

Mid Week July 21 – 25: Host Doris Repke

July 26-27 Mystery Weekend: Theme and meals are not yet planned. Delicious but simple delectables are guaranteed on the menu. See how this veteran host makes hosting a simple pleasure. Hosts: Susanne and Jerry Flower. Register via Email: jerry.flower@verizon.net or Tel: 212 923-5473



Midweek July 28 – August 1: Host Steve Barre

August 2 – 3 Three Guys and a BBQ: Join Glen, Herman and Everod for their 6th Annual Mid-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. Hosts: Herman Barrocales, Everod Carter and Glen Nison (registrar). Email by Wednesday, 4:00PM gnisonbike@juno.com or call by Wednesday, 10:00 p.m. 718 – 625-2182

Midweek August 4 – 8: Host Dennis Creegan

August 9 – 10 Mid-Summer Fun: Enjoy mid-summer relaxing and wholesome delicious meals with two veteran hosts. Co-Hosts: Helga Feder (registrar) and Inge Simpson. Email: helga10471@aol.com or Tel: 718 – 549-9308

Mid Week August 11 – 15: Hosts Angela & Butch Panzer

August 16 – 17 Vegetarian Yoga Weekend: Enjoy a summer weekend with vegetarian lasagna dinner and optional Sunday morning yoga followed by a meditative hike. Please register before 4:30PM on Thursday. Co-hosts Mary Saraco and Christel Bieroth-Rock. Mary Tel: 908-781-7072 ; cell 609-577-3296 Christel: frankhugo@msn.com Tel: 212 – 927-1177

Mid Week August 18 – 22: Host Elizabeth Ruiz-Gomez



August 23 – 24 Lazy, Hazy Summer Weekend: 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

Mid-Week August 25-29: Ellen Libretto and Adam Conrad

August 30, 31, Sept 1 Labor Day Weekend: Enjoy the unofficial end of the summer by coming to camp for a fun and activity-filled weekend. Great food and relaxing surroundings await you. Hikes from camp will be offered as well as swimming and communal canoe and kayak trips. Hosts: Several Nawakwa board members. To register email: laborday@adkny.org Also check the website for updates and additional details.

Upcoming Summer Weekends

September 20 Annual Fall Barbeque: Since 2004, Rob and Rosalie Goldberg have hosted the Annual Fall BBQ and they've promised an encore this year. Carnivores and vegetarians will be guaranteed a scrumptious grilled meal and lots of fun at our annual reunion. Watch for details in the next Trail Marker and check www.adkny.org for updates. Host for Sunday, Sept. 21: Janet Sibarium

September 27-28 First Fall Weekend: Co-hosts: Steve and Terri Zubarik

Notes from the Camp Chair

By Ed O'Donnell



Summer is here and the camp is a regular beehive of activity. I hope you get to enjoy the cabins, the swim dock and the rest of the camp. A lot of work went into it to get it ready for the season.

Spring cleaning at the beginning of May saw a healthy purging of unused or dilapidated items from camp. The old, rusty bed frames from a number of cabins have been discarded along with the plastic-coated mattresses.

Together with the broken refrigerator and dishwasher they went into a giant dumpster. The camp is now much tidier. A big "thank you" goes to all our volunteers for their efforts.



Guy filling up the dumpster during Spring Cleaning

We furnished the sleeping cabins with five new beds and mattresses (a generous donation). We also swapped out some of the rusty bed frames in cabin two for some of the better metal frames and bought six new mattresses (from camp funds). That makes for eleven new, comfy beds at camp! We've already seen much more overnight stays since then, so obviously this was the right move.



New beds and lined walls in Cabin 4

The interior walls of cabins 3, 4 and 5 have received new water and wind-proof lining. Say good-bye to seeing the outside through those drafty slats! The cabins are now shaping up to be warmer, drier and cleaner. We will install some screens next, so that the windows can be left open during the warm season.



Applicant Eric Vermilya pitching in

I received a call a couple of weeks ago from the Group Camps Office of Harriman Park that one of rowboats was found flooded and beached at Old Sebago Beach. The Park was concerned that someone might have been in the boat and been hurt (missing/drowned?). Clearly this wasn't the case, but it shows how serious things can get if we fail to secure the boats well enough. Let's all try to make sure that they are secured well.

