

# **THE TRAIL MARKER**

Published bi-monthly 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



**D**ear Nawakwans,

Summer is in full swing and while it took us a bit of time to fill the hosting schedule, we look to have a fairly complete schedule. The September 4th Fall Outing deadline for registration is fast approaching and we need your commitment to come and make this a success. The organizing committee has worked extremely hard, lining up leaders for many hikes, kayak ventures and bike rides. Please help support not only our Chapter, but the Main Club.

At our Annual Meeting we had good news from a consulting architect, Winston Perry. Mr. Perry has 35 plus years of experience as a professional architect, much of it involved with restoring historic, Adirondak buildings. Overall, his impression was that the structure was in good condition and stable, given its age. The porch seems stable and the roof in good condition. The spreading of the roof from the weight of snow had been a concern of ours, but he seemed to think that it was not critical. Spreading could have occurred in the first year of the building. Our plan will be to measure the spread now and see if, over time, it worsens. Also, if so, he has suggested that we install two tie-rods along the beams to support the roof and prevent spreading. This solution is not very expensive or difficult to implement, but we will need to propose this to the Park and get permission (and a lease credit).

Of greater concern was the water damage to the rear wall of the cabin. One can easily see that the wooden shingles are rotted as they touch the ground. We will be addressing this issue also, though it may take some time. Lastly, the Park has already replaced the electrical mast on top of the cabin: it was bent. They have promised to address the giant pothole in the road, remove the dead tree by cabin 4 (sometime in the Fall), and repair or replace our swim raft (it sinks to one side). The new Park Group Camps Director, Bill Ledwitz, has been very helpful and supportive.

Elections are coming soon: Treasurer, Secretary and a tenth Board member. So please sharpen your pencils and vote!

Ed O'Donnell  
 Chapter Chair

## Editor's Note

Many thanks to new keyholder Preston Leigh for providing his photos, seen throughout this issue, from Helga Abel's June 13-14 Late Spring Weekend.

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## Now Hear This

by Conservation Chair Peter Varley

Old televisions don't fade away. Like reruns they continue to turn up long after their useful lives have ended. They and other electronic devices, including cell phones and computers may contain mercury, cadmium, arsenic and possibly brominated flame retardants. The picture tube of an older T.V. may contain 4-8 pounds of lead. These substances are harmful to us and the environment, and must be disposed of properly. Planting old cell phones in a landfill, where their toxic substances can leach into groundwater, or incinerating T.V.s to produce dangerous gasses, is not the answer.

Nine states and New York City have recycling laws making manufacturers responsible for disposing of their products. Major manufacturers, including Zenith, Nokia and Sharp will recycle their products.

Needed is a statewide recycling program that requires makers to take back their products, at no cost to the consumer, recycle components, and properly dispose of toxic materials. The program would be monitored by the DEC. Offenders would be subject to civil penalties.

These provisions are covered in an e-waste take back bill (A-7571) that passed the NYS Assembly this year. A similar bill, S-2512, awaits attention in the Senate. Both houses are scheduled to re-convene in Albany this fall.

Don't be in a "dead zone". Make your voice heard.

Urge you senator to take action on e-waste take back.



## Hosted Weekends

### Sept. 5 – 7 (Labor Day Weekend)

(Check website for updates): End the summer season with a traditional BBQ (vegetarian meals upon request), and lots of fun! Be sure to register by Thursday, 9/3.

### Saturday 9/5 (Happy Hour & Dinner)

Host: Janet Sibarium: jansib@mindspring.com  
Tel. 212 – 254-0738

### Sunday 9/6 (Breakfast & Lunch)

Host: Deidre Tourin dtouring3@yahoo.com (anytime)  
or phone 917-627-2673 Wed eve Sept 2 to Friday Sept 4th  
9 pm. No calls before Wed 2 pm.

### Sunday 9/6 (Happy Hour & Dinner)

Host Needed: Please contact Janet

### Sept. 12: 83rd Anniversary of Camp Nawakwa & Annual Fall Barbeque

Join the celebration with your encore hosts, Rob and Rosalie Goldberg, for this all day not-to-be-missed event!

Time: All Day: BBQ at 5:00 p.m.

