



THE TRAIL MARKER

May-June 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



Hopefully you are reading this edition of the Trail Marker before the annual work day at camp which is going to be on Saturday, May 3rd this year.

If you opted to receive this edition by downloading it from the internet instead of getting it in the mail, you have done the club a huge service. Recently I received newsletters from just about every ADK chapter and I noticed a couple of things. First, every one of them looked great and had lots of interesting reports and activities. Second, ours was the best! (IMHO). And third, many other chapters were asking their mem-

bers to download the issue rather than having it sent to them. If you are active in the chapter and have an internet connection, you are a likely person who will benefit from getting the online version and helping us save a tree or two.

National Trails Day is coming up on June 7. The April edition of the Trail Marker had an article about the trip to the Adirondack Loj last year for the event. It doesn't look like this year will be a repeat of the event, unfortunately. We will participate in National Trails Day locally instead. Plan on coming up to camp that weekend and we will have our own special event. There is work to be done on the unmarked trail coming into camp from the Triangle Trail as well as on the trail itself. Also, check the NY/NJ Trail Conference website of a list of National Trails Day activities.

The ADK NY Chapter wilderness canoe adventure has been moved to July 21-24 on advice from a veteran Adirondack paddler. Our original dates earlier in the month meant that we could still be in bug season. The trip will cover Blue Mountain Lake, Tioga Point and Forked Lake. There will be two overnights in a camp. Please contact me by June 1 if you would like to join the trip. I will be finalizing the arrangements with the outfitter in beginning of that month.

Hope you see everyone on the trails or at camp soon.

Barry

TM is going "green"

If you are looking at the printed version of the Trail Marker, you might wonder why its color changed to white from the previous cream. In our effort to go "green", the new edition of the Trail Marker is the first printed on paper with recycled content. It was the environmentally correct choice; I am sure you will agree.



Come to Nawakwa this Spring: We have an empty chair waiting for you!

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Rich Decoursey (left) in the Italian Dolomites

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Don't Just Recycle; Reuse!

By Ingrid Strauch

In the March-April 2008 Trail Marker, Andreas Stresemann offered numerous facts about and tips for recycling. Recycling is a great way to slow both our use of natural resources and our dumping of consumer goods into landfills. But it's not the only way: Reusing things accomplishes the same goals and often requires less energy than recycling. At Nawakwa, we have lots of opportunities to reuse common household items. Here are a few ideas to get the ball rolling:

- Instead of using paper cups or coffee mugs when you want a drink of water at the cabin, bring a reusable water bottle. Fill it up and take it with you when you sit on the dock, go for a boat ride, or hit the trail.
- If you do use a paper cup, write your name on it, and reuse it during your stay at Nawakwa.
- Yogurt tubs are hard to recycle, but the large ones are handy for storing leftovers. Be sure to wash them out well between uses. Clean, empty yogurt tubs are stored in a plastic bin next to the dishwasher.
- If you frequently bring home leftovers from Nawakwa, bring your own reusable plastic food container(s) each time you come.
- Instead of using a brown paper bag for your trail lunch, reuse a plastic shopping bag. There is almost always a stash of them in the kitchen.
- Empty bread bags also make good lunch bags. If not used immediately, however, they should not be stored at Nawakwa; the crumbs in them will attract mice.
- Plastic jugs are recyclable, but jugs with screw tops can also be reused as boat bailers. Just cut the bottoms off and screw the tops on firmly.
- Newspaper makes a great fire starter. If you still buy a paper newspaper (in spite of Andreas's suggestion to read it online), bring a weeks' worth or so on your next visit to Nawakwa.
- Metal cans: What home or office couldn't use an attractive metal-can pencil holder? Cover it with colorful paper (recycled paper, that is) and you've got a decorator item!
- Coffee cans with plastic lids: Innumerable storage possibilities, including nails and other small bits of hardware.



- Frozen juice concentrate cans: Use to collect grease when cooking bacon, sausages, and other greasy meats. When the can is full, freeze it, then discard it in the trash. (This is also good for our pipes.)
- Spice jars: Clean, empty ones make great containers for new spices bought in bulk.
- Pint-size plastic ice cream and sorbet containers: Poke some holes in the bottom of the container and use as a flowerpot.

Hosted Weekends

May 3 – 4 Annual Spring Clean Up Weekend: Healthy hearty chow (baked ziti and salad for carnivores and vegetarians) with easy clean-up promised for all volunteers. Please call or e-mail by Wednesday, April 30th. Please indicate if you are a vegetarian or carnivore and if you're staying overnight for breakfast and/or lunch. Co-Hosts: Janet Sibarium (registrar) and Laura Campbell 212 – 254-0738 or e-mail: jansib@mindspring.com

May 10 – 11 Mother's Day weekend: Relax and eat well. On Sunday we can walk the White Bar trail. Please call Kim and Giacomo at 845-947-0054 by 10:00 pm on Thursday the 8th, and let us know if you are a vegetarian. Co-Hosts: Kim and Giacomo Servetti 845-947-0054

