

The Trail Marker

January-February-March Issue 2024

Published by the *Nawakwa Outdoor Association of New York, Inc.*
Peter Stuyvesant Post Office Station P. O. Box 327, New York, NY 10009-9998
Camp Nawakwa on Lake Sebago (SB-3), 845-351-4135

www.noany.org

View From the Chair

Traveling the Open Road

*"Allons! whoever you are come travel with me!
Traveling with me you find what never tires."
-Walt Whitman*

A song popular at this time of the year is one called 'Winter With You.' The opening verse says:

*Evening light doesn't linger now
Quite as long as before
And the snow softly coats the ground
Nature sleeps once more.*

The words remind us, who live in the Northern Hemisphere, of how nature seems to sleep in the winter. Trees have lost their leaves, and under their blanket of snow, the ground and the forests seem to rest, awaiting and renewing themselves for another circle of rebirth to come in spring. The migrating birds, their work of nesting and raising a new generation of young finished, return to their southern roosting areas to restore their own energies for the next journey north.

We renew ourselves during the winter by gathering together with family and friends, in various celebrations of light and hope, sharing together friendship and love. The chorus of the song says:

*In this quiet place, time
Finds a slower pace, and I
Will not mind at all
The cold outside if
I could share this winter with you*

In our Winter Social [see the notice on page 3], we have an opportunity of sharing this winter with each other and renewing the friendships and camaraderie we enjoy at camp. All of us look forward to the reawakening of the earth in spring and the return of the warmth of the sun, when we can once again be at Nawakwa and enjoy the trails and lakes of Harriman. There is always work, and sometimes challenges, ahead for us. But by traveling the road together and helping one another stay true to the goodwill and the spirit of cooperation and respect for one another that we enjoy in our club, we will always find what renews and lifts us up. Happy New Year!

- Ray Kozma, NOANY Chair

Nawakwa Outdoor Association

Board of Directors and Committees

Board Chair: Raymond Kozma

raymondkozma@gmail.com

Vice-Chair: Teri Gabel blaugabels@msn.com

Secretary: Eve Mancuso

evemancuso@gmail.com

Treasurer: Suzanne Rocheleau

rocheleau3@gmail.com

Director: Marty McDonald martymcd@me.com

Director: Ingrid Strauch

ingrid-hiking@noany.org

Director: Edie Blum ediegreen17@gmail.com

Director: Carol Burns carol_kb@yahoo.com

Director: Alex Wilkie afwilkie204@gmail.com

Director: Susanne Flower

susanneflower@gmail.com

Membership Committee:

Chair: Jerry Flower jerry.flower@verizon.net

Co-Chair:

Janet Sibarium janet.sibarium@icloud.com

Members:

David Miller snoop353@aol.com

Laura Zan zanicca@gmail.com

Host Committee:

Co-chair: Maryann Poris maporis@aol.com

Co-chair: Mary Hilley hilley66@gmail.com

Commissary: Maryann Poris maporis@aol.com

Newsletter Editor:

Raymond Kozma TrailMarker@noany.org

Activities Committee:

Chair: Edie Blum ediegreen17@gmail.com

Camp Committee:

Chair: Dave Hayes camp@noany.org

Hikes and Outings Committee:

Chair: Glen Nison gnisonbike@juno.com

Members:

Ingrid Strauch Ingrid-hiking@noany.org

Ray Kozma raymondkozma@gmail.com

Trails Committee:

Co-Chair: Mary James

maryelizjames@gmail.com

Co-Chair: Andy Frank agfrank1@aol.com

Park Liaison: Raymond Kozma

raymondkozma@gmail.com

Conservation Committee:

Chair: Kate Walker katecwalker@gmail.com

Environmental Education Committee

Chair: Marty Kellerman

mmkellerman@gmail.com

Archives Committee:

Chair: Ellen King ellen_king13@msn.com

Webmaster:

Marty McDonald martymcd@me.com

Problems Receiving the Trail Marker?

Please let our Secretary, Eve Mancuso, know of any problems.

Contact Eve at evemancuso@gmail.com **Change of address:**

Please contact Jerry Flower, our Membership Chair, at jerry.flower@verizon.net to notify us of any address changes.