Price: (Includes Day Fee and BBQ):

\$25 per adult \$15 per child (4 – 12 years old)

Your reservation and check must be received by Thursday, Sept. 3rd (prior to Labor Day Weekend). Please mail your check, payable to Robert Goldberg to:

Mr. Robert Goldberg  
37 Van Sickle Road  
Lafayette, NJ 07848 Email: robg741@gmail.com

### Sept 12th – Sept 13 (Breakfast & Lunch)

Staying overnight? Join Janet Sibarium for leisurely Sunday morning breakfast and lunch. Money for overnight camp fees (the difference between pre-paid day fee and overnight fee) and Sunday meals will be collected in the evening of the 12th (after BBQ). Please reserve for Sunday meals by Thursday, Sept.

10th. E-mail or call Janet:  
jansib@mindspring.com tel. 212 – 254-0738.

### Friday, Sept. 25 – Sunday 27 ADK Fall Outing

Register early. Preference for cabins and camping spots go to members who volunteered or registered for the ADK Fall Outing.

Co-Hosts: Jerry and Suzanne Flower 212 923-5473 or e-mail:  
jerry.flower@verizon.net

### Oct 3 – 4th Asian Food Night

Join Mizan and Sachika for their encore as co-hosts for a delightful culinary experience.

Co-Hosts: Mizanur Rahman (Registrar), Sachika Iwata  
917-860-6282 or e-mail: Mizanur@gmail.com

### Oct. 10 - 11 Columbus Day/Caribbean Weekend

Please join Teresa for her annual autumn Caribbean fare and cool Latin music. Vegetarians welcome, as there will be PLENTY of rice and beans.

Host: Teresa Marrero e-mail (preferable)  
tmarrero60@gmail.com  
Tel. 212-945-0280

### Oct. 17 – 18 Fall Work/Wood Day Weekend

After a long day of outdoorsman/woman activities, enjoy a hearty dinner to restore your body and spirit. We will serve Tom's award-winning chili (also in vegetarian) with delicious sides, and dessert.

Co-Hosts: Tom Schiels and Kim Killion:

RSVP to tom@adkny.org or call 917-301-7286 by 10 PM Wednesday, October 14th. Specify meals you will have and whether you are a vegetarian.

### Oct. 24 – 25 Italian Fall Evening

Join Laura Campbell and Terri Zubarik this Fall for a warming Italian themed dinner by the fire. Please e-mail before October 22.

Co-Hosts: Terri Zubarik & Laura Campbell  
tzubarik@gmail.com tel. 845-786-6327

### Oct. 31 - Nov. 1: Polish Cuisine Night

Enjoy delicious Polish dinner with Teresa and her friends.

Host: Teresa Licholai: e-mail: tblichol@verizon.net  
tel: 608-737-8411



### Members contribute in many ways...

Fenna Koppleman, a long time member who hosted multiple times in the past, but is unable to do so now, wanted to find a different way to help out Camp Nawakwa. She has taken on a new project. Fenna is sewing new pillow covers for the chairs in the main cabin, to replace the threadbare original ones. It's a labor of love, thank you Fenna! If you'd like to help out with the sewing project, please contact Fenna.

### Hosting News

With only a week's notice, via an "e-mail blast", Jill Appel and Janet Sibarium co-hosted "**Hosting 101**", a previously unbooked weekend, Aug. 8-9th. The weekend was well attended. Clearly members and applicants want to come and enjoy hosted weekends. The weekend brought together some members and applicants who didn't know each other. It was a beautiful mellow blend of members, applicants and a couple of guests. Everyone was pleased with the meals, which were tasty, easy to prepare, easy to clean-up and most important, quite economical...Everyone was astounded that dinner was so cheap, and yet nutritious, filling and varied. Before dessert, we made the rounds of self-introductions, which is a nice tradition that should be continued, especially when there

are large groups. Thanks to everyone who helped make this a successful weekend, especially to our "Grill Meisters," Giacomo Servetti and Mizan Rahman! The camp also benefited from much needed camp fees, which are used to maintain our beautiful camp. Please consider hosting or co-hosting...If you did not receive Janet's "e-mail blast", please send her your e-mail address, so you'll be included in future notices. For any questions, tips for Hosting 101 (making it easy, simple and cheap), please contact Janet, Host Chair. janet@adkny.org

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A very warm welcome to all our new Applicants and Keyholders! We're glad you're here!

