



# the catskill canister

April–June 2013

Volume 46 Number 2

## ***Inside this issue...***

**From the Catskills to the  
Himalayas by way of Puerto Rico**

### **Trail Mix**

**A Blend of News and Notes  
from the Club**

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***Don't forget the Annual Dinner is  
coming up! Haven't reserved your  
spot yet? Quick!***

If you haven't signed up, do so immediately by mailing a check for \$34, made out to Hillside Manor, to Mike Doehring, 7 Cloverdale Avenue, White Plains, NY 10603, and specify whether you want prime rib, chicken francoise, or vegetable lasagna. Full details are on the club's website; sign up sheet on the back page of this issue.

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**Peak Experiences by Carol White is available!** In the mountains, the difference between a pleasant day of hiking and a life-threatening disaster is as simple as a loose rock, a turned ankle, or a misjudged patch of ice. In an instant, even the most experienced and prepared outdoorspersons can find themselves at the mercy of the elements (and their own choices) — and suddenly, sometimes tragically, the situation slips out of their control. In **Peak Experiences: Danger, Death, and Daring in the Mountains of the Northeast**, Carol Stone White brings together 54 cautionary tales of outdoor misadventure, from freak falls, outrunning storms, life-threatening hypothermia and unlikely rescues, teaching even the experienced climber that accidents can happen to anyone; preparation and the ability to make split-second decisions can often mean the difference between life and death. Look for stories from names you will recognize — several 3500 Club members are featured

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## **Hiking in El Yunque Rainforest, Puerto Rico**

**By Sarah Ratliff**

El Yunque National Rainforest is a smallish crescent-shaped piece of land on the Caribbean island of Puerto Rico gracing 28,000 acres of the higher, eastern side elevations of the Luquillo Mountains. More correctly, El Yunque is a tropical rainforest that is cool of climate and mountainous, with many waterfalls and wonderful hiking trails filled with verdant plant life. With a surprising amount of rainfall, it seems a wonder folks are not swimming their way through the hiking trails: the forest sees over 100 billion gallons - or 240 inches - of water per year. This deluge helps keep the endangered Puerto Rican Parrot, the 15 species of the Coqui frog (the island's beloved 1-inch amphibian mascot) and the 200+ species of flora and fauna, all of whom call the rainforest home, healthy and vibrant.

Over 600,000 visitors drive or hike annually to the National Rainforest to bask in the misty cloud coverage that rolls up the side. El Yunque is a reference to Yuquiyú, the Taíno Indian's benevolent spirit who calls the mountaintop his home. It means 'Forest of Clouds' and aptly so. It possesses the distinction of being the United States National Forest System's sole tropical forest. It is also a very popular destination for hikers and nature-lovers from around the world.

### **Hiking the Rainforest**

Open from 7:30 am to 6:00 pm, El Yunque offers over 20 miles worth of hiking, with many chances to sneak up on waterfalls, picnic areas and natural swimming pools. Most trails are public but there are a few private ones, too. Although most of the hikes are what you typically encounter, not all of them are completely rustic; many are also paved to combat the erosion of the annual rainfall.

To follow is a truncated list of the trails supplied by the park itself:

- ◆ **Big Tree Trail** is rated at moderate difficulty and a very popular walk. It's less than a mile long and about 25 minutes in either direction. Rare animals and lizards are on display in Big Tree Trail, and special, beautiful trees will make this hike less of a hike and more of a nature walk.
- ◆ **Caimitillo Trail** is mostly a motorized tour with a little walking. It makes a stop at La Coca falls and the Britton Observation Tower. It then pauses at the Palo Colorado Visitors Center for the rest of the walks. The trail itself is about 0.5 miles long and not overly strenuous, though uneven in places. The drive up shows off the lush greenery.
- ◆ **El Toro Trail/Trade Winds National Recreation Trail** is considered a moderate to difficult trail (depending on your experience) with the elevation of 3533 feet and is the highest peak in the Luquillo Mountains. This hike takes roughly 4 hours round trip and the lucky few who undertake it are treated to the merging of the Atlantic Ocean and the Caribbean Sea. This is

*(Continued on page 3)*

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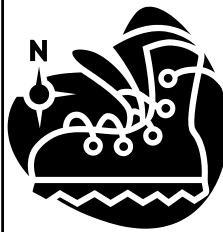
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The Catskill Canister is published four times yearly by the Catskill 3500 Club, Inc. for \$10.00 a year. Articles, not previously published, of less than 1100 words on hiking, essays, or poetry, should be sent to [editor@catskill-3500-club.org](mailto:editor@catskill-3500-club.org).

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Nominal dates for receiving the Canister are: Mar 15, Jun 15, Sep 15, and Dec 15.