Notice: Members occasionally receive email notifications about hosted weekends, hikes, and related Camp events. These notifications are only to be sent by the Secretary, by the Hosting Committee, or by the Website Editor.

Follow us on **Instagram!** [nawakwa_outdoor_association_ny](https://www.instagram.com/nawakwa_outdoor_association_ny)
[Account managed by Jess Scirbona (jscirbona@gmail.com)]

Get updates on Nawakwa happenings on **Twitter!**

Go to <https://twitter.com/NawakwaOutdoor> click on follow,
then receive news, reminders, and special notices effortlessly!

[Account managed by Ingrid Strauch (Ingrid-hiking@noany.org)]

Deadline for submissions to the next edition of the Trail Marker (April-May 2024) is March 23, 2024.

Please send to Raymond Kozma TrailMarker@noany.org

Winter Social

Luncheon

Sunday, January 21, 2024 - 12:00PM

Characters Restaurant
94 Orange Turnpike
Sloatsburg, NY 10974

MENU

Hot and Cold Appetizers

Choice of Entrée:

SALMON- served in a lemon and caper sauce and serve with your choice of rice or baked potato and mixed vegetables.

CHICKEN FRANCESE – served with your choice of rice or pasta and mixed vegetables.

BEEF TERIYAKI – sliced steak served with peppers and onions in teriyaki sauce with your choice of rice or baked potato and mixed vegetables.

PASTA PRIMAVERA – served in a roasted garlic, basil and pomodoro sauce topped with seasonal vegetables.

Choice of Dessert:

Chocolate Mousse Cake, Apple Pie ala Mode, Cheesecake, Tiramisu, Banoffi

Soda - Tea - Coffee Included, Cash Bar

Cost - \$45.00 per person

Please RSVP to Eve by January 15 with your meal choice, and by sending payment. You may pay by mailing a check, payable to NOANY, to Eve Mancuso or by sending payment via Zelle to Suzanne Rocheleau - Rocheleau3@gmail.com.

Mailing Address: Eve Mancuso
12 Wintergreen Road,
Sloatsburg, New York 10974

Notification of NOANY Annual Membership Dues

The annual membership fee for Nawakwa keyholders remains \$40 in 2024, the same as in 2023.

If you are one of the 185 keyholders who were members at year-end 2022, your membership dues are payable in January 2024. You will receive an email notification early in January providing instructions for how to pay (check or Zelle).

If you are one of the 18 applicants who became keyholders between January and December 2023, you will receive a similar email notice one month prior to the 12-month duration of your initial membership fee. For example, if you became a keyholder in August 2023, you will receive a similar notification in July 2024.

Once your membership fee is processed, we will acknowledge receipt by email with a personalized Membership Card image.

This system is similar to the membership renewal notification process that keyholders were accustomed to as members of ADK.

Reminder: Off-Season Use of Camp Nawakwa

During the camp off-season from October 15 to April 30, permission to make use of Camp Nawakwa is needed from the Park Office for any keyholder who wishes to access and use camp during this period.

Any keyholder member who wishes to access and use camp during the off-season must notify Ray Kozma, NOANY Chair who will contact the Park Office to request permission and obtain the necessary Permit. Members should contact the chair about a week before the requested visit date so that sufficient time can be allowed for the Park Office to be notified and respond.

All the normal Park Rules and Regulations, and our established Policy and Procedures, will be in effect during the Off- Season.

Results of the 2023 Elections to the NOANY Board of Directors

Good afternoon Nawakwans:

The election results are as follows:

Item 1 - Ratification of the updates to the NOANY Bylaws- 42 Yes votes

Item 2- Ratification of the updates to the NOANY Certificate of Incorporation - 42 Yes votes

Vice Chair -

Teri Gabel - 28 votes

Write In Vice Chair -Janet Sibarium - 1 vote, Dave Hayes -1 vote, Alex Wilkie - 1 vote, Jess Scirbona -1 vote, Ingrid Strauch - 1 vote, Marty Kellerman - 1 vote, Steve Barre - 4 votes

Secretary -

Eve Mancuso - 42 votes

Write In Secretary - Janet Sibarium -1 vote

Director(s)

Edie Green - 42 votes

Ingrid Strauch - 43 votes

Marty McDonald - 43 votes

The ratification of the updates to the Bylaws and updates to the Certificate of Incorporation has passed.

