## The Trail Marker

#### October-November-December 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

I am larger, better than I thought, I did not know I held so much goodness. -Walt Whitman: "Song of the Open Road"

These past two years, we have used Walt Whitman's poem, *Song of the Open Road*, as a metaphor, inspiration, and celebration of ourselves as the *Nawakwa Outdoor Association of New York*, *Inc.* The poem celebrates freedom and self-discovery on a journey to independence, all the while embracing life's path with optimism.

In the two years since our reorganization, we have indeed made wonderful strides in our own independence, embracing our new path with optimism, and revitalizing our membership and our committees. Our first two years have seen us get off to an awesome start. To paraphrase Whitman's poem, we are larger, better than we thought and we hold so much goodness with one another as members of NOANY and focused on our beloved Camp Nawakwa. This is the hundred-year tradition which continues to bind us together: teamwork, cooperation, respect, and camaraderie, all in the enjoyment of nature and 'being on the road together.'

#### **Annual Meeting and Elections**

Our annual meeting and elections to the Board of Directors takes place on Saturday, October 19<sup>th</sup>. Notice of the meeting, the proxy form and ballot, and explanation of how to vote begin on page 3.

#### Closing of the Camp Season

On the weekend of October 12-13, we will have our annual Fall Cleanup to ready Camp Nawakwa for the winter (this is also a hosted weekend). On October 26<sup>th</sup>, we will have a separate Wood Day to resupply the wood pile for the winter. Details of these work-events are found on page 8.

Thank you, everyone! 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 <a href="martymcd@me.com">martymcd@me.com</a>
Director: Ingrid Strauch <a href="mailto:ingrid-hiking@noany.org">ingrid-hiking@noany.org</a>
Director: Edie Blum <a href="mailto:ediegreen17@gmail.com">ediegreen17@gmail.com</a>
Director: Carol Burns <a href="mailto:carol\_kb@yahoo.com">carol\_kb@yahoo.com</a>
Director: Alex Wilkie <a href="mailto:afwilkie204@gmail.com">afwilkie204@gmail.com</a>

Director: Susanne Flower

<u>susanneflower@gmail.com</u> Director: Dave Hayes <u>camp@noany.org</u>

Membership Committee: Co-Chair: Jerry Flower

jerry.flower@verizon.net

Co-Chair:

Janet Sibarium janet.sibarium@icloud.com

**Host Committee:** 

Co-chair: Maryann Poris <u>maporis@aol.com</u> Co-chair: Mary Hilley <u>hilley66@gmail.com</u> Commissary: Maryann Poris <u>maporis@aol.com</u>

<u>Problems Receiving the Trail Marker?</u> Please let our Secretary, Eve Mancuso, know of any problems. Contact Eve at <u>evemancuso@gmail.com</u> <u>Change of address:</u> Please contact Jerry Flower, our Membership Chair, at <u>jerry.flower@verizon.net</u> to notify us of any address changes.

Newsletter Editor:

Raymond Kozma <u>TrailMarker@noany.org</u>

**Activities Committee:** 

Chair: Edie Blum ediegreen 17@gmail.com

Camp Committee:

Chair: Dave Hayes <a href="mailto:camp@noany.org">camp@noany.org</a>

Hikes and Outings Committee:

Co-Chair: Lewis Ports ports.lewis@gmail.com

Co-Chair: Ingrid Strauch ingrid-hiking@noany.org

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 king 13@msn.com

Webmaster:

Marty McDonald martymcd@me.com

<u>Notice</u>: 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 [Account managed by Jess Scirbona (jscirbona@gmail.com)]

Get updates on Nawakwa happenings on Twitter!
Go to <a href="https://twitter.com@NawakwaOutdoor">https://twitter.com@NawakwaOutdoor</a>

Deadline for submissions to the next edition of the Trail Marker (January-February-March 2025) is December 15, 2024. Please send to Nancy Dargis trailmarkernoany@yahoo.com

#### NAWAKWA OUTDOOR ASSOCIATION OF NEW YORK, INC.

#### NOTICE OF ANNUAL MEETING OF MEMBERS

#### To be Held on October 19, 2024

PLEASE TAKE NOTICE, by the call of the Chair of the Board of Directors, the Nawakwa Outdoor Association of New York, Inc. (NOANY) will hold its Annual Meeting of Members on October 19, 2024, at 10:00 a.m., which Annual Meeting will be held virtually.

