
The Catskill Canister
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Trail Spice

The President's Column by Maria Bedo-Calhoun

As I start my two year term as President of the Catskill 3500 Club, my thoughts go to those who have held this position before me - their energy, enthusiasm and love for these mountains. I especially think of the originators of the idea of the Club: Bill and Kay Spangenberg. If you have not done so, pop by the [3500 Club website](#) and read the excerpt from Carol Stone White's detailed, thorough and entertaining book about the beginnings of the Club and other stories, *Catskill Peak Experiences: Mountaineering Tales of Endurance, Survival, Exploration & Adventure from the Catskill 3500 Club*. The personalities, passion and spirit of the founders comes through – people who had many stories to tell and wanted to share experiences in the Catskills with others and thought a club was the way to do it. Those days, before connections could happen with the click of a mouse on a screen, seem distant to us now, but ultimately the desire then was the same – finding others to join in on the journey.



Hikers are a unique bunch – people who enjoy spending time wandering in the woods; sometimes in a meditative way on their own, other days sharing the fun with those who love the exploration and sometimes the struggle. Those trips where the flies may be overwhelming, the body not cooperating, the nettles infuriating, but somehow it is still worth it because being out in nature energizes the spirit. I think most of us have tried a hike with someone who may get excited by a spectacular view, but the journey up to it is labor, not pleasure, and does not understand why someone would want to scale the same mountain twice! Meeting fellow intrepid travelers who “get it” is something to be appreciated and greatly valued, which is why the friendships we make in the woods are long-lasting.

I met some of the other members of our board hiking years ago – hard to believe! – and we can still recount stories of our adventures, just as those early founders did, as did hikers after them and as you readers most certainly can. One memory is of my and a friend's duo 3500 finish on Blackhead in early March, 2010. It was a beautiful bluebird-sky day and, after a prolific snowy February, with five feet of snow still there up high, it was an epic way to end my first round. As we got to the summit from the Escarpment side, we had to crawl under the balsams to get over to the descent to Lockwood Gap. The views were amazing as we were almost on top of the trees when we emerged from our tunnels and Black Dome was shimmering in front of us. Markers were not far from our feet as the snow was so high, but so was the camaraderie - jokes, ribbing and the simple joy of being out in the woods. One of those in that group is no longer with us. I have a photo of that finish in my home office and when I look at it, as I am now, I often think of his energy on the hikes we shared before he left us. I am grateful to have known him and our excursions filled with laughter, but also reflection and soul baring. I suspect many of us can relate in some way to moments like that and have equally resonant memories.

Did those early, intrepid organizers imagine the Club would become what it is today and how much larger its reach is with social media? Did they think that there still would be so many people finding their way into these unique mountains, eroded plateaus with nooks, waterfalls, peaks and cols amid striking notches like the one between Hunter and Plateau? I ponder those early days sometimes, especially in the winter, when hikers had no Facebook pages or hiker forums to see if anyone had been there to break out the trail, whether the parking lot had been plowed and if shoveling would be necessary before even beginning the hike. Their efforts opened up a new realm of wonder and well-being for countless people in the years to come. I respect those early explorers for their strength and passion and feel honored to take on the mantle of helming the Club with those individuals always in the back of my mind.

But just one Club dinner has shown me that that love and excitement has carried on to the present. While there are more gadgets to help with the climb, the desire to get to the top, the challenges to reach that goal and the appreciation of the beauty of the mountains with its ever changing moods remains constant. Friendships blossom and grow, more children will be introduced to the natural world of these mountains like Ben Gordon, who finished both his winter and regular 35 this year at age seven and is the youngest on record to do so. Ben now wants to lead hikes with his dad

and will be part of the next generation to pay it forward. I attribute my love and comfort in the woods from my early years wandering around in the forests in Vermont behind our house and exploring the trails in the Green Mountains by foot or cross-country skis. The Board is beginning to talk about simple ways to bring even more younger members to our hikes, be they through family hikes or other means, as we feel that early introduction can be so valuable.

My hope, during my term, is to be cognizant of and relay the wonderful history of this Club, but also continue to help hikers of all ages discover the fun, growth, health and friendship that hiking offers. And doing this knowing that technology has changed, which has its pluses and minuses and which the Club needs to acknowledge and continue to work with. A new board position has just been added to facilitate that, Digital Content Chair, and is held by the talented David Bunde. The by-laws, written in 1962, need to be looked at and reviewed to take in account the changes since those days. We continue to support the Summit Steward program which educates hikers in areas where there is the most traffic and are looking at other stewardship activities in addition to our regular trail maintenance trips.

All these things are different parts of a greater whole and goal which is to keep the central Club mission alive - to help people discover and explore the Catskills, hike together and learn how to be responsible stewards of these beloved mountains.



2nd Vice President Stash Rusin, President Maria Bedo-Calhoun, 1st Vice President Charlie Lutomski (L-R).
Photo by Jim Bouton, Canisters Chair

Trail Mix: News and Notes from the Club



The Club welcomes new Board Members



The Officers of the Catskill 3500 Club want to extend a very warm welcome to the two new board members: Stanley

'Stash' Rusin and David Bunde.

Stanley 'Stash' Rusin (#2829, working on the winter hikes) joins the board as the 2nd VP. He is a native of Oneonta, NY and has lived there almost all of his life. Although he is a recent finisher, he is very passionate about the Catskills. He spreads his love for the mountains by stressing the leave no trace principles and the respect for the fellow hiker. Stash is a lifetime 3500 club member, a member of the Catskill Mountain SAR team, a trail maintainer and a NY-NJ trail conference member. He has completed several clean ups during hikes at different locations in the Catskills, including the Peekamoose Blue Hole, Kaaterskill Falls, Pecoy Notch and Mink Hollow. Stash enjoys soaking in the amazing views that our mountains are known for whenever he can, and making time lapses of his adventures in the woods.

David Bunde (#2269 W925) has hiked with the 3500 Club since 2013. Last fall he stepped down as Trails Chair after serving four years and now occupies the newly created board position of Digital Content Chair. He is a regular hike leader, designed the Club's current website, is a Lieutenant on the Club's newly formed Catskill Mountain Search and Rescue Team, a board member for the Catskill Center and in his spare time, is opening a new shop in Pine Hill, the town where he has lived since 2010. Oh yeah, and he has day job as a web designer and developer.



Stash Rusin



David Bunde

Congratulations to Past President Heather Rolland for Being Honored by the Catskill Center

Congratulations to past president Heather Rolland for being named by the Catskill Center as one of the 50 Stewards of the Catskills! *Natural Resources: 50 Stewards of the Catskills* is a new publication by the Catskill Center which celebrates 50 individuals in the region for their contributions to the Catskills' environment, economy and culture. Heather is among many distinguished and impressive Catskill rock stars in receiving this honor.

Trail Maintenance and Adopt-A-Highway Events Update

ADOPT-A-HIGHWAY CLEAN-UP

The 3500 Club completed our Spring Adopt-A-Highway event on Sunday, May 5, 2019. We collected 15-20 bags, a tire and some scrap metal. The rain didn't stop 15 dedicated volunteers from coming out and leaving our 2 miles along Route 214 section completely litter free.

The Club extends appreciation to the following volunteers: Charlie Lutomski, Rick Taylor, Peter Greweling, Harold Oakhill, Tom Martone, Keith Oakhill, Debby Shemella, Ted Shemella, Yong Ae Mohs, George Kugler, Michelle Bonfils, Rolf Raiss, Stash Rusin, Jessica Mullinnex-Rusin, Lourdes Sonera.

Stay tuned for the announcement of the Fall highway clean-up date (the announcement will be made in the Fall issue of the Canister, as well as on the club [Facebook page](#)).



PEEKAMOOSE-TABLE TRAIL MAINTENANCE

The 3500 Club Trail Maintenance outing was held on Sunday, May 26th, 2019. The crew, led by Chair Lourdes Sonera and Co-Chair Ted Shemella, had a beautiful day to do their spring work along the Peekamoose/Table trail. Lots was accomplished with a full turnout of volunteers. Everyone ignored the seasonal bounty of black flies out and about and had lots of fun getting the trail into summer shape.

Thanks so much to all who participated!

Denning Crew: Steven Brown, Steve Emanuel, Steve Taylor, Marv Freedman, Lisa Gizzarelli-Drago, Richard Garrison, Clare Detko, Ted Shemella.

Peekamoose Crew: Lourdes Sonera, Johnny Witter, Ed Schwetz, Alicia Vaccaro, Anthony Vaccaro, Colleen Hardcastle, John Barringer, Darlene Bertolozzi, Helen Owens.

Please join our next club trail maintenance outing on Sunday, September 22nd, 2019. See hike schedule below for the details.



By: Lourdes Sonera, Trail Maintenance Chair



Dues for calendar year 2019 are now past due. Those of you who receive the emailed quarterly link from us also get a dues reminder. Members and Aspirants who joined after the middle of the year may renew at a half year rate to get back to “calendar year renewal.” Contact David White or Jake Haisley to confirm your status. Forms and rates are on the [membership page](#) of the website.

You may now use PayPal at the [club site](#) or renew by mail and/or order additional member items using [this form](#). Please make checks payable to the Catskill 3500 Club.

By: Dave White, Membership Chair and Jake Haisley, Aspirants Chair

New York-New Jersey Trail Conference Summit Steward Program



For the past few years, from May until October, Trail Conference has (with financial support from our club, among others) placed stewards at some of the high peaks locations which are experiencing the heaviest usage by hikers, in order to curtail misuse, promote proper wilderness behavior on the trails, and conduct and oversee clean-ups.