Here it is: my final President's Column. It's been a long time: 2 years as 2<sup>nd</sup> VP, 2 years as 1st VP, 2 years as President. And I have 2 more years on the governing board, as ex-President, relieving Jeff Glans. Many members of the Club's Executive Committee have served the club even longer, notably Carol and Dave White and Laurie Rankin. Mike Doehring, our great dinner chair, was once President! Richard Barr often volunteers for the most thankless of tasks. Manuel Peraza has kept those scheduled hikes scheduled, and Jim Bouton renews those beloved canisters and their sign-in booklets. More recent but no less dedicated members include Moonray Schepart, Jay Hui, Terri Maxymillian, Cathy O'Neil, Maria Bedo, and Heather Rolland, the force behind our revitalized Canister and its extra online content. And then there are those who lead club efforts without voting on the Executive Committee, like Ira Orenstein, Alan Via, Maret Panzenbeck, and all of our club's hike leaders. If you haven't already signed up for the dinner, do so; Alan will be our speaker.



Other things to sign up for: becoming a leader (contact Tom, Manuel, or any leader you know; Tom has a page with suggestions for both new and experienced leaders), the club's Wilderness First Aid Course (available for a small fee for those who agree to lead 4 hikes for the club and at cost for anyone else if there is still room), and various service events (trail maintenance, lean-to maintenance, litter pick-up; see the hike schedule and watch for announcements on the club's yahoo group). More people at these service events make for easier work and more fun!

A special event at this year's dinner will be the awarding of several Service Awards. So many of you have put so many days into lean-to restoration and the construction of the new part of the Long Path over Romer Mountain (near the Wittenberg). Many thanks to you all.

The Wilderness Stewardship Committee is currently considering how the leave-no-trace ethic should apply in order that we do not lose the special characteristics of the Catskill's trailless peaks. Stay tuned. For those who love trailless hiking, we heard at the Winter Weekend (from a former Catskill denizen and her hiking partner) of a new opportunity: the Monongahela National Forest in West Virginia. It has a large number of peaks over 4,000 feet (the highest is 4,863 feet), and most of them are trailless and covered with dense spruce. Sound like fun? I, however, expect to spend my newly freed-up time as extra days in the Sierras, my favorite "other mountains" since childhood. ☘

**Conservation Corner—**

*A Note from our Conservation Chair,  
Carol White*

**Report to DEC**

*on the Emerald Ash Borer*

The Emerald Ash Borer is an invasive shiny green insect smaller than a dime. It was imported from Asia in 2002 and decimates ash trees, which were planted in many places to replace elm trees that were killed by Dutch elm disease. This insect is now in 13 New York State counties, including Ulster and Greene, where most of our high peaks are located. The DEC is extending its quarantine to all of New York south of the Thruway and east to the state border. If people notice tree damage that looks like it could be from an Emerald Ash Borer—dying leaves, D-shaped holes in the tree bark, and excessive shoots growing out of the lower portion of the trunk—submit a report to the state at [www.dec.ny.gov/animals/72136.html](http://www.dec.ny.gov/animals/72136.html)

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We're on the web at

[www.catskill-3500-club.org](http://www.catskill-3500-club.org)

*El Yunque, continued from page 1*

an all-day hike and for inexperienced hikers it is best with a guide. Even experienced hikers are caught off guard by how the humidity combined with the rising altitude can affect them.

- ◆ **El Yunque** trail is 2.5 miles, considered challenging, and not often used. At the end is one of the most amazing sights in Puerto Rico. Often there is heavy cloud coverage or misting, but it will lift and the view is worth the wait. By far the most difficult hike, but the view is stunning. It may surprise many how cool it is at the peak.
- ◆ **El Yunque Rock** is where you will find the El Yunque trail. There is a service road here that cuts 30 minutes off the Trail time and makes the trek considerably easier.
- ◆ **La Coca Falls/Trail** is off PR 191 on the way to the top and boasts a spectacular 85-foot waterfall that drops to a rock formation below. You will have extraordinary photo opportunities here.
- ◆ **La Mina Falls/Trail** is rated difficult but 'strenuous walk' is more accurate. It is the most popular trail at 0.7 miles in length. Early is best to avoid crowds. It starts at 2100 feet and goes down to 1600 feet, but you will have to climb back up. A 35-foot waterfall is the jewel and it ends with a natural pool.
- ◆ **Mt Britton/Bano De Oro** is a paved trail and varies from easy to difficult. It is 0.8 miles long, popular, and takes about 45 minutes each way. It ends at Britton Tower where a spectacular view awaits the explorer on a clear day. Bano De Oro branches off to end at an old concrete swimming pool, half a mile from the main El Yunque trail branch, which is clearly marked.