A request to all camp users for the swim season: Let's make sure that there is ALWAYS someone on swim dock if someone is in the water, with the safety equipment (rope, board, rescue boat etc.), out and at the ready. When finished, make sure that everything is locked up. In case of an emergency, nothing would be more upsetting than realizing that the rescue equipment is not readily available (because it is still locked up in the bin), or even gone, because someone failed to secure it previously.

Have a great summer!

Your camp chair,

Ed O'Donnell

Did you Know?

Tidbits about Lake Sebago

At 310 acres, Lake Sebago is the largest lake in Harriman State Park. The name is Algonquin for "big water". It was created in 1925 by the Palisades Interstate Park Commission under William A. Welch by building a dam across Stony Brook. The lake filled the former site of the great Emmetfield Swamp as well as a sawmill that is still visible to scuba divers.

Hikes - July/August '08

Hike Chair: Glen Nison Tel: 718-625-2182, glen@adkny.org

Volunteers needed!

We are always looking for volunteers to lead hikes. Familiarity with trails and hiking experience is all that is required. If you are interested, please contact the Hike Chair.

Saturday, July 12 - Lost City Rock Scrambles – Mohonk. Amazing rock formations, giant boulders and spectacular cliffs await us as we rock scramble through cracks, crevices, caves and up chimneys. Eight miles at a moderately fast pace with major ups and downs. Not for the faint of heart or those concerned about heights or exposure. Leader sets the pace. Not suited for beginners or stragglers. Hiking boots and 2 qts. water required. \$8 Mohonk Preserve fee. Steady rain cancels, call if in doubt. Joint AMC and qualifying. Must call to register, hike limited to 12 hikers. Take 8:30AM Adirondack Trailways bus from Port Authority to New Paltz, NY arriving at 10:05AM. Meet at bus station. Drivers take NYS Thruway to exit 18, then route 299 W for 1 mile. Park on the side street, NOT in station. Leader: Bobb Parlan Tel: W 212-675-0641 M-F 1-6PM only. Email: bparlanhiker@aol.com

Saturday, July 12 - Sterling Forest Circular. Come join us for a leisurely hike up to the Fire Tower and enjoy the grand view. We'll go around the lake stopping at a lovely spot for lunch then return to the visitors center. Joint with AMC and qualifying. Seven miles at a moderate pace with ups and downs. Take the 8:15AM Shortline Bus from Port Authority arriving at 9:06AM. Meet in parking lot opposite bus ticket office near jct. of Rts. 59 and 202 in the business district. Leader: Renate Jaerschky Tel: 845-368-1749

Saturday, July 12 - 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 over the new Popolopen Creek footbridge for a visit to the Bear Mountain Zoo (\$1). Around 5 miles at a moderate pace. Take the 8:45AM ShortLine bus from Port Authority, arriving at the Bear Mountain Inn at 10:15AM. Out in time for the 3:19PM bus back to NYC. Parking fee \$6 per car. It is not necessary to register, but you must call or preferably email leader beforehand to make sure that the hike is on; also if you need or can offer a ride from NYC. Fare: RT\$26.70/Srs.\$13.30 (with Jersey Transit half-fare coupon). Joint with AMC. Qualifying. Bob Susser Tel: 212-666-4371; Email: rsusser@aol.com



Saturday, July 19 - Sebago Parking to Nawakwa. Moderate 7 mile hike from Lake Sebago parking area via Buck, TMI and Seven Hills Trails to Nawakwa. Bus riders take 8:30AM Shortline Bus from the Port Authority Bus Terminal to Sloatsburg. All drivers meet at the bus stop in Sloatsburg at 9:15AM. From there a car(s) will be left at Nawakwa and a car(s) will travel another mile to the Lake Sebago parking area. All hikers call leader to assure proper arrangements. Qualifying. Leader: John Lipsett Tel: 212-867-8280 (work) 212-864-6109 (home)