The Trail Conference Trail Stewards are finishing up a month-long rigorous training program. Beginning in early May, Trail Conference Conservation Corps members began steward training at the headquarters in Mahwah, New Jersey and at their Welch Trail Education Center in Harriman State Park. The training included three days of Leave-No-Trace training. Stewards all achieved the “Trainer” level designation by the [Leave No Trace organization](#). Additional days of training also included an introduction to stewarding, interacting and connecting with visitors, visitor orientations, natural resource protection, data collection, role playing, volunteer recruitment, social media, map skills, reporting, emergency protocols and more. Stewards spent three days in the Catskills for Catskill specific training. This module included two meetings with DEC foresters and DEC Rangers. The stewards also attended a three-day workshop hosted by DEC in the Adirondacks designed specifically for backcountry stewards. The Hudson Highlands Land Trust provided two trainings for natural resource protection. The final weeks of training included three days of Wilderness First Aid Training. Stewards will be on the summits of Slide Mountain and Giant Ledge from June 8th for the last three days of training—all in the Catskills. The stewards will be active every Saturday and Sunday and most Fridays and holidays as well. The program will run through the end of October and intends to cover the summits of Slide and Giant Ledge, and on occasion, Blackhead, Panther and North Point.

As we reported in the spring edition of Canister, the Trail Conference, in order to broaden the reach of the program and increase steward presence at the various locations, will be seeking volunteers to assist with this work. The TC will work on adding volunteers to the program and we will be posting further details on our social media pages.

The Club is pleased to announce that at this year’s first meeting of the executive committee, we agreed to donate \$5000 for the fifth year of the Summit Steward Program run by the TC.

Wilderness First Aid Course Recap



The Catskill 3500 Club ran its annual Wilderness First Aid Certification Course (SOLO Certified) on Saturday and Sunday, May 4th and 5th, at the Catskill Center in Arkville. The course was led by John Kascenska of Kingdom Adventures Mountain Guides. Sixteen participants spent the weekend immersed in SOLO WFA principles and scenarios and got to try out all kinds of techniques.

Steve Welgoss, a new hike leader for the Club, wrote a great recap of the course; see "[Wilderness First Aid: A Real-](#)

Life Lesson in Safety" below.



By: *Maria Bedo-Calhoun, President*

Catskill Mountain Search and Rescue (CMSAR) Update



Catskill Mountain Search and Rescue (CMSAR) currently has a roster of 17 Mission Ready DEC certified searchers serving the Catskill Mountains and surrounding areas. The team is made up of all dedicated volunteers and is a member of the New York Federation of Search and Rescue Teams (FEDSAR). CMSAR's first official search call out via FEDSAR was on Sunday 12/30/18 for a missing man with Alzheimer's. The team was also dispatched by law enforcement to assist on an on-going search in Easthampton, NJ that has since been concluded. Some members recently attended the 2-day Land Navigation course hosted by the Department of Homeland Security. The team drills monthly covering search tactics, map & compass, GPS, patient assessment and packaging, carry out, evacuation procedures and more. The monthly drills and meetings have been well attended and have received support by NYS DEC Rangers. For team updates, please follow our [Facebook](#), [Instagram](#), and [Twitter](#).



By: Erica Winterbottom, SAR Committee Chair

Consider Carpooling to Popular Trailheads



Popular Catskill and Adirondack High Peak regions are extremely overcrowded now, without adequate parking. Town of Hunter police vigilantly tow cars parked on County Rte. 16 (Platte Clove Road) where “No Parking” signs are posted, and this occurs elsewhere. The parking area for Huckleberry Point/Kaaterskill High Peak fill up quickly, as is the nearby roadside parking at the Overlook Trail to Codfish Point, Echo Lake, and Overlook Mt. If a single tire is on the road at the Overlook Trail, you will be ticketed. Consider carpooling from a large parking area a few miles west across from a church or at Tannersville’s large parking area above restaurants; or hiking elsewhere to avoid a major hassle and expense to get your car back.

By: Carol White, Conservation Chair

Peekamoose Blue Hole Hot Spot Revisit by Leave No Trace



Leave No Trace first hosted an outstandingly successful Hot Spot at the Peekamoose Blue Hole in 2017 and the organization is returning to follow up on a few targeted objectives, as well as to gain a better understanding of the successes of the first visit. The Peekamoose Blue Hole was exponentially gaining popularity leading up to the first visit. On a busy day, hundreds of people could be seen enjoying the cool spring water and the shade from the Catskills beautiful forests. Crowding, litter, undesignated trails, and human waste impacts heavily degrading the landscape. Since then, a limited quota system has been implemented as well as a newly developed dedicated stewardship program within the Catskill Center. LNT will be working with the Catskill Center, New York Department of Environmental Conservation (DEC), Adirondack Mountain Club (ADK), and other local stakeholders for strategic planning and further communication training, as well as a follow up cleanup event to gauge how successful the limited quota system has been at mitigating litter impacts.

The Leave No Trace [Hot Spots](#) program identifies areas suffering from the severe impacts of outdoor activities that can thrive again with Leave No Trace solutions. Each location receives a unique blend of education programs, service projects, follow-up programs and more.

The event will take place from August 24, 2019 through August 27, 2019. More event information will be posted soon on the [LNT site](#).

Trail Mix Photo credits: Stash's photo is by Stash Rusin, 2nd Vice President; photo of David Bunde is by David Bunde, Digital Content Chair; photo from the Adopt-A -Highway clean-up by Lourdes Sonera, Trail Maintenance Chair; photos from the Trail Maintenance Days are from Anthony Vaccaro #2854 (L) and by Lisa Gizzarelli-Drago #1368 W1063 (R); photo from the WFA class is by Stefan Lisowski #2305 W1243; photo from a recent SAR drill is by Heather Rolland, Past President.



View of the Quick Lake and the Quick Lake lean-to. Photo by Jason Pelton #3013 W1211

FIFTY-FOURTH ANNUAL DINNER RECAP

Text by: Mike Doehring, Annual Dinner Chair



The 54th Annual Catskill 3500 Club Dinner Meeting was another success. We had 282 folks registered and almost all of them made it to the dinner. The Chateau again was quite accommodating with the front ballroom hosting the appetizers with the front foyer taking care of our "vendors" (books, Club T-Shirts, Joe's signs and Jeremy Apgar, the NYNJTC speaker, and his maps) as well as the front bar.

Many of the new members were in attendance, including 69 regular season finishers, 25 winter finishers, and 9 finishers who were receiving both the regular and the winter certificates. Also in attendance, we had the youngest recorded to date winter finisher (Ben Gordon, age 7, #2817 W1251 (who at age 6 also became the youngest regular season finisher), along with his dad, Jonathon, #2816 W1252). Harold Oakhill (#283 W1244) was happy to receive his winter certificate nearly 41 years and 3 months after climbing his first winter peak back in 1978 (Harold resumed winter hiking in February 2017 with Southwest Hunter - which was not even a required peak when he had completed the regular round!). Jim Ianora (#225 W1190), who finished his winters last year after 42 years was also present for the festivities. It was great to see families, married couples and domestic partners, as well as groups of friends celebrating

their joint achievements!

The business meeting went well under the direction of president Heather Rolland highlighting club activities during the past year.

Lots of fun. Lots of help behind the scenes.

Next year - Sat. April 18, 2020 - same place, same time.

Wilderness First Aid: A Real-Life Lesson in Safety

Text by: Steve Welgos #2709 W1231

On May 4th-5th, instructor John Kascenska hosted a SOLO Wilderness First Aid course at the Catskill Center in Arkville, NY. The session was packed solid with sixteen attendees, coming from varied backgrounds, ages and levels of first aid experience, but with one thing in common: a desire to update their safety-based toolbox when enjoying the outdoors. With classes running from 8:30 in the morning until 5pm both days, the agenda was sure to be chock-full of learning opportunities.

As a hike leader, I had personally been interested in this type of class for quite some time for multiple reasons. Some of these are just good ol' common sense, as I'll note below, but the last one comes from a personal experience that really opened my eyes to the reality of just how easily something can go from fun and lighthearted to life-and-death.

First, it's just good to have some sense of what your best options are before something happens, as it's likely that once you are in the field and something goes sideways that you won't always be able to think rationally if you're trying to wing it. It can be chaotic, disorganized, and even intimidating to be put in a situation where you can affect someone's personal safety, but a lot of confidence comes from having been through drills and having read about what to expect and what to do. The class featured several hours of team-based role playing, where "victims" were given scenarios and the rest of the team would "stumble upon" them and put their classroom learning to work with things such as assessing the environment, patient condition and history, and stabilization / treatment options. We also had some classroom lessons that we were able to put to practice during the drills.

Second, there are plenty of online lists of things to have in your first aid kit, but there are so many different opinions that you could end up with a lot of heavy, unnecessary gear. Running through basic, reasonable scenarios really helps to give you a feel for what you realistically can, and will be able to, use for commonly-encountered scenarios. While you are not expected to carry a defibrillator out into the wilderness, there are many things you can do to help get someone to safety, such as making a tight, secure splint in order to move someone to where they can get further treatment or a comfortable sling to stabilize a neck, shoulder or arm injury.





Third, and certainly not the most mundane, is that you just never know what's going to happen and when. I have often been known to say the phrase "nobody ever thinks it's their time ... until it's their time." Well, just such a thing happened to someone in a (non-3500 Club) group hike I was leading back in March. It was my winter finale, and we were doing Table and Peekamoose on a gorgeous bluebird-sky day. After doing our parking lot introductions, we headed out and started making our way along the trail. With such beautiful conditions, nobody was in a hurry, and we stopped several times along the way for water, photos, and general chit-chat to catch our collective breath. At the last scenic outlook before the push to Table's summit, the fastest of us started with the understanding that the next checkpoint and gathering would be at the top. Once there, we took off our packs and figured in five minutes the rest would arrive. Five minutes turned into ten, and I started to get concerned. Getting chilly, a couple hikers went on to Peekamoose while I remained behind to keep an eye out. Eventually a few more hikers appeared, and wanted to catch their breath, so I headed off to Peekamoose myself to bag my final winter peak.

