

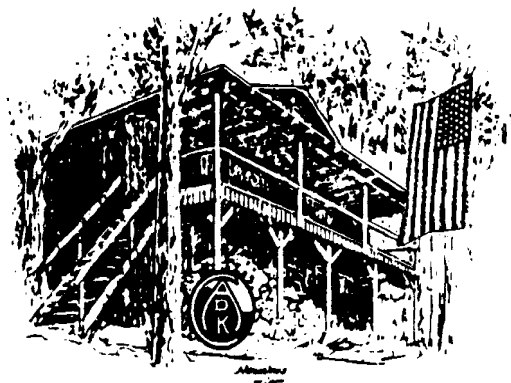
The TRAIL MARKER

Published quarterly by the

New York Chapter, Inc. of the Adirondack Mountain Club, Inc.

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Camp Nawakwa on Lake Sebago, 845 351-4135 [Http://www.adkny.org](http://www.adkny.org)



September-November
2007

Publishing Schedule:

March/April/May
June/July/Aug
Sept/Oct/Nov
Dec/Jan/ Feb

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Not-to-be Missed! ANNUAL BBQ

The annual fall BBQ is scheduled for Saturday, September 29th. Rob and Rosalie Goldberg will be hosting this not-to-be missed event again this year.

Your reservation and check must be received by September 22nd.

You can e-mail Rob and Rosalie at rob741@gmail.com to make reservations. Please specify if you want vegetarian .

The charge for dinner and day fee is \$20.00 for each adult and \$10.00 for each child between 4-12 years of age. Please mail your check, payable to Robert Goldberg to the following address:

Mr. Robert Goldberg
37 Van Sickle Road
Lafayette, NJ 07848

Money for overnight camp fees and additional meals will be collected on the 29th.

MEMORIES of Nawakwa

I remember my first ride into Nawakwa in the mid 50s after completing one of my qualification hikes - in the rain no less. As often as I come into Camp that road is very special. At that time it was not paved, meaning some bumpy cruising. Tough on the car but arriving at Camp was a special treat, which it still is. As one approached the Main Lodge, if "Old Glory" was there to welcome you, someone either arrived Friday night or early Saturday morning.

The weekends would include a great Saturday night dinner, hearty Sun-

day breakfast (one stands out in mind - pancakes and fresh blueberries) and a warm lunch.

I particularly recall Ira Ayres snipping the wicks - there was no electricity. Ira would do this chore with heart and soul. It was a joy to watch him.

After dinner Saturday night a member would lead a "Walk to the Dam." With flashlights in hand, we walked down the Camp Road. Good way to walk off the delicious dinner.

Ira enjoyed playing horse shoes. You would hear the clinking when a

Water Safety

Water safety has been the subject of special training sessions at Camp Nawakwa this summer.



See page 4 for pictures of the activities with our President Barry Bunnell as the instructor.

by Julia M. Krause

"ringer" was made. Again it was Ira that would start a square dance going. He was such an important member. If there were any questions or problem, Ira had an answer to still our fears.

I must mention if Ed Spillane was weekend host, you were guaranteed gourmet meals. I am forever grateful to George Trent and Selma Schultz for sponsoring me to become a New York Chapter member.

Yes, the memories are warm and many. May the charm of Nawakwa remain forever in our hearts.

September 2007

Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Labor Day Weekend
2 Labor Day Weekend	3 Labor Day Weekend	4	5	6	7	8 Asian Night Bear Lady
9 Asian Night Weekend	10	11	12	13 Rosh Hashanah	14	15 Poetic Food Weekend
16 Poetic Food Weekend	17	18	19	20	21	22 Yom Kippur
23 Lake Sebago Clean Up	24	25	26	27	28	29 Annual BBQ Weekend
30 Annual BBQ Weekend						

- * Beds for Boats Month - see page 10
- * September 1-3 - The Board is hosting Labor Day Weekend. Janet Sibarium is doing happy hour and dinner on the 1st, Jerry and Susanne Flower are doing breakfast and lunch and Tom Schiels and Kim Killion have dinner on the 2nd. Laura Campbell will be doing breakfast and lunch on the 3rd. See page 3 for more details.
- * September 8-9.- Pan Asian Night with Marina Zoubtsova and friends. Bear Lady will do a talk and slide presentation Saturday afternoon.
- * September 15-16.- Poetic Food with Suse Wenzel and Ingrid Strauch
- * September 23 - Lake Sebago Clean Up and picnic on the water
- * The Annual Fall BBQ hosted by Rob and Rosalie Goldberg. Reservations details are on page 1. Janet Sibarium is host for Sunday breakfast and lunch