Teri Gabel, Vice Chair, Eve Mancuso, Secretary, Edie Green, Director, Ingrid Strauch, Director, and Marty McDonald, Director were successful in being elected to the Board of Directors for the 2024-2025 term. Congratulations to them all!

Thank you all for voting and supporting NOANY.

Respectfully submitted,
Eve Mancuso, Secretary



Coming Weekends at Camp Nawakwa

Notes on Hosting

Updates to this hosting schedule will be provided in the weekly hosting emails sent out by the Hosting Committee.

To host a weekend or midweek, contact Hosting Committee:

Co-chair: Maryann Poris maporis@aol.com.

Co-chair: Mary Hilley hilley66@gmail.com

Commissary Concerns?

Call or email Maryann Poris (973) 731-7117 maporis@aol.com

There is a limit of one host plus one co-host per weekend or midweek

Winter Weekend

January 20-21, 2024

Come to Camp Saturday and Sunday to enjoy the Winter tranquility and fellow adventurous Nawakwans. Water will be turned off at Camp for the season so this will be a “no frills” weekend. The fireplace and wood stove in the main cabin will provide heat but cold-weather clothing and sleeping bags are required.

Dinner will consist of a hearty soup, hot spiced cider and wine, Italian sausage dish (vegetarian option available) and Dutch oven bread pudding for dessert. The main course meal will be BYOB.

A hot breakfast will be offered in the morning.

This event is coordinated so that members may attend Camp on Saturday and then head to Characters in Sloatsburg for the Annual Nawakwa Social luncheon on Sunday. [See details about the Winter Social on page 3.]

Please contact Host, Lewis Ports, by 9 pm on Monday January 15th to register. Ports.lewis@gmail.com or (646) 339-1316. Co-Host Rosanna Romagnano

Hikes and Outings Committee

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

For listings of hikes not led by members of NOANY, (and not necessarily qualifying) try the following link:

<http://www.nynjtc.org/content/member-clubs>

Interested in becoming a hike leader? Please send your name, email, and phone number to Glen expressing your interest in becoming a hike leader for NOANY.

Saturday, January 20, 2024 (in conjunction with the Hosted Weekend at Camp) Diamond Mountain Hike. 9am at Camp Nawakwa

Weather permitting. Snow, rain or icy conditions will cancel. The hike is followed by lunch at the cabin (with overnight hosted by Lewis Ports and Rosanna Romagnano, see page 4 for details).

Starting at camp we will make our way along the camp road toward 7 Lakes Drive which we will cross to access the "Tuxedo Mt Ivy Trail". We will only stay for a short distance on the TMI before we turn right onto the "Stony Brook Trail" and then left onto the orange "Hillburn-Torne-Sebago Trail".

Soon the ascent starts, and we will definitely get a workout. After 0.6 miles the trail merges with the "Seven Hills Trail" and we will be rewarded with a gorgeous view of our very own base- Lake Sebago. After another 0.2 miles we've reached the summit of Diamond Mountain (1240 ft). At this point we will follow the blue "Seven Hills Trail" for about 0.7 miles with several great vistas along the way before descending and making a right onto the "Kakiat Trail". This is a rather steep descent that requires rock scrambling skills.

After 0.6 miles on the "Kakiat Trail" we will make a right onto the "Stony Brook Trail". After a relatively flat 1.4 miles we'll be back at 7 Lakes Drive and return to camp where we will be greeted with well-deserved warm chili.

Note: This hike includes a steep ascent and descent, some rock scrambling, and the pace will be a little faster than on some of the other hikes

Distance: Approx. 5 miles (a qualifying hike)

Approx. total ascent 632 ft.

Participants need to wear sturdy footwear, dress in layers (no cotton please), and bring snacks, rain gear and a sufficient amount of water (hot drink in a thermos is nice too). Hiking poles are recommended. Traction devices are strongly recommended!

Please register with hike leader Oliver Lunt by Thursday, Jan 18 oliverjlunt@gmail.com

Please register separately for the overnight weekend with Lewis [see page 6 for details]

**Always check the website for updated
listings of hikes: NOANY.org**

Annual Palm Sunday Hike

St. John's Church in the Wilderness
Sunday - March 24, 2024

The annual Palm Sunday hike to St. John's Church in the Wilderness has been a tradition since the 1930's. Other groups from other hiking clubs are out this day headed to St. John's, and it is very common to cross paths with them as we hike along.