When I got there, I celebrated my accomplishment, waiting once more for the stragglers to appear. After ten more minutes, I started to really think that something was up, as nobody was that slow during the first four miles. We headed back to Table, and it was there we saw one of our hikers sitting down with an emergency blanket around him in front of a small hole that was dug as a fire pit, and the rest of our group was standing around him. At first glance, he looked ok, but we quickly learned that he was pretty sure he had just had a heart attack. Between that final viewpoint and the top, he felt chest pains, a tingling in his left arm, nausea, was pale, and short of breath. Luckily, one of our group was a nurse and was able to do an assessment of his condition by methodically asking a series of questions. At the same time, only one of us was able to get a cell signal, and they called 911 (I also carry the DEC Ranger phone number in my phone).

Once it appeared that the hiker was stable, I went into a full-on sprint down the mountain to get to the first responders. I passed two sets of volunteers on the way out, and when I hit the parking lot, it was filled with rangers, paramedics, firemen and other volunteers. I considered all of the information that I watched the nurse gathering from our hiker and relayed it to the ranger in charge. He seemed surprised to have such a thorough account of the hiker's condition and thanked me for greatly helping them determine what course of action to take for the rescue. It was getting toward dark, and a helicopter was not ideal, plus trying to carry him on a sled, downhill in the twilight in snow, was obviously not safe, so it was important that they knew what the level of urgency was.

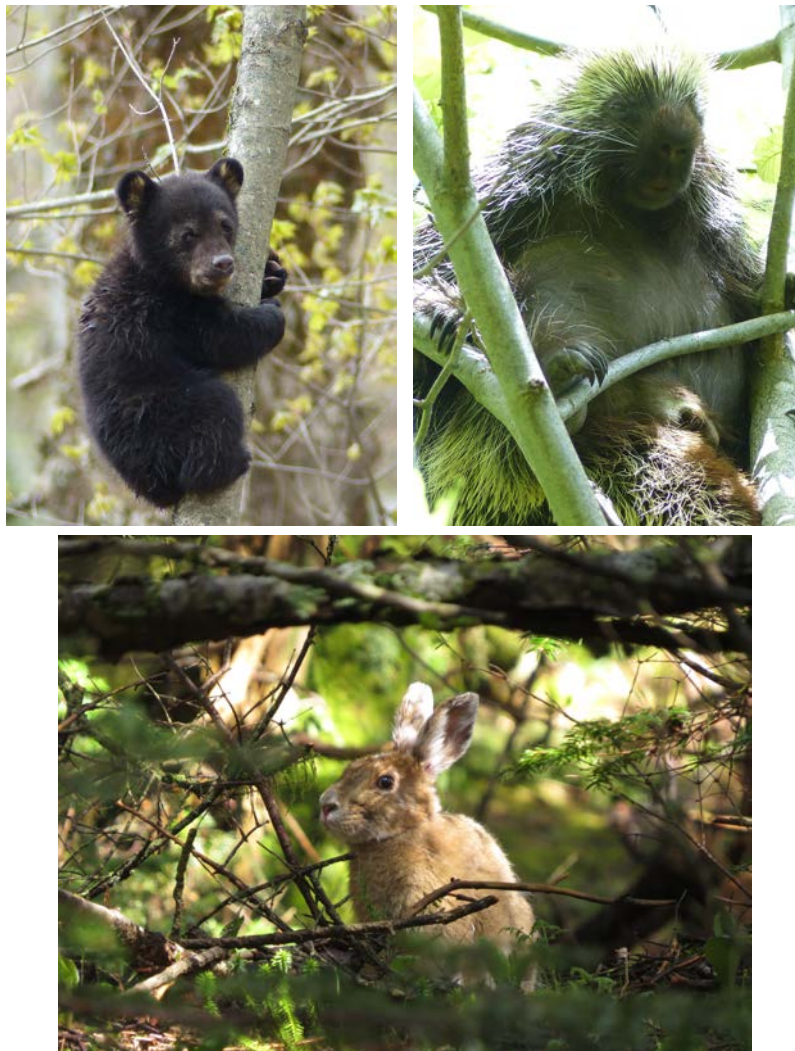
To cut to the finish, he got out safely with the help of the volunteers and a few from our group that stayed with him. What I have since learned as part of that ordeal was that when faced with a wilderness emergency, taking the proper steps to secure the area, stabilize the victim, administer any appropriate first aid and get the pertinent information in the hands of trained rescue personnel could very well mean the difference between life and death. Seeing firsthand how the nurse was able to take action and how the first responders were able to take the on-scene information and coordinate an appropriate rescue effort truly inspired me to further educate myself not only as a hike leader, but as a member of the outdoor community who wants to be able to assist in any capacity whether I'm leading, following or enjoying some solo time.

I cannot stress enough how valuable this information and skillset is, and I would strongly urge anyone who spends time in the wilderness to take a similar course. I'm glad that I did, and while I hope to never have to put any of it to use, it is a great comfort to feel confident that if I ever do need to, I'll be able to act quickly and in an appropriate manner.

Editor's notes:

1. Photo credits: Steve's photo is by Sara Gulbrandsen #2376 W956; photos from the class are by Stefan Lisowski #2305 W1243.
 2. We are delighted to have Steve recently join the ranks of the 3500 Club hike leaders; thank you Steve!
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SPRING WILDLIFE SIGHTINGS



The photos are by: Heather Rolland, Past President (the bear cub and the porcupine) and Jake Haisley, Aspirants Chair (the snowshoe hare).

Lean-to Club

Text and Photos by: Laurie Rankin #1337 531W

August 23rd, 2012 from the back seat of the car came a query from two of the grandchildren, ages 6 and 7 - "you mean you made up your own club?" (this in reference to what a Views and Brews Patch was for - see [Summer 2018 issue of The Canister](#)) I said "well yes" and they said "we are going to make our own club too."

It is always refreshing to see the world through the eyes of children. On this day we were on our way to hike the trail to the Batavia Kill Lean-to, a 1.3 mile hike (a new lean-to has now been built a bit further along the trail.) As we walked, threw stones in the river, watched red efts, and generally explored along the trail they discussed and developed the rules of their new club. It would simply be called the Lean-to Club. I was amazed at the conversations and only occasionally offered suggestions. We achieved our goal of the lean-to, had a great snack and watched hummingbirds in the nearby jewel weed. How could I not promote this idea of theirs? As a patch hound myself, I had been instilling in them how to earn patches and achieve goals since our first walk in the woods.



We returned to the car with a plan for this new Lean-to Club. The kids decided the requirements would be that you had to visit 12 lean-tos (coincidentally this was their 12th lean-to visit), stay over night in one, cook dinner in one, and visit one in winter. After all of these plans about this new club, how could I not get them a patch? For that, I reached out to hiker friend, Stephanie Howes who readily took on the task. She designed a beautiful patch that incorporated the lean-to, winter and a fire for cooking dinner. We made a certificate for completion, had patches produced and held a ceremony for the first two finishers; our co-presidents! We told all of our hiking friends with children that the Ln2 club was a new challenge.



We had just a few finishers until recently when through social media the challenge was once again brought to the forefront. In addition, we have more grandchildren who we are encouraging to hike with this challenge. Tom put together a [web page](#) with the requirements and a list of finishers. The co-presidents continue to encourage young hikers to get out and enjoy the woods and earn their patch! As an adult, you get to see the forest through a fresh set of eyes, you have the opportunity to teach responsible use of the forest through leave no trace, [hikeSafe](#), compass and map use. Planning for these trips is a big part of the joy including helping kids learn to read maps, planning appropriate clothing, hydration, food, and emergency gear. Best of all - it's fun!



Burroughs Range from Ticetonyck. Photo by Stash Rusin, 2nd Vice President

ABC of Catskill Hiking

Text and the photo by: Friedel Schunk #248 W87

Animals

They are willing to accept your presence in their woods. Treat them well.

Bearings

They are your directional points to ensure reaching your destination.

Compass

Inexcusable not to carry one during bushwhacks, provided however the hiker knows how to use it.

Dilettantism

Avoid beginner's mistakes, profit from the experience of others.

Experience

Organized group hikes provide excellent opportunities to gain experience.

First Aid

Fundamental proficiency in this field is very helpful should the need arise for assistance to others as well as for one's own good.

Group Dynamics

Increases safety considerations and is a vehicle to form new friendships. Hiking is gender neutral.

Hiking Goals

Each trip has its own challenges and rewards whether going out for the enjoyment of nature or for pursuing ulterior goals.

Individualism

The region leaves much room for improvisation to the experienced.

Junction

Yogi Berra's advice "to take it when you come to it" does not obviate your making the correct decision.



Knick-knacks

The right assortment of food and drinks is an important escort on your trips, along with knowledge of when to use it.

Leadership

As experience is gained one should consider a contribution to the club or other fellow hikers and aspirants.

Maps

They are needed for guiding the hiker, particularly in emergency situations. Topographical maps are best suited.

Naivety

This is not a useful decision making tool. Stay focused during easier and more strenuous outings as the terrain is sometimes challenging.

Organization

The hiker should be well prepared regarding his physical condition as well as to trail and weather conditions, his own equipment, clothing, and food rations. A "Plan B" for unexpected situations should be available.

Private Land

Some mountains are located on private land. Respect the rights of the land owners.

Quiet

Be aware of your presence in the woods; it will enrich your potential experiences.

Route Finding

This can be a challenge during trail-less trips. Know your bearings.

Solo Hikes

This is best left to the experienced hikers who have assembled excellent proficiency and confidence in their ability to be self-sufficient. Still, should generally be discouraged.

Trace & Tracks

Leave a trace of yourself by informing others of your hiking plans. Sign in the booklet at the trailhead. Leave the environment undisturbed.

Unqualified

Winter outings have special challenges in terms of weather conditions and the hiker's mental and physical preparedness. Pay attention to the special requirements.

Vacation

Is an excellent period in one's schedule to re-charge in the woods for meeting the daily rigors thereafter.

Water

Nature's gift may not always be as pure as one would expect. A purification filter might prevent illness.

X

Like in math, hiking has the unknown potential to provide many rewards.

Youth

Hiking done with proper measure keeps you young – forever.

Zymosis

Hiking may be catching.



