

Asian Outdoors Newsletter

Fall/Winter 2009-2010

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Hello AO members,
Hope my first newsletter finds you all in good spirit and ready to enjoy the longer warmer days ahead. Spring is around the corner and AO has planned many exciting activities to for you.

I've been an active member for two years and have enjoyed various activities. When I accepted the position of this Newsletter Editor, I was excited with many ideas of how I want the newsletter to look and feel. But now as I sat here drafting my first edition, I realized I can not do much without your support and participation. I can write all the articles and comments – but how boring that would be? We, the club and I need your articles, suggestions, comments and feedbacks. Please help make the Newsletter a success!

Karen Chan

WELCOME NEW AO Members:

PROFILE of a member: Every issue will feature the profile of a member here.

Karen Chan

My husband Kenneth and I grew up in NYC but currently reside in the Albany area with two teenage girls. We described ourselves as avid indoor couch potatoes because living in the northeast with its long winters, we came to vegetate at the many convenient modern entertainments. We are happy to be members of AO to get exposure to the great outdoors and look forward to meeting new people.

UPCOMING ACTIVITIES AND SPECIAL INTEREST

APRIL

17th – HIKE @ Jockey Hollow NJ

MAY

22nd – BIKING – North County
Trailway

JUNE

4th-6th – Camping Weekend @ Lake
Waramaug

12th – Annual CINCIP – Colonial
Park

13th - Raindate

For up to date activities, please watch out for AO Flyer.

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Fall and Winter Activities

By Karen Chan

We had many planned activities for the fall and winter. Some were well attended while others had to be cancelled due to various reasons.

We kicked off the fall with two outings, the Annual Autumn Foliage at Minnewaska State Park and the Fall Foliage Boat trip up the Hudson River. The Fall Foliage Outing, led by Leo Hsiao with ten participants, enjoyed a cruise up the Hudson River. A good time was had by all, even the rain waited until the end of the trip as not to spoil the serenity of the scenery. On the same note, the Annual Autumn Foliage at Minnewaska State Park was canceled due to rain.

For those who just wanted to hang out, we had two Friday night dinner get togethers - one at the Paprika Restaurant and the other at Nouveau American Cuisine. The Paprika Restaurant event was lead by Eve Shieh with 16 in attendants. The food was great and the service was good for the size of the group. Everyone had a good time eating, catching up with old friends and making new ones. After dinner, ten people went to Veniero's at East Village for dessert. What a way to wrap up the work week.

Holiday Party at Ah Rhee Soo

Anonymous

On the Sunday (Dec 27th) after Xmas, Asian Outdoors held it's second Holiday Luncheon at Ah Rhee Soo restaurant at Queens Crossings building in downtown Flushing. In attendance were around 25 to 30 members and friends feasting on Asian Fusion, Japanese and Korean dishes. Kudos to Doris Chan who organized this event who had to deal with a overly zealous and greedy waitress who insisted that we purchase food to a minimum of thirty-five dollars per person because we were seated in a private room with Karaoke equipment. As it turned out no one used the Karaoke machine.

During this event; the Annual Member of The Year award was bestowed onto Cynthia Hong-Chin. Every year this award is given to

a member who in the past few years worked on promoting Asian Outdoors in various capacities whether an Outings Leader, Support Staff or other. Cynthia's special contribution was promoting AO on Facebook.

The previous year (2008) we held the Xmas Luncheon at the same restaurant but with a restrictive choice of three dishes. Aside from a miscommunication of the Korean Luncheon as opposed to Korean BBQ that event went well. After the Luncheon some people actually went to the Karaoke Room and sung.

Going forward I think we need to just concentrate on the meal instead of Karaoke. This time by being seated in the Karaoke Room put people in an uncomfortable situation in that they would need to sing in front of strangers and I believe that this is the reason why no one sang. And if anyone wanted to do Karaoke; there are plenty of Karaoke parlors in the downtown Flushing area to go to after the meal. Besides a parlor would have a bigger selection of tunes to sing by as opposed to a limited selection in a restaurant's Karaoke room.

Saranac Lake Wilderness Camping Trip

By Karen Chan

Six of us embarked on a 4 day canoe wilderness camping trip from September 1 to September 4, 2009. Being my first *wilderness* camping trip, I was a bit anxious prior to the trip. So I went into an outdoor sports store and loaded up with survival kits and gismos, hoping it would help me come out alive.



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At the beginning of the trip, we loaded three canoes with everything we'd need for the four days. It was a beautiful day by the waters and we canoed 3 1/2 hours against the current to Middle Saranac Lake. As I was paddled, I was totally at peace. The feeling was surreal. Saranac Lake has no homes along its shoreline to distract from the beauty of nature, and because we were there in a weekday, only a handful of motorized boats rocked our canoes with their waves.



Our campsite was one of two on an island, and the other site remained unoccupied until the 3rd day. We were totally alone on the island in the middle of total wilderness, surrounded by water and bathed in moonlight. And what an awesome time we had...

We canoed, hiked, swam and stole firewood from other islands. Interestingly, while sunbathing, three of us formed the letters 'A' and 'O' with our bodies. What club spirit!



For those of us who did not want physical activity, we napped and swayed on the hammock. One teenage camper monopolized the hammock. So we slow-

roasted her over an open fire. Over one thing or another, we did not stop laughing.



One of my worst fears was being attack by bears. So when a ranger told us that a mother bear and cub had been sighted in the area, I was ready to go home. But being with experience campers, one of us had the foresight to bring a can of bear spray. After reading the instructions, we knew for sure that we had no chance! The content lasts three seconds. Yes, that is correct, three seconds – and effective only if it hits the bear directly in the face. Therefore the bear have to be close enough and your aim must be perfect. Picture this: a bear is charging toward you and you're standing there with a can of 3-second spray with one shot... I say go with PLAN B, outrun one camper. Things to remember for next year: convince one non-runner to join us.

Overall, I am alive and we did not come upon any bear, just some ducks. All the worries about the lack of plumbing or drinking water paled by comparison to the awesome outdoor adventure I had. I did not use any of the survival kits or gismos, so I'll save them for next year. What a fun time I had (can not speak for others)! I am

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definitely coming back next time. See more
pictures on AO website.
