

The Trail Marker

June-July 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

High summer holds the earth, Hearts are whole.

...James Agee

The recent closure of Camp Nawakwa and the ACA camp due to downed trees blocking our camp access road is a vivid reminder of how vulnerable we can be at any moment. The major damages as a result of last year's July 9th storm, with its extensive flooding throughout the region, continue to cause significant areas of Bear Mountain and Harriman State Park to be closed this year while repair work continues. Upsetting (and in some cases life-changing) as these events have been, they are also a reminder of how we can be grateful for the natural wonders of Harriman Park that are ours to enjoy and of how we can rededicate ourselves to caring for and enjoying these wild areas that help to refresh us over and over again.

These months of June and July see us enter fully into a new camp season. This issue of the Trail Marker reminds us of various matters needing our tending: from Waterfront safety and dock repairs, to the Open Board meeting set for August 14th, to nominations for elections that will take place at our Annual Meeting in October - all are necessary tasks to help us enjoy camp safely and ensure the health and vitality of our club.

The section below, "*Sure On This Shining Night*," which is a taken from a longer poem by James Agee, conjures "a serene and harmonious image of a summer night, illuminated by celestial bodies and bathed in kindness. The poem evokes a sense of peace and tranquility as nature heals and the earth is rejuvenated." [quote taken from allpoetry.com] This summer, in the midst of all our activities, may we also have time to enjoy the peace, tranquility, wonder, and healing power of nature.

*Sure on this shining night
Of star made shadows round,
Kindness must watch for me
This side the ground.
The late year lies down the north.
All is healed, all is health.
High summer holds the earth.
Hearts all whole.
Sure on this shining night
I weep for wonder wand'ring far alone
Of shadows on the stars.*

-Ray Kozma, NOANY Chair

Nawakwa Outdoor Association of New York, Inc.

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

Director: Dave Hayes camp@noany.org

Membership Committee:

Co-Chair: Jerry Flower

jerry.flower@verizon.net

Co-Chair:

Janet Sibarium janet.sibarium@icloud.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

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>

Deadline for submissions to the next edition of the Trail Marker (August-September 2024) is July 21, 2024. Please send to Raymond Kozma TrailMarker@noany.org

NOANY ELECTIONS 2024

NOANY Nomination Process for Open Board Positions

As per our new Bylaws (found on our website under 'Camp Nawakwa Keyholder Information') which were approved by the membership at the Annual Meeting last October, we have expanded the time period before elections to provide a greater opportunity for members to reflect on and consider running for any open board positions. The elections themselves still take place at the NOANY Annual Meeting in October. Briefly, the Bylaws indicate that:

1. On or about June 1st the BOD shall appoint a Nominating Committee of three people, none of whom shall be a member of the BOD. No member of the Nominating Committee shall be designated to serve as a candidate for any position.
2. The Nominating Committee shall recruit one or more candidates for each position to be filled.
3. The June issue of the NOANY newsletter shall contain a nominating form. The form shall also be available on the NOANY website.
4. In order for a nomination to be included on the ballot, the Nominating Committee must receive the completed form by July 15th.
5. The Nominating Committee prepares the election ballot containing the Nominations, allowing space for write-in candidates.
6. The list of candidates to be voted on shall be published in the August newsletter, along with candidates' biographies, and on the NOANY website at least 14 days before the Annual Meeting.
7. Elections will take place at the October Annual Meeting of the members.

Below, you will find the Nominations form and the names of the Nominating Committee members, along with their contact information. Since the Board Chair will be an open position, we have also posted, for your consideration, an article on the role of the Chair and how to think about what is involved in the position.

Thank you.

NOANY Board of Directors



NAWAKWA OUTDOOR ASSOCIATION Of NEW YORK, INC.

Elections – 2024

Nominating Committee Request for Nominations

Elections for five (5) positions on the Board of Directors of the Nawakwa Outdoor Association of New York (NOANY) are scheduled to be held in October at the Annual Meeting. The Nominating Committee takes this opportunity to reach out for any recommendations that you may have for someone to serve as a Board Director or Officer. Needed for these positions are keyholder members of NOANY with a love of Camp Nawakwa and a willingness to assist in navigating through, weighing in, and voting on the issues that will come up during his or her term on the Board.

Voting

1. Anyone who is a member of the Nawakwa Outdoor Association of New York may vote in elections.
2. All Directors and Officers must be keyholder members of NOANY.
3. All names must be received by July 15, 2024. The slate of candidates will be posted in the August/September 2024 Trail Marker.