Saturday, July 26 - Minnewaska Circular. Scenic ridge hike in the Gunks to Millbrook Mtn. and Gertrude's Nose. Great views. Moderately fast pace, nine miles with ups and downs. Leader sets the pace. This hike is not suited for beginners or stragglers. Hiking boots and 2 qts water required. Steady rain may cancel, call if in doubt. \$6 parking fee. Joint with AMC and qualifying. Take 8:30AM Adirondack Trailways bus from Port Authority to New Paltz, NY arriving at 10:05AM. Meet at the bus station. Drivers take NYS Thruway to exit 18, then route 299 W for 1 mile. Park on the side street, NOT in station. Leader: Bob Parlan Tel: W 212-675-0641 M-F 1-6PM. Email: bparlanhiker@aol.com



Sunday, July 27 - Mt. Taurus. A long uphill, but rewarded with spectacular views of the Hudson Valley. Around 6 miles at a moderate pace. It is not necessary to register, but you must call or preferably email leader beforehand to make sure that the hike is on; also if you need or can offer a ride from NYC. Take the 9:51 Hudson Line train from Grand Central, arriving in Cold Spring at 11:07AM (fare: OW\$10/Srs.\$6.50). This train may also be boarded 10:10AM at the Marble Hill station (one block from the 225th St. stop on the #1 subway). Fare: OW\$7.50/Srs.3.75. Please sit in the first or second open car of the train. Out around 4 PM. Plan to hang around in Cold Spring for a while after the hike for some refreshments and food. Joint with AMC. Qualifying. Bob Susser 212 666-4371; rsusser@aol.com.

Saturday, August 9 - Harriman. Moderate 7 mile hike from the Visitor Center via Pine Meadow, HTS and Seven Hills Trails. We will take in some vistas on the way from the Pulpit and the Russian Bear. After the hike everyone is invited to come to Nawakwa for refreshments and dip in the lake. Bus riders take 8:30AM Shortline Bus from the Port Authority Bus Terminal to Sloatsburg. All drivers meet at the bus stop in Sloatsburg at 9:15AM. From there we will travel to the Visitor Center parking area on Seven Lakes Drive. Please email leader to assure proper arrangements. Qualifying. Leader: Andreas Stresemann. Email: andreas@adkny.org (preferred) or Cell: 917-678-4780

Left: Long Path Hike May 31st

Hikes – continued

Sunday , August 17 - Jamaica Bay Wildlife Refuge. Grab your binoculars for a walk through one of the largest bird sanctuaries in the northeastern United States. Mid-August is prime time to observe the migration of southerly bound shorebirds. Bring sun protection. While the trail is flat, long sleeves, pants, and sturdy shoes are recommended for ticks and mud. Take the Rockaway A train (not the Lefferts Boulevard A train) to Broad Channel, and meet at the station at 11AM. Joint with AMC; not qualifying. Leader: Ingrid Strauch. Email: ingrids@rapaportpublishing.com

Saturday, Aug. 23 - Garrison Osborn Loop. Woods roads and trails, with a substantial uphill at the start (but no scrambling). Around 7 miles at a moderate pace. It is not necessary to register, but you must call or preferably email leader beforehand to make sure that the hike is on; also if you need or can offer a ride from NYC. Take the 9:51AM Hudson Line train from Grand Central, arriving in Garrison at 11:07AM (fare: OW\$10/Srs.\$6.50). This train may also be boarded 10:10AM at the Marble Hill station (one block from the 225th St. stop on the #1 subway). Fare: OW\$7.50/Srs.3.75. Please sit in the first or second open car of the train, and please use the restrooms on the train. Out in time for the 5PM train back to NYC. Joint with AMC. Qualifying. Bob Susser Tel: 212-666-4371; Email: rsusser@aol.com

Coached Swim Workout

On Friday July 11 we will hold the first Nawakwa Coached Swim Workout evening starting at 6:00 PM in the lake swim area. Everyone is invited; beginners and experts alike. Come and get some tips on your swimming stroke or just do a few more laps than you would normally do. After the swim there will be a pot-luck cookout. Bring your own food and beverage or see what's on the grill and chip in for the costs. There is no happy hour to keep the cost modest



Let's make a big splash on July 11!

No need to sign up, just show up on Friday, July 11th. Be on deck and ready to get wet at 6 PM. Normal camp day fees apply. If thundershower are in the area we don't swim, but we have dry land practice instead.

We are trying this event to see if more members will come up on Friday night or during the day on Friday. If it catches on, we will make it a regular Friday evening event during the summer.