May 17 – 18 Art Weekend: Meet the artistic hikers in our club! Exhibit your drawings, paintings, and photographs at camp. Edward Brophy, veteran member and artist, who enjoys cooking, will feed you with delicious seasonal meal, as well as please your artistic being. Whether you plan to show your art work or just register for meals, please call Ed. Co-Hosts: Edward Brophy (registrar) 845 268-7486 and Ingrid Strauch

May 24 - 25 Memorial Day Weekend: (Saturday Dinner - Sunday Breakfast and Lunch): Let's kick off the unofficial beginning of summer fun at camp. BBQ on Saturday. Hiker's lunch for Sunday. Please register by Wednesday, May 22, and indicate which meals you're having and if you are a vegetarian or carnivore. Co-Hosts: Janet Sibarium (registrar) and Ingrid Strauch: 212-254-0738 or e-mail: jansib@mindspring.com

May 31 – June 1 "Cat's Away, Mouse Will Play" Weekend - The Sequel: Jerry's hosting while Susanne is away. Easy, healthy food and lively conversation in the kitchen and around the table. Host: Jerry Flower 212 – 023-5473 or jerry.flower@verizon.net



June 7 – June 8 Mediterranean Weekend: Just back from their hiking adventure in the Italian Dolomites Anja and Andreas will bring the flavor of Mediterranean cooking to Nawakwa's kitchen. Co-Hosts: Anja Luesink and Andreas Stresemann andreas@adkny.org or 917-678-4780

June 14-15 AMC Invitational Weekend: Join Helga in welcoming AMC members. Hike on both days and/or enjoy the lake for swimming, canoeing, kayaking, or sailing and enjoy three home-cooked meals. Hikes with Bill Haldky. Register by June 9th. Host: Helga Abel, 718-884-5072 or e-mail Helgabe@verizon.net

June 21 – 22 Vegetarian Weekend: Celebrate the first weekend of summer with delicious wholesome filling vegetarian cuisine and mellow company. Co-Hosts: Maryann Poris 973-731-711 & Noel Schulz 201-445-6445, or e-mail maporis@aol.com

June 28 – 29 European Vacation: Join Marina, her niece Daria and friends for a culinary escape to Russian with a meal of Borsht and Russian dumplings (for carnivores and vegetarians). When registering, please indicate if you are a vegetarian. Host: Marina Zoubtsova 646-641-9950 or e-mail: m.zoubtsova@gmail.com



Upcoming Summer Weekends

July 4th Weekend (through Sunday July 6th)

Join us for celebrating the Independence Weekend. Enjoy, and learn from this seasoned host! When registering please indicate if you're joining us for all (or which) meals and specify whether carnivore or vegivore. Host: Laura Sunderlin 718 – 857-1854

July 7 – 11 Mid-week 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/Suzanne Gentner: email: garybrazel@gmail.com or call 718-624-7687

July 21 – 25 Mid Week Host: Doris Repke

July 28 – August 1 Mid-week Host: Steve Barre

August 9 –10 Midsummer Weekend: Enjoy mid-summer relaxing fun and wholesome delicious meals with two veteran hosts. Please contact Helga to register. Co-Hosts: Helga Feder (registrar) and Inge Simpson e-mail: helga10471@aol.com Tel: 718 – 549-9308

August 11 – 15 Mid-Week 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 by email or phone before 4:30 Thursday. Co-hosts Mary Saraco 908 781-7072 ; cell 609 577-3296 & Christel Bieroth-Rock frankhugo@msn.com, phone 212 – 927-1177

Nawakwa Weekends

To host a weekend or midweek, contact Host Chair: Janet Sibarium 212-254-0738 email: janet@adkny.org Registration for each weekend closes by 10 PM on the Thursday before. Please call the number(s) listed if you wish to attend and mention it if you are a vegetarian. Once you call, you are on the guest list; the host will only contact you in case the weekend gets cancelled.

Notes from the Camp Chair

By Ed O'Donnell



Well, spring is finally here, and the Group Camp Office has given us some great news. A sewer line is planned for the camps on Lake Sebago. This will give us the needed access to dispose of waste water. Despite many queries to long term members, no one ever seems quite sure as to where our kitchen waste water goes. Regrettably, the default assumption is into the ground outside the Loj. This is not a particularly environmentally friendly solution. The camp has made some great strides with

becoming more 'eco-friendly', so the sewer line now gives us an opportunity to address the kitchen waste water issue. In addition, the line gives the ability to install showers and toilets.

It has been the current Board's feeling that the long term survival of the camp is tied to better facilities. We have requested a meeting with the Park engineer who is drawing up specifications for the bids. Our goal is to develop a dialogue about where on the property the pipe will land, how far it will travel, and what flexibility we might have in the construction of new facilities. Exactly how things will play out will most likely be tied to cost. Not only what we can afford, but what the Park can afford. Needless to say, our goal is to get the most 'bang for our buck', and we hope that means some very nice separate toilet and shower facilities for men and women.