The agenda for the meeting shall include:

- Election of officers and the board of directors of the Nawakwa Outdoor Association of New York, Inc. and
- such other and further business of NOANY.

This Notice will be distributed by email, posting to the website, posting in the Trail Marker, and USPS mailed to those members without email addresses.

All members of NOANY are invited to attend the virtual meeting. A link to the Zoom meeting will be sent to all members no later than Thursday evening, October 17, 2024. **Attendance is not required to vote**.

**Voting will take place in person at Camp Nawakwa from 12 noon to 1pm or by proxy.** Follow the instructions on the proxy form as to how to vote. By submitting a proxy, you are designating Eve Mancuso, the Secretary, as the one who will act as your proxy to cast your vote. All USPS mail-in proxies must be received no later than Friday October 18, 2024, so they can be picked up at the Post Office, delivered to Camp and available to be counted. Website and e-mail votes may be submitted until 12 noon on Saturday, October 19, 2024. Counting will commence by the Tally Committee on October 19, 2024, at 1 pm at Camp Nawakwa. **Please vote.** 

Sincerely,

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Eve Mancuso, Secretary

## Annual Meeting and Elections October 19, 2024

#### **MEMBER PROXY FORM**

#### NAWAKWA OUTDOOR ASSOCIATION OF NEW YORK, INC.

There are four ways you can vote:

1. By printing, completing, and mailing this form to the Nawakwa Outdoor Association of New York, Inc. address noted below (to be received at the PO Box no later than 10/18/24). Mailing Address:

Nawakwa Outdoor Association of New York, Inc. Peter Stuyvesant Post Office Station PO Box 327 New York, NY 10009-9998

- 2. By printing, completing, scanning, and e-mailing this form to: <a href="mailto:evemancuso@gmail.com">evemancuso@gmail.com</a> (no later than 10/19/24 at Noon)
- 3. By filling out and submitting the Proxy form on our website
- 4. By voting in-person at Camp Nawakwa on October 19, 2024. Voting will take place from 12 noon to 1PM.

All USPS mail-in Proxy Forms must be received no later than Friday, October 18, 2024, so they can be picked up from the Post Office, delivered to Camp, and available to be counted.

Website and scan/email proxies may be submitted until 12 noon on Saturday, October 19, 2024. All proxies received by the deadline, whether sent by USPS, website or scan/e-mail, will be counted.

Tallying will take place at Camp Nawakwa and commence at 1 pm on Saturday, October 19, 2024. After the accuracy and validity of all in-person votes are certified by the Tallying Committee, the Secretary will vote the proxy votes, and the results of the election will be announced. As per our Bylaws, we will post the election results on our website. The results will also be published in the next Trail Marker.

By sending back this Proxy Form, the undersigned member of the Nawakwa Outdoor Association of New York, Inc. is hereby authorizing, Eve Mancuso, the Secretary of the Corporation, to act as his or her proxy to cast your vote for the following slate of officers and directors for 2025.

Signature:

Print Name:

Note: Per the Bylaws, a signature is required on this Proxy Form. To preserve voter anonymity, this page will be separated from the next page before the votes are counted.

### **Ballot**

Please check or circle the name of the person for whom you wish to vote.

### 

6. (Write – In) \_\_\_\_\_

# Meeting Schedule of NOANY Board of Directors

for the remainder of 2024:

All regular Board meetings are held by Zoom, usually on the second Wednesday of the month, starting at 7PM unless otherwise noted.

October 19, 2024 - 10AM - ANNUAL MEETING for all members and ELECTIONS November 13, 2024 December 11, 2024

### **Leave A Legacy**

Nawakwa Outdoor Association of New York, Inc. is the correct designation for any special bequests anyone might wish to include in estate planning. 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 <a href="mailto:rocheleau3@gmail.com">rocheleau3@gmail.com</a>

#### Nawakwa Centennial Committee

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

### **Camp Committee News**

Dave Hayes, Chair <a href="mailto:camp@noany.org">camp@noany.org</a>

Climb the mountains and get their good tidings.

Nature's peace will flow into you as sunshine flows into trees.

The winds will blow their own freshness into you, and the storms their energy, while cares will drop away from you like the leaves of Autumn.