Board of Directors

Barry Bunnell, President
917-796-2425 bgbunnell@gmail.com

Jerry Flower, Vice President
212-923-4573 jerry.flower@verizon.net

Janet Sibarium, Secretary
212-254-0738 jansib@mindspring.com

Luara Campbell, Treasurer
212-663-6609 laura.b.campbell@verizon.net

Mark Fedow, Main Club Director
908-782-4064 fedowf@aol.com

Kim Killion, Director
212-595-5343 ckillion@gmail.com

Edmund O'Donnell, Director
212-777-5206 Eodonn2236@aol.com

Andreas Stresemann, Director
203-625-5320 ext 11 astresemann@gmail.com

Marina Zoubtsova, Director
718-545-0274 nasmv@yahoo.com

Nominations Needed for Board Positions - Election in October

Two of the nine board positions are to be filled in this election. All other directors continue in their current position. The Nominating Committee is requesting nominations for these two positions. The positions are:

1. Secretary, currently filled by Janet Sibarium
2. Director, currently filled by Ed O'Donnell.

Nominations should be received by September 15, 2007, to the Nominating Committee Chair, Marilyn Varley at 737 River Street, Mamaroneck, NY 10543

Nominating Ballot

Secretary _____

Director _____

Hikes and Hosted Week-Ends

 **September 1-3 LAROR DAY WEEKEND** Join the Board of Directors for hiking, water sports and lots of good food. Janet Sibarium will host Saturday's happy hour and dinner. Jerry Flower, with an assist from Susanne, will host breakfast and lunch on Sunday. Kim Killion, assisted by Tom Schiels, will host Sunday dinner. Labor Day breakfast and lunch will be hosted by Laura Campbell. Reservations, e-mail preferred, are being taken by Janet, jansib@mindspring.com or 212-254-0738, or Jerry, jerry.flower@verizon.net or 212-923-5473. Must indicate which meals you will be having and if vegetarian. Reservation deadline Thursday, August 30th at 9 PM.

 **September 8-9 PAN ASIAN NIGHT AND BEAR LADY RETURNS** Join Marina Zoubtsova and her international friends for a Pan Asian dinner. Come early for an afternoon encore from the "Bear Lady" Liz Jackson. Liz's talk and slides definitely make this a priority week-end. Please register by 9 PM, Thursday, September 6. 646-641-9950.

Sunday, September 2 - Schunemunk Mtn.

An 8-mile hike at a moderate pace with a substantial uphill, but the nearly 360 degree views along the way make it worthwhile. Take the 9:11 Jersey Transit train from Penn Sta., changing at Secaucus for the 9:31 Port Jervis train to Harriman station, arriving at 10:28 (fare: OW\$10.75/Srs.\$5). Or, take the 9:10 ShortLine bus from the PABT arriving at Harriman station at 10:24 (fare: OW\$15.45/Srs.\$7.70). Short shuttle from Harriman station to Mountaintown. 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. No children, no pets, no smoking. Qualifying. Joint with AMC. Bob Susser 212 666-4371; rsusser@aol.com.

Saturday, September 8 - 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, the walk will go at a snail's pace with many stops, and is not for those looking to get a lot of exercise. Meet 10:30 AM at the northeast corner of 72nd St. & 5th Ave. 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. No pets, no smoking. Not Qualifying. Joint with AMC. Leader: Bob Susser, 212-666-4371; rsusser@aol.com.


Saturday, September 8 - Sterling Forest Circular

Come join us for a leisurely hike up to the ridge and a grand view from the fire tower. We'll continue by going around the lake stopping at a lovely beach and returning to the Visitor's Center. Joint with AMC and qualifying. Seven miles with ups and downs at a moderate pace. Transportation: Take 8:30am Shortline Bus from Port Authority to Suffern, arriving at 9:06. Meet in parking lot opposite bus ticket office near jct rtes 59 and 202 in business district. Leader: Renate Jaerschky 845-368-1749


Saturday, September 8 - Mt. Taurus/Breakneck Ridge Circular

We will climb Mt. Taurus and the scenic Undercliff Trail to Breakneck Ridge. Great views all day. Leader determines pace. No beginners or stragglers. Hiking boots and 2 qts water required. Steady rain cancels, call if in doubt. This will be a moderately fast paced hike of about 10 miles with substantial climbs and descents. Qualifying and joint with AMC. Transportation: Take 8:51am metro

north Poughkeepsie train (Hudson line) arriving in Cold Spring at 10:10. Meet at foot of Main St. (near Station Cafe). Leader: Bobb Parlan W:212-675-0641 M-F 1-6PM only bparlanhiker@aol.com

 **September 15-16 POETIC FOOD WEEKEND** The sky is the daily bread of the eyes. Food and drink are the customary enjoyment of the stomach. Come and participate. Please register before 9 PM, Thursday, September 13th. Co-hosts Suse Wenzel, 212-864-1538 or Indrid Strauch, 718-624-4996.