Devil's Path in the distance, as seen from the Cross Mountain along the Phoenicia East Branch trail.
Photo by Sara Gulbrandsen #2376 W956

Five Towers in 24 Hours

Text by: Jake Haisley, Aspirants Chair

The Catskill Park has five remaining mountaintop fire-towers, each accessible by trail, and all popular destinations among hikers looking for rare 360 degree views of the surrounding terrain. On weekends in the summer and fall, volunteers head to these five mountains to greet hikers and unlock the observation cabs for those who want the best vantage point. The fire-towers and cabins are great spots to visit and spend a leisurely hour or two when you're looking for a less demanding hiking day. On one Sunday last August, Yana and I decided on something a little more demanding: climbing all five of the fire-tower peaks in one very long day.

Although it's not something I'd been thinking about for a while, I'd been brainstorming ideas for big hikes in the Catskills with plenty of mileage and elevation gain. Working on the Northeast Ultra 8, a list of eight big day-hikes whose sole Catskill representative is the Devil's Path traverse, I wanted something that would help me get ready for my upcoming Pemi Loop hike in the White Mountains of New Hampshire. A fire-tower ultra, with five separate ascents and descents in a day, seemed like a fun and demanding challenge that would be easy enough to modify or shorten if things didn't go well or the weather didn't cooperate. Our friend Marina, who didn't want to spend the whole day hiking, could join us for one or two sections whenever she wanted, and we could pack lighter knowing that we'd be carrying food, water and gear for one section at a time.

To set ourselves up for a successful and enjoyable day, we had to determine the best routes up the mountains and the best order in which to hike them. With the exception of the Becker Hollow trail, our preferred fast route to Hunter Mountain, none of the fire-tower hikes are particularly challenging to a hiker in decent shape. The primary concern was minimizing the driving distance between trailheads and being close to home (in my case Kingston) when we made our final, exhausted descent to the car. We also considered the difficulty we might have with parking at Mead's Meadow for Overlook on a beautiful Sunday afternoon. With these things in mind, the western-most peaks, Balsam



Lake and Red Hill, seemed like good starting points, and Overlook seemed like an ideal place for our night-time finish.

We elected to start by climbing Balsam Lake Mountain from Mill brook Road, a longer hike than the steeper approach from Beaver kill Road, but considerably easier to access by car from the east. After this, we would head back to Route 28 and take Route 47 through Oliveria and Frost Valley to the Red Hill parking area in Claryville, a drive that would take us an hour and ten minutes if we could pull it off without getting lost! After tagging Red Hill, we would hit Route 42 and drive through Sundown to Boiceville, within shooting distance of Mt. Tremper and Hunter Mountain's Becker Hollow trail. We decided to do the long woods-road hike up Tremper next before heading to Becker Hollow, with a stop at Brio's in Phoenicia in between. The day's total road mileage would amount to 175 from Kingston, and considerably more for Yana, who was driving from the Capital region.

For the most part, the day went according to plan. Yana and I took turns driving, and with the exception of the tiny parking area at Red Hill, which we pulled into late in the morning at peak busyness, we had no trouble parking. We carried several gallons of water in the trunk, and used our driving time to snack and drink up. On BLM we were earlybirds, at Mount Tremper we were late-comers, and on Hunter, joined by Marina, we were nearly alone. When we reached Overlook shortly after 1 AM and looked down upon the sleeping Hudson Valley, we felt like survivors! The morning hike of BLM seemed like another day altogether.

While the individual sections were not particularly hard, the day was among the most exhausting spent in the Catskills for both me and Yana. Spending so much time sitting in the car between hikes caused our muscles to tighten up, and each section required us to warm up all over again. After four cooldown periods, I felt more physically and mentally fried heading up Overlook than I ever did traversing the Devil's Path, which has similar mileage to this one (24 miles), but considerably rougher terrain and about 1,500 more feet of elevation gain than our fire-tower total of 7,500. That said, seeing the Catskills from five different vantage points at five different times of day was a unique and rewarding experience that I'd recommend for anyone looking for a truly epic hiking day.



Photos by: Yana Levchinsky-Grimmond, The Canister Editor

Editor's note: I couldn't help myself and I had to add a personal note to Jake's fantastic submission. It was truly an epic day.... we started a bit after 9 am and were done at 2:30 am. The total hiking time was 10:45 hours. The rest of the time was spent on driving, grabbing food on the go, gear changes, summit breaks, waiting out the rain before starting on Hunter and then a very long break before starting on Overlook. What made it very comfortable on that humid day, is that I had a new change of socks and a shirt for each hike. As far as the most important tip, on a personal note, I would say that inhaling 2 slices of Brio's pizza prior to ascending Becker Hollow was not a good idea. In fact, it was one of the poorest decisions I have ever made on a hiking day!



View off Acra Point towards the Blackhead Range. Photo by Jason Pelton #3013 W1211

New Tower Taking Shape

Text by: Laurie Rankin #1337 W531, BLM Chair, Director, NYS FFLA (Forest Fire Lookout Association)

Good things come to those who wait. Patience is a virtue. These are all statements that can be applied to the Catskill Visitor Center (1). In 2014, Catskill Mountainkeeper publicized that “the center is to serve as a gateway, providing visitors with information about the 700,000-acre Catskill Park. It is to be built on 62 acres that will include state trails, a fire tower, amphitheater, dog run and a picnic area.”

After more than 30 years in planning and development, the Center was finally opened in July of 2015. One of the many projects planned there was funded in 2016 when the state allotted \$994,000.00 to complete several projects, including the building of a fire tower and Observer's cabin at the site. The idea behind the fire tower was that it would be an opportunity for visitors to see a fire tower without a significant hike, provide some history on fire towers, and encourage them to visit the other 5 fire towers in the Catskill Park. Those 5 towers were restored beginning in 1996 as part of the Catskill Fire Tower Project, a joint effort between local volunteer groups, NYSDEC and the CCCD (Catskill Center for Conservation and Development).



Original plans called for the site of the fire tower to be on the ridge behind the center. The thought was that this would be a high enough elevation for visitors to get a view. However, the trees were tall and the site was deemed unfit. Eventually, it was determined (with the use of drone footage) that the fire tower would be sighted right near the center itself. But who was up to the task of constructing such a unique project? Bids were sent. Enter Dave Vana.

Dave is the owner of Davana Fire Tower Restoration, a NYS owned business. Fire Tower Restoration specializes in acquiring, dismantling, restoring and re-erecting historic Forest Fire Observation Towers. They are based in Bloomingdale, NY where the restoration work is performed. They have completed projects in seventeen states,

restored many fire towers, and built new ones.

We were fortunate to visit Dave at his home and walk through the fire towers that he has on his property. They were of varying models and heights, came from various locations and all had their own history. Dave knew the history of them all! What would work best at the CVC?

Due to the low elevation of the fire tower at the CVC, the tower needed to be taller than the others commonly seen today in the Catskills. The most common towers in the Catskill Park are 45 or 60 foot Aeromotor LS 40 or International Derrick Models near the edges of the Park. There was an 80 foot tower on Bramley Mt in Delaware County and another in nearby Otsego County on Hooker Hill.

Dave looked for a tower with the necessary height and he and his crew found themselves in Florida in early March. There they carefully took down the Venice Fire Tower. An 80 foot tall Aeromotor MC-39 model fire tower, it was dipped and transported to the site in NY (2).



Though similar to the other towers in the Catskills, once erected, visitors will notice that this one has some slight differences. Nonetheless, the hope is that it will inspire the curious visitor to learn the important role fire towers held in the Catskills and to visit those that still stand.

Due to the very wet spring, no work has been done at the site yet beyond flagging. If the weather cooperates, the tower construction should begin in early June and if all goes well, you can climb it soon after!

1) The name of the Catskill Visitor Center has been recently changed from the Catskill Interpretive Center.

2) See this [link](#) for additional background.

Photo of the fire tower being disassembled in Venice, FL (top section coming off) is by Dave Vana.



View off Orchard Point. Photo by Lori Beer #2393 W969

Wildflowers: Catskill Hikers Share Their Favorite Photos

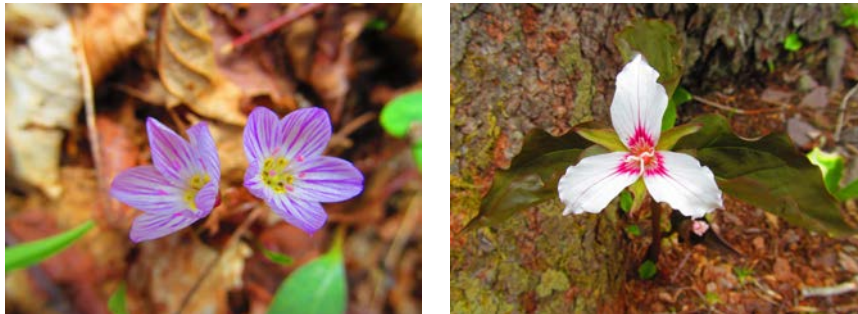
Text by: Yana Levchinsky-Grimmond, The Canister Editor

The saying goes that the April showers bring May flowers but this year, we got snow in both April and May! Nonetheless, we got some great submissions from the readers of their finds in the woods. Please enjoy these beautiful blooms:

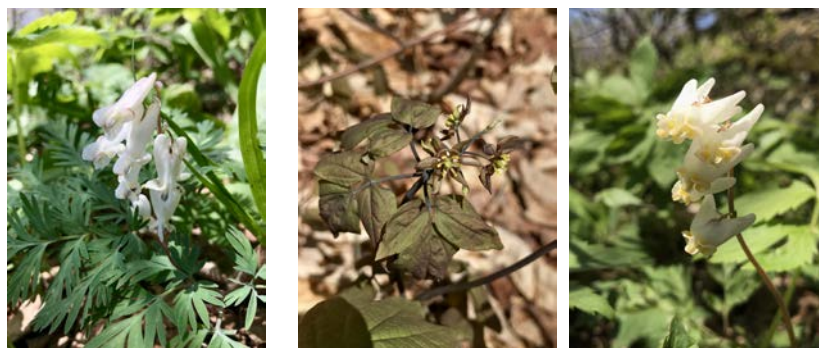
1) Trillium through the snow, the hail and the rain - submitted by Harold Oakhill #283 W1244