The weekend of May 3rd and 4th is our annual camp spring clean up. Let's see if we can muster an especially large group so everything can get done. I hope the first thing that you don't notice at camp is the propane tank. We have been waiting to replace the fifty year old tank since last fall, and finally it's done. We now have a new, one hundred gallon propane tank with a gauge. It's been situated further up the hill, so that it won't be visible from the turnaround. If you've noticed, we gradually tried to improve the appearance of the front of the building: first, by reorganizing the area under the porch, and then by moving the propane tank. We hope you like it.

If you have any ideas on what needs repair, renovation or just cleaning, please let us know. See you for spring clean up!

Ed



Helga during Spring Cleaning '07



Magnolias in Central Park: First signs of Spring

What would you do now?

By Barry Bunnell

Consider the following situation and decide what you would do next. Everyone who sends me an email (barry@adkny.org) with the correct next step will get their name mentioned in this column in the next issue. You have to be able to provide the answer without looking it up on the internet or referring to a Red Cross manual. If you know the answer send me an email. If you don't know the answer, please consider registering in a class where you can get the appropriate training.

The Situation: You are on a day long hike and stop at a scenic spot for lunch. You do not have cell phone reception in this area. One of the other hikers has made a very tasty chicken salad sandwich from leftover chicken he had the night before. You notice that the chunks of chicken are fairly large and also that the hiker is eating at quite a rapid rate. Suddenly the hiker is looking distressed and grabbing his throat and cannot speak or make a sound. You recognize that the hiker is choking. You assist the choking hiker by standing behind him, leaning him forward and issuing a series of back blows with the palm of your hand between his shoulder blades. You then provide five abdominal thrusts. The piece of chicken has not become dislodged so you repeat the back blows and abdominal thrusts. The hiker becomes unconscious, slumps to the ground and goes into cardiac arrest.

Your turn: What do you do now?

This is a very real situation that could happen at any time to someone you know and love. You can also be trained to deal with this situation and save that person's life. If you have taken this training before you should consider refreshing your skills. You should also understand that there are new guidelines for dealing with choking and cardiac arrest victims. Let me know if you would be interested taking a class and we can look into scheduling a class at camp by sending an to the address above.

Hikes - May/June '08

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

Volunteers wanted!

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.

Sun., May 4 - Lake Welch. A delightful getaway in an area not often explored. We'll be guests of the SBM, LP, and Beech trails. 8 miles at a moderate pace. It is 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. Take the 9:11 Jersey Transit train from Penn Sta., changing at Secaucus for the 9:31 Port Jervis train to Sloatsburg, arriving 10:12. (Fare: RT \$14.75/Srs.\$9) Or, take the 9:10 ShortLine bus from PABT arr. Sloatsburg 10:07. (Fare: RT \$25.90/Srs.\$12.90). Out in time for the 4:28 train back to Penn Sta. Joint with AMC. Qualifying. Bob Susser 212-666-4371; rsusser@aol.com

Sun., May 11 - Rockefeller State Park Preserve. Bring your mother on this leisurely stroll of about 6 miles along some of the shady carriage paths and intimate wooded lanes with panoramic vistas which characterize this beautiful preserve. (Please note: This is a stroll, not a "hike," and is not designed for those looking for aerobic exercise.) Take the 10:20 MetroNorth Hudson Line train from Grand Central, arriving in Philips Manor at 11:12. (RT fare: \$14.50/Srs.\$9.50) This train may also be boarded 10:40 at the Marble Hill station, one block from the 225th St. stop on the #1 subway RT fare: \$7/Srs.\$3.50. Please sit in the first or second car of the train. No need to register, but you must call or preferably email me beforehand to make sure that the walk is on, and if you need or can offer a ride from NYC. Joint with AMC. Qualifying. Bob Susser 212-666-4371; rsusser@aol.com

Sat., May 17 - Ringwood Circular. Easy 5-mile hike at a slow pace up to the ridge of Mt. Defiance. Enjoy some nice views, pass 3 lovely ponds and walk through a beautiful garden. Joint with AMC. Qualifying. 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 business district. Leader: Renate Jaerschky 845-368-1749

Sat., May 17 - Bonticou Crag/Table Rocks. Table Rocks is a spectacular rock formation with great views. From there we will rock scramble through cracks, crevices and caves. Not for the faint of heart or those concerned about height or exposure. Leader sets the pace. No beginners or stragglers. Hiking boots and 2 qts water required. Steady rain cancels, call if in doubt. Joint with AMC and qualifying. Seven miles with steep climbs and descents at a moderately fast pace. \$8 Mohonk Preserve fee. 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 kexit 18, then route 299 W 1 mile. Park on side street, NOT in station. Leader: Bob Parlan W212-675-0641 M-F 1-6PMonly. bparlan-hiker@aol.com

Sun., May 18 - Central Park Tree Walk. Ned Barnard, the author of "New York City Trees - A Field Guide For the Metropolitan Area," will escort us on another one of his very popular tree identification walks. (Of necessity, this approximately 3 mile walk will go at a snail's pace with many stops, and is obviously not for those eager to get aerobic exercise.) Meet 10:30 AM at the entrance to the Conservatory Garden, 5th Ave. & 105th St. The walk will end around 3 PM, so bring lunch. It is not necessary to register, but you must call or preferably email me beforehand to make sure that the walk is on. Ned will have a limited number of his books on hand for those who wish to buy one (\$10). Let me know if you are thinking of buying a book so Ned will have some idea of how many to bring along. Joint with AMC. Not Qualifying. Leader: Bob Susser, 212-666-4371; rsusser@aol.com