- John Muir

Fall is here and with it comes fantastic opportunities to spend time outdoors amongst friends.

The dock work is complete! Our last workday accomplished all the things we set out to and then some, thanks to a truly amazing crew of volunteers. Thank a fellow club member for the wood chip lined path to the boating waterfront, our freshly painted picnic tables and swim boxes, or the newly sealed docks amongst many other things. I may coordinate these efforts but our awesome volunteers are out there improving camp with both hands!

For our next two events, Closing Workday Sat Oct 12th, (we will have running water!) and Wood Day October 26th (we will not have running water!) volunteers are always needed! Closing workday will focus on winterizing camp and the annual closing tasks while Wood Day will be solely focused on gathering and splitting wood along with enjoying each other's company. Any members with saw experience are encouraged to reach out to me at the email below to coordinate if they wish to volunteer their time for wood day.

We are also working to coordinate a possible wood splitter rental and are seeking a member that has a trailer hitch and a desire to pick up and transport a wood splitter from a rental facility close to camp in NJ. If that is you, please email me at the email below and I can connect you with the other interested party to make arrangements.

Please RSVP to cingularsales@gmail.com or camp@noany.org for either event.

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. The off-season is a fantastic time to plan for the change you want to see at camp next year! Please contact <a href="mailto:camp@noany.org">camp@noany.org</a> for more info or to join us for a meeting or a workday.

- Dave Hayes, Camp Chair



### **Hosting Committee**

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 <u>maporis@aol.com</u>.

Co-chair: Mary Hilley <a href="https://hilley66@gmail.com">hilley66@gmail.com</a>

**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

#### **Coming Weekends at Camp Nawakwa**

#### Fall Work Day and Hosted Weekend October 12-13, 2024

All hands on deck! Tasty and nutritious complimentary lunch will be provided for all volunteers.

Happy Hour/Dinner menu: chicken, or black bean burgers with sautéed veggies, and Janet's homemade apple crunch pie) and breakfast. Easy prep/clean-up guaranteed. (As usual, registrants for Saturday dinner and Sunday breakfast /lunch will reimburse the host.) The Saturday Day Fee is waived for all volunteers.

When registering, please indicate which meals and if you are vegetarian.

When registering, please indicate which meals and if you are vegetarian.

Registration Deadline: Wednesday, October 9th @10:00 p.m.

Please register separately to Mintari Preston, Saturday lunch host, and

Janet Sibarium, Host for Saturday dinner and Sunday breakfast and hiker's lunch.

Saturday Lunch Host: Mintari Preston noamintari@gmail.com or text: 201 - 655 9813

<u>Saturday Dinner/Sunday Breakfast Host: Janet Sibarium</u> <u>janet.sibarium@icloud.com</u> or text: 917 - 318-3361.

To register for Work Day please RSVP Dave Hayes at cingularsales@gmail.com or camp@noany.org.

#### Annual Meeting and Elections - October 19, 2024

If you would like to vote in-person, in-person voting at Camp Nawakwa can be done from 12 noon to 1 PM. Tallying will begin at 1PM.

The Annual Meeting to which all members are invited to participate will be held virtually, via Zoom, on Saturday, October 19, 2024, at 10 am. The link to the Zoom meeting will be sent in advance of the meeting, on or about October 17, 2024. We hope you can join the meeting. Tallying of the votes will begin at 1PM.

Wood Day October 26, 2024

To register for Wood Day, please RSVP Dave Hayes at <a href="cingularsales@gmail.com">cingularsales@gmail.com</a> or <a href="camp@noany.org">camp@noany.org</a>.

#### OFF-SEASON USE OF CAMP NAWAKWA

During the off-season (October 15th to April 15th), when the camp season is officially closed, permission to make use of Camp Nawakwa is needed from the Park Office. Any keyholder member who wishes to access and use camp during the Off-Season must notify the Board Chair who will contact the Park Office to request permission and obtain the necessary Permit. Members should contact the Chair at least five days 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 NOANY's Policy and Procedures, will be in effect during the Off-Season.