Candidates for the Board:

Chair (Two-year term) _____

Treasurer (Two-year term) _____

Director (Two- year term) _____

Director (Two - year term) _____

Director (Two-year term) _____

Please Note: The following officers whose terms are expiring have agreed to run for reelection. Suzanne Rocheleau, Treasurer; Susanne Flower, Director; Alex Wilke, Director; Carol Burns, Director.

Please email to the Nominating Committee (whose members are listed below) the names and positions of any candidates you wish to nominate for the Board:

Daphne Prior (nazdrovi1@gmail.com)

Maryann Poris (maporis@aol.com)

Yajing Li (yajinglee@yahoo.com)

Thank you.

The Nominating Committee

NOTE: AT THIS YEAR'S ELECTIONS, THE POSITION OF BOARD CHAIR WILL BE AN OPEN POSITION. WHAT FOLLOWS IS A WAY TO VIEW THE ROLE OF CHAIR SO AS TO ENCOURAGE MEMBERS TO THINK OF APPLYING FOR THE POSITION.

On Being Chair Nawakwa Outdoor Association of New York, Inc. (NOANY)

In the two short years following our transition from being the New York Chapter to becoming the Nawakwa Outdoor Association of New York, I have seen us experience a wonderful rebirth of energy and dedication among the members that is amazing and inspiring. This renewal of our club is manifested in the enthusiasm, creativity, and dedication of all members, old and new, whenever we engage in any club activity, especially at Camp Nawakwa. I believe we are set to continue to grow and flourish for the next one hundred years. The next Board Chair can help further this renaissance of our club and members. Keyholders, please consider running for the position of Board Chair.

The Chair, as the Executive Office of NOANY, working together with the Board and with all Committees, has the privileged opportunity of helping to formulate the priorities, direction, and programs for the betterment of the Club. Ever since the COVID pandemic, Board meetings have been held via Zoom, with emails and texts as the main way of communicating. Being organized, keeping track of the calendar (of what needs to be done and when), possessing good communication skills, having an ability to delegate tasks, supporting board and committee members in their responsibilities, are some of the skills needed for the role of Board Chair.

While there are meetings to be held and work to be done, being the Chair provides an exciting and rewarding opportunity to lend your own vision and skills to helping NOANY grow and thrive. Know that your energy and efforts will continue to create the positive experience of teamwork and camaraderie that have been the hallmarks of our club for over a hundred years. If you are interested in running for the position of Chair, understand that once elected, you will receive tremendous support, encouragement, and cooperation in fulfilling the role of NOANY Board Chair.

Ray Kozma, Board Chair

SPECIAL MEETING NOTICE

Open Board Meeting

August 14, 2024

Our yearly Open Board Meeting for all NOANY members will be held on Wednesday August 14, 2024, at 7PM. As we have done in recent years, the Open Board Meeting will take place via Zoom. Susanne Flower, Board Director, will set the meeting up and Eve Mancuso, Board Secretary, will send out an e-mail to all members and applicants with the information needed to login.

Participants may ask questions/make comments in three ways:

1. Via the Zoom Chat function during the meeting
2. E-mail questions directly to Susanne Flower (susanneflower@gmail.com)
3. Send written questions via USPS mail to:

Nawakwa Outdoor Association of New York, Inc.

Peter Stuyvesant Post Office Station

P. O. Box 327

New York, NY 10009-9998

Methods 2 and 3 should be completed should be completed by Tuesday, August 13th prior to the open meeting to give Susanne Flower the opportunity to gather all of the questions/comments. The questions will be read by the Zoom Host and answered by the appropriate Board member.

The yearly gathering of our members provides an opportunity for all to receive updates on the status of the club, the workings of the Board and all committees, and current projects in development. While there will be no voting at the meeting, important business matters will be addressed. The questions and answers, comments and suggestions, and the general discussion of topics among those participating in these yearly meetings have always been helpful in considering future plans and action.

- NOANY Board of Directors

Meeting Schedule of NOANY Board of Directors for the remainder of 2024:

June 12, 2024

July - (No Meeting)

August 14, 2024 - Open Board Meeting (Members will be sent the
Zoom link for this meeting)

September 11, 2024

October 19, 2024 - ANNUAL MEETING and ELECTIONS

November 13, 2024

December 11, 2024

Nawakwa Centennial Committee

The Board has established a temporary committee to research ideas for the 100th anniversary of Camp Nawakwa in 2026. If any member has suggestions or ideas for this centennial celebration, please forward them to our Secretary, Eve Mancuso, at evemancuso@gmail.com. Thank you!