Sat., May 24 - Hudson Highlands. Moderate 8-mile hike traversing Manitou Point Preserve, Manitoga (suggested donation \$5.00, seniors \$3.00) and the Osbourne loop and other trails to Garrison. Train riders take the 7:50 am Hudson line train, last car, from Grand Central (stops at 8:01am at 125th St., does not stop at Marble Hill) to Manitou station, arriving 8:53am. Drivers meet at 8:30am at the south end of the Garrison train station (traveling north on route 9D go left [west] at the junction with route 403 onto Lower Station Road to station) leave a car or cars there, then drive south on 9D, turn left in ½ mile at the Castle Rock sign at Wing and Wing Road and leave a car at the hiker's parking lot behind the red barn, continue south on 9D, turn right (west) in 3 miles on to Manitou Road and in ¾ mile park just before the rail tracks near the small station where the train arrives. All train and car hikers please call leader to assure proper logistics, which may require a change in the above directions. Qualifying. Leader: John Lipsett work 212-867-8280 home 212-864-6109



The Red Barn mentioned in May 24 hike

Sat., May 31 - Long Path North. Eight miles at a moderate pace on the Long Path North. Hikers coming from Manhattan can meet at the Port Authority at the George Washington Bridge. The hike starts at 10:00 AM and we will cross the bridge to the beginning of the LPN. Hikers coming from NJ can meet on the NJ side of the bridge at the entrance of the trail at 10:15. Bring a trail lunch and 2 qts of water. Qualifying. Barry Bunnell, bgbunnell@gmail.com 917-796-2425

Hikes – continued

Sat., May 31 - Bronx Botanical Garden. Roses, tulip trees, forest walk and optional visit to conservatory. (Please note: Although there will be some walking, this is not a "hike" but simply a garden visit, and is obviously not designed for those eager to get aerobic exercise.) Take the 10:23 Harlem Line train from Grand Central, arriving at the "Botanical Garden" Station at 10:42. Fare OW \$3 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. Conservatory admission: \$8/Srs.\$7. 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. Joint with AMC. Not Qualifying. Bob Susser 212-666-4371; rsusser@aol.com



Sat., June 7 - Triangle Trail. Six miles at a moderate pace on the Triangle Trail from Camp Nawakwa to the backside of Parker Cabin Mountain and return. The hike starts at 10:00 AM from Camp Nawakwa. Bring a trail lunch and 2 qts of water and enjoy a stop on Parker Cabin Mountain which is one of the most scenic spots in Harri-man. Qualifying. Barry Bunnell, bgbunnell@gmail.com 917-796-2425

Sun., June 15 - Johnstown Circular. Bring your father along on this moderately-paced approximately 7-mile 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. It is 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. Take the 9:11 Jersey Transit train from Penn Sta., changing at Secaucus for the 9:31 Port Jervis train to Sloatsburg, arriving 10:12 (fare: RT\$14.75/Srs.\$9). Or, take the 9:10 ShortLine bus from the PABT arr. Sloatsburg 10:07 (fare: RT\$25.90/Srs.\$12.90). Out in time for the 4:28 train back to Penn Sta. Joint with AMC. Qualifying. Bob Susser 212-666-4371; rsusser@aol.com

Sat. June 21 - Fahnestock. Various trails through woods and high-level meadows with a profusion of wild-flowers and alpine-like vistas. Approximately 8 miles at a moderate pace. Out around 5. It is 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. Take the 9:51 Hudson Line train from GCT arriving in Cold Spring at 11:07 (fare: OW\$10/Srs.\$6.50). Please sit in the first or second open car of the train. No children, no pets, no smoking. Joint with AMC. Qualifying. Bob Susser 212-666-4371; rsusser@aol.com

Sun., June 22 - Central Park Trees. Ned Barnard, the author of "New York City Trees - A Field Guide For the Metropolitan Area," will escort us on another one of his very popular tree identification walks. (Of necessity, the walk will go at a snail's pace with many stops, and is obviously not for those looking to get aerobic exercise.) Meet 10:30 at the Scholars Gate, 5th Ave. & 60th St. The walk will end around 3 PM, so bring lunch. It is not necessary to register, but you must call or preferably email me beforehand to make sure that the walk is on. Ned will have a limited number of his books on hand for those who wish to buy one (\$10). Let me know if you are thinking of buying a book so Ned will have some idea of how many to bring along. Joint with AMC. Not Qualifying. Leader: Bob Susser, 212-666-4371; rsusser@aol.com

Sat., June 28 – Ramapo Lake Circular. Hike up to Castle Point at an easy pace and enjoy the view. Lunch will be at a beautiful spot along the lake. Joint with AMC and qualifying. Six miles with moderate ups and downs. Take 8:30AM NJ Transit Bus #197 from Port Authority arriving in Wanaque, NJ (route 511 and Skyline Lakes Drive) at 9:38AM. Park in shopping mall behind "Skyline Diner Rest", do not park at diner. Leader: Renate Jaerschky 845-368-1749