Nawakwa Lockers

Good news: The wait to get a locker is over; we have some now available now. Anyone who would like one, please contact Barry Bunnell (barry@adkny.org or 201-307-7769). And more good news: The annual rental fee of \$35 will be pro-rated for the rest of 2008.

For the first time this year, we have set aside some lockers for day use. They are the blue gym lockers in the room next to the stairs and are "Day Lockers". You should bring your own padlock and use them only during the time that you are at camp. Any items stored for extended periods of time will be relocated to the store room.

Thanks also to everyone who sent in their locker payments. If you didn't receive an invoice yet, please contact Barry right away. Any locker that is in arrears will be emptied in the near future and then re-assigned.



Committee Chairs & Other Positions

Jerry Flower, Membership
212-923-5473

jerry@adkny.org

Edmund O'Donnell, Camp Chair, Park Liaison
212-777-5209

ed@adkny.org

Glen Nison, Hiking
718-625-2182

glen@adkny.org

Barry Bunnell, Boating
917-796-2425

barry@adkny.org

Bill Burns, Trails
718-816-1933

bill@adkny.org

Janet Sibarium, Hosting
212-254-0738

janet@adkny.org

Peter Varley, Conservation
914-698-2339

peter@adkny.org

Helga Abel, Commissary
718-884-5072

helga@adkny.org

Andreas Stresemann, Webmaster & Trail Marker Editor
203-625-5320 x11

andreas@adkny.org

Nawakwa Elections

There are seven positions that will be part of the election. Those are Chair Person, Vice-Chairman, , Treasurer, three Directors and the Main Club Director. The official nomination form is below. It would be good to see more than one candidate nominated for each office. Our by-laws state that only "Nawakwans" can serve on the Board of Directors.

There are lots of reasons to run for office so give it a go or nominate someone you think would like to get involved and do a good job. Hope Wright has agreed to act as the Nomination Chair. Her duties are just to collect the nomination forms that are mailed to her. Nominations can be emailed or snail mailed using the form below. Submission deadline is July 18.

Here is her contact information:

Hope Wright
 NY-ADK Nominations Chair
 344 Kenmore Road, Douglas Manor
 Douglaston, NY 11363-1017
 Email: GreenSpace4U@aol.com



Cut here or mail photocopy

Last year's membership meeting

Membership Update

New Members January - June, 2008

Hope Beecher Wright

Carl Mockert

New Applicants January - June, 2008

Irene Metaxatos

Monica Ramhit

Purnell Lancaster

David Miller

Angela Grasso



New York Chapter ADK Nominations

Submit your suggestions of candidates for the following seven Board of Directors positions: Chair Person, Vice-Chairman, Treasurer, three Directors and Main Club Director. Incumbents can be also be nominated. Nominate as many or as few candidates as you wish, even yourself. Submission deadline is July 18.

Name	Position
Name	Position
Name	Position
Name	Position
Name	Position
Name	Position
Name	Position

(Submit any additional names on a separate sheet)

Mail in envelope to:

Hope Wright
 NY-ADK Nominations Chair
 344 Kenmore Road, Douglas Manor
 Douglaston, NY 11363-1017

The Health Benefits of Hiking

By the American Hiking Society

For years, studies comparing exercise to physical and mental health consistently found that regular exercise increases a person's overall health and results in a longer life. Why, then, does only 15 percent of the U.S. adult population engage in sufficient moderate physical activity? Perhaps the answer is in how people perceive exercise. Beneficial exercise does not need to involve a long, painful and boring workout. A good workout can be a brisk 30-minute hike with the dog, or a slower one-hour hike through a local park. According to the American Heart Association, it's best to walk vigorously for 30 to 60 minutes three or four times per week. But even low- to moderate intensity walking can have both short- and long-term benefits.



Dolomites

LOSING EXCESS POUNDS

Hiking is an excellent way to lose excess pounds and improve health. In December of 2001 the US surgeon general called the increased rate of obesity in the United States an epidemic. The report states that two-thirds of Americans are overweight or obese, and the number is increasing. According to Walking for Health, people "won't find a better way to lose weight than walking." The results will be more permanent and pleasurable than any diet or weight loss scheme. When hiking a comfortable 2-MPH, a person weighing 150 pounds will burn 240 calories in one hour.