### New Applicants - 2009

Alexis Coumnos Brooklyn, NY  
Jayne Firtell New York, NY  
Lawrence Menten Upper Saddle River, NJ  
Jay Nickerson Brooklyn, NY  
Richard Weinberg Croton, NY  
Li Yajing West Orange, NJ

### New Keyholders - 2009

Luiza Gabelica Rego Park, NY  
Eugene Koret Ridgewood, NJ  
Preston Leigh Poughkeepsie, NY  
Lisa North Brooklyn, NY

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### Locker Final Notice

No responses have been received from Nawakwan occupants with the following locker numbers:

**5, 6, 12, 33, 42, 48, 55, 61,68, 176, 177, 178, 181, 255**

The contents of these lockers will be emptied by September 30, and the lockers made available for rental by other Nawakwans unless they are claimed and/ or paid for (please contact Jerry Flower at membership@adkny.org or 212 923-5473).

### Locker Availability

Members who want to rent a locker should send their requests to:

ADK NY Membership, 802 W. 190th Street #1F  
New York, NY 10040

with a check for \$35 payable to the ADK NY Chapter.

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### What I Learned Mid-Week Hosting

By Steve Zubarik, Director

When Ernie Kriese and I mid-week hosted in July, I learned some things about other Harriman camps. I hope they're of general interest. We went to a group camp meeting of the Palisades Camp Association at the Mason camp, K-20.

The PCA is an organization of camp directors that helps each other with mutual problems, trades insurance and contractor information, and requests (as a group) the park administration to solve camp problems. The park's group camp director, Bill Ledwitz was there answering questions. Bill was an active Nawakwan in the 90's.

The most serious item discussed was roof repair and asbestos abatement of camp buildings. There are 175 buildings that currently need roof repair. The park will repair them, but by

the time they get to it, the buildings are sometimes ruined. Camp directors want a repair schedule so they know whether to pay for repairs themselves or wait for the park repair.

There are recycling containers at five camps for general camp use. Only one site has been successful, Mason camp. The others containers were so contaminated with trash that their contents went into the garbage. There was a discussion on how to keep garbage out of recycle containers.

Some other tidbits:

The Mason camp is an impressive group of buildings. They're celebrating their 90th anniversary this year. The general public can have dinner there every day except Monday during the season. Call before 3:00 for a reservation. They're just west of the closed bridge on route 106. It's a 10 minute walk from Kanawauke parking. The bridge is expected to re-open in September. However, I looked at the bridge. No work has been done yet.

Ray, the director of Baker camp was at the meeting. She and her husband have been running the camp for 43 years. Baker camp also serves meals. It's a short canoe ride away.

There are places to explore in the park even for those of us who prefer to eating to hiking.

PS: The second week in July is a good time to pick and eat blueberries.

## 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.

## Hikes: September–October 2009

**Hikes Chairperson: Glen Nison**  
718-625-2182  
gnisonbike@juno.com

### Saturday, September 5 • Bonticou Crag/Table Rocks

Table Rocks is a spectacular rock formation with great views. From there rock scramble thru 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. \$10 Mohonk Preserve fee. Moderate pace with steep ups and downs and scrambles – about 7 miles.

Transportation: 8:30am Adirondack Trailways. Ticket office is in South Wing of the Port Authority. Take bus to New Paltz, Ulster County, NY, arrive at 10:05. Meet at the bus station. Drivers take NYS Thruway to Exit 18, then route 299 West 1 mile. Park on side street, NOT in the station.

Leader: Bobb Parlan 212-675-0641 M-F 1-6PM only.  
bparlanhiker@aol.com

### Sunday, September 13 • Lake Welch

A delightful getaway in an area not often explored. We'll be guests of the SBM, LP, and Beech trails. 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 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 \$15.50/Srs.\$10) 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. Qualifying.