Sat., June 28 – Schunemunk Mtn. Leader plans to hike both ridges with steep initial climb up the Jessup trail. We continue on to the western ridge with its spectacular views. Leader sets the pace, no beginners or stragglers. Hiking boots and 2 qts. required. Steady rain may cancel, call if in doubt. Take 8:30AM Shortline Bus from Port Authority arriving in Mountainville, NY at 9:52AM at route 32 and Angola/Pleasant Hill Road at Black Rock Fish and Game Club sign. Eight miles at a moderately fast hikes with some steep ups and downs. Leader: Bobb Parlan W212-675-0641 M-F 1-6PM only. bparlanhiker@aol.com

Sun., June 29 - Bear Mountain. Over Timp and Bald. Two nice uphills 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 \$6 per car. It is 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. Take the 8:45 ShortLine bus from PABT, arriving at the Bear Mountain Inn at 10:15. Fare: RT\$26.70/Srs.\$13.30 (with Jersey Transit half-fare coupon). Joint with AMC. Qualifying. Bob Susser 212-666-4371; rsusser@aol.com

My Garbage Report

By Barry Bunnell

I moved into my rental cottage in Upper Nyack on November 4, 2007. So far I have yet to put any garbage in my landlord's garbage can. That's going five and a half month's garbage free. It seems strange, even to me, but there is a very good explanation. It's easier than you think when you don't do any cooking in your apartment. Most of what comes into my apartment is paper in the form of mail and paper from work. I throw this away when I am done with it, but I don't put it in the curbside trash. I take the bag to work with me and go through it. Most of it can be recycled and my workplace has an excellent recycling program. After I go through it I might find just a few things that can't be recycled. I am starting to think that one of the culprits that leads to a large amount of household trash is the waste from food preparation that gets tossed into the garbage can and ruins otherwise recyclables that happen to end up there.

One of the goals that I set up for our chapter when I became chair was to reduce the amount of trash that the camp generates. I hoped to see the amount of garbage become one-third of what it was in 2006. We reduced the trash considerably in 2007 by starting a serious recycling effort which everyone participated in enthusiastically. Still, however there were times when food refuse ended up in the recycling bins, so that just means that someone wasn't thinking.

Here's how we can further reduce garbage at camp.

1. Watch what you take to camp. If it doesn't show up there, it doesn't have to leave there. For example, avoid taking plastic type food containers. By that I mean if you are buying eggs, make sure that they are in a container that can be recycled and are not in styrofoam. In fact, stay clear of all styrofoam products. Bad stuff.
2. Pay attention to bring food that is backed in recyclable. Learn how to read the labeling and understand what can be recycled. The make sure it ends up in the recycle bins.

Let's see how much we can reduce the amount that ends up in the dumpster. Thanks.



Blue Heron at Lake Sebago

Main Club News

Board of Director's Meeting at Headquarters in Lake George 3/15/08.

Notes by Mark Fedow

- 1.) Institute a three year budget, "capacity building".
- 2.) Treasures report, 2007 closed with a surplus.
- 3.) Discussion of new proposed Loj at Heart Lake. Memorandum of understanding presented to the state. Project expected to proceed despite new leadership in Albany.
- 4.) Finch Pruyn Deal adds nearly 60,000 acres to Adirondack Forest Preserve.
- 5.) Dillenburg case presents a threat to the NYS Forest Preserve and the tax payments presently made by the state for local lands.
- 6.) May 3rd is a new leaders conference at ADK for new leaders
- 7.) NY Chapter outing mentioned at meeting and Chapter Chair personally expressed his excitement and appreciation.

Please contact Mark if you want to find out more: mark@adkny.org

Committee Chairs & Other Positions

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Hike Report: Downtown NYC & Brooklyn

By Barry Bunnell

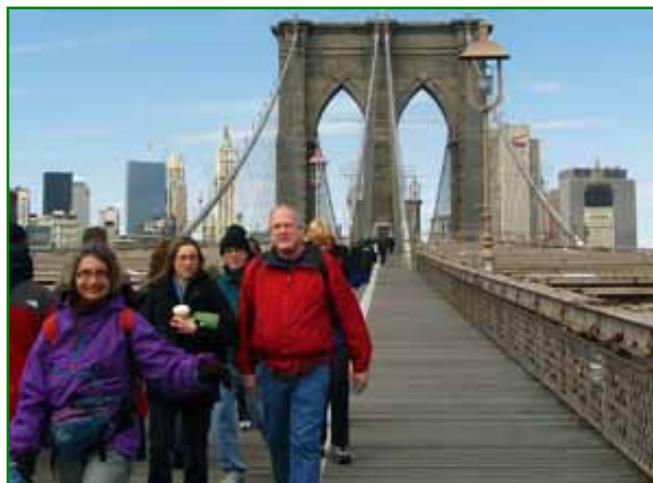
You might ask: Why did we hike in New York City when there are so many "real" hikes available outside Gotham? If you read the April Trail Marker, March is still considered part of the "mud season" and we decided to move about on paved surfaces instead.