Annual Nawakwa Passport

The Annual Passport available to Keyholders 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.] 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

Camp Committee News

Dave Hayes, Chair

Camp Maintenance Day - Saturday June 22,

Attention Applicants and Members: Join us for a fun and productive day helping camp! We will be focusing on outdoor landscaping tasks such as trimming and mowing along with some painting and handyman tasks. The workday will have a 10:00 am start and should be wrapped up by 3-4 pm so you can enjoy the rest of the daylight! (Sunset isn't til 8:30!) Sunday will be optional depending on interest. Please rsvp to Camp@noany.org or to Dave directly at cingularsales@gmail.com.

Camp Maintenance Summer Lunch, June 22

For those taking part in the workday, enjoy camp lunch prepared by Mintari Preston on Saturday, 6/22. We'll have a hearty lunch of sandwiches, salad, dessert, fruit, soft drinks, and camaraderie!

We will have a *hosted Saturday dinner* for those staying overnight which will be a simple meal of Ravioli, salad, Italian bread, beverages and dessert; breakfast will be simple with coffee, juice, bagels, jams. To register, please contact either Ray Kozma raymondkozma@gmail.com or Maryann Poris maporis@aol.com.

Spring Camp Chair's Report:

We had another fantastic opening workday! Lots of great energy from members and applicants with over 40 people in attendance. An excellent lunch was provided to the volunteers by another set of amazing volunteers, Janet Sibarium and her Kitchen Crew! A lovely dinner was hosted by our Board Secretary, Eve Mancuso with help from everyone that attended.

Camp is a wonderful place to find your volunteer spirit as everything we do is in service to each other and this special place we share a bond over.

Looking forward we expect a great season ahead with new roofs on cabins 1 & 6, repairs beginning to be scheduled for the swim dock, a new permanent wooden kayak rack in the works along with as many more upgrades as we can handle.

When you are at camp, please check out the view from the gazebo to the lake. Our members have been working hard at cleaning up the area surrounding the gazebo so that it can once again be enjoyed to the fullest as it reaches its 20th anniversary. There is a beautiful poem inscribed on the wall written by our very own board Chair, Ray Kozma. So please take a moment and stop for a drink or a snack there and spend a moment thinking about the members that came before us.

If you have interest in a more active role at camp, the camp committee is always looking for people to share the wealth of responsibilities that we have. Please contact camp@noany.org for more info or to join us for a meeting or a workday.

- Dave Hayes, Camp Chair

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

Calling All Volunteers and Kitchenistas!

Stir the pot, pour the wine, and pass the brie. Hosting can be as simple as that. Nawakwa hosted weekends have been a mainstay for fostering community for 100 years now. Even though our hosting calendar is filling up, thanks to the dedication and generosity of our volunteers, we still have weekends (and midweeks) open. The spirit of goodwill is all that's needed. One does not need to be a gourmet chef. Menus range from main dishes prepared at home to dishes prepared from scratch in our kitchen. The menu, number of helpers, assignment of chores, Happy Hour, BYOB or not are all up to the host.

The process begins with a commitment, a blurb in the Trail Marker and on our website, understanding the guidelines, such as economical shopping, using the forms, storage, and commissary. The process also entails understanding that we have options: ideally, a dinner, breakfast, and trail lunch, but in some circumstances, this may be altered. We encourage you to team up with folks and share the tasks of hosting. The hosting committee will be there to assist you from the start.

So, let's all consider volunteering—working together—to make the '24 season one of our best.

- Hosting Committee '24: Maryann Poris and Mary Hilley

June 8 - 9, 2024 - Early Mountain Laurel Weekend

Join Host Ellen Sackstein & Co-host Deirdre Tourin at a feast for vegetarians & omnivores. Ellen's making her favorite veggie lentil quinoa casserole & Deirdre's baking mildly seasonal fish. There'll be appetizers, drinks, roasted veggies, salad, sides, fruit pie & easy cleanup.

To register please email BOTH Ellen.Sackstein@gmail.com & dtouring6@icloud.com and mention which of 3 meals you want & cell phone #. Deadline is 8:00 pm Thurs. eve or preferably EARLIER.

NOTE: If possible, car drivers please tell if you are driving thru east Hudson, Tarrytown, or Suffern/Sloatsburg, in case public transit folk need pickups.

June 15 - 16, 2024 - Almost-Summer Weekend With The Marys

Let's enjoy Camp Nawakwa with its hiking, swimming, sunning, and/or just relaxing in nature. Weekend dinner and Happy Hour fare will be hearty and simple to prepare (little kitchen work!).

Contact Maryann Poris or Mary Hilley by Thursday, June 13, 9:00 pm, at 973-769-4246 or hosting@noany.org. State your specific weekend meals (Saturday dinner & Sunday breakfast) and if you have dietary restrictions.