PREVENTING HEART DISEASE

More than 2,600 Americans die from cardiovascular disease each day, which is an average of 1 death every 33 seconds. While heart disease is caused by more than just inactivity, the odds of avoiding this leading cause of death in America can be greatly improved by maintaining a regular walking routine. The results of 43 separate studies by Centers for Disease Control showed that by exercising, individuals significantly reduce their chances for heart problems, while those who do not exercise are twice as likely to have coronary heart disease. Hiking can also decrease cholesterol levels, a common cause of heart disease. More specifically, it increases high-density lipoprotein (HDL), considered to be the "good" cholesterol, which helps move bad cholesterol from the artery walls. A study comparing the cholesterol levels of mail carriers, who walked a few miles daily, to people engaged in no exercise, proved that walking leads to an increase in the "good" HDL. The study's results support hiking and walking as a method of stabilizing cholesterol levels.

IMPROVING AND MAINTAINING MENTAL HEALTH

Depression and stress are common medical problems in today's world. Thanks to research on the benefits of walking, however, many people who suffer from these ailments have found a simpler and much less expensive way to feel better: walking every day. Walking causes the release of calming brain chemicals called endorphins, which are natural tranquilizers. Also, walking releases adrenaline, produced by the body to cope with real or perceived danger. If the adrenaline isn't released from the body, it accumulates, causing muscle tension and feelings of anxiety. A study tested 36 walkers for anxiety, tension and blood pressure levels before, during, and after 40 minutes of walking. Results showed immediate decreases in tension and anxiety as well as blood pressure after walking, regardless of how fast or slow the participants walked.

SLOWING THE AGING PROCESS

Research shows that what we once accepted as a natural part of growing older a decline in physical activity and strength does not have to accompany aging. An article in the April 2001 American Journal of Public Health identified the relationship between reduced mortality risk and moderate recreational activity. A study of two groups of 15 middle aged men was conducted between 1969 and 1992, during which time one group exercised regularly, while the other group exercised for the first five years and then stopped. When researchers tested these men at the end of the 23 years, they found that the non-exercisers lost 41 percent of their aerobic power, while the exercisers lost only 13 percent. Aging doesn't decrease the body's ability to be physically active and healthy, but rather leading an inactive and unhealthy lifestyle accelerates the aging process!



Andreas with his 84-years-young father, an avid hiker

HEALTHY HABITS FOR A HEALTHY LIFE

Another powerful reason to hike doesn't involve a specific disease or a single facet of life. Rather it is life. Each time you go outside and walk, as long as you stay within your capabilities, you will come home feeling better than you did when you left. Your body will feel better. Your head will feel clearer, and your stress level will have decreased. The result? You'll want to hike again! As you notice improvements in your body and state of mind, you may also want to start eating healthy foods. With each hike you will feel better, which will encourage you to continue your new healthy habits. Don't believe it? Go for a hike, and see what we mean!

What would you do now?

By Barry Bunnell

In the last Trail Marker you were asked "What would you do next?" when the victim became unconscious and went into cardiac arrest when he choked on his lunch on the trail. Ingrid Strauch, Katya Hanson and Minzalia Zoubtsova supplied correct answers.

A few questioned the use of back blows as a means to dislodge the piece of food causing the choking. According to the most recent version of "American Red Cross CPR/AED for the Professional Rescuer", 3rd Edition, 2006 you administer five back blows followed by five abdominal thrusts until the object is forced out and the victim begins to breathe on his or her own.

If this did not succeed and the victim becomes unconscious your primary task is still to dislodge the stuck piece of food and to open the victim's airway. Place the victim on the ground, administer two rescue breaths and monitor whether the victim's chest rose as a sign that the breaths went in. If they did not go in you would reposition the victim by tilting the head back as this helps to open the airway. You would then administer two more rescue breaths. If they still did not go in you would then give the victim five chest compressions to try to force the object out. After that you would look inside the victim's mouth to see whether the food particle could then be removed. If you do not see the piece of food you would repeat the process starting again with the two rescue breaths. This is the "official" answer to last edition's quiz.

This edition's quiz:

Since it is now swimming season the next question in "What would you do now?" deals with a situation that could occur on the Nawakwa swim dock. Since our camp is primarily an adult camp we are not required to have lifeguards on duty, but rather someone is designated the "Responsible Individual" and remains on the dock at any time anyone is in the water.