2) Mountain Laurel (top row), spring beauty (2nd row, left) and painted trillium (2nd row, right) - submitted by Rob Stewart #2186 W1036



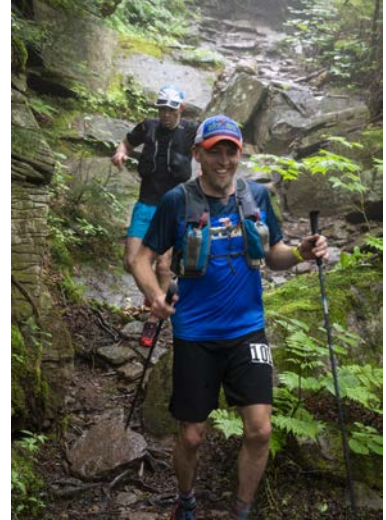
3) From right to left: Squirrel Corn, Blue Cohosh, Dutchman's Breeches - submitted by Linda Kukol #2248 W1035



Running in the Catskills

Text by: Mike Siudy #1728 W695

Running in the Catskills can mean a few different things. Running the hilly winding roads can offer some tough training for a runner at any level, there are gravel rail trails for people that want to avoid the cars, and then there are the mountain trails. Running the trails would generally and obviously be referred to as trail running but in the Catskills I'd argue "mountain running" is a better term. The difference in my mind is in trail running, most if not all of the trail can be run, while in mountain running, there are extended hiking and/or rock scrambling sections that even most elite athlete cannot run.



I first became interested in mountain running about 10 years ago. This fast hike up/jog down style has been my preferred mode of mountain travel ever since. There are a number of benefits for me. I can cover longer distances, gain more vertical elevation, tag more peaks, and enjoy more scenery in a given time. I also have the ability to fit in an ascent or multi-peak loop into a smaller time window while getting a more intense cardiovascular workout than just hiking alone. There are some inherent dangers of course. Falling and getting hurt is clearly the most common hazard and all mountain runners do it from time to time, this risk just helps to keep us focused on the terrain below our feet.

There are two ways outside of training that trail runners choose to move quickly in the mountains, races and FKTs. Trail runners that don't care to race are sometimes more interested in FKTs, or fastest known times, as they are typically done alone or in a small group at a time and style of the runners choosing. The FKT concept as an informal, do it yourself race has been around for decades but has recently gained attention from a broad audience. Iconic routes are run and/or hiked, sometimes with a swim, bike, or climb component, as fast as possible. The Appalachian Trail, the Great Range traverse (Adirondacks), and the Pemigewasset loop (White Mountains) are a couple of the classic FKT routes on the east coast. In the Catskills, the Burroughs 9 loop, the Devil's Path traverse, and the Catskill 35 Direttissima are three well established FKT routes.

Trail racing is more established than FKTs. Currently, there are 3 (NYSDEC permitted) trail races that traverse sections of the Catskills. The 18.6 mile Escarpment Trail Run will be celebrating its 43rd year in late July. Manitou's Revenge Ultramarathon will be mostly crossing 54 miles of the Long path in mid-June for the 7th time this year and the Cat's Tail Trail Marathon will be 5 years old in late September. These races are put on by local Catskill runners like myself, for runners, without big name sponsorships. They aim to support local businesses while being environmentally conscience and providing runners a memorable experience. The numbers of numbers are limited by the DEC to minimize impact. There has been a mainly positive reception from the hiking community to Catskill Mountain races as they do a lot for the trails. Personally I know over a dozen trail runners that have adopted trail maintenance sections though the NY/NJ Trail Conference after running a trail race and wanting to help out. Hundreds of hours are spent yearly cutting blowdowns, clipping overgrowth, and cleaning trash from the trails. There are also trail sections that received very little attention before the races that are now much clearer and easier to follow. We aim to have the trails in better shape than they were before the races.

Mountain running gives us a different way to experience the mountain environment. If you run but have never tried running in the mountains, give it a shot. The equipment is not terribly different from hiking. I recommend wearing trail running sneakers that have good aggressive grip, starting with short distances, and wearing a very light backpack. They make some packs specifically for running if you get into it. Run at a nice easy pace and obviously watch your feet. Do not feel like you need to run every step, no one does.

Photo by Steve Aaron



Summer's colorful and unique fungi. Images are by: top (chicken of the woods) by Sara Gulbrandsen #2376 W956; 2nd row, right (coral mushroom) by Sonja Rossi # 3023; left (honey mushrooms) and center (orange gilled waxy cap) by Linda Kukul #2248 W1035

Learning Through the Outdoors

Text by: Julie Chevalier #2127

It is pouring rain. While adults tend to complain about it, kids do not care much... They still want to play outside and step into mud holes. I believe worries come with age, and that is why a family camping trip rises very different reaction from parents to kids. "Once we'll be there we'll be happy, right?" It is pouring rain. While adults tend to complain about it, kids do not care.

So here we are, sitting in our chair trying to stay dry under the small tarp. It is pouring rain, and the kid does not worry. Two reasons: 1) he is dressed appropriately for the weather, 2) he can do whatever he wants. That is right. Mom and Dad just said: Come back before dark. While the kid is having a blast with dirt, water, rocks and branches (probably pretending to be a beaver), Mom is probably thinking... "I hope he will not get lost... or hurt himself... What about strangers? Wild animals? What if gets hungry or thirsty???" Oh dear, I just remember he did not eat much this morning! I should go find him and make sure he's fine!"



But no. Mom is not going to go save that poor little thing, because the kid IS PERFECTLY FINE; he is old enough to know what is good for him, he learned how to deal with the surroundings. Since the day he was born, Mom and Dad always believed that letting the kid live experiences is a good thing.

Learning

The kid's name is Victor. Born in December, first bushwhack in the Catskills two months later. While Mom is carrying the (very) little and precious package on her front, Dad is making sure we are following the right drainage to some Catskills HH list peak. It's a very warm winter day, but we are conscious that Victor needs a lot of our attention: feet, hands, check. Breathing, check. Diaper, che... Ooooooh, ok. Now he will get cold from being half naked in the snow. And cry for sure. But nothing more. The kid will learn that life isn't always smooth, soft and warm!

A few years later, it's summer time and Victor is going with Dad to climb Mount Orford in Quebec. That is one very popular mountain in the Eastern Townships. One mile in, Dad realizes he left the lunch in the car... He calls Mom on the phone... to tell her something like: "talk with Victor for 30 minutes while I run back to the car to get our food!" Dad told Victor exactly what to say to people on the trail, and to stay right where he was... Crazy, I thought. But kids are smart. Victor understood that we trusted him, and he learned that sometimes it's important to listen to what adults are saying. He realized he's a big boy, felt responsible for his own safety and gained very valuable self-confidence. It was actually pretty funny to hear people on the trail asking Victor where were his parents and listening to a very well learned answer: "I'm fine, I'm with Mom on the phone and Dad will come back very soon!"

Again that summer, we went backpacking in the White Mountains. Our goals: Whiteface, Sleepers, Tripyramids and Scaur in three days. Victor was thrilled, while the parents' real challenge was food and water, keeping the kid safe, warm and comfortable. When hiking with a toddler, patience is key. He wants to play with rocks? You let him, and right away, you start thinking of a game that will make him walk instead. He's hungry? Feed him, but know you might be the one not eating enough later. He's tired? Songs, stories, more games! During that trip, I think what Victor learned is that backpacking is awesome. Especially when you put the tent in the middle of nowhere, go to bed and listen to nature's soundtrack. Mom and Dad came back very tired from this trip, but we knew that a good foundation has been now built.

The year after, the family was back in the Catskills for a big event: the completion of a list! Stoppel Point was marking the end of the Catskills Hundred Highest challenge. Mom and Dad invited friends for the occasion and those very caring friends made sure the moment would be memorable. Gifts, good food and drinks were brought all the way up to the summit. Victor was the only kid in the group but because he learned so much already, he behaved like a big boy and was able to enjoy this moment. Of course, he understood what the celebration was about; big efforts have been made by Mom and Dad... 102 peaks! Thousands of steps, rain drops, bruises and even tears! Victor also learned that celebrations can be different than cake and clowns at the neighbor's birthday party. Different experiences and unexpected events are marking the spirit of anyone who is willing to get out of their comfort zone, and that is true for kids too.

Wild vs Real life

Kids grow in a society where everything is meant to be planned and covered. Home, school and later work need to be organised and secured, measured and controlled. The wild might be that one place people can freely enjoy and be able to do only what they want to do. But to survive, we have to learn how to react when facing difficulties and potential dangers. Being in the outdoors helps learning to judge the situation... keep going or turn back? Discomfort or real pain? A bit tired or getting too weak to come back? Chances are the kid will learn a lot more than that. Like building a small bridge on a stream and become an engineer, or take care of a wounded bird and become a veterinary.

More than anything else, the gift from Mom and Dad to Victor is to learn who he truly is.



Photos by: Laurie Rankin #1337 W531 (top photo) and by Jean-Sébastien Roux #1649 (bottom photo).

CANISTER NEWS



Text and Photo by: Jim Bouton, Canisters Chair

Once again, the books have been tallied and the results reported to the NYSDEC. The number of visits was down for the second year in a row; 6958 sign-ins during 2018 compared to 8464 in 2017. 2016 was the busiest year with 8907. When I first started in 2008, there were 1750 visitors. Our club has grown rapidly since 2009, and only time will tell which way we are now headed.