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

### Sunday, September 20 • Mt. Taurus

A long uphill, but rewarded with spectacular views of the Hudson Valley. 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. Around 6 miles at a moderate pace. Take the 9:50 train from GCT arriving in Cold Spring at 11 (fare: OW\$10.25/Srs.\$6.75). You can also connect to this train by taking the 9:40 local at the Marble Hill station (one block from the 225th St. stop on the #1 subway) and changing at Croton-Harmon. Fare: OW\$7.75/Srs.3.75. Please use the restrooms on the train and please sit in the first or second open car. Drivers from NYC: Saw Mill River Pkwy. to exit 26, Route 9A North to Route 9 North to Route 403 West to 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 4, but plan to hang around in Cold Spring for a while afterwards for some refreshment. Qualifying.

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

### Sunday, October 4 • 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 me beforehand to make sure that the hike is on, and if you need or can offer a ride from NYC. Take the 9:50 train from GCT arriving in Garrison at 10:56. (fare: OW\$10.25/Srs.\$6.75). You can also connect to this train by taking the 9:40 local at the Marble Hill station (one block from the 225th St. stop on the #1 subway) and changing at Croton-Harmon. Fare: OW\$7.75/Srs.3.75. Please use the restrooms on the train and please sit in the first or second open car. Drivers from NYC: Saw Mill River Pkwy. to exit 26, Route 9A North to Route 9 North to Route 403 West to Garrison station. Park in the large commuter parking lot on the east side of the station. Out in time for the 5 pm train back to NYC. Qualifying.

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

**Saturday, October 17 • Bronx Botanical Garden**

Chrysanthemum show in conservatory, plus conifers & primeval forest walk. Maybe 3 or 4 miles at a very leisurely pace. Take the 10:23 Harlem Line train from Grand Central, arriving at the "Botanical Garden" Station at 10:42. Fare OW \$3.25 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 garden visit is on. Bring lunch and beverage, or buy it in the cafeteria. Not Qualifying.

Bob Susser 212-666-4371; rsusser@aol.co

**Saturday, October 17 • Schunemunk Mountain**

Leader plans to hike both ridges. Hike either the Trestle Trail or the Jessup with its steep initial climb. Challenging hike with spectacular views from the eastern and western ridges. Leader sets the pace. No beginners or stragglers. Hiking boots and 2 qts water required. Steady rain may cancel, call if in doubt. Joint with AMC and qualifying. 8 miles at a moderate pace with some steep ups and downs. Transportation: 8:30am Short Line bus #733 to Mountainville, Orange County, NY

arrives at 9:52am at Rt.32 and Angola/Pleasant Hill Rd at Black Rock Fish and Game Club sign.

Leader: Bobb Parlan 212-675-0641 M-F 1-6PM only. bparlanhiker@aol.com

**Saturday, October 24 • Norvin Green State Forest**

Moderate 7 1/2 mile hike on Posts Brook, Hewitt Butler and other trails over various viewpoints. In case of unfavorable weather or ground conditions, the hike will relocate to nearby Ramapo State Forest. Bus riders take the 8:30am NJ Transit #197 bus from the Port Authority Bus Terminal to Doty Road in Haskell, New Jersey, arriving at 9:35am. Leader will be on the bus. Drivers meet at the bus, parking at the shopping mall on the west side of rt. 511 just north of the bus stop kiosk on Doty Road (located 1 mile north of the rt. 511 exit 55 on I-287). Qualifying.

Leader: John Lipsett work 212-867-8280 home 212-864-6109

**Sunday, October 25 • Rockefeller Preserve**

A leisurely stroll of some 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. (RT fare: \$15/Srs.\$10) This train may also be boarded 9:40 at the Marble Hill station, one block from the 225th St. stop on the #1 subway RT fare: \$7.50/Srs.\$3.50. 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 that the hike is on, and if you need or can offer a ride from NYC. Qualifying.

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



NEW YORK CHAPTER ADK BALLOT

Vote for one candidate for each position.