Whether you opt for scenic or strenuous, there is no such thing as a bad hike in El Yunque. If time permits, do attempt one a day during your vacation. While many come to Puerto Rico for her white sandy beaches, shopping that can be found everywhere else in the US, and Old San Juan, why not go off the beaten path (literally) and take a hike in a tropical rainforest? Your vacation will certainly be different from the average tourist's.

Sarah Ratliff is a freelance writer who lives in the interior of Puerto Rico. She and her husband, Paul, own an organic farm in the mountains. With more than half of their 18-acre farm uncultivated, when Paul and Sarah aren't working, they can be found hiking in their little jungle with their four dogs. Sarah grew up in New York City and together she and Paul have lived in Washington, DC; Fillmore, California; Bearsville, New York and now Utuado, Puerto Rico. ☘

### ***From the Membership Chair -***

Anyone not listed in the Canister can receive their certificate at the dinner if they get their tally sheet and fee in to the membership chairman by April 4, 2013.

*Trail Mix continued from page 1*

## ***Volunteer Opportunities in the Catskills Spring of 2013***

Devils Acre Lean-to refurbishing project will occur this spring. The materials are at the summit of Hunter Mountain at this time. Plans are to attempt to get materials to the site by helicopter. If that does not work out, then we will truck volunteers to the summit, then carry materials down to the work site and do the work. We will be replacing the roof and floor and staining as needed. As soon as the snows melt and we have dates set, we will be sending out notifications on the Yahoo group, on our fb page, and by e-mail. If you are interested in helping out, please contact Laurie Rankin at [laurierankin@hvc.rr.com](mailto:laurierankin@hvc.rr.com) or 845-926-2182.

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Spring Lean-to maintenance is scheduled with hikes listed in the hike schedule for May 4th to the Bouton shelter on Table where we will need to stain the outhouse in addition to routine maintenance. On May 5th, we will visit John Robb lean-to and do routine maintenance so that both shelters are ready for summer visitors.

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The Romer Mt, Long Path relocation project will continue in 2013. Last year there were 30 different work days on the mountain with over 30 volunteers and a HUGE amount of work got done. Many of the volunteers came from the 3500 Club – what a great, hard working group you are!! The project work area is now high up on the ridge and quite a distance from the trailhead. Thus, Andy Garrison has plans for a week of camping and work up on the mountain. “We will be camping up in the mountains the first week of June in 2013. We plan to backpack up on Sunday June 2. We will work on the trail Monday June 3 to Friday June 7. If you are interested in this trip or have questions about it let me know soon. Once a list of attendees is finalized I will be sending more information to just that group.” Contact Andy at 845-888-0602 (home) or 845-866-7201 (cell).

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### ***Save the date: WFA***

The SOLO Wilderness First Aid 16 hour course will be offered again this spring. Dates are April 27 and 28, with WFA from 9 a.m. to 5 p.m. both days and CPR offered Saturday evening. Location is the Kripplebush Firehouse in Stone Ridge, NY. First priority will be given to current hike leaders; space is limited to 16 participants. Please contact Maria Bedo or Heather Rolland for more information regarding cost and Founder's Award reimbursement.

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### ***Help Wanted***

The Catskill Canister Editor seeks two volunteers: a layout maven and a shutterbug. Regarding layout, please contact yours truly if you are proficient in Microsoft Publisher, have time to devote to this fine publication, and have mad layout and graphic design skillz. Must be detail oriented and not mind working with a czarina. Regarding a photo editor: must be able to work with Microsoft Publisher, and a czarina. Tight deadlines, tons of pressure, and no pay. Email me at the Canister editor email address.

☘

## Rambles and Brambles: Hike Schedule April - June 2013

**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.** Instead, wear (and have available in your pack) garments of wool or fleece. Silk or polypropylene make the best base layers, as they tend to wick moisture away from the body. Hats, gloves, and a headlamp must be part of the standard early spring kit. Ice and snow can still be found unexpectedly in these peaks. In early spring, if there is any doubt about the conditions that may be encountered, each hiker is strongly advised to **bring snowshoes and full crampons to the trailhead**; the leader may advise that these do not have to be taken on the hike, but be aware that while there may be bare ground at the trailhead, there is often very significant ice and snow as the elevation increases, which could result in those improperly prepared being sent back. Anyone not properly equipped may be refused permission to participate, at the leader's absolute discretion. Don't be seduced by buds on the trees at the trailhead, **early spring in the Catskills is not to be treated lightly.**

**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 **Anyone not properly equipped may be refused permission to participate, at the leader's absolute discretion.**

**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.

**Volunteer to Lead:** If you are a member of the Club please **consider becoming a hike leader.** Just contact Manuel Peraza ([outings@catskill-3500-club.org](mailto:outings@catskill-3500-club.org); 718-698-4422 [7pm-9pm]), and he will arrange to add you to the low-volume private Yahoo list through which hikes are coordinated. You will be contacted via this means when hikes are needed.