For those of you interested in planning a trip to the trailless 3500 peaks, the busiest time of year was January, with over 700 sign-ins. If you seek a quieter time, April saw only 350 hikers. Southwest Hunter with 700 names, was the most popular. Being close to the Devil's Path and having the rail bed cut out now makes it easy to get there. Some of you can remember when it was the most difficult peak to find, going back 2, 3 or more times to find the canister was not unusual, with Vly being a close second. Rocky again was the least visited with just over 400 enjoying this most remote, wildest (and shortest) peak. You are most likely to meet others on Rusk (92) during December, while in April only 14 searched out Sherrill's canister.

I enjoyed reading each and every one of your comments. Keep them coming. As for your handwriting, it's mostly illegible, and a challenge to decipher whether a person, place or a thing left their mark.

Some of you may have noticed that the color of the canisters is changing. As per our newly renewed Volunteer Service Agreement (VSA) with the NYSDEC, all canisters are to be repainted orange. The DEC feels this will make them easier to find. The DEC and the 3500 Board realize that the major herd paths are now well formed and here to stay. The issue now is to reduce further herd path formation by hikers searching for the canisters. This will hopefully help keep these trailless peaks as natural and pristine for future generations of hikers.



In addition to the current 13 canisters we now maintain, the DEC has asked the 3500 Club to consider placing two additional canisters; one on Eagle, another on KHP. Unlike the trailed peaks, there are very few registers (or none at all) for the trailless 3500 peaks. The DEC hopes that the two new canisters will provide them with data on usage and visits on these “trailless” peaks as the data from the other canisters has done in the past. The canister registers are the most important and the best tool they have for doing this. The new data could be used to procure future funding and format planning. They would also be useful in searches, as they are now.

This was a request from the DEC. The Executive Board will be deciding on whether or not to add the new canisters at the next meeting. The board members realize there has always been a thrill and a sense of accomplishment when a hiker, new or experienced, finds a canister. It is a rite of passage enjoyed only by the Catskill hikers, no other hiking club has canisters. As your representatives, we will be considering this request seriously, taking all aspects into account before giving the DEC our answer. If you have questions or input, please contact me. Until then, Enjoy Respect.



Sunset from the Milt's Lookout (Escarpment Trail). Photo by Jason Pelton, #3013 W1211

IN MEMORIAM

Roy Messaros passed away in January just short of his 91st birthday. He was member #97 and 25W. Roy was president in 1978 and 1979, as well the Annual Dinner Chair from 1981 to 1999 (and is well remembered his carnation boutonniere!). He also installed the all-weather canisters on the trailless peaks (Sherrill still has the original one build by him). He was active in the ADK NJ chapter in its early years. Besides hiking, he liked to bike and visit the Big Apple.

As a longtime Annual Dinner chairman, Roy worked diligently to find excellent places for our Annual Dinner. In winter 1988, Roy suggested having the club's 25th Annual Dinner at a site other than Meadowbrook Lodge in Windsor, NY, and sent a questionnaire to the membership, 640 regular and 195 winter members that year. The majority wanted to have it at the historic Mohonk Mountain House in 1989. "There are disadvantages," Roy said. "It is more expensive and it accommodates only 150 people." Dinner attendance was slightly more than that and the cost was \$25.00! The club had always held the Annual Dinner on the last Saturday in March, but Easter fell on that Sunday, so Roy explored other dates at Mohonk. Their annual mystery weekend was the weekend before and the annual folk dance group was the weekend after. He tried the Hotel Thayer on the grounds of the United States Military Academy at West Point and it was completely booked for 1989, so Roy reserved it two years in advance for March 31, 1990 and offered a guided walking tour of the military grounds and a gallery guide to the museum. Roy proposed alternating the dinner at a northern site in the Hudson-Catskill-Saugerties area and a southern site near Newburgh-Beacon-West Point. On March 23, 1991, they returned to West Point, and the 1992 Annual Dinner was held on March 28 at Nicole's Restaurant in Highland Falls, three miles north of Bear Mountain Bridge on Route 9W. Membership chairman Cy Whitney announced a record number of new members in 1992—52 regular and 24 winter. From March 27, 1993 to the present year, the Annual Dinner has been held at Hillside Manor in Kingston, now called The Chateau.

Cyrus Belknap Whitney, 92, #266 and 93W, died peacefully at home on June 7th, just before this newsletter went to print. Cy was the second Membership Chairman after Elinore Leavitt. He was also the President in 1986-87. A long time hiker, he was also a member of the Adirondack Mountain Club, the Adirondack 46ers (#2053) and past Officer and Director of the NYNJ Trail Conference. The family will receive friends to celebrate his life at Vander Plaats Funeral Home, 257 Godwin Ave., Wyckoff, NJ, on Saturday June 22nd from 2-4pm. More complete information and remembrances will be published next quarter.



The Club welcomes comments and remembrances about Roy and Cy from the members, to be published in next issue. Please send your recollections to the editor at editor@catskill-3500-club.org.

Photo on the right is of Cy Whitney celebrating his regular season finish on Slide on Jan 23, 1978. The photo on the left is of Cy (left) and Roy Messaros (right) on Noonmark Mountain. The photos are a courtesy of Ellen Whitney, Cy's daughter.



Bridge along the Spruceton trail. Photo by Stash Rusin, 2nd Vice President

Rambles and Brambles Hike Schedule July - September 2019

Familiarize yourself with the seven [Leave No Trace](#) Principles for all your hikes:

1. Plan Ahead and Prepare;
2. Travel and Camp on Durable Surfaces;
3. Dispose of Waste Properly;
4. Leave What You Find;
5. Minimize Campfire Impacts;
6. Respect Wildlife;
7. Be Considerate of Other Visitors

The Catskill 3500 Club's hiking credo includes 3 basic principles:

1. Follow the rules
2. Use your map and compass
3. Know your limitations.

The Club also promotes the adherence to the [hikeSafe](#) hiker responsibility code. [hikeSafe](#) encourages hikers to be prepared:

- with knowledge and gear
- to leave your plans
- to stay together
- to turn back for emergencies
- to share the hiker responsibility code with others.

Assumed Risk: Hiking involves certain inherent risks and persons participating do so at their own risk. In cool weather, hike participants should avoid cotton clothing, as it retains dampness and the resulting chill can result in hypothermia, **which can lead to death**. In summer participants should have available in their pack garments of wool or fleece and a headlamp, should one have to unexpectedly spend the night in the mountains. Anyone not properly equipped may be refused permission to participate, at the leader's absolute discretion.

Rating System: Please be advised that the hikes listed herein would most likely be rated more difficult by clubs who hike in non-mountainous terrains.

Wildlife alert: The fawn season is underway; please be alert and keep your dogs leashed.

Club hikes may be canceled at the hike leader's discretion if dangerous weather conditions exist. When in doubt (heavy rain, high winds, or other serious weather conditions), please contact your hike leader.

Group Size: All Club hikes are limited to 12 participants including the leaders. The DEC limits group size to 12 in the Wilderness Areas. Accordingly, all Club hikes allow no more than 12 participants.

Private Property: All Catskill 3500 Club hikes respect "No Trespassing" signs and the owners' wishes in such regards; leaders shall obtain permission to cross private property when so required.



Boulders along the Devil's Path. Photo by Linda Kukol #2248 W1035

The calendar of the current hike schedule can also be found on the [club site](#).

Fri. July 5 - NORTH DOME & SHERRILL (Weekday)

Distance: 6.5 mi. Ascent: 2700', Elevs: 3605', 3558'
Strenuous bushwhack to two remote peaks.
Registration Period: July 1 - 4
Leaders: Joe Ferri #2223 W945 newpaltz33@yahoo.com
Shari Aber #2224 W944 shnaber@yahoo.com

Sat. July 6 - INDIAN HEAD

Distance: 6.2 mi. Ascent: 1520', Elev: 3575'
Trail hike loop with steep scrambles.
Registration Period: June 27 - July 4
Leader: Ted Shemella #1550 W789
tshemella@yahoo.com

Sun. July 7 - HALCOTT

Distance: 3.7 mi. Ascent: 1695', Elev: 3509'
Bushwhack, sometimes steep.
Registration Period: June 27 - July 5

Leader: Michael Bongar #2173 W997
michael@bongarbiz.com

Thur. July 11 - NORTH DOME & SHERRILL (Weekday)

Distance: 6+ mi. Ascent 2600', Elevs: 3605', 3558'
Bushwhack & trail hike at a moderate pace.
Registration Period: Open
Leader: Marv Freedman #2242 W951
marvfreedman@gmail.com

Fri. July 12 - RUSK & E. RUSK (Weekday)



Distance: 5.2 mi. Ascent: 1600', Elevs: 3686', 3628'
A relaxed paced bushwhack. Discussion on the 7 principles of Leave No Trace.
Registration Period: July 7 - 11
Leader: Moe Lemire #2921
hikeonguides@gmail.com

Sat. July 13 - SLIDE, CORNELL, WITTENBERG & TERRACE

Distance: 14.1 mi. Ascent: 3,412', Elevs: 4184', 3857', 3782', 2351'
Moderately paced trail hike. Car shuttle required.
Registration Period: July 6 - 12
Leader: Lisa Gizzarelli-Drago #1368 W1063
lgizz@hotmail.com (845)-532-3922



Sun. July 14 - SLIDE

Distance: 5 mi. Ascent: 1900', Elev: 4184'
Moderately paced trail hike. Rain, inclement weather will cancel.
Registration Period: July 8 - 12
Leader: Suzanne Knabe #1326; suzkna@msn.com 718-435-3092 (after 7:00 pm)

Sun. July 14 - BALSAM

Distance: 6.4 mi. Ascent: 2230', Elev: 3607'
Moderately paced trail hike.
Registration period: July 1 - 12
Leader: Jess Prekel #3106, jessikraut@gmail.com

Sun. July 21 - BALSAM LAKE & GRAHAM

Distance: 10 mi. Ascent 1650', Elevs: 3729', 3868'
Moderately quick-paced trail hike and bushwhack.
Registration Period: July 1 - 17
Leader: Chris Adams #2710
GetElevatedNY@gmail.com