 **September 22-23 HOST NEEDED** The 22nd is Yom Kippur. Weekends with a religious holiday or commemoration are a good time for inexperienced hosts to get their feet wet. If you are available to host this week-end please contact our tireless Janet Sibarium, jan-sib@mindspring.com, and she will get the word out to the membership.


 **Sunday, September 23 Lake Sebago Clean Up** Meet at Nawakwa at 10 AM. Bring your own lunch and drinks. We will work for a few hours and then have a floating picnic on the lake. To sign up contact Barry Bunnell 917-796-2425 or bgbunnell@gmail.com. Specify whether you want a rowboat, canoe or kayak and if anyone will be sharing a boat with you.

Saturday, Sept. 22 - Minnewaska Circular

Scenic ridge hike in the Gunks to Millbrook Mt. And Gertrudes Nose. Great views. Leader sets the pace, no 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. Moderately fast paced hike with plenty of ups and downs covering about 9 miles. Transportation: Take 8:30am Adirondack Trailways bus from Port Authority. Ticket office is in South Wing, near 8th Ave. and E. 40th St. Arrives in New Paltz at 10:05. Meet at bus station. Drivers take NYS Thruway to exit 18 then rt. 299 west for 1 mile. Park on side street, NOT in station. Leader: Bobb Parlan W:212-675-0641 M-F 1-6PM only bparlanhiker@aol.com

Sunday, September 23 - Johnstown Circular.

A scenic ridge walk of about 7 miles on the Blue Disc and other trails, passing by Lake Skenanto. 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 the PABT arriving in Sloatsburg at 10:07 (fare: RT\$25.90/Srs.\$12.90). Out in time for the 4:28 train back to Penn Sta. No children, no pets, no smoking. Qualifying. Joint with AMC. Bob Susser 212 666-4371; rsusser@aol.com.

 **September 29th ANNUAL BBQ** Hosted by Rob and Rosalie Goldberg—Reservation and payment must be received by September 22nd. See page 1 for details.

 **September 30th BBQ WEEKEND** Sunday breakfast and lunch hosted by Janet Sibarium. Please call by 9 PM, Thursday, September 27th, 212-254-0738 or jansib@mindspring.com

See page 11 for additional September hikes

Summer 2007: Water Safety at Nawakwa



Water safety has been a priority this summer. The responsibilities of Nawakwans on the dock, with swimmers in the water, have been part of the classes conducted by Barry Bunnell. Classes have also provided hands-on, in-the-water, training on the use of the safety equipment available on the dock.

A new, larger storage bin has been constructed and stores all of the water safety equipment so that it is readily available at dock-side.



Summary of Minutes from the Annual Camp Nawakwa Open Board Meeting - July 21, 2007

Chair's Report – Barry Bunnell

1. Garbage: The “garbage bears” are active in the Park. Garbage must be put into heavy duty plastic bags and put into ACA dumpsters.
2. Recycling: A recycle bucket is available in the kitchen. At the end of a weekend, the host, or designates, should take a recycle bag(s) to their community recycling place.
3. Unauthorized swimming: There has been more unauthorized swimming in the lake. The Park hasn't been locking their side of the gate, and unauthorized people have been driving in and swimming. It was announced at a group camp meeting that it is everyone's responsibility to try to report unauthorized swimmers. Call Park Police (number is listed by the camp phone).
4. Sale of watercraft: Cabins with IKEA beds have been popular, but money to buy additional beds is limited. Selling unused sailboats, a 1929 wooden canoe, and other unused boats may be a source of funds. A motion to sell unused watercraft to buy new beds passed unanimously. (see page 10 for an update of “boats for beds”)

Vice Chair's Report – Jerry Flower

1. Elections: An election committee will be formed in August. Nomination for open positions will be solicited and ballots will be mailed to members by first class mail. Results will be published in the Trail Marker.
2. Strategic Plan: The Board will present a plan to the membership by the end of the year. It will include goals, costs for needed maintenance and improvements, and recommendations for funding the recommendations. Input will be solicited.