**Group Size:** All Club bushwhacks 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. If in doubt, please contact the leader.

### Sun., Apr. 7 – FIR & BIG INDIAN

Distance: 9 mi. Ascent: 2400' Elev: 3629', 3700'

Moderately paced trail hike and bushwhack. Well behaved dogs welcome.

Registration Period: 4/1 – 4/5

Leader: Bill Winterbottom #1904, [billw@usdsoftware.com](mailto:billw@usdsoftware.com)

### Sun., Apr. 7 – LONE & ROCKY

Distance: 11 mi. Ascent: 2000' Elev. 3721', 3508'

Very difficult, long and strenuous bushwhack to the most remote peaks. Well behaved dogs welcome.

Registration Period: 3/24 – 4/4

Leaders: Doug Garrity #1757, Suzanne Provenzano #1968, [suzanne273@gmail.com](mailto:suzanne273@gmail.com), 845-679-2171

### Sat., Apr. 13 – KAATERSKILL H.P

Distance: 6 - 8 mi. Ascent: 1900' Elev: 3655'

Moderately paced trail/unmaintained trail/bushwhack hike to summit & Hurricane Ledge. Route will depend upon trail conditions.

Registration Period: 4/4 - 4/11

Leader: Paul Pilmanis #2002, [ppilmanis@yahoo.com](mailto:ppilmanis@yahoo.com), 973-979-5044

### Sun., Apr. 14 – RUSK

Distance: 4 mi. Ascent: 1,600' Elev: 3,680'

Relaxed-pace bushwhack, with the option of adding East Rusk.

Registration: 4/4 - 4/11

Leader: Paul Pilmanis #2002, [ppilmanis@yahoo.com](mailto:ppilmanis@yahoo.com), 973-979-5044

### Sat., Apr. 20 – PEEKAMOOSE & TABLE TRAIL MAINTENANCE

Please join us for our annual spring maintenance day. Bring work gloves and tools if you have them: loppers or hand clip-

pers, garden hoe, hand saw. If you don't have tools, the Club will supply them. Refreshments at end of day.

Leaders: Cathy O'Neill #1852, Rick Taylor, [cathy-on1@gmail.com](mailto:cathy-on1@gmail.com) (preferred), or 914-737-4990 H, 914-772-7423 C

### Sun., Apr. 21 – GIANT LEDGE & PANTHER MT

Distance: 6.7 mi. Ascent: 1900' Elev: 3200', 3720'

Easy to moderately paced trail hike. Heavy rain cancels.

Registration Period: 4/15 – 4/19

Leader: Michael L. "Mick" Dunn, Jr. #1,272, [mickfords@gmail.com](mailto:mickfords@gmail.com) 603-809-0348

### Sat., May 4 – TABLE AND PEEKAMOOSE

Distance: 9 mi. Ascent: 3000' Elev: 3843', 3847'

Moderately paced trail hike which will include a stop at the Bouton lean-to for maintenance.

Registration Period: Please contact leaders to register.

Leaders: Tom and Laurie Rankin #s 1503, 1337, [laurierankin@hvc.rr.com](mailto:laurierankin@hvc.rr.com)

### Sun., May 5 – HUNTER & LEAVITT (SW HUNTER)

Distance: 9 mi. Ascent 2225' Elev: 4040', 3740'

Moderately paced trail hike and bushwhack which will include a stop at the John Robb lean-to for maintenance.

Registration Period: Please contact leaders to register.

Leaders: Tom and Laurie Rankin #s 1503, 1337, [laurierankin@hvc.rr.com](mailto:laurierankin@hvc.rr.com)

### Sat., May 11 – WESTKILL MT

Distance: 8 mi. Ascent: 2400' Elev: 3880'

Moderately paced trail hike. Rain (or threat of) cancels.

Registration Period: Please contact leader to register.

Leader: Ken Hubert #1351, [hikeleader3500@yahoo.com](mailto:hikeleader3500@yahoo.com), 718-463-5675 after 3pm (or 518-827-7327 Fri & Sat)

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***In case of bad weather or dangerous road conditions, hikes may be canceled; if in doubt contact the leader.***



**Sat., May 11 – KIDS HIKE TO SLIDE MT.**

Distance: 5.6 mi. Ascent: 1800' Elev: 4180'

For those of you who have children or grandchildren, we wanted to offer an opportunity to have them visit the summit of the highest peak in the Catskills! Children must be accompanied by a parent or guardian. We expect the hike to be slow paced, filled with exploration, questions, snacks, drinks and an awesome opportunity for the adults to learn from the children and the children to learn from the adults! Please think about joining us!