Here is the scenario: You are the "Responsible Individual" and there are a few other people on the dock. A mother and two children arrive. The mother takes a chair and sits on the dock and is chatting with others. The children go into the water and start swimming and playing. The children appear to be strong swimmers. The play becomes a little more animated than necessary, but the mother does not attempt to control their behavior. The children swim out to the outer swim platform and begin to play on it by jumping off and quickly climbing back on in order to jump off again.

After a few minutes you hear a loud thud and one of the children starts yelling in panic. You see that the other child is now floating face down on the surface of the water and is motionless.

What would you do now? Send your answers to bgbunnell@gmail.com. Note that there could be a few good answers and you should also supply the assumptions you are making.



Notes from the Treasurer

By Laura Campbell



It's been nearly a year since I assumed the work of the Treasurer. I have enjoyed getting to know more about the inner workings of NY-ADK and having the opportunity to make a contribution to such a wonderful organization. I've also gotten a better understanding of the amount of work needed to maintain a facility like Nawakwa and the enormous volunteer effort that goes into doing this. It sure involves a lot more than hiking and trail work!

Financially, the situation for Nawakwa improved in 2006 and we are back to operating in the black. Under the agreement reached in 2007 between NY-ADK and the Pali-sades Interstate Park Commission (PIPC, the agency which manages Harriman Park), we now have permit to operate Camp Nawakwa that is renewable for 10 years. The permit also provides for rebates for major capital improvements. This will greatly facilitate our ability to do longer term financial planning and improve the facilities. However, even with the increases in membership and camp fees, we will need additional funding to pay for major capital improvements.

Partly because of my past work in the areas of corporate governance and government accountability, I feel very strongly about the importance of financial transparency and access to information. I believe that NY-ADK's financial reporting should be clear and easily understood by non-experts and that financial statements should be available to all our members.

NY-ADK Bylaws and New York State law also support this position. Under our Bylaws, the Treasurer must present an income and expense statement at each meeting of the Board of Directors, including at the Annual Membership Meeting which will be held on August 2nd this year. New York State law, which applies in addition to the Bylaws, goes further. NYS law requires disclosure of more financial information and sets a deadline for reporting to the club's members of six months after the end of the fiscal year, which is July 1 for NY-ADK.

In the past, small non-profit organizations like NY-ADK were not required to file federal tax returns. This year the law was changed and for the first time NY-ADK was required to certify our income to the IRS. This information is publicly available and can be obtained by anyone on the internet. It appears likely that we will need to file a more detailed tax return in the near future and this will also be open to the public. We also report our financial data to the PIPC and the main ADK club.

I strongly encourage all of our members, especially those interested in NY-ADK's finances, to attend the Annual Membership Meeting on August 2nd and participate in the discussion. Hope to see you there.

By the way, please note that all checks should be sent to Laura Campbell, 740 West End Ave., #112A, New York, NY 10025. My Email address is laura.b.campbell@verizon.net.

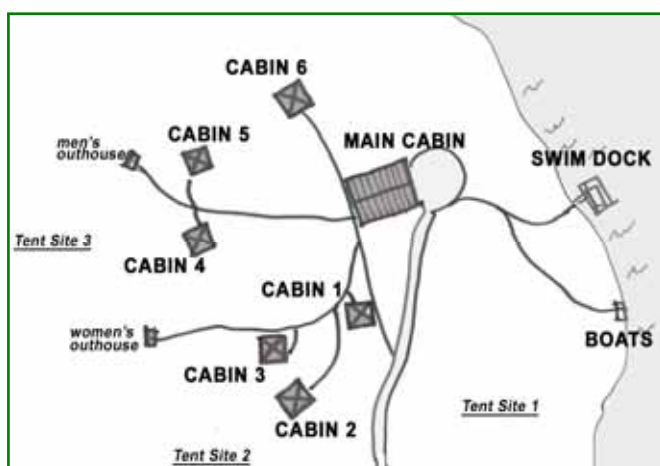
Left: Barry enjoying a swim in the lake

Cabin and Tent Site Sign-up

The **Nawakwa** Board of Directors has designed a new "cabin and tent site sign-up sheet" which we are asking everyone to complete during hosted weekends. We feel that it is important to know where everyone is sleeping in the event of an emergency at camp. The sheet will also be helpful for anyone attending a weekend to find out which cabins are already occupied and which tent sites are already taken. It will be posted next to the weekend's chore list by the fire place.