Treasurer's Report – Laura Campbell

1. The transition of Treasurers is underway. All accounts are being examined and updated if needed. The essential records needed to become a 501(C)3 organization are being verified.
2. The Host Weekend Form and the Expense Reimbursement Form are being revised.
3. Laura Campbell and Janet Sibarium are the new and only signatories on the checking account at HSBC.

Secretary's Report – Janet Sibarium

1. The Board meets monthly, in person every other month and via telephone conference on alternate months.
2. Minutes are now distributed via e-mail.

Main Club Director's Report – Mark Fedow

1. “A Wilderness Affair: Bringing the Mountains to You” will be Saturday, November 3rd. It's a huge event for the Main Club. Last year they raised \$30,000. The silent auction is now on-line at ADK's website. The new Trail Supporter Patch will be on sale. Money from the patch will be used to maintain local trails.
2. Last year ADK's membership declined by 10%. All outdoor organizations have problems with declining membership. Young people are not joining outdoor clubs. Contributions rather than membership fees have become a major source of funding.
3. A new business model will be considered to raise more funds (not from membership). Should ADK be a conservation organization or a lodging organization? Conservation has been an important aspect of ADK. If lodging is the focus, current facilities will have to be updated, renovated, winterized,
4. Also under consideration is a name change so as to appeal to more donors. The suggestions will be presented to the membership.
5. The main club has been financially stable by eliminating positions: Development Director and Advocacy Director.

October 2007

Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 Colum- bus Day Weekend
7 Colum- bus Day Weekend	8 Colum- bus Day	9	10	11	12	13 PR Pernil Weekend
14 PR Pernil Weekend	15	16	17	18	19	20 Fall Foliage Weekend
21 Fall Foliage Weekend	22	23	24	25	26	27 Wood Day/Clean Up Week-
28 Wood Day/Clean Up	29	30	31			

- * October 6-7 - Terri Zubarik and Giacomo Servetti will host with food for vegetarians and meat-eaters alike.
- * October 13-14 - Teresa Marrero's annual fall Puerto Rican Pernil (roast pork) weekend. All the traditional dishes from the Caribbean. There will be plenty of veggies for the vegetarians.
- * October 20-21 - Come enjoy the fall foliage and dinner with Janet Sibarium and Laura Campbell.
- * October 27-28 - Wood Day and Fall Clean Up weekend. Tom Schiels will be in the kitchen preparing his award winning chili with lots of help from Kim Killion.

Wood Day/Fall Clean Up

The annual Wood Day/Fall Clean Up will be Saturday, October 27th. Work crews will start tackling the chores around 9 AM. There will be a lunch break, sandwiches and salads, in the early afternoon. Lunch is on the house for workers!

Spring Clean Up was very successful this year. Everything on Barry Bunnell and Ernie Kriese's long list of chores was done. The list for Fall Clean Up is also long, but with the enthusiastic help of the Nawakwa members all these jobs can also be completed.

If you will be attending Wood Day/Fall Clean Up please e-mail Jerry Flower jerry.flower@verizon.net or call at 212-923-5473

Tom Schiels and Kim Killion are the hosts for the week-end and will set up Happy Hour and then serve Tom's award winning chili, both meat-eater and vegetarian versions.

If you plan to stay for dinner or the weekend, reserve with Kim and Tom at 212-595-5343 by 9 PM on Thursday, October 25th.

Announcement:

Ed O'Donnell has agreed to be the Camp Chairperson. He will also continue his duties as Park Liaison.

Committee Chairs & Other Positions

Jerry Flower, Membership

212 923-5473 jerry.flower@verizon.net

Edmund O'Donnell, Camp Chair, Park Liaison

212-777-5209 Eodonn2236@aol.com

Glen Nison, Hiking

718- 625-2182 gnisonbike@juno.com

Barry Bunnell, Boating

917-796-2425 bgbunnell@gmail.com

Bill Burns- Trails

718-816-1933 wjburnsir@msn.com

Janet Sibarium, Hosting

212 254-0738 jansib@mindspring.com

Peter Varley, Conservation

914-698-2339

Helga Abel, Commissary

718-884-5072 helgabe@att.net

Edward Brophy, Art and Library

845-268-7486

Andreas Stresemann, Webmaster

212 923-5473 astresemann@gmail.com

Susanne Flower, Trail Marker

212-923-5473 susanneflower@verizon.net

Upcoming Hikes and Hosted Weekends

 **October 6-8 Columbus Day Weekend** Some say autumn is the best time to be in New York. We say "Let's put it to the test. Come up and spend a relaxing weekend at Camp Nawakwa and check out the fall colors. Co-hosts Terri Zubarik and Giacomo Servetti will provide satisfying food and drink for vegetarians and meat-eaters alike at Saturday dinner and Sunday breakfast and lunch. Register by Thursday 9 PM, October 4 at 845-947-0054 or 845-786-3247.