Registration Period: Please contact leaders to register.

Leaders: Tom and Laurie Rankin #s 1503, 1337, laurierankin@hvc.rr.com

**Sun., May 12 – BLACKHEAD, BLACKDOME & THOMAS COLE**

Distance: 7 mi. Ascent: 2850' Elev: 3940', 3980', 3940'

Moderately paced but strenuous trail hike.

Registration Period: 5/4 – 5/10

Leader: Connie Duquette #2080; cdx7006@catskill.net

**Sat., May 18 – ADOPT-A-HIGHWAY CLEAN-UP**

As part of the state-wide Adopt-a-Highway program, please join us to help clean up the Club's segment of Rt. 214. Bring work gloves and a great attitude. All else will be provided, including refreshments at end.

Leader: Contact: Cathy O'Neill #1852, cathyon1@gmail.com (preferred), or 914-737-4990 (H), 914-772-7423 (C)

**Sun., May 19 – PLATEAU MT**

Distance: 6.8 - 8.3 mi. Ascent: 1900' Elev: 3840'

Easy to moderately paced trail hike. Heavy rain cancels.

Registration Period: 5/13 – 5/17

Leader: Michael L. "Mick" Dunn, Jr. #1,272, mickfords@gmail.com, 603-809-0348

**Sun., May 19 – BEARPEN & VLY**

Distance: 8 mi. Ascent: 2035' Elev. 3600', 3529'

Moderately paced bushwhack. Well behaved dogs welcome.

Registration Period: 5/5 – 5/16

Leaders: Doug Garrity #1757 and Suzanne Provenzano #1968, suzanne273@gmail.com, 845-679-2171

**Sun., May 26– TWIN & INDIAN HEAD**

Distance: 7 mi. Ascent: 2400' Elev: 3640', 3573'

Moderately-paced trail hike with some scrambles and great views. Short shuttle required.

Registration Period: 5/18 – 5/24

Leader: George Preoteasa #1478, gvpreo@gmail.com, 201-694-8344

**Sat., June 1 – TWIN & SUGARLOAF**

Distance: 10 mi. Ascent 2,800' Elev: 3,573, 3,800

Moderately paced trail hike. Ascent via Pecoy Notch with stop at Dibbles Quarry.

Registration Period: 5/25 - 5/31

Leader: Lanny Wexler #593, highpt43@optimum.net, 516-644-5867

**Sun., June 2 – WINDHAM HP**

Distance: 7 mi. Ascent 1800', Elev. 3524'

Leisurely paced trail hike along the Escarpment Trail.

Registration Period: By May 30.

Leader: Sue Kenyon #1774, snowsusie88@yahoo.com, 917-613-2042

**Sat., June 8 – WITTENBERG, CORNELL & SLIDE**

Distance: 10 mi. Ascent: 2230', Elev. 3940', 3660', 4180'

Moderately paced hike. Rain cancels.

Registration Period: 6/3 – 6/7

Leader: Suzanne Knabe #1326, suzknab@msn.com, 718-435-3092 after 7:00

**Sun., June 9 – BALSAM LAKE & GRAHAM**

Distance: 8 mi. Ascent 2040' Elev. 3723', 3868'

Moderately paced hike and bushwhack. Rain cancels.

Registration Period: 6/3 – 6/7

Leader: Suzanne Knabe #1326, suzknab@msn.com, 718-435-3092 after 7pm

**Sun., June 23 – PEEKAMOOSIE**

Distance: 8 mi. Ascent: 2500' Elev: 3843'

Moderately paced trail hike.

Registration Period: 6/16 - 6/21

Leader: Wanda Davenport #523, wandatrails@verizon.net

**Sun., June 23 – FRIDAY & BALSAM CAP**

Distance: 7 mi. Ascent 2200, Elev. 3694', 3623'

Moderately paced, but very strenuous bushwhack to two of the more difficult peaks. Well behaved dogs welcome.

Registration Period: 6/9 – 6/20

Leaders: Doug Garrity, #1757 and Suzanne Provenzano #1968, suzanne273@gmail.com

**Sat., June 29 – BALSAM LAKE MT & MILLBROOK RIDGE**

Distance: 9 mi. Ascent: 1800' Elev: 3723'

Participants will have an opportunity to visit a rather remote area of the Catskills, bag a hike peak, a fire tower, a Catskill Hundred Highest Peak, a picnic and even an opportunity for a swim on this trip! We will spot cars at Alder Lake, proceed to the southern PA for Balsam Lake, and end back at the Lake for a picnic and a swim.