Barring any snowstorm, the good people of St. John's Church in the Wilderness plan to host the traditional Palm Sunday hikers' event on March 24th this year. [Due to the unavailability of clergy, there will not be a 3PM service for hikers. There is the regular church service at 12:30pm, however, and any who are at the church early are welcome to join with the parishioners at the 12:30 service.]

As part of their hospitality mission, the parishioners will provide a light lunch for hikers. The luncheon is scheduled to start at 2PM. There is no charge for the food and drink, but donations are always welcomed.

All who are driving should meet at the church by 9AM where the cars will be parked. All cars, except for the one or two that will shuttle hikers/drivers back to our starting point, will be left at the church where the hike finishes.

[Note: We are told that the road by the church has been torn up by the park, but not yet repaved. Drivers are urged to drive carefully as there are many ruts and uneven surfaces on the roadway by the church.]

The hike will start from the Camp gate and Seven Lakes Drive about 10 AM. The address of the church is 119 Johnstown Road, Stony Point, NY between Lake Welch Parkway and Route 106.

Palm Sunday is in March this year and March weather can be unpredictable. Rain, some cold, blustery weather, including snow and ice, are always a possibility. Participants should dress warmly (layers, no cotton), bring lunch, snacks, water, raingear, and wear sturdy hiking shoes. Traction devices are recommended in case there is ice on the trail.

All participants must register with Ray Kozma (917-406-37820) or raymondkozma@gmail.com or with by Thursday night, March 21, 2024. Hike is Qualifying.

Trail Maintenance:

A great day of hard work and camaraderie on 11/18/23

Seven participants (applicants, members and seasoned trail maintainers) gathered for a trails workday. For the benefit of newcomers, we outlined different aspects of the work we do and some safety related recommendations. Pages from the excellent *Trail Maintainers Manual* published by the New York New Jersey Trail Conference were available. Tools and safety glasses were chosen, and we set off to clear a portion of an overgrown trail.

Early rain and general dampness in the morning soon changed to clear sky and bright sunny conditions. We worked on a section of the White Cross trail which included rocky inclines and water crossings.

We worked at cutting encroaching branches to re-open a four-foot wide by eight-foot-high tunnel through dense Mountain Laurel. For a lunch break we sat on mossy rocks, ate our sandwiches, and chatted while a few late falling leaves spiraled down around us. Together we cleared 600-700 feet of trail before hiking back to camp. We returned with big appetites for the delicious dinner prepared by host and Board Member Alex Wilkie.

Many, many thanks are due to all our participants! Thank you for keeping alive our camp's 100+ year tradition of caring for the trails around us!

Anyone who is interested may access [Trail Conference Maintenance Manual, 8.2 Edition](#) online at nynjtc.org//TMM to learn about what guides the collective work of trail maintenance volunteers. Please watch the noany.org calendar of events for trail maintenance work days and opportunities in 2024!

- Mary James
Trails Committee Co-chair

Annual Nawakwa Passport

We are happy to announce that the Annual Nawakwa Passport for 2024 is now available for all Keyholders.

The Annual Passport covers the Day and Overnight Fees for all visits to camp for the calendar year. [Reminder: If a Passport holder brings spouse, children, other family members or guests to camp, these others must pay the appropriate Camp Fees, as usual.]

Please note: Now that the COVID-19 Pandemic is officially over, we are returning to the cost of the Passport that we had prior to the pandemic. The cost for the 2024 individual Keyholder Passport, which is non-transferable, is \$150.