June 22 - 23, 2024 - Camp Maintenance Day and Hosted Overnight

For those taking part in the workday, there will be a lunch prepared by Mintari Preston on Saturday, June 22nd. We'll have hearty sandwiches, salad, dessert, fruit, soft drinks, and camaraderie! **To register for the workday lunch, please email Mintari at mincumincu@hotmail.com.** There will be a *Saturday dinner* for those staying overnight: A simple meal of Ravioli, salad, Italian bread, beverages and dessert. Breakfast will be simple with coffee, juice, bagels, jams. **To for the overnight, please contact either Ray Kozma raymondkozma@gmail.com or Maryann Poris maporis@aol.com by Thursday, June 20th before 9PM.**

June 29 - 30: School's Out! And Summer's In!

The teacher puts down the paper and gets busy cooking, so come join Yajing for a fun weekend of hiking, kayaking, splashing in the water, and some tasty Asian food. Dinner menu is Yajing's home cooking: Chinese food for appetizers and dinner, and summer pies for desserts. Simple and nutritious breakfast and trail lunch. Email host: yajinglee@yahoo.com or Text: 973 641 5693 (DO NOT leave voice message please). Please register by 9PM on Thursday, June 27th. Clarify choice: chicken or tofu.

July 13 - 14 - 9th Annual Bastille Day weekend with Susanne Flower and Lewis Ports

Come enjoy French cuisine, culture and Pétanque at Nawakwa while celebrating our Ninth Bastille Day. Merguez & Moules Marinieres with Fries, salads and desserts will be offered at many picnics throughout France- and Nawakwa this weekend.

Hosts: Susanne Flower and Lewis Ports.

To register please contact Jerry Flower at jerry.flower@verizon.net by Tuesday, July 9th. Please indicate if also registering for Sunday breakfast and trail lunch.

July 20-21 - Hosted Weekend with Yajing and Marisa

The two ladies will be hosting together again!

Happy hour: Chips and salsa, Cheese and crackers, Grapes, Assorted beverages. Dinner: Pork ribs with chipotle glaze (definitely not vegan), Tofu with chipotle glaze (vegan), Avocado-black bean salad (vegan), Fresh bread, Assorted beverages. Dessert: Warm brownies a la mode, Sorbet (vegan). Breakfast and lunch: Simple and nutritious breakfast and trail lunch.

Email hosts: yajing@yahoo.com or Text: 973 641-5693
marisavallve@yahoo.com or Text: 973-980-2134

Please register by 9PM on Thursday, July 18th. Clarify choice: pork ribs or tofu.

July 27-28, 2024 - Hosted Weekend - Celebration of Raymond H. Torrey

Raymond Torrey was our first Chair and was also co-founder of the Trail Conference. There will be a short presentation about Raymond Torrey after dinner on Saturday. A hike to the Torrey Memorial on Long Mountain and to Turkey Hill Lake is planned for Sunday (start time about 10:30).

Dinner menu: BBQ Chicken (with vegetarian option of Black Bean Burgers), corn-on-the-cob, salad, and homemade apple oatmeal crunch pie. When registering for meals, please indicate which meals (Saturday dinner, Sunday Breakfast and Trail Lunch), and if you want the vegetarian meals.

Host: Ray Kozma. Co-host: Janet Sibarium. Please register with Janet (917-318-3361) or janet.sibarium@icloud.com for the meals by Wednesday, July 24th before 10PM.

Please register for the hike with Ray (917-406-3782) or raymondkozma@gmail.com by Thursday, July 25th before 10pm. The hike on Sunday will be qualifying.

If you want to swim, you must read and follow this!!

Keyholder Guide for Implementing the Level IV Bathing Beach Safety Plan for Camp Nawakwa

One of the special pleasures of being at Camp Nawakwa is the opportunity to use our waterfront. Whether relaxing, reading, swimming, sunning, or socializing 'at the dock,' the waterfront is a source of delight and satisfaction for all members.

In addition to our having a lease from the Palisades Interstate Park Commission, our use of camp is also regulated by New York State Department of Health. Part of the conditions for receiving a DOH Permit to operate camp is that we will follow the Level IV Bathing Beach Safety Plan (BBSP) mandated by New York State. Our website, NOANY.org, under "Keyholder Information, Swimming/Bathing Beach Safety Plan", has the detailed information regarding the entire BBSP rules and regulations which each keyholder needs to know and agree to follow.