### **Hikes and Outings Committee**

Co-Chair: Lewis Ports <a href="mailto:ports.lewis@gmail.com">ports.lewis@gmail.com</a>
Co-Chair: Ingrid Strauch <a href="mailto:ingrid-hiking@noany.org">ingrid-hiking@noany.org</a>
For listings of hikes not led by members of NOANY, (and not necessarily qualifying) try the following link:
<a href="mailto:http://www.nynjtc.org/content/member-clubs">http://www.nynjtc.org/content/member-clubs</a>

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

#### Parker Cabin Mountain via Claudius Rock - November 16, 2024 - 9AM

Distance: Approx. 6 miles, Approx. total ascent 1015 feet, Qualifying

Starting at the main cabin, we will take the unmarked trail at Nawakwa towards the triangle trail. At the intersection with the triangle trail we will make a left towards Dutch Doctor. At Dutch Doctor we'll make another right turn onto the Tuxedo Mount Ivy Trail. After 1.2 miles we'll reach Claudius Den which offers great views and is a good stop to take a short break. From Claudius Den we'll continue northbound on the White Cross Trail. After 2.15 miles we'll reach the junction with the Ramapo Dunderberg Trail. We will make a right turn and continue for 0.25 miles to reach the summit of Parker Cabin Mountain. This is a good spot to have lunch and enjoy views of Lake Sebago. Following our lunch break we will descend Parker Cabin Mountain using the Triangle Trail, pass Lake Skenonto and after 1.95 miles make a left turn at the unmarked trail that takes us back to camp.

This hike features several ascents and descents, and the pace will be a little faster than usual. Participants should wear sturdy footwear and bring sunscreen, lunch, snacks, raingear, and enough water à <u>Hydration Basics: How to Stay Hydrated | REI Expert Advice</u>. Hiking poles are recommended but not required.

Contact Leader: Oliver Lunt Please sign up by 11/14/24 via email to oliverilunt@gmail.com

#### Saturday, December 7, 2024 - 9 AM Shawangunk Ridge State Forest/Roosa Gap State Forest Hike

Distance 6.85 miles, 1200 ft Ascent, Moderate Terrain and Pace.

Qualifying

This hike in the Shawangunks is a well-kept secret by local rock climbers. We'll start by ascending through the forest until we reach the ridge where we'll find a large cave with climbing safety devices hanging from the rock face. We'll then walk immediately below the ridge and underneath rock overhangs. We'll then ascend to the ridge and walk atop a large slab with fantastic views North. We then descend a few hundred feet and climb back up into Roosa Gap State Forest. Upon reaching some viewpoints along the ridge we'll return to the slab and descend via an alternate route. Sturdy footwear, clothing layers and a couple liters of liquids are needed for this hike. Traction devices are required as we will be walking on rock slabs which have had ice previous winters.

Leader: Lewis Ports at (646)339-1316 or ports.lewis@gmail.com. Please sign up by 12/05/24.

Note: If you can offer a ride to hikers coming from New York City, please let the hike leader know.

Our first ever NOANY Fall Hikes Weekend was an immense success. Over the two-day weekend, a variety of hikes (four in all) were run with twenty-five participants. The weekend was so successful that plans are being made for holding a similar NOANY Spring Hikes Weekend in May of 2025 (details will be provided later). The pictures below are from the hikes that took place over the weekend of September 21-22, 2024.





Trail Marker October-November-December 2024





Trail Marker October-November-December 2024

### **Trails Committee**

Co-Chair: Mary James <a href="maryelizjames@gmail.com">maryelizjames@gmail.com</a>
Co-Chair: Andy Frank <a href="maryelizjames@gmail.com">agfrank1@aol.com</a>

Ever since there has been the New York-New Jersey Trail Conference (NYNJTC), our club has been involved with them in trail building and trail maintenance. As a matter of fact, our first Chair, Raymond Torrey, was co-founder of the Trail Conference in 1920 and helped build the very first trail in Harriman Park, the Ramapo-Dunderberg (R-D).

For more than a hundred years, Keyholder members of Camp Nawakwa have been actively involved in ongoing trail maintenance, ensuring that hikers, present and future, will be able to enjoy the wonderful system of Harriman trails which have been given to us as a gift.

Trails we maintain include the Ramapo-Dunderberg (R-D), the Triangle trail, White Cross, White Bar, the Long Path, Tuxedo-Mount Ivy (TMI), and even a section of the Appalachian National Scenic Trail. (This section of the AT was the very first section blazed under the leadership of Raymond Torrey and other dedicated hikers of the time.)