Saturday, October 6 - Bonticou Crag/Table Rocks

Table Rocks is a spectacular rock formation with great views. From there we will rock scramble through crevices, cracks and caves. Not for the faint of heart or those concerned about heights or exposure. Leader sets the pace. No beginners or stragglers. Hiking boots and 2 qts water required. Steady rain cancels, call leader if in doubt. Joint with AMC and qualifying. Moderately fast paced hike with major ups and downs covering about miles. \$9 Mohonk fee. Transportation: Take 8:30am Adirondack Trailways bus from Port Authority. Ticket office is in South Wing, near 8th Ave. and E. 40th St. Arrives in New Paltz at 10:05. Meet at bus station. Drivers take NYS Thruway to exit 18 then rt. 299 west for 1 mile. Park on side street, NOT in station. Leader: Bobb Parlan W:212-675-0641 M-F 1-6PM only bparlanhiker@aol.com

Saturday, October 6 - Johnstown Circular

Let's enjoy the lovely fall foliage, some great views and a stop at a lovely lake in the wonderful park. Joint with AMC and qualifying. Seven miles with ups and downs at a leisurely pace. Transportation: Take 8:30am Shortline Bus from Port Authority arriving in Sloatsburg at 9:12am. From route 17 north turn right at blinker. Go one block to RR station. Turn right before crossing track. Then turn right into large parking lot. Leader: Renate Jaerschky 845-368-1749

Sunday, October 7 - Mt. Taurus.

A long uphill, but rewarded with spectacular views of the Hudson Valley. Around 6 miles altogether at a moderate pace. It is not necessary to register, but you must call or preferably email me beforehand to make sure hike is on, and if you need or can offer a ride from NYC. Take the 9:57 train from GCT arriving in Cold Spring at 11:07 (fare: OW\$10/Srs.\$6.50). This train may also be boarded 10:16 at the Marble Hill station (one block from the 225th St. stop on the #1 subway). Please use the restrooms on the train and please sit in the first or second open car. Fare: OW\$7.50/Srs.3.75. 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. No children, no pets, no smoking. Qualifying. Joint with AMC. Bob Susser 212 666-4371; rsusser@aol.com

 **October 13-14 Puerto Rican Feast Weekend** Come join Teresa for her annual Puerto Rican Pernil (roast pork) weekend, complete with traditional rice and beans, avocado salad, plantains, sangria and other Caribbean treats. Vegetarians welcome (rice and beans and there will be lots of vegetables). Call Teresa Marrero 212-945-0280.

Sunday, October 14: Harriman

Moderately paced hike in Harriman to gaze at the fall colors. We may amble up a hill in Harriman to look for hawks winging South. Roughly 7-mile

hike. Qualifying. Hike leaves from Nawakwa at 10:30 AM. You must call camp Saturday night before 9PM to confirm that the hike is on. If you need a ride Sunday morning from Sloatsburg, we might be able to arrange it. Leader: Deirdre Tourin. dtouring3@yahoo.com


 **October 20-21 Fall Foliage Weekend** Enjoy peak fall foliage and savor a colorful seasonal menu, including acorn or butternut squash. Vegetarians and carnivores will be satisfied! Please register by Thursday, October 18th, 9 PM. Co-hosts Janet Sibarium 212-254-0738 or jansib@mindspring.com or Laura Campbell 212-663-6609 or laura.b.campbell@verizon.net

Saturday, October 20 - Schunemunk Mountain

Leader plans to hike both ridges with steep initial climb up the Jessup Trail. We continue hiking on the Western Ridge with its spectacular views. Leader sets the pace, no beginners or stragglers. Hiking boots and 2 qts water required. Snow conditions may require crampons or stabilizers. Steady rain or dangerous driving conditions may cancel, call if in doubt. Qualifying and joint with AMC. Moderately-fast paced, with some steep ups and downs, about 8 miles. Transportation: Take 8:30am Shortline Bus from Port Authority to Mountainville arriving at 9:52am, rt. 32 and Angola/Pleasant Hill Road at Black Rock Fish and Game Club sign. Leader: Bob Parlan W:212-675-0641 M-F 1-6PM only bparlanhiker@aol.com

Sunday, October 21 - 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 hike is on, and if you need or can offer a ride from NYC. Take the 9:57 train from GCT arriving in Garrison at 11:07 (fare: OW\$10/Srs.\$6.50). This train may also be boarded 10:16 at the Marble Hill station (one block from the 225th St. stop on the #1 subway). Fare: OW\$7.50/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. No children, no pets, no smoking. Qualifying. Joint with AMC. Bob Susser 212 666-4371; rsusser@aol.com.