Members should go to our website (NOANY.org) and do the following:

1. Read the Swimming Brochure (Use of Camp Nawakwa Swimming Facilities).
2. Read the Narrative for Operating and for Emergencies.
3. Sign the Acknowledgment form.
4. Familiarize yourself with the full Department of Health Bathing Beach Safety Plan Supervision Level IV document.

What follows is a keyholder guide for opening the waterfront for any swim period:

When signing in at the registration desk for yourself (and any guests you may bring to camp) and you have not already read the swimming brochure (Use of Camp Nawakwa Swimming Facilities), please read the brochure (copies are also at the Waterfront desk by the porch door) and give a copy to any guest you may have. If you haven't done so online, you and any guests you may have, then need to sign the Acknowledgment Form.

If you are the one opening the Waterfront, the following must be done:

- Sign out the swim area emergency cell phone (the Sign-out book is on the Waterfront desk) and take the cell phone down to the swim area, place it in the waterproof pack on the hook located in the safety equipment box. The person who signs out the swim area emergency cell phone and opens the swim dock is named the Level IV Waterfront Supervisor for that time period.

- Open the swim area by checking for hazards and put the Waterfront safety equipment in the designated area on the swim dock. Check to see if the emergency row boat is ready to perform a rescue.
- When swimmers are done swimming for the day or for that time period, and there will be no further swimming, return the safety equipment and close the gate to the swim dock by hooking the chain and sign across the entrance ramp. Return the phone to its charger in the lodge.
- If the member who opened the swim area needs to leave before the swim period has finished, that member must pass on the responsibility of Waterfront Supervisor to another member, clearly and fully communicating the required responsibilities to the other member who must acknowledge and agree to assume the supervisor role. The name of the secondary Supervisor should also be entered in the cell phone sign-out book.
- A second person (Observer) must be designated and must be on the swim dock or immediate swim area, watching the swimmer or swimmers at all times. The second person's role is to actively watch the swimmer or swimmers and would be responsible for initiating emergency procedures, if warranted.

Waterfront Equipment

The following items **must** be in place and available at the waterfront whenever there is swimming:

- The lifeboat with oars and life vests.
- Two ring buoys, one with a 50-foot line attached.
- One long bamboo pole.
- One First Aid kit (with one pocket face mask to assist with CPR).
- One spine board
- A whistle.
- Emergency communications designated cell phone.

REMEMBER

NEVER SWIM ALONE. Two or more adults, at least 18 years of age, who cannot be swimming, committed to performing the required tasks for safe swimming, must be present whenever the swimming area is in use. These two are the **Waterfront Supervisor** who must be in the immediate camp area, and **the Observer**, who must always be on the swim dock/immediate swim area, watching the swimmers at all times.

Bathing is permitted from sunup to sundown (not permitted after sundown) as long as all rules regulating supervision and safety are followed.

Supervisor, Host, Designee, and all members are responsible for enforcing the rules of camp.

Thank you!

Camp Committee

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 - June 8th. The "Wild" Ice Caves, Ellenville, NY

A rough difficult, and challenging hike of 5 miles. 1500' vertical climb: more than half off trail either herd paths or bushwhacking: rock scrambles: Dark. Cool. Deep Pink Mt. Laurel. Qualifying.

The Ice Caves are a world class geologic and ecologic wonder in your backyard the Shawangunk mts, the Gunks. Between the dark room with winter's ice, and the tear of the earth's surface called the grand canyon the adventure challenges expectations. This is a whole day beginning at 9 am in Ellenville and ending where we began, around 5. Many will consider dinner at Amora Thyme restaurant in Ellenville. Those with interest contact leader by Wednesday. June 5

Leader: Bill Hladky 914. 874. 4640. wehladky@yahoo.com. NCA 10:00 pm.

Note: Bill is a docent for the Sam's Point Preserve, a subdivision of the Minnewaska Park located at Cragmore NY, near Ellenville NY. The docents lead hikes, private and public, in and through the ice caves.

Saturday - June 15, 2024 - Around Cape Horn

Distance: 5 miles (Qualifying). Elevation Gain: Approximately 400 feet

Join in an easy hike to the Pine Swamp Mountain area (site of the Pine Swamp Mine) and Times Square. Starting at the parking area at Lake Kanawauke (former Route 106), we take a short road walk and then enter the forest, following a woods road as it climbs to meet the Dunning Trail. We hike over to Pine Swamp (and can explore the area to find the mine entrance), take the A-SB to Times Square (so called because it is where the Arden-Surebridge (A-SB) trail, the Long Path (LP), and the Ramapo-Dunderberg trail(R-D) all come together), then 'round Cape Horn on the Long Path and back to the parking area. We will look for a hidden cave behind Cape Horn. Bring lunch, rain gear, water, and appropriate hiking shoes.