Registration Period: Contact leaders to register

Leaders: Tom and Laurie Rankin #s 1503, 1337; laurierankin@hvc.rr.com

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## Sticks and Picks—Gear reviews

### Why another gear review column?

In this issue of The Catskill Canister we introduce a new column dedicated to product reviews. With so many readily available gear review resources, why put in our two cents? “The Canister Gear Review” is written by Catskill hikers for Catskill hikers. The Catskills are unique in many ways: we still have truly trail-less peaks, remote locations, spotty cell service, rugged terrain, deer ticks, stinging nettles, water ice, no tree line, and the list goes on. Product reviews will emphasize relevance to Catskill hiking.

If you have an item that you would like to review for an upcoming issue of The Catskill Canister, please contact the editor at [editor@catskill-3500-club.org](mailto:editor@catskill-3500-club.org).

### The Review

Product: Hillsound Trail Crampon Pro

Brand: Hillsound

MSRP: \$79

### Description

\*Please note that the Hillsound Trail Crampon Pro being reviewed here should not be confused with the Hillsound Trail Crampon. The latter product more closely resembles the Kahtoola Microspikes traction device that has 1cm points and sees widespread usage in the Catskills, whereas the product in this review is a strap-on crampon with 10 points that are each approximately 2 cm long. Also note that the company website indicates that *“Only stiff soled, full shank biking or mountaineering boots should be used with the Trail Crampon Pro”* and that *“The Hillsound Trail Crampon Pro is ideal for trail use, backcountry and glacier travel, but should **not** be used for technical mountaineering or ice climbing.”*

The Hillsound Trail Crampon Pro is a 10 point carbon steel crampon that weighs 668 grams (23.6 Oz) in size regular and 704 grams (24.8 ounces) in extra large. Eight of the points (all points are approximately 2 cm long) are oriented downward while 2 front points face forward. The product comes with antiballing plates permanently attached. Each crampon is right and left foot-specific. Adjustment of the length of the crampon is achieved using a hex key wrench and fixation screw that tightens the connecting bar to the rear plate. The crampon fastens easily to most hiking footwear. It is attached using an x-shaped polycarbonate harness system that includes a front bail and a heel cup connected by 2 riveted straps that cross over the front and sides of the shoe and is easily secured and released with a ratcheting buckle system. Also included are ‘Alpine Stoppers’ that the manufacturer recommends be inserted to prevent accidental opening of the buckles in deep snow.

### Initial Observations and Opinions:

The Hillsound Crampon Pro is one of several products that represent a relatively new category of 10 point trail crampon that has emerged in recent years. Unlike other trail/glacier/walking full strap-on crampons like the popular Grivel G-10 and the Black Diamond Contact that have approximately 3cm long points, the Hillsound Trail Crampon Pro with its 2 cm points falls into a category that to my

knowledge has yet to be named but may be described as a *“2cm point full trail crampon.”*

I have had several occasions to use this product over these past 2 winters. They are definitely a significant step up in providing traction when compared to Microspikes. On 2 occasions last winter (descending an icy section of the Curtis-Ormsby Trail on Slide Mountain and descending Giant Ledge towards Panther Mountain) I felt a need for more aggressive traction than my Microspikes were providing. I quickly secured my Hillsound Trail Crampon Pros and immediately felt substantially more secure. The very easy and fast placement and removal translates into a greater likelihood that they would be used when needed, especially in finger-numbing cold weather. I suspect that the level of traction that these crampons provide falls somewhere in between that provided by Microspikes and my 3cm point full trail crampons (Grivel G-10). Using these crampons with my Hi-Tech winter hiking boots was quite comfortable. When I place my Grivel G10s on these same boots, the taller points make me feel less stable/more wobbly. Three cm point full trail crampons are best coupled with stiffer hiking/mountaineering boots that are usually less comfortable to walk in and are probably overkill for most Catskill hiking. The company’s statement that *“Only stiff soled, full shank biking or mountaineering boots should be used with the Trail Crampon Pro”* is somewhat vague regarding boot/crampon compatibility. I called the company for clarification and was informed that very flexible footwear like sneakers and trail runners can result in boot-to-crampon loosening and bending or fracture of the connecting bar, but that most sturdy hiking boots should work fine.

Many brands of full crampons do not require an additional tool (that can be forgotten or lost) to customize length adjustment. On the other hand, crampon length adjustment is slightly more precise as the bar to rear plate length can be adjusted infinitely within its range. I suspect however that most users would prefer to not have to carry a separate adjustment tool. Likewise, I suspect the provision of plastic Alpine Stoppers that can be employed to prevent accidental unbuckling in deep snow was an afterthought. This winter on Giant Mountain in the Adirondacks I accidentally bumped one foot into the other, breaking the Alpine Stopper. I called the company and they immediately sent me another set of Alpine Stoppers. The representative also stated that they are experimenting with different buckle configurations to eliminate the need for these add-ons.