The Annual Nawakwa Passport may be obtained two ways:

1. Payments can be sent electronically via Zelle® to rocheleau3@gmail.com noting "Passport 2024"
2. To pay by check, please make check payable to "NOANY" and add "Passport 2024" in the memo line. Please send your check to:

Treasurer, NOANY
Peter Stuyvesant Post Office
PO Box 327
New York, N.Y. 10009-9998

Policy and Guidelines for Published Outings and Non-Qualifying Hikes

In addition to official qualifying and non-qualifying hikes, (posted to our website and/or listed in the *Trail Marker* and led by qualified hike leaders), members also like to go on unofficial non-qualifying hikes, walks, and outings. If such unofficial hikes, walks, and/or outings are organized by a member and posted on our website or in the *Trail Marker*, thus becoming ‘official,’ the following procedures are to be followed:

1. A write-up of the planned event must be submitted to the Hikes and Outings Chair, who would, after approving, submit the write-up for posting.
2. For any event published under the auspices of the Nawakwa Outdoor Organization, a **Liability Waiver** must be signed by all participants. At the conclusion of the event, this waiver must be sent to the Chair of the Hikes and Outings Committee for the records.
3. Any leader/organizer of such an event should have taken a basic First Aid course. The following on-line course is recommended for a basic First Aid training: [eCPR certification.com](https://www.eCPRcertification.com). If you have another First Aid course you would like to take or are able to take an in-person training, please make this request known.

Please Note:

- The Board has agreed to reimburse expenses for the basic First Aid training listed above. For other First Aid trainings, the leader/organizer must first get approval for such courses and for reimbursement before signing up.
 - Most courses provide a two-year certificate, after which leaders will need to be re-certified.
 - Anyone with qualifications beyond a standard First Aid training (for example, from their work) would be exempt from having to take the First Aid course. Please speak to the Hikes and Outings chair about this.
 - A Certificate of Completion of a First Aid course would need to be submitted to the Hikes and Outings Committee.
4. A First Aid kit should be carried on all such events. NOANY will purchase for each leader/organizer a standard First Aid kit for use when leading such club events.

Thank you for volunteering!

The Hikes and Outings Committee
Nawakwa Outdoor Association of New York, Inc.

Congratulations to the New York Ramblers!

New York Ramblers Hiking Club Celebrates Its Hundredth Year

Written by Ingrid Strauch

The year 1923 was notable for the formation of numerous outdoor organizations in the New York-New Jersey area. Among those organizations was the New York Ramblers Hiking Club, with an official founding date of October 25, 1923.

Hiking schedules from the 1930s show the club functioning then much as it does today: with weekly day hikes to area parks, including Harriman State Park, Storm King, what is now Ramapo Mountain State Forest, and more.

The club and its members are credited several times in Williams Myles' *Harriman Trails*, including for Jack Spivack's work blazing the Seven Hills Trail, starting in 1926; first Rambler president William Brien's donation of \$4,000 in 1954 to build a shelter at Island Pond; and former club president Kurt Ramig's contribution to a plan for the Long Path in 1961.

Today, the club hosts well-attended weekly hikes, usually on Sundays. Club members travel primarily by bus and train to and from trailheads in the Hudson Valley, Northern New Jersey, Long Island, and occasionally further afield. The club maintains a section of the Nurian Trail in Harriman State Park and honors Raymond Torrey with a hike to Long Mountain on the last Sunday of each October.

The COVID-19 pandemic had both positives and negatives for the club: On the plus side, membership grew as more and more people sought opportunities to hike and be in nature, but bus routes contracted, and some trailheads closed, making planning a varied and exciting hike schedule more of a challenge.

Nonetheless, the Ramblers are going strong, and members proudly received a mayoral proclamation in October 2023 in recognition of the club's contribution to the health and outdoor recreation of all New Yorkers.

The Ramblers welcome physically fit hikers who are looking for a friendly group with whom to hike. To learn more, please visit our website, www.nyramblers.org.

Welcome to Our New Keyholders

New Keyholders

Daniel Chung
Janet Perlberg
Lisa Reeves

Sponsors

Janet Sibarium, Eve Mancuso
Oliver Lunt, Jessica Scirbona
Ya Jing Li, Janet Sibarium

Welcome to Our New Applicants

“Since the Bylaws give the care, responsibility, and privilege of running and maintaining Camp Nawakwa exclusively to the keyholder members (who are also called Nawakwans), it is desirable and necessary that new keyholder members be recruited on a regular basis. We recruit potential Nawakwans by attracting and inviting like-minded, outdoor-oriented, adults (18 years and older) to become applicants for keyholder status. After completing the required activities, such new keyholders, will take their place in the long line of custodians of Camp Nawakwa and its traditions.”
[from Policy on Sponsor-Applicants]

New Applicants

Steve Asiema
Alan Davis
Joseph Raguzin