Meet at the Lake Kanawauke Parking area at 10AM. Qualifying. Please register by 9PM Thursday, June 13th. Leader: Ray Kozma (Raymondkozma@gmail.com) or 917-406-3782.

Saturday, June 29, 2024 - Diamond Mountain Hike

Distance: Approx. 5 miles (qualifying)

Approx. total ascent 632 ft

Starting at camp we will make our way along 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 "Hilburn Torne Sebago Trail". As soon as the ascent starts, 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.

This hike includes a steeper ascent, some rock scrambling and the pace will be a little faster than on some of the other hikes. Participants need to wear sturdy footwear and bring snacks, rain gear and a sufficient amount of water. Hiking poles and bug spray are recommended. Starting at 9:30 am from the Main Cabin. Leader: Oliver Lunt. Sign up by 6/27 via email: oliverjlunt@gmail.com.

Sunday - July 28, 2024 - Hike to the Torrey Memorial on Long Mountain and Turkey Hill Lake

Distance: About 5 miles (Qualifying); Elevation gain: About 600 feet

This hike will leave from camp after breakfast (about 10:30). Wear good hiking shoes, bring water, a snack, and rain gear. Hiking poles recommended due to some moderately steep uphill and downhill.

Leader: Ray Kozma

Please register by Thursday, July 26th by 9PM. raymondkozma@gmail.com.

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

Trails Committee News

Mary James, Co-chair

Learning Through Doing: A Spring Trail-Maintenance Work Day

A group of thirteen long-time, new, and aspiring Nawakwans gathered for a trails work day and workshop on Saturday, April 20th, meeting up at the Sloatsburg railway station.

Once assembled on the White Bar trail with our assorted tools, trimmers and loppers, gloves and eye protection, we followed the long-standing Nawakwan tradition by gathering in a circle and listening to one another as everyone introduced themselves and shared a few words about our connections to hiking and trails. First we heard from June Fait and Herb Coles, responsible for this particular segment of trail, and their long-term remarkable thirty six years of commitment to work on trails both in the Adirondacks and at Harriman State Park. Each participant, including the five applicants present for the work day spoke and we got to know each other better.

Andy Frank and Mary James, Co-chairs of the Trail Maintenance Committee demonstrated the use of tools, the basics of trail clearing, safety issues, and the job at hand. Then all set to work clearing and cutting. We accomplished the clearing and widening of the trail corridor directly east of the Johnstown Road circle parking area. This was a particularly gnarly and difficult section of trail that travels through a tangle of thick, thorny, fast-growing invasives and vines. What might have been overwhelming for a solitary volunteer got done effectively and swiftly by this dedicated and enthusiastic crew. And we had a fun day in the warming spring sunshine!

We welcomed three new volunteer trail maintainers who are stepping up to take responsibility for a section of trail! Our thanks and congratulations to Bon Chiu, Yajing Li and Belle Zhang!

Please contact Andy agfrank1@aol.com or Mary maryelizjames@gmail.com if you are interested in becoming a trail maintainer for this time-honored service.

Mary James, Trails Committee Co-chair



Our happy work crew! (missing is Yajing Li who took the photo)

Trail Marker June-July 2024

Activities Committee News

Edie Green, Chair

Upcoming Events

June 9 - Tree Identification walk and discussion with Andy Frank, 9:45 am. Join Andy Frank and the Conservation Committee for a tree ID hike, beginning/ending at Kakiat County Park (on the other side of Harriman). We are hoping the mountain laurel will be in bloom. Feel free to bring your own tree identification materials if you'd like. This 2.5-mile hike will involve some sustained climbing to get from the river up to the Harriman plateau, for a total ascent of about 700 feet and the same descent. This will be a short but moderately difficult hike. Hiking boots and two quarts of water required. Public transportation available. **Please contact Kate Walker (katecwalker@gmail.com) or Andy Frank (agfrank1@aol.com) with any questions or to register. Please register by Friday, June 7. Non-qualifying.**

June 22 - Camp Maintenance Day *[See Camp Committee Report on page 8 for details]*

June 23 - Orientation (Noon to 3PM) Please contact Ray Kozma (raymondkozma@gmail.com) to register for the workshop.

June 29 - Crafternoon with Jess Scirbona, 2 pm. Knit, crochet, paint, draw, weave baskets from old bread bags, sew patches on your camping gear... Get creative! All crafts are welcome. Bring whatever project you're working on or have been looking for an excuse to start. We will spend the afternoon working on our projects and enjoying each other's company. Don't have a project you're working on? No problem! Some basic art supplies will be available. Feel free to BYO inspirational beverage of choice.