 **October 27-28 Wood Day/Fall Clean Up Weekend**
See page 6 for details of this weekend. Tom Schiels and Kim Killion hosting. Call 212-595-5343

Saturday, October 27 - Bronx Botanical Garden.

A leisurely walk of a few miles. 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 (optional): \$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. No pets; no smoking. Not Qualifying. Joint with AMC. Bob Susser 212-666-4371; rsusser@aol.com

November 2007

Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Vegetarian/Yoga Weekend
4 Vegetarian/Yoga Weekend	5	6	7	8	9	10 Veterans' Day Weekend
11 Veterans' Day	12	13	14	15	16	17
18	19	20	21	22 Thanksgiving	23 Thanksgiving	24
25	26	27	28	29	30	

- * November 3-4 - Vegetarian dinner and Sunday morning yoga and meditative hike with Mary Saraco and Mary Ann Poris
- * November 10-11 - Spend Veterans' Day Weekend with two veteran Nawakwans, Mark Fedow and Everod Carter, and enjoy the hearty fall food.
- * November 17-18 - Host needed. Are you available? Call Janet Sibarium so she can get the word out to the members.
- * November 22 - Thanksgiving Dinner - come for a full day of cooking and eating Susanne and Jerry Flower's gobble, gobble feast.

Continued from page 5

Summary of Minutes from the Annual Camp Nawakwa Open Board Meeting - July 21, 2007

Committee Reports

Membership Committee - Jerry Flower

Currently there are 30 applicants (highest number in years). In the past year there have been a high number of applicants who became members.

Instrumental factors in boosting membership and applicants are the website and the new clarity of the membership process. There is a new membership information kit, and straight-forward application.

Conservation Chair – Peter Varley

Newly appointed, no report

Communication Committee – Andreas Stresemann and Susanne Flower

A hosting handbook is being updated with the assistance of the Host Committee Chair and will be mailed to all new hosts and will be available online.

The Trail Marker is now being published every 3 months in an expanded format. It is also available in full color on the website.

The website is updated as new information becomes available, often on a weekly, and occasionally on a daily basis.

Host Committee – Janet Sibarium


Volunteer hosts need to plan and commit far in advance because Trail Marker is now published quarterly. Although in the past year, we've had a few new weekend hosts, and the Board has been active with hosting weekends, there is still a core of only about 30 members who seem to be multiple hosts. A successful method to enlisting new hosts is to pair up a veteran host with new hosts. We need to continually support new members with co-hosting, to enlarge our pool of hosts

Q and A from Membership:

A financial report was requested, and will be supplied as soon as the Treasurer has all of the data.

Upcoming Hikes and Hosted Weekends

 **November 3-4 Autumn Vegetarian/Yoga Weekend** Enjoy the crisp autumn air with vegetarian lasagna dinner and optional Sunday morning yoga followed by a meditative hike. No fuss dinner prep and easy clean-up guaranteed by hosts, so there will be more time for outdoors and relaxation. Mary Saraco, a certified yoga instructor, will lead the Sunday morning yoga program. Bring your mat. Co-hosts Mary Saraco and Mary Ann Poris. Please register by e-mail or phone before 4:30 PM Thursday. msaraco@aol.com, home 908-781-7072, cell 609-577-3296.

 **November 10-11 Veterans' Day Weekend** Can't predict if the winter stew will be red, white and blue, but it will surely be hearty and delicious. Your hosts for the weekend are veteran Nawawkans Mark Fedow and Everod Carter.