Sat. July 27 - ROCKY & LONE

Distance: 11 mi. Ascent: 1900', Elevs: 3487', 3700'
Long and sometimes thick bushwhack, relaxed pace.
Registration Period: July 19 - 26
Leader: Al Davis #2192 W1082
ad322@freeelectron.net 518-947-6407

Fri. Aug. 2 - BIG INDIAN & FIR (Weekday)



Distance: 10.5 mi. Ascent: 2678', Elevs: 3699', 3629'
A relaxed paced trail & bushwhack. Discussion on the 7 principles of Leave No Trace.
Registration Period: July 28 - Aug. 1
Leader: Moe Lemire #2921
hikeonguides@gmail.com

Sat. Aug. 3 - KAATERSKILL HIGH PEAK

Distance: 15 mi. Ascent: 4072', Elev: 3652'
Moderately paced trail hike via Long Path and Poet's Ledge.
Registration Period: July 27 - Aug. 2
Leader: Lisa Gizzarelli-Drago #1368 W1063
lgizz@hotmail.com (845)-532-3922



Sun. Aug. 4 - WINDHAM HIGH PEAK (Bushwhack)

Distance: 4 mi. Ascent: 1500', Elev: 3525'
Map and compass lessons with relaxed paced bushwhack.
Registration Period: July 28 - Aug. 2
Leader: Al Davis #2192 W1082
ad322@freeelectron.net (518)947-6407

Sat. Aug. 10 - HUNTER (Family Friendly Hike)

Distance: 6.26 mi. Ascent 1898', Elev: 4030'
Pace and full loop or not based on age range and fitness of children.
Registration Period: July 26 - Aug. 5
Leader: Maria Bedo-Calhoun #1851 W760
maria1bedo@gmail.com

Sun. Aug. 11 - EAGLE & BALSAM

Distance: 7 mi. Ascent: 2600', Elevs: 3583', 3607'
Relaxed pace trail hike and bushwhack.
Map and compass lesson.
Registration Period: Aug. 2 - 10
Leader: Al Davis #2192 W1082
ad322@freeelectron.net 518-947-6407

Fri. Aug. 16 - SLIDE, CORNELL & WITTENBERG (Weekday)

Distance: 10 mi. Ascent 3000', Elevs: 4184', 3857', 3782'
Moderately paced thru hike with shuttle.
Registration Period: Aug. 12 - 16
Leaders: Joe Ferri #2223 W945 newpaltz33@yahoo.com
Shari Aber #2224 W944 shnaber@yahoo.com

Sat. Aug. 17 - KAATERSKILL HIGH PEAK

Distance: 8 mi. Ascent: 2200', Elev: 3652'
Bushwhack with steep scrambles.
Registration Period: Aug. 12 - 15
Leader: Tom Martone #2454 W1010
tom.martone.cmc@gmail.com

Sat. Aug. 17 - NORTH DOME & SHERRILL

Distance: 7 mi. Ascent 2600', Elevs: 3605', 3558'
Moderately paced bushwhack.
Registration Period: July 24 - Aug. 13
Leader: Chris Adams #2710
GetElevatedNY@gmail.com

Sat. Aug. 17 - PANTHER (From Woodland Valley)

Distance: 8.7 mi. Ascent: 2865', Elev: 3724'
Moderately paced trail hike. Car shuttle required.
Registration Period: Aug. 10 - 16
Leader: Lisa Gizzarelli-Drago #1368 W1063
lgizz@hotmail.com (845)-532-3922

Sun. Aug. 18 - VLY & BEARPEN

Distance: 6.5 mi. Ascent: 2000', Elevs: 3541', 3587'
Short bushwhack with a few scrambles and on snowmobile trails.
Registration Period: Aug. 12 - 15
Leader: Tom Martone #2454 W1010
tom.martone.cmc@gmail.com

Fri. Aug. 23 -BLACKHEAD, BLACK DOME & THOMAS COLE (Weekday)

Distance 8 mi. Ascent 2550', Elevs: 3940', 3994', 3953'
Relaxed-moderate pace, car shuttle.
Registration period: Aug. 16 - 21
Leader: Lyn W. #2865
catskill35r@gmail.com

Sun. Aug. 25 - PLATEAU & SUGARLOAF

Distance: 8.5 mi.: Ascent: 2900', Elev: 3835', 3783'
Moderately paced hike with steep climbs & car shuttle.
Registration period: Aug. 17 - 22
Leader: Tonda Highley #1944 W#857
thighley1944@gmail.com

Sun. Aug. 25 - SLIDE

Distance: 5 mi. Ascent: 1900', Elev: 4184'
Moderately paced trail hike.
Registration Period: Aug. 19 - 23
Leader: Michael Bongar #2173 W997
michael@bongarbiz.com

Sat. Aug. 31 - SW HUNTER

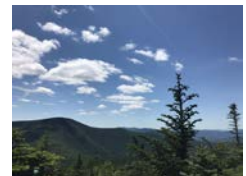
Distance 8 mi. Ascent: 1654', Elev: 3753'
Trail hike.
Registration Period: Aug. 22 - 29
Leader: Ted Shemella #1550 W789
tshemella@yahoo.com

Sat. Aug. 31 - Devil's Path East - INDIAN HEAD, TWIN, SUGARLOAF & PLATEAU

Distance: 13.8 mi. Ascent: 4270', Elevs: 3575', 3650', 3783', 3835'
Very strenuous, steep, moderately quick-paced trail hike traverse.
Registration Period: Aug. 12 - 30
Leader: David Bunde #2269 W925
david@dgbdesign.com

Sat. Aug. 31 - FRIDAY & BALSAM CAP

Distance: 7+ mi. Ascent 3000', Elevs: 3692', 3608'



Challenging bushwhack w/ B25 wreck at a moderate pace.

Registration Period: Open

Leader: Marv Freedman #2242 W951

marvfreedman@gmail.com

Sat. Sep. 7 - DOUBLETOP, BIG INDIAN & FIR

Distance: 13+ mi. Ascent: 2900', Elevs: 3874', 3699', 3629'

Long, strenuous bushwhack at a slow to moderate pace.

Registration Period: Open

Leader: Marv Freedman #2242 W951

marvfreedman@gmail.com

Sat. Sept. 7 - WEST KILL & ST. ANNE'S

Distance: 9 mi. Ascent: 2000', Elevs: 3898', 3423'

Relaxed paced trail hike.

Registration Period: Aug. 30 - Sept. 6

Leader: Al Davis #2192 W1082

ad322@freeelectron.net 518-947-6407



Fri. Sept. 13 - PEEKAMOOSE & TABLE (Weekday)

Distance 7.8 mi. Ascent 2600', Elevs: 3819', 3825'

Relaxed-moderate pace.

Registration period: Sept. 5 - 11

Leader: Lyn W. #2865

catskill35r@gmail.com

Sat. Sept. 14 - EAGLE & BIG INDIAN.

Distance: 10.5 mi. Ascent: 2600', Elev: 3583', 3699'

Moderately and challenging trail hike.

Registration period: Sept. 2 - 11

Leader: Tonda Highley #1944 W#857

thighley1944@gmail.com

Sun. Sept. 15 - WINDHAM HIGH PEAK

Distance: 7 mi. Ascent: 1800', Elev: 3525'

Moderately paced trail hike.

Registration Period: Sept. 7 - 13

Leader: Jon (#2816 W1252) and Ben (#2817 W1251)

jonathan.e.gordon@me.com



Fri. Sept. 20 - INDIAN HEAD, TWIN & SUGARLOAF (Weekday)

Distance: 9.3 mi. Ascent: 3950', Elevs: 3575', 3650', 3783'

A relaxed paced trail hike. Discussion on the 7 principles of Leave No Trace.

Registration Period: Sept. 15 - 19

Leader: Moe Lemire #2921

hikeonguides@gmail.com



Sat. Sept. 21 - TABLE & PEEKAMOOSE

Distance: 9.6 mi. Ascent: 2950', Elevs: 3825', 3819'

Moderately quick-paced trail hike.

Registration period: Sept. 1 - 15

Leader: Jess Prekel #3106

jessikraut@gmail.com

Sat. Sept 21 - BALSAM CAP & FRIDAY

Distance: 7.69 mi. Ascent: 2800', Elevs: 3608', 3692'

Moderately paced bushwhack

Registration Period: Sept. 9 - 20

Leader: Michael Bongar #2173 W997

michael@bongarbiz.com

Sun. Sep 22 - PEEKAMOOSE-TABLE TRAIL MAINTENANCE

Join us for our club trail maintenance outing. Please help us keep the Peekamoose-Table Trail clear and safe for the enjoyment of all. Bring work gloves and your favorite trail maintenance tools (the Club will also have tools available). It's fun work and a great way to help the Club and the hiking community. Refreshments will be provided afterwards. Please be sure to sign up so we know who's coming. We still need extra hands!

Registration Period: Open

Leader: Lourdes Sonera #2525 W#1075

200chu@gmail.com

Sat. Sept. 28 - HUNTER (YOGA)

Distance: 8.2 mi. Ascent: 1898', Elev: 4030'

Moderately paced trail hike.

Short yoga session at fire tower.

Registration Period: Sept. 9 - 23

Leader: Pamela Martin #2102

Pamelamartininc@gmail.com



Sat. Sept. 28 - FRIDAY, BALSAM CAP, ROCKY, LONE, TABLE & PEEKAMOOSE

Distance: 12+ mi. Ascent: 4500', Elevs: 3692', 3608', 3487', 3700', 3825', 3819'

Long, challenging bushwhack and trail hike at a moderate pace.

Registration Period: Open

Leader: Marv Freedman #2242 W951

marvfreedman@gmail.com

Sun. Sept. 29 - ROCKY & LONE

Distance: 10.9 mi. Ascent: 2385', Elevs: 3487', 3700'

Long and sometimes thick bushwhack.

Registration Period: Sept. 19 - 26

Leader: Ted Shemella #1550 W789

tshemella@yahoo.com

Sun. Sept. 29 - BLACKHEAD, BLACK DOME & THOMAS COLE

Distance: 9 mi. Ascent: 2668', Elevs: 3940', 3994', 3953'

Moderately quick-paced trail hike traverse.