No registration is required, but if you would like to donate some extra crafting supplies or have any questions contact Jess at jscirbona@gmail.com.

July 13-14 - 9th Annual Bastille Day Celebration (see page 10 for details and registration information)

July 20 - Please join the Conservation Committee to make Spotted Lantern fly traps. After we assemble the traps, we'll locate them strategically around camp in the hopes of catching as many of the damaging critters as possible. Camp will provide most supplies, but if attendees can bring milk/water jugs with them, that would be very helpful. If you'd like to read up on the trap we'll be making, please check out this website: <https://extension.psu.edu/how-to-build-a-spotted-lanternfly-circle-trap>.

Please contact Kate Walker (katecwalker@gmail.com) with any questions.

When: Saturday, July 20, 1-3PM. Please join us! The more traps, the more trees (will survive).

July 27 - 28 - Raymond Torrey Memorial Weekend with Janet Sibarium and Ray Kozma, with a presentation after Saturday dinner and qualifying hike to the Torrey Memorial on Sunday (See page 10 for details and registration information)

August 24 - Camp Maintenance work day

September 1 - Annual labor Day Picnic with Lewis Ports

September 14 - Oktoberfest with Dave Hayes and Oliver Lunt

October 12 - Fall Work Weekend- Closing of Camp Nawakwa

October 26 - Wood Day

NOTICE

The Activities Committee announces the purchase of a digital projector for showing media directly from a phone, iPad, or computer onto a large screen. Any member may use it to organize a movie night or show a slideshow of photos from your latest hike or worldwide vacation. The possibilities are endless. Simply decide your activity, pick a date, and let the Activities Committee know via phone-call/text at (917-881-9931) or email: ediegreen17@gmail.com.

- Edie Green, Chair

Report on the Paint and Sip Workshop Held on April 18, 2024

Alex Wilkie

We had 8 painters. I stood at one end of main room in front of my easel and led them through the steps of painting a robin on the branch of a blooming cherry tree. The class took about two hours.

We used acrylic paints. I provided all the paints and materials so participants could start immediately. Everyone seemed to enjoy themselves. I was intrigued to see so many diverse and colorful interpretations of the same scene.

The finished paintings were displayed in the main room of the lodge so that members could look at them and discuss them during happy hour.

Happy trails!
Alex Wilkie



Conservation Committee News

Kate Walker, Chair

Tree ID Hike

Sunday, June 9, 2024 - 9:45AM



On Sunday, June 9, join Andy Frank and the Conservation Committee for a tree ID hike, beginning and ending at Kakiat County Park (on the other side of Harriman). We are hoping the mountain laurel will be in bloom! Feel free to bring your own tree identification materials if you'd like.

This 2.5-mile hike will involve some sustained climbing to get from the river up to the Harriman plateau, for a total ascent of about 700 feet and the same descent. This will be a short but moderately difficult hike.

Start time will be 9:45 AM, ending around 2:30 or 3:00. Hiking boots and two quarts of water required. Public transportation available.

Please contact Kate Walker, conservation committee chair, to register (katecwalker@gmail.com) or Andy Frank (agfrank1@aol.com) with any questions. Please register by Friday, June 7. Non-qualifying.

July 20 - Please join the Conservation Committee to make Spotted Lanternfly traps!

After we assemble the traps, we'll locate them strategically around camp in the hopes of catching as many of the damaging critters as possible. Camp will provide most supplies, but if attendees can bring milk/water jugs with them, that would be very helpful. If you'd like to read up on the trap we'll be making, please check out this website: <https://extension.psu.edu/how-to-build-a-spotted-lanternfly-circle-trap>.

Please contact Kate Walker (katecwalker@gmail.com) with any questions.

When: Saturday, July 20, 1-3PM. Please join us! The more traps, the more trees (will survive)!



Leave A Legacy

Camp Nawakwa is a special place that we would like to preserve and see flourish. Many past members, who were deeply a part of camp and chapter life over the years, have thoughtfully included us in their estate planning. Their generosity has allowed Camp Nawakwa to exist and grow so that today we can enjoy what they enjoyed.

Although our club has a new name, the spirit of sharing and teamwork that makes camp and our members special has not changed but endures still. If you agree, please consider including the Nawakwa Outdoor Association and Camp Nawakwa in your own estate planning. Such support ensures the camp's continued operation and enjoyment by us and by future generations of Nawakwans.