I remember the day of the hike, March 22 as being sunny and warm, but looking back at the pictures we were bundled up in coats and wool caps. I guess it's because Spring has finally arrived at the time I am writing this that and I thought it was warmer then. The hike was so much fun. We had a great group. Steve Barre, Ingrid Strauch, Despina Metaxatos, Anja Luesink, Andreas Stresemann and myself formed the troop of hardy hikers who probably got in a longer and harder hike than they were expecting.

We met near the Staten Island Ferry in downtown Manhattan. The trail would take us through some of the historic parts of lower Manhattan, over the Brooklyn Bridge, and northward in Brooklyn from the Promenade in the Heights, through Williamsburg past the Navy Yard and into the southern part of Greenpoint to the Brooklyn Brewery. That's a lot of miles.

Our first stop on the trail was at historic Fraunces Tavern. The plaque on the front mentioned of the historic meeting where Washington gave his farewell address to the officers of the Continental Army. From there we walked up Broad Street to the Stock Exchange for a photo opportunity with the large flag which adorns the front of the exchange building. A few steps away from the exchange is the historic Federal Hall built on the site where George Washington took the oath of office. A landmark statue of Washington is in front of the building. The site was also home of the first Congress, Supreme Court and Executive Branch offices. The current building was built as a Customs House and serves as a museum.

We walked west on Wall Street looking at the lovely Trinity Church and then headed south toward the Battery. Our path took us to the WWII monuments in the Battery, past Castle Clinton and along the waterfront where thousands of people were waiting to take the ferries to the Statue of Liberty and Ellis Island. The crowds thinned out a bit as we hiked along the waterfront through Battery Park City. We stopped to look at the growing skyline of Jersey City. I explained about the famous Colgate clock and how the hands of the clock are pegged in the twelve o'clock noon position every time there is a thunderstorm in the summer months. When this happens the downtown lunch hour gets extended since most people in the park having lunch merely rely on the clock to tell them when to return to their desks.



We continued to the North Cove Marina and climbed the stairs to get a reverent look at Ground Zero. After that we were heading for City Hall where I had set up an appointment for us to see the statue of Nathan Hale which was moved from in front of the Woolworth Building where everyone could see him, to in front of City Hall which is only accessible to people who have passes to get inside the gates. I managed to gain access to see the statue. I was told "NO, NO" about five times. When I explained that my mother was a Hale the guard finally gave in. The Hale story will appear in the next issue of the Trail Marker. I am related to one of Nathan Hale's brothers. He was hanged when he was only 21 and was not married and never had any children. So we will refer to him as Uncle Nathan.

We then headed across the Brooklyn Bridge. At this point we were in Ingrid's territory and she guided us to a nice picnic spot just over the bridge. We had logged about three hours on our feet at this point so the break felt good and the lunch tasted great. After taking a lunch break we knew we had to pick up the pace because we had a good amount of distance to go and we were scheduled for a tour of the Brooklyn Brewery. It was a longer route than expected since we had to get around the immense Brooklyn Navy Yard which took us quite far east before we could turn north toward Greenpoint. We marveled at the interesting buildings in the Navy Yard that have been left decaying. The structures were fascinating and the fact that they had trees growing through them made them even more interesting. It was a bonus that I wasn't expecting.

I think the group was starting to get tired by this point but we kept going. I realized that the hike was tough when Ingrid announced that she probably wouldn't go on the hike at Breakneck Ridge the next day. But soon we came to Bedford Avenue and knew the end of the trail was in sight. As the number of coffee houses and Thai restaurants increased I knew that we were in the area of Brooklyn near the Brewery.

We got to the Brewery just as the 3 PM tour was getting out. That meant that we had about 35 minutes until the 4 PM tour which gave us a chance to sit down again and sample a Brooklyn Lager. Of course, it tasted great. The tour was short but interesting. We were tired and happy to get back to Manhattan by subway I didn't realize how exhausting the hike had been until the next day when I felt that I was still tired and spent a good part of the day inside even when it was so nice outside. That's something I almost never do: I was tired but it was a happy tired.

Attack of the Killer Deer Tick!

By Ed O'Donnell

My Personal Encounter

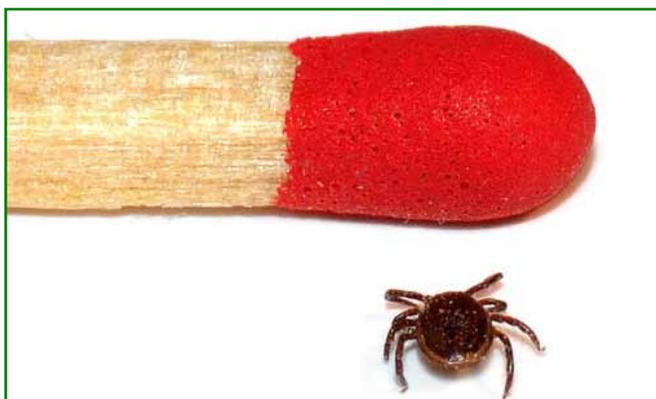
It's tick season again at the camp. Every spring brings them out of hibernation when the temperature gets around 45 degrees F. Last summer I developed an enflamed and enlarged right knee. At first I thought that it was associated with a tear in the upper part of my calf muscle, but as the tear repaired itself, the knee got worse, not better. It was extremely painful. A trip to my orthopedist got me a tap of the knee, using a very large needle! Painless, but disconcerting. The extracted fluid was not the healthy, bright, clear yellow, but a muddy and dark yellow that got me sent to the emergency room immediately.