You should check the sheet upon arriving at camp and sign up for the cabin or tent site of your choice. Then put your bedding in the cabin or pitch your tent as you usually do. Hosts should check the sheet at some point during the day and make sure that everyone who has signed up to stay overnight has also indicated where they are sleeping.

Thanks for helping us get this safety precaution underway.



Nawakwa site map

Simple Baked Tofu

Ingrid Strauch

Not sure what to feed the vegetarians when you're hosting at Nawakwa? The following is a tried-and-true recipe that is both easy and delicious. It is taken from the Sundays at Moosewood Restaurant cookbook and serves 6-8 people.

Simple Baked Tofu

2 blocks (14-16 ounces each) firm tofu

4 teaspoons dark (toasted) sesame oil

3 tablespoons tamari sauce (or soy sauce)

3 tablespoons water

Preheat oven to 375°F. Cut tofu into 1-inch-square cubes. Find a ceramic, glass, or stainless steel baking dish that's big enough to spread out all the tofu in one layer (but don't put it in yet!). Combine sesame oil, tamari sauce, and water in the baking dish; stir to mix. Add tofu to dish and turn once or twice with a rubber spatula to wet with marinade.

Bake for 35 minutes, turning twice during baking. Use a non-metal spatula to turn the tofu without breaking it. Serve with rice, vegetables, or other side dishes.



"How Sweet Is It?"

By Conservation Chair Peter Varley

What is ethanol and is it the answer to energy independence?

Corn, wheat, and rice contain starches that can be converted into fuel. This fuel is either used alone or mixed with gasoline and burned. Emissions are less than those produced when gasoline is burned alone.

Corn is the most commonly used grain to make ethanol in the US. Poorer quality land, once left to natural succession, is being converted to cropland. Wildlife habitat and water quality are adversely affected.

If land the size of Utah and Oregon was devoted to growing corn, and that corn was made into ethanol, gasoline consumption would be reduced by 5%. To produce that crop, petroleum based fertilizers most likely would be used. Runoff from this produces undesirable side effects. Outflow from the Mississippi River has caused a 7,900 sq mile "dead zone" in the Gulf of Mexico. And it is growing.

Some ethanol plants are coal-fired and will produce more greenhouse gasses than the ethanol they make will offset.

Corn used for ethanol is removed from the human food chain. Not only is corn used in animal feeds, it is a ubiquitous ingredient in processed foods. Sweeteners are often corn-based. As the supply of food corn diminishes, its price and the price of all products that use it, increases.

The energy or BTU in a gallon of ethanol is 30% less than that in the same amount of gasoline. Ethanol production is subsidized by the government.

So, is ethanol the answer?



Could this be the answer to energy independence?

July 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	Independence Day 4	Independence WE 5
Independence WE 6	7	8	9	10	Swim Workout 11	Vegetarian WE 12
Vegetarian WE 13	14	15	16	17	18	Hot & Sizzling! 19
Hot & Sizzling! 20	21	22	23	24	25	Mystery WE 26
Mystery WE 27	28	29	30	31	Aug 1	Membership Mtg. & 3 Guys WE Aug 2

August 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Three Guys WE 3	4	5	6	7	8	Midsummer WE 9
Midsummer WE 10	11	12	13	14	15	Yoga WE 16
Yoga WE 17	18	19	20	21	22	Lazy Hazy WE 23
Lazy Hazy WE 24	25	26	27	28	29	Labor Day WE 30
Labor Day WE 31	Labor Day Sep 1					

= Hosted Weekend

= Hike offered same day

= Other Chapter Event

WE = Weekend

Mark your Calendars:

Membership Meeting Aug. 2:

Discuss camp business and meet the candidates for board positions.

Annual Fall BBQ Sept. 20:

Join us for this long-standing Nawakwa tradition! Having a good time is guaranteed.

Labor Day Weekend Aug 30:

Spend a glorious 3-day holiday weekend at camp with fellow Nawakwans.

See you at Camp soon!