Nawakwa Outdoor Association of New York, Inc. is the correct designation for any special bequests. Please note that our club is a 501(c)7 non-profit membership club. As such, we are not able to arrange for tax-deductible gifts.

For more information, please contact:

Suzanne Rocheleau, Treasurer at rocheleau3@gmail.com



Environmental Education Committee

Marty Kellerman, Chair

The Environmental Education (EE) Committee takes stands on important environmental issues; we contact politicians, groups, agencies etc.

In April & May, to give you an idea of some issues, the EE Comm Members were alerted to:

- * Sign a petition to the US Environmental Protection Agency to ban bee-killing pesticides.
- * Sign a petition to Mexican President Lopez Obrador urging a ban on cancer-causing Glyphosate.
- * Sign onto a letter to Congress to vote NO on the Smoggy Skies Act.
- * Sign onto a letter to the EPA to ban Vinyl Chloride, a poisonous carcinogen.
- * Sign onto a Riverkeeper statement to the EPA to determine that the health of the ecology & humans is not being protected (duh!).
- * Send for a free guide to identify everyday products containing PFAS (the forever chemicals).
- * Write your NYS Assemblyperson to demand the Climate Change Superfund Act be brought to a vote (The State Senate has already passed it).

We currently have seven members on the Environmental Education Committee & welcome new ones. If you'd like to join, please contact me @ mmkellerman@gmail.com (Put in the Subject line: Nawakwa EE Comm).

Marty Kellerman

Of Bears, Ticks, and Snakes

BEARS

If you chance to meet a bear while out walking, what you want to do is to create a 'negative' experience for the bear (making noise, clapping, shouting) so that it learns to avoid humans. Please note the following:

1. NEVER have food in your tent. Food items should be stored overnight in your car or, when at Nawakwa, stored in the Main Lodge (the downstairs refrigerator is for storing food items).
2. NEVER leave food, coolers, or backpacks unattended or accessible, especially while sleeping.
3. DO NOT sleep in the same area that you cook or eat.
4. NEVER give a bear food.
5. DO NOT store strong-scented items like toothpaste & deodorant in tents.

Note: If you see a bear nearby or one is approaching, MAKE NOISE and BACK AWAY SLOWLY, DO NOT RUN. REPORT problematic bear encounters (not just sightings) to the Park Police: (845)786-2781.

TICKS

Of serious concern to all of us are ticks. An infected tick bite can cause a myriad of illnesses with some very serious symptoms. Ticks can transmit bacteria, viruses, and parasites. Ticks do not jump, don't fly and don't drop down from trees. They work from the ground up, gripping on to shoes, clothing, legs, and start climbing until they find a good place to bite. So a 'tick check' should start from your feet upwards. If you do not already do these things, it is recommended to:

1. Tuck your pants into your socks (and your shirt into your pants).
2. Consider permethrin infused clothing. Permethrin is not for use on your person/skin, just on clothing/equipment. You can purchase spray bottles to treat your own clothing and equipment, or you can purchase pre-treated clothes from several commercial companies. One company, *Insect Shield*, will professionally treat any clothing you send them. The treatment is advertised as lasting the life of the garment.
3. Consider tick repellants on exposed skin. The most common ones contain Deet, but there are repellants that use Picaridin (Deet has been known to damage nylon, but not so for Picaridin).
4. Check your clothes and your whole body for ticks when you get home.
5. Shower as soon as feasible upon returning home from the woods.

*For more information about ticks, see the Centers for Disease Control and Prevention website ([CDC.gov](https://www.cdc.gov)). For information about treating clothing professionally, see the *Insect Shield* website ([insectshield.com](https://www.insectshield.com)).*

SNAKES

There are rattlesnakes in the park, of course, and if you ever encounter one, they will usually make their presence known by the 'rattling' of their tail. STEER CLEAR!! If you hear this sound, the snake is letting you know that you are too close to them. STOP, LOCATE THE SNAKE, AND SLOWLY BACK AWAY. Find another way to go, but If you need to pass the snake, give them a very wide berth.

The most common snake for us to see by far is the black snake. These snakes are non-venomous and generally not aggressive towards humans (unless provoked or cornered). Leave them alone and respect their space! They are very beneficial because they help keep the rodent (mice) population down (remember, mice are one of the main hosts of ticks). Please be careful driving into camp lest you inadvertently run over one of these.

Welcome to Our New Keyholders

New Keyholders

Denis Jordan
Richard Lehun
Martina Puchta

Sponsors

Ray Kozma, Stephanie Lai
Rebecca Lenetsky, Dave Hayes
Eve Mancuso, Yajing Li

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

Reshma Grindle