After quickly eliminating the possibility of gout (uric acid crystals) and a bone infection (osteomyelitis, potentially very serious), I was referred to a rheumatologist. He ruled out gout, pseudo-gout (calcium crystals), and a bone infection, when my blood tests came back as grossly positive for Lyme Disease. You only need four of five positive markers for a definitive diagnosis. I had twenty-five of twenty-seven with a fever, night sweats, and anemia. Starting on doxycycline, I soon developed a possible reaction in my feet (neuropathy, meaning burning, pain, tingling). I was switched to amoxicillin, and the neuropathy subsided. After thirty days on antibiotics, I was still in pain and the blood tests were abnormal. Another thirty days of antibiotics extinguished the infection.

The Symptoms

The infection is typically the bite of an infected black-legged or deer tick. The offender, known as *Borrelia burgdorferi*, is one of at least 37 *Borrelia* species have been described, 12 of which are Lyme related. The disease presentation varies widely, and may include a rash and flu-like symptoms in its initial stage, then musculoskeletal, arthritic, neurologic, psychiatric and cardiac manifestations. In a majority of cases, symptoms can be eliminated with antibiotics, especially if treatment begins early in the course of illness. Late or inadequate treatment often leads to "late stage" Lyme disease that is disabling and difficult to treat.

The acute phase of Lyme disease infection is a characteristic reddish "bull's-eye" rash, with accompanying fever, malaise, and musculoskeletal pain. The characteristic reddish "bull's-eye" rash may be seen in about 80% of early stage Lyme disease patients, appearing anywhere from one day to a month after a tick bite. The rash does not represent an allergic reaction to the bite, but a skin infection cause by the Lyme bacteria.



The incubation period from infection to the onset of symptoms is usually 1–2 weeks, but can be much shorter (days), or much longer (months to years). Symptoms most often occur from May through September because the nymphal stage of the tick is responsible for most cases. Asymptomatic infection exists but is found in less than 7% of infected individuals in the United States

Other, less common findings in acute Lyme disease include cardiac manifestations up to 10% of patients may have cardiac manifestations including heart block and palpitations, and neurologic symptoms.

Prevention

Attached ticks should be removed promptly. Protective clothing includes a hat and long-sleeved shirts and long pants that are tucked into socks or boots. Also, light-colored clothing makes the tick more easily visible before it attaches itself.

A more effective, community wide method of preventing Lyme disease is to reduce the numbers of primary hosts on which the deer tick depends such as rodents, other small mammals, and deer. Obviously this is unlikely to happen in Harriman.

Vaccination

A vaccine, called Lymerix, against a North American strain of the bacteria was available from 1998 to 2002. It was produced by GlaxoSmithKline (GSK). When taking it off the market, GSK cited poor sales, need for frequent boosters, the high price of the vaccine, and exclusion of children. Some people believe that the actual reason was that the vaccine was neither safe nor effective. A group of patients who took Lymerix developed arthritis, muscle pain and other troubling symptoms after vaccination. Class-action litigation against GSK followed. New vaccines are being researched.

Removal of ticks

Many urban legends exist about the proper and effective method to remove a tick. Complete removal of the tick head is important; if the head is not completely removed, local infection of bite location may result. Data has demonstrated that prompt removal of an infected tick, within approximately one day, reduces the risk of transmission to effectively zero percent; however the small size of the tick, especially in nymph stage may make detection difficult.

Treatment

Antibiotics are the primary treatment for Lyme disease, but the most appropriate antibiotic treatment varies from patient to patient and with the stage of the disease. Penicillin was first demonstrated by researchers to be useful against *Borrelia* in the 1950s; today the antibiotics of choice are doxycycline (in adults), amoxicillin (in children) and ceftriaxone. This last drug must be given by IV, usually through a Pick line in one's neck (not arm).

Adult Deer Tick (match shown for size comparison)

Russian Adventures

By Marina Zoubtsova

As you might have guessed, I grew up in Russia but moved to the US many years ago. I still visit frequently and every time I go back, I am amazed how many architectural treasures and wonderful hiking opportunities my country has to offer. With my sister's help, I have found a very inexpensive way for any interested Nawakwans to travel there.