Mark Fedow 908-782-4064 fedowf@aol.com

Everod Carter 718-271-1219

Saturday, November 10 - Tallman Mtn. Circular


This is an easy hike along the cliffs with some fine views and a walk on a mile long pier in the Hudson. Joint with AMC and qualifying. Leisurely paced six mile hike with not much elevation. Transportation: Take 915am Rockland Coaches (coach usa) from Port Authority, south wing gate 220, tickets at windows 11-15. Arrives in Piermont at 10:17am at 450 Piermont Ave. Leader: Renate Jaerschky 845-368-1749

Sunday, November 11 - 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 at 10:12. (Fare: RT \$14.75/Srs.\$9) Or, take the 9:10 ShortLine bus from PABT arriving in Sloatsburg at 10:07. (Fare: RT \$25.90/Srs.\$12.90). Out in time for the 4:28 train back to Penn Sta. No children, no pets, no smoking. Qualifying. Joint with AMC. Bob Susser 212 666-4371; rsusser@aol.com.

Sunday, November 18 - Bear Mountain. Over Timp and Bald. Two nice uphill and a 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 hike is on, and if you need or can offer a ride from NYC. No children, no pets, no smoking. Take 8:45 ShortLine Bus from PABT to "Bear Mountain," arriving at 10:15. Fare: RT\$26.70/Srs.\$13.30 (with Jersey Transit half-fare coupon). Qualifying. Joint with AMC. Bob Susser 212 666-4371; rsusser@aol.com.

 **November 22 - Thanksgiving Dinner** Join the Flowers in preparing and eating a traditional Thanksgiving Dinner. The soup pot will be on for those who come early. Happy Hour is 4 PM and dinner will be served at 5 PM. Breakfast Friday morning for those who spend the night. Please reserve by 10 PM on Monday, November 19th

212-923-4573

jerry.flower@verizon.net

See additional November hikes on page 11

Read all about it in the next Trail Marker



Yes, that is Rich DeCoursey!

River Clean Up - Nawawkans Help

Read all about Terri & Steve Zubarik, Devia Thadani and Barry Bunnell's adventures to the Lake Placid area to volunteer for National Trails Day. It will make you too want to volunteer for this national effort.

Hiking in Exciting Places

Read all about Rich's June-July adventures in Zermatt, Switzerland and the Austrian Dolomites in the next issue of the Trail Marker. There will also be more of his spectacular photos to wet your appetite for European hiking.

December 2007

Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Hanukkah	6	7	8 ✨
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 Christmas	26 Boxing Day	27	28	29
30	31 New Year's Eve					

* The Schedule of events for December is not yet available. Be sure to check the website, ADKNY.org, for up-to-date information on hikes and hosted weekends.

* ✨ Fenna Koppelman is without transportation and will be unable to host her annual Sinter Klaas Weekend this year. A very special thank you to Fenna for all of the years of pleasure she has given by sharing this beautiful Dutch tradition with ADK/Nawakwa members.

BOATS for BEDS

Report by Barry Bunnell

Boats for Beds

At the annual membership meeting in July the Board presented a plan to sell some of the extra watercrafts and use the proceeds to buy additional beds for sleeping cabins. The idea was welcomed and we have come up with a plan how to proceed ahead.

The beds:

The new beds have been a real hit at camp. Most everyone would say that they sleep better in them and thus their stay at camp is more enjoyable. Cabins 1 and 6 currently have new beds and many Nawakwans have been making a bee line when arriving to claim one. The 5 new beds will be distributed among cabins 2 to 5. At the Fall work day, those cabins will also get some refurbishing so that the beds stay clean and are protected.

The boats:

Over the years the camp has collected quite a few boats. Our current inventory consists of 6 canoes, 5 kayaks, 4 rowboats and 3 sailboats. This does not include the Old Town wooden canoe which is more of a museum piece. Five of these boats have been stored underneath cabin 1 for quite a few years and have hardly been used. The rest of them have been stored on the boat dock. Except for the Earth Day lake clean up, there have never been more than a few of the boats in use at the same time. With kayaks being the most popular boats, we will reduce the count of sail boats, row boats and canoes.

Boats for Beds auction:

During September ADK New York Chapter members will have the opportunity to bid on the boats that are identified for sale. If the bid does not reach a certain minimum that covers the expenses for the beds, the boats will be offered to the general public. Photos and bid lists will be posted in the main cabin. We also have an online auction page at our website: <http://www.adkny.org/boats.html>
If you want to support the effort of refurbishing the cabins and purchase of the new beds but don't want to partake in the auction, we gladly accept donations. You can leave your contribution in the lock box at camp with a note "bed for boats".

Last-minute update: We have purchased the new beds ahead of the auction so we could all enjoy them during the rest of the summer. We used an interest-free credit line for it and the auction proceeds will be used to zero it out.