The steel platform/points used in the Hillsound Trail Crampon Pro is more appropriate for the mixed terrain encountered in the Catskills than are the lighter but more fragile aluminum products available. Although the points have stayed sharp and there are no signs of product wear, more usage and time are needed to evaluate long-term performance and durability.

### Summary

Pros: Lightweight, easy on-off, lower profile/more comfortable than 3cm point full trail crampons while providing a traction level between that of Microspikes and 3cm full crampons, antiballing plates included.

*Continued on page 12*

The Peripatetic Porcupine

George Grzyb, #1927, #769W completed the WaterAid 6 Peaks Challenge in July, climbing to the top of the six highest peaks in the British Isles and Ireland in 72 hours—56 miles hiking, 20,000 feet

elevation gain, 1,000 miles driving, and 2 sea crossings, then completed the NJ1K (#9) in August and CL-50 (#435) in September.

Submitted by George Grzyb, #1927, #769W

Editor’s Note: NJ1K = New Jersey One Thousand Footers. CL-50 = Cranberry Loop, a 50-mile loop in the Adirondacks.

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On January 5th, 2013, Bob Novick (#1086, #371W) finished his 12 x 46 Adirondack Grid on Hough mountain. The hike took 11 hours and 15 minutes with trail breaking help from Janet Stein, Alain Chevrette and Ellen Cronan (#1214, #437W).

Submitted by Ellen Cronan, #1214, #437W

Editor’s Note: I was curious as to how long a monumental feat like this (552 climbs, EVERY peak in January, February, and March) took. Ellen’s reply: Bob finished his first round in 1986 and first winter round in 2000/2001.

He began another round in 2002, and began thinking about the grid, keeping track of climbs and switching them dependent on season or month. An annoying thing was the number of doubles you accumulate...

\*\*\*\*\*

Kathy (#1102, #413W) and Ralph (#122, #34W) Ferrusi enjoyed a week in Turkey, exploring Istanbul for several days before heading east to the rocks, ruins, and antiquity (and Turkish pizza) of Troy, Ephesus, and Cappadocia.

Submitted by Ralph Ferrusi, (#122, #34W)

\*\*\*\*\*

I am almost blind, from a progressive eye condition called RP (Retinitis Pigmentosa). My vision, in bright sunny weather, is blurry and foggy and I use a white mobility cane for walking by myself. With a partner, I take their arm or elbow, if needed. I am 60, six feet tall, and very athletic; I work out three days a week including walking an hour on a treadmill for a brisk four-mile walk. I love the outdoors and I am seeking an outdoor weekend hiking partner—male or female— and driver, which I cannot do.

Submitted by Tom Malone, Poughkeepsie, (845) 462-6305 ☿



Cliff Notes

The Hiker’s Bookshelf

Tenzing Norgay and the Sherpas of Everest, written by Tashi Tenzing, is a book about Everest and those that take on the challenge of climbing it. Tashi Tenzing, grandson of Tenzing Norgay, offers a multitude of perspectives about climbing Everest and pays tribute to those who take on Everest. He offers insight into the Sherpa culture and the mentality with which different climbers face Everest. The importance of a climber’s mentality and internal drive is highlighted. Tashi Tenzing has an engaging way of relaying the challenges of climbing Everest.

Tenzing Norgay was the Sherpa who, along with Edmund Hillary, reached the highest summit of Mt. Everest in 1953. This was the first time that climbers reached "the top of the world." The significance of this event on the world and on the change in the world's view of the Sherpa culture was enormous.

As a climber and a man with generations of exciting family stories, Tashi Tenzing is able to weave facts and political happenings with an interesting personal perspective. This adds a storytelling quality to a dense amount of facts and historical happenings. Pictures of different climbers, peaks, and views offer readers breaks in reading to imagine what these climbers lived through and to daydream about future adventures.

As any book about Everest likely has- there is a certain amount of intrigue generated just by the topic. Although Sherpas have not ever held the same level of enthusiasm/ drive as westerners to climb to the "top of the world"- it is likely that readers will catch at least a little bit of the Everest craze. Everest! Chomolungma! Jomolangma! Sagamartha! Even its multitude of names is exciting!

While the book honors Sherpas specifically, climbers of all nationalities were honored throughout the book. Teamwork and the importance of recognizing all of the many people who made each successful climb possible is a theme that Tashi Tenzing returns to throughout the book.