The Red Square in Moscow

For those members who have yet to see Russia, there is an opportunity to acquaint themselves with two major cities, Moscow and St. Petersburg, and visit all the popular sites at a cheaper price than usually offered by other travel agents. A small startup agency based in Russia has offered their services to our members at introductory discounted rates and provided great flexibility with planning the trip. While the airfare is highly seasonal and unpredictable, the rest of the costs are known. The group rates offered are a good value, running at \$650 total per person for a group of at least five for the St. Petersburg trip. That includes lodging and meals, guides and tours for 5 days and 4 nights. Besides the usual sites of interest, such as Hermitage and St. Isaac's Cathedral, you will be offered to see more obscure landmarks, some of them outside the city limits: Peterhof, Pavlovsk, Tsarskoe Selo and Catherine's Palace with its infamous Amber Room. You may also opt for a Venice-style canal trip within St. Petersburg itself, see the city at night with all the drawbridges open or just shop for small handmade treasures from the local vendors.

Moscow, often being called one of the most expensive cities in the world, it has a lot to offer at even cheaper rates. For a group of five, you can spend 5 days and 4 nights there for less than \$500. This will also include lodging, transportation, meals and tour guides. You will get to see the Kremlin, the Kremlin Armory, the State Tretyakov Gallery and the St. Sergius Trinity Lavra. During an excursion out of the city, you will get a chance to appreciate the local traditions and architecture by visiting Tsaritsino and Kolomenskoe. Again, the trip is highly customizable, allowing you to choose the sites that interest you most.

If there is enough interest, the travel agency offered to plan and organize a trip to the Ural Mountains for those who prefer to experience the Western Siberian nature firsthand and dive even deeper into continent's ancient history. Several amazing hikes can be organized there, including trips to the caves of prehistoric men, with recently discovered cave paintings and carvings.

Most of the forests and lakes in the region of Chelyabinsk city are protected by state and UNESCO, and there are still places where no human has ever stepped.

If interested, you can get more information, including pricing options, sample itineraries and customization options by contacting Marina at 718-545 0274. Email: nasvm@yahoo.com

"A lot of Hot Air?"

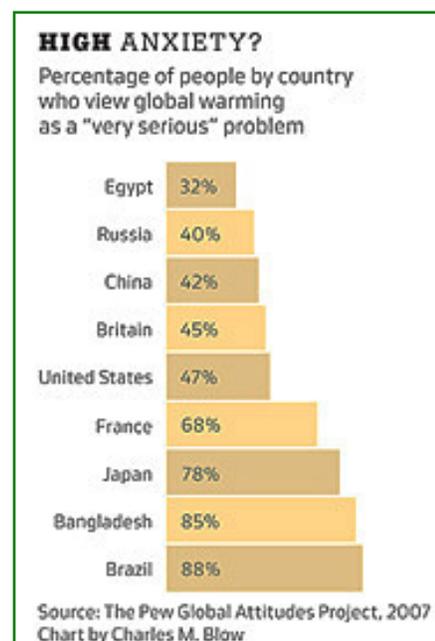
By Conservation Chair Peter Varley

What are greenhouse gases and what do they mean to us? When carbon based fuels [gas, oil, coal] are burned, carbon is released into the atmosphere. Heat and light from the Sun, which are ordinarily reflected back into space, are instead reflected back to Earth by greenhouse gases. The result is warming of the atmosphere and of the Earth.

Over the last century, carbon in our atmosphere, in the form of carbon dioxide, has increased. During the same period, Earth's temperature has risen by 1 degree Fahrenheit, while in the Northeast, the rise has been double that. Adirondack snowfall events have decreased.

It is predicted that if the current rate of carbon emissions continues, winters will be shorter and warmer and summers will be longer and warmer. There will be periods of drought and violent rain storms will be common. This climate change will impact the woods we hike through, the animals we enjoy observing and the lake we swim in and paddle on.

How can each of us reduce our contribution to greenhouse gases? Walk when possible. When it is not, use public transportation. When driving is necessary, combine errand so everything is done in a single trip. And, surprisingly, diet contributes to global warming. Animals raised for meat and dairy products produce 18% of greenhouse gases, more than cars and trucks combined. Demand for these products is to double by 2050.



May 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				May Day 1	2	Spring Cleanup 3
Spring Cleanup 4	5	6	7	8	9	Mother's Day Weekend 10
Mother's Day Weekend 11	12	13	14	15	16	Art Weekend 17
Art Weekend 18	19	20	21	22	23	Memorial Day Weekend 24
Memorial Day Weekend 25	Memorial Day 26	27	28	29	30	Cat's Away Week- end 31

June 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Cat's Away Week- end 1	2	3	4	5	6	Mediterranean WE/Trails Day
Mediterranean Weekend 8	9	10	11	12	13	AMC Invitational Weekend 14
AMC Invitational Weekend 15	16	17	18	19	Summer starts 20	Vegetarian Week- end 21
Vegetarian Week- end 22	23	24	25	26	27	European Vacation 28
European Vacation 29	30					

= Hosted Weekend

= Hike offered
same day

= Other Chapter Event



May-June 2008

THE TRAIL MARKER

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Adirondack Mountain Club, Inc.
C/O Jerry Flower
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Mark your Calendars:

National Trails Day June 7:
Come to camp and help us maintain some of the great trails around Nawakwa.

May 24 - May 25 Memorial Day Weekend: Let's kick off the unofficial beginning of summer fun at camp. BBQ on Saturday.

July 4th Weekend:
Join us to celebrate the glories of Independence Day Weekend.