Registration Period: Sept. 16 - 27

Leader: David Bunde #2269 W925

david@dgbdesign.com



Apart from Sep 29 hike (photo by Stash Rusin, 2nd Vice President) and July 13 hike (photo by Sara Gulbrandsen #2376 W956), all photos used in this section are by Yana Levchinsky-Grimmond, The Canister Editor.



View off Dry Brook Ridge. Photo by Yana Levchinsky-Grimmond, The Canister Editor

NEW MEMBERS

The lists of new and winter members are through the annual dinner ceremony where 164 regular and 64 winter members were feted.

Slide mountain was an overwhelmingly most popular first peak with 30 hikers indicating as such on their Club applications. Other popular first peaks included Panther, Hunter, Blackhead, Indian Head and Wittenberg, at 18, 17, 16, 14, 14 (respectively). Overall, 27 out of the 35 peaks had been listed as the first ascent. On the flip side, Kaaterskill and Blackhead were the most popular regular season finishing peaks (23 and 20 finishers, respectively). For the regular season, many hikers had also chosen Panther, Balsam and Balsam Cap as their finale (15, 14, 10, respectively). Nearly all of the 35 peaks were represented as the final peak (no recorded finishes on Black Dome, Thomas Cole, Bearpen, Vly and Hunter).

We did not notice a trend for an obvious favorite winter finishing peak. Kaaterskill High Peak and Indian Head had 4 finishers on each, whereas Plateau, Big Indian and Twin had 3 finishers on each. Out of the 35 peaks, 21 had been represented for the qualifying last winter climb.

New Lifetime Members:

<u>Number</u>	<u>Name</u>
2088	Michael Mayernik
2183	Barbara Beatrice
2184	Jeffrey Fritzing
2315	Steven Vander Ploeg
2386	Amir Barghi
2400	Johnny Witter
2519	Joshua Gregory
2969	Steven Hwa Sun Yeoum
2998	Frank L Greenagel II
3063	Ion Dulca
3085	Bae Ok Shim
3086	Viviana Kim
3087	Sophia Shin
3103	Danny Kim
3108	Daniel Robin
3109	Matthew Robin
Asp	David Black

New Members:

<u>Number</u>	<u>Name</u>	<u>Date of Finish</u>	<u>Final Peak</u>
3060	Steven J Brown	2/23/2019	Graham
3061	Manuel Fuentes	2/23/2019	Friday
3062	Keith Bott	3/3/2019	Rocky
3063	Ion Dulca	3/3/2019	Peekamoose
3064	Hidetoshi "Heeday" Nakahashi	8/20/2017	Sherrill
3065	Janet C Sotola	3/9/2019	Rocky
3066	Rebecca L Benjamin	3/9/2019	Panther
3067	Gregory Paret	3/9/2019	Blackhead
3068	Margaret Casagrande	3/9/2019	Balsam
3069	Jared Pardi	3/10/2019	Blackhead
3070	Lynn Andersen	3/11/2019	Panther
3071	Lois Viola Swears	3/12/2019	Kaaterskill
3072	Andrew Stevenson	3/9/2019	Blackhead
3073	Julia Johns	3/9/2019	Blackhead
3074	Steven Wingard	3/13/2019	Slide
3075	Christopher Burkhalter	3/13/2019	Slide
3076	Kathy Burkhalter	3/13/2019	Slide
3077	Jillian Smith	2/4/2019	Sugarloaf
3078	Robert Osterhoudt	3/16/2019	Kaaterskill
3079	Deborah Osterhoudt	3/16/2019	Kaaterskill
3080	David (Wei) Zhu	3/14/2019	Eagle
3081	Loreto Jandayran	3/16/2019	Balsam
3082	Joseph Brezina	3/16/2019	Rusk
3083	Jeffrey Senterman	3/15/2019	Blackhead
3084	Gregory Longin	3/16/2019	Peekamoose
3085	Bae Ok Shim	3/17/2019	Balsam
3086	Sophia Shin	3/17/2019	Balsam
3087	Viviana Kim	3/17/2019	Balsam
3088	Philip Vondra	3/18/2019	Balsam
3089	Rich Bergsma	3/19/2019	Friday

3090	David Bullock	3/9/2019	Friday
3091	Ryan Williams	3/16/2019	Table
3092	Jenny Tan	3/17/2019	Lone
3093	Gerald R Beattie Jr.	3/17/2019	Panther
3094	Marnos Klimpel	3/17/2019	Panther
3095	Paul Morris	3/24/2019	SW Hunter
3096	Jeff Kitchen	3/24/2019	Blackhead
3097	Erin Potter	2/18/2019	Balsam
3098	Jaycee Galvez	7/21/2018	Kaaterskill
3099	Antenal Jagmohan	7/21/2018	Kaaterskill
3100	Sarah FitzMaurice	11/17/2018	Panther
3101	Nancy Rosario	3/30/2019	Plateau
3102	Kathy Steeves	3/30/2019	Rocky
3103	Danny Kim	3/17/2019	Sugarloaf
3104	Jonathan Koop	2/23/2019	Blackhead
3105	Gary Barrow	4/7/2019	Sherrill
3106	Jessica Prekel	4/13/2019	Panther

New Winter Members:

<u>Winter Number</u>	<u>Name</u>	<u>Number</u>	<u>Date of Finish</u>	<u>Final Peak</u>
1214	Louise Perkins	1683	3/3/2019	Peekamoose
1215	Terri Lee	3027	3/3/2019	Indian Head
1216	Scott Roser	3026	3/3/2019	Indian Head
1217	Patrizia Farina	2320	3/3/2019	Fir
1218	Emily Johnsen	2757	3/3/2019	Wittenberg
1219	Joshua Naylor	2906	3/4/2019	Cornell
1220	Shirley "Happy Lisa" Kim	2869	3/4/2019	Plateau
1221	Matthew Bacalakis	2916	3/3/2019	North Dome
1222	Yana Levchinsky-Grimmond	2814	3/9/2019	Kaaterskill
1223	Jane Bannon	2387	3/9/2019	Cornell
1224	David Gallagher	2672	3/9/2019	Hunter
1225	Steven Klenk	2774	3/9/2019	Hunter
1226	Lou Berrios	2806	3/9/2019	Twin
1227	Margaret Casagrande	3068	3/9/2019	Balsam
1228	Gregory Paret	3067	3/9/2019	Blackhead
1229	Gardiner S Barone	2960	3/9/2019	Big Indian
1230	Christina Bellardo	2959	3/9/2019	Big Indian
1231	Steven Welgoss	2709	3/9/2019	Peekamoose
1232	Beverly Lloyd	2612	3/12/2019	Plateau
1233	Thomas Lloyd	2611	3/12/2019	Plateau
1234	Anthony Falcone	2991	2/17/2019	Big Indian
1235	Lois Viola Swears	3071	3/12/2019	Kaaterskill
1236	Joseph Drago	3040	3/14/2019	Eagle
1237	Heather Daly	2551	3/15/2019	Big Indian
1238	Jason Kinosh	2947	3/16/2019	Indian Head
1239	Loreto Jandayran	3081	3/16/2019	Balsam
1240	Angie Gaffney-Smith	2769	3/17/2019	West Kill
1241	Emma DeRosa	2962	3/17/2019	West Kill
1242	Steven Hwa Sun Yeoum	2969	3/17/2019	Sugarloaf
1243	Stefan Lisowski	2305	3/17/2019	Indian Head
1244	Harold Oakhill	283	3/20/2019	Sugarloaf

1245	Ion Dulca	3063	3/17/2019	Balsam Cap
1246	David Clark	1886	3/18/2019	Rocky
1247	Kimberly Kim	3030	3/20/2019	Balsam Cap
1248	Sarah Perazzo	2754	3/20/2019	Rocky
1249	Rodney Storms	2118	3/18/2019	SW Hunter
1250	Jeffrey Kitchen	3096	3/24/2019	Blackhead
1251	Benjamin Gordon	2817	2/17/2019	Kaaterskill
1252	Jonathan Gordon	2816	2/17/2019	Kaaterskill
1253	Paul Sirtoli	1821	3/7/2019	Sherrill
1254	Matthew Tyler	3015	3/10/2019	Doubletop
1255	Kevin Komeshok	2316	3/17/2019	Twin
1256	Steve Vander Ploeg	2315	3/17/2019	Twin

Editor's Notes

By Yana Levchinsky-Grimmond



I hope you are continuing to enjoy this new format of the Canister (this issue marks a full year since we have made the switch!), and I thank each and every one of you who has already reached out with feedback and suggestions. Feedback, as well as submissions to future editions and ideas are very much welcomed and appreciated. For photo submissions, please ensure the photos are high resolution (several MB at a min). Please contact me at editor@catskill-3500-club.org.

Please note: the newsletter will print best if downloaded as a pdf file directly from the [Club's site](#).

The Catskill Canister

President

Maria Bedo-Calhoun

president@catskill-3500-club.org

Editor

Yana Levchinsky-Grimmond

editor@catskill-3500-club.org

Subscriptions/Aspirants

Jake Haisley

aspirants@catskill-3500-club.org

12 Stuyvesant St, apt 3
Kingston, NY 12401

Annual Dinner Chairman

Michael E. Doehring

tigermath@aol.com

7 Cloverdale Ave.
White Plains, NY 10603
(914) 761-7225

Outings

Bill Winterbottom

billw@usdsoftware.com

Membership

David White

members@catskill-3500-club.org

28 Mulberry St.
Clinton, NY 13323
(315) 853-1070

T-Shirt Coordinator

Ira Orenstein

ksbiho@aol.com

18 Interlaken Ave
New Rochelle, NY 10801-1102

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Previous issues can be downloaded [here](#).



Remains of the Coykendall Lodge near Alder Lake. Photo by Greg Calabrese

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Our mailing address is:

Catskill 3500 Club
P.O. Box 504
Arkville, NY 12406