Secretary – 2 Year Term Ending December 31, 2012

Janet Sibarium

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

Treasurer – 1 Year Term Ending December 31, 2011

Tom Schiels

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

VOTE FOR TWO DIRECTORS:

The one with the most votes will serve a 2 Year Term Ending December 31, 2012

The one with the second most votes will serve a 1 Year Term Ending December 31, 2011

Derek Lomer

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

David Miller

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, 2009 to be valid.**



# ADK-NY VOLUNTEER HOURS

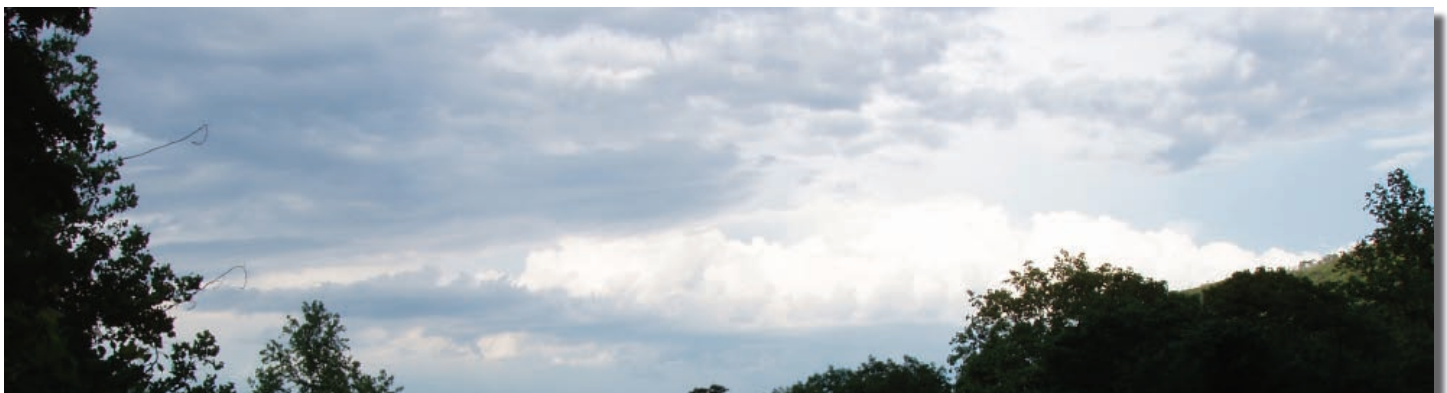
SPRING 2009

<u>MAINTAINER</u>	<u>Trail</u>	Work Hours	Travel Hours	Total Hours
Elizabeth Ruiz-Gomez	<u>White Bar</u> Johnstown Rd. to Triangle Trail 1.5 mi.	4.5	6	10.5
Bill and Carol Burns	<u>TMI</u> Sebago Dam to Break-neck Ridge trail 2.75 mi.	9	3	12
Richard DeCoursey	<u>White Bar</u> Rt. 106 to ASB 2.05 mi.	5.5	16	21.5
Giacomo Servetti and Kim Waldhauer	<u>White Bar</u> Triangle to Rt. 106 3.8 mi.	23.5	3.5	27
John Lipsett	<u>RD</u> Tuxedo to Rt.106 4.13 mi.	14.5	4	18.5
Glen Nison	<u>White Cross</u> TMI to RD 2.15 mi.	8.5	4.5	13
Jack Papirio	<u>AT</u> Orange Tpk. to Mombasha Rd. 1.4 mi.	6	3	9
Larry Peternith and Wally Appelson	<u>Triangle</u> Tuxedo to Parker Cabin at White Bar 3.3 mi.	6.5	1.5	8
Noel Schulz	<u>TMI</u> RD to Sebago Dam 2.4 mi.	10	1	11
Melanie Simmerman	<u>AT</u> Rt. 17 to Orange Tpk. 1.8 mi.	*1		
Ingrid Strauch	<u>Triangle</u> White Bar @ Dutch Doctor to WB @Parker Cabin 1.95 mi.	11.5	20	31.5
Steve Zubarik	<u>Long Path</u> Greenbrook Sanctuary to GW Bridge 5.1 mi.	*2		
	<b>TOTAL HOURS</b>	99.5	62.5	162

Notes:

\*1-Hiking- will report on return

\*2-ADK-NY will resume maint. under Steve in July



# MARK YOUR CALENDARS

**Sept. 5-7:  
Labor Day Weekend**

**Sept. 12: 83rd Anniversary of  
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& Annual Fall Barbeque**

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**Oct 3: Asian Food Night**

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Caribbean Weekend**

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**Oct. 24-25 Italian Fall Evening**

**Oct. 31-Nov. 1: Polish Cuisine Night**  
See Page 2-3 for details



Photo by Giacomo Servetti