More Upcoming Hikes and Weekend Activities

Saturday, September 29 - Pawling Nature Preserve

A farm land into the Pawling Nature Preserve. Non-drivers take the 7:48AM Harlem Line from Grand Central Station to the Appalachian Trail station, where the hike begins at 9:40am. Drivers go along NY route 22 a couple of miles north of Pawling, looking for an AT Hikers sign, followed by a road sign marked "Parking Area". Park at an area beyond on either side of the the highway and walk back south 200 yards, turning right on a path before a sign marked "JCT RTE 68" to find the small station 50 yards to the west. Qualifying.moderate 8 mile hike on the Appalachian Trail through Leader: John Lipsett 212-867-8280 (work) 212-864-6109 (home)

Sunday, September 30 - Harriman

Hike off the barbecue in Harriman with a moderatley paced hike Lake wandering along little hills and stopping at viewpoints for an easy 7-mile hike. Qualifying. Hike leaves from Nawakwa at 10:30 AM. You must call camp Saturday night or Sunday morning to confirm that the hike is on. Leader: Deirdre Tourin. dtouring3@yahoo.com

Sunday, September 30 - Fahnestock. Around 8 miles at a moderate pace along various trails through woods and high-level meadows with alpine-like vistas. It is not necessary to register, but you must call or preferably email me beforehand to make sure hike is on, and if you need or can offer a ride from NYC. Take the 9:57 train from GCT arriving in Cold Spring at 11:17 (fare: OW\$10/Srs.\$6.50). This train may also be boarded 10:16 at the Marble Hill

station (one block from the 225th St. stop on the #1 subway). Fare: OW\$7.50/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 5. No children, no pets, no smoking. Qualifying. Joint with AMC. Bob Susser 212 666-4371; rsusser@aol.com.

Saturday, November 24 - Trail Clearing on the RD Meet at the Tuxedo parking area (north of the train station) at 9:20AM. Bus riders take the 8:30AM Shortline Bus from the Port Authority to Tuxedo. Qualifying - bring work gloves. Leader: John Lipsett 212-867-8280 (work) 212-864-6109 (home)

Sunday, November 25 - Pocantico Hills. A leisurely stroll of around 6 miles along some of the pleasant carriage paths and intimate wooded lanes with panoramic vistas which characterize this beautiful State Park preserve. Take the 10:20 MetroNorth Hudson Line train from Grand Central, arriving in Philipse 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 hike is on, and if you need or can offer a ride from NYC. No children, no pets, no smoking. Not Qualifying. Joint with AMC. Bob Susser 212-666-4371; rsusser@aol.com.

In the Kitchen with *Susanne Flower*

Its been an exceptionally busy summer personally and at work. Consequently I'm feeling the pressure to get this issue of the Trail Marker put together and off to the printer. So my "in the kitchen" comments are going to be unrelated items that I think deserve a mention.

- Cans and bottles that are being recycled need to be rinsed out. Its helpful if that is done at the time they are emptied rather than at the last minute when the host is busy closing up the camp.
- If you have a specific request for an assigned chore, let the host know at the time you make your reservation. That saves last minute rearranging of the work assignments and prevents misunderstandings about who is doing what.
- We are having more inquiries about membership because of the website. Prospective applicants are coming to Nawakwa to see our gem on Lake Sebago - but they come knowing not a soul. We all need to be part of making them feel welcome! Please introduce yourself and answer any questions they may have.
- When hikers in Harriman stop by and ask about Nawakwa, there is a packet of membership information on the table by the desk that can be given to them. It is restocked frequently so be generous with the packets.



The highlight of my summer was having our son, daughter-in-law and grandson back in the USA for an all too short visit. Their visit was the first opportunity we have had to introduce them to Nawakwa. Taymor, who is 5 years old and about to start kindergarten at the American School in Jerusalem, and his father, Kevin, were in heaven! They loved the swimming and canoeing. Mom, Nassrin, wasn't too sure about the lack of indoor plumbing and a deep water lake. She is a true urbanite who loves a sandy beach. But she was won over just by watching Taymor having so much fun with his dad and grandfather and the warm welcome she received from so many members.

New York Chapter, Inc. of the
Adirondack Mountain Club, Inc
C/O J Flower, Membership
802 West 190th Street #1F
New York, NY 10040



Labor Day Weekend - See pages 2 & 3 for details

ANNUAL BBQ - September 29th



Don't miss the fun and food!
RSVP: Rob and Rosalie Goldberg
rob741@gmail.com

Check must be received by
9/22/07 deadline