There are opportunities available for NOANY Keyholders to become new trail maintainers and continue the on-going work needed to make sure we have accessible and safe trails.

If you are interested in becoming a trail maintainer for this time-honored service, please contact either of our Co-Chairs at the addresses listed below.

Mary James <u>maryelizjames@gmail.com</u>

Andy Frank agfrank1@aol.com

### **Activities Committee**

Edie Green, Chair ediegreen17@gmail.com

This year, the Park was only able to plan one event for us (other years the Park has always offered two events). No explanation was offered, however this year's storms and the impact to all the park departments were likely factors.

The animal presentation that was scheduled for August 31<sup>st</sup> needed to be canceled because both Park staff who were to make the presentation came down with Covid. There was no make-up date offered.

The Activities Committee is already planning next summer's first event with a senior Staff Member, Peter Cutul. The presentation will be a historical lecture based on local people and places.

This season there were several new and novel events presented at camp by dedicated members and the feedback was that each event was extremely well-liked.

#### **Upcoming Events**

October 12 – Fall Work Weekend- Closing of Camp Nawakwa (details on page 7 and 8)

October 19<sup>th</sup> – Annual Meeting and Elections (details begin on page 3)

October 26 - Wood Day (details on page 7 and 8)

Annual Winter Social – January 26, 2025 (Early notice on page 13)

### **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

### **Conservation Committee**

Kate Walker, Chair katecwalker@gmail.com

Earth's natural resources include air, minerals, plants, soil, water and wildlife. Conservation is the care and protection of these resources so that they can persist for future generations. It includes maintaining diversity of species, genes and ecosystems, as well as functions of the environment, such as nutrient cycling.

Conservation is similar to preservation, but while both relate to the protection of nature, they strive to accomplish this task in different ways. Conservation seeks the sustainable use of nature by humans, for activities such as hunting, logging or mining, while preservation means protecting nature from human use. [Article taken from <a href="mailto:nationalgeographic.org">nationalgeographic.org</a>]

### **Environmental Education Committee**

Marty Kellerman, Chair mmkellerman@gmail.com

#### What is Environmental Education?

Environmental education is a process that allows individuals to explore environmental issues, engage in problem solving, and take action to improve the environment. As a result, individuals develop a deeper understanding of environmental issues and have the skills to make informed and responsible decisions. The components of environmental education are:

- Awareness and sensitivity to the environment and environmental challenges
- Knowledge and understanding of the environment and environmental challenges
- Attitudes of concern for the environment and motivation to improve or maintain environmental quality
- **Skills** to identify and help resolve environmental challenges
- Participation in activities that lead to the resolution of environmental challenges

Environmental education does not advocate a particular viewpoint or course of action. Rather, environmental education teaches individuals how to weigh various sides of an issue through critical thinking and it enhances their own problem-solving and decision-making skills.

The <u>National Environmental Education Act of 1990</u> requires EPA to provide national leadership to increase environmental literacy. EPA established the Office of Environmental Education to implement this program.

To find out more about the work of the United States Environmental Protection Agency, go to their website <a href="https://www.epa.gov">www.epa.gov</a>

### Welcome to Our New Keyholder

**New Keyholder** 

Linda Mittel

**Sponsors** 

Suse Wenzel Laura Zan

### 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**

Jenny Chin Georg Lausen Michelle Lopolito Dena Shottenkirk Marybeth Ginsberg

### **SAVE THE DATE!**

## Annual Winter Social and Luncheon

Sunday, January 26, 2025 - 12:00PM

Characters Restaurant 94 Orange Turnpíke Sloatsburg, NY 10974

#### **MENU**

**Hot and Cold Appetizers** 

Soup du Jour or House Salad

Choice of Entrée:

SALMON- served in a lemon and caper sauce and served 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, Banoffee

Soda - Tea - Coffee Included, Cash Bar Cost - \$45.00 per person

Please RSVP to Eve by January 19, with your meal choice, and by sending payment. You may pay by mailing a check to Eve Mancuso or by sending payment via Zelle to Suzanne Rocheleau, Board Treasurer- Rocheleau3@gmail.com.

Mailing Address: Eve Mancuso, Board Secretary

12 Wintergreen Road,

Sloatsburg, New York 10974

E mail: EveMancuso@gmail.com