Tenzing Norgay and his conquest of Everest is an epic story of human strength, but his struggles after having attained his goal bring up thoughts of humanity and happiness. During his work towards conquering Everest his smile was famous while his humor and good nature were noted as remarkable. Although his success brought relative fame and fortune (along with all of the troubles that those things bring), Tenzing Norgay appears to have struggled to shape his life after attaining this most significant goal. Despite his accomplishments and the changes that his conquests made on the world's view of his people, he struggled with depression later in life. Happiness studies seem to note that work towards goal attainment increases happiness levels. What happens after epic goals are attained? What matters more- that people keep climbing or that they reach "the top of the world"?

Tenzing Norgay and the Sherpas of Everest is informative and thought provoking. When you want to think about climbing and contemplate the pursuit of happiness, grab a cup of Darjeeling tea and start reading! Liz Cartegena ☿

## Catskill Birding - Listening for the Bicknell's Thrush

Bird watching is not something I would normally include in my list of hobbies. My concept of a birder has always been that of a sedentary type who drives to habitats, walks down a short, paved, flat path, waits quietly for that special species to arrive and then marks it off on their life list. Maybe this view is based on the NJ Audubon World Series of Birding, lots of driving to just the right spot to get the bird. So early last summer why was I climbing up the Becker Hollow Trail at oh-dark-thirty to reach the top of Hunter before dawn to listen for Bicknell's Thrush?

It all started with a 2001 magazine article looking for hikers who were willing to learn birding skills and participate in citizen science. I contacted the Vermont non-profit running the program and found myself studying bird vocalizations and identifiers. The program was called Mountain Birdwatch and managed volunteers for high elevation bird surveys from New York to Maine. The primary focus of the survey was Bicknell's Thrush, with additional target species Blackpoll Warbler, White-throated Sparrow, Winter Wren and Swainson's Thrush. Each surveyor was assigned a mountain and would visit the site to choose and describe specific survey points. All surveys were conducted between 4:30am and 6:30am during a three-week window in June according to the provided protocol.

Originally I was assigned Wittenberg and Cornell with three survey points on each mountain. Visiting the sites in May was a pleasant hike and I had little trouble in choosing three points on each mountain. Both Wittenberg and Cornell have relatively static rock features that could be described for accurate positioning of survey points (a requirement back in the time before GPS units were so cheap and prevalent).

As June approached I studied my cassette tape of bird vocalizations and planned my overnight trip for an early morning survey. I hiked up from Woodland Valley in late afternoon and set up a camp on the shoulder of Wittenberg. The weather was perfect for camping with no rain in the forecast and cool overnight temperatures. Expecting a restful night and easy morning hike up Wittenberg, I set my alarm clock for 4am. As I fell asleep under the stars a curious (or hungry) bear scared me almost out of my sleeping bag and had me packing up gear with little concern. I scrambled down to the lean-to in the dark, calmed down enough to reorganize and settle in a second time only to have my sleep interrupted (many times) by the local porky. It was a difficult night in the woods and made for a poor survey the next morning. The Wittenberg survey was started later than expected and the Cornell survey wasn't started until 6:45am, well outside the required 4:30-6:30am window.

Reporting my failed attempt to the program lead, Dan Lambert, was depressing. But Dan was quick to provide feedback and encouraged me to make a second attempt that was more successful. The survey route was changed the next year to separate Wittenberg and Cornell into individual surveys. I stuck with the program, surveying Cornell for the next nine years.

### New Life Members

1054	John L. Slechta
1272	Michael L. "Mick" Dunn, Jr.
2047	Sarah Cole
2100	Paul C. Nelson
2111	John R. Morgan

*(Continued on page 10)*

## Our New Members 2013

2095	William D'Angelo	12/01/12
2096	Val Armencha	11/22/12
2097	Robert T Caldwell	10/21/12
2098	Thomas Reeve	09/29/12
2099	Stephen Platz	05/28/12
2100	Paul C. Nelson	12/23/12
2101	Andy Moss	12/28/12
2102	Pamela A. Martin	12/30/12
2103	Maki Yuinada	12/30/12
2104	Mikey Yuinada	12/30/12
2105	Michael J. Lyons	12/23/12
2106	Susan Perciasepe	12/29/12
2107	Peter Nye	12/29/12
2108	Ip Tong	01/05/13
2109	Jesse Stramiello	01/13/13
2110	Patti Weiss	01/27/13
2111	John R. Morgan	01/27/13
2112	Dianne Paolo	01/16/13
2113	Robert Klein	02/02/13
2114	David Hollenbaugh	02/03/13
2115	John Sawyer	02/04/13
2116	Robert McGilvrey	02/10/13
2117	Margo McGilvrey	02/10/13
2118	Rodney Storms	01/27/13
2119	James Lamb Jr.	02/10/13
2120	Rollo Sicoco	02/25/12
2121	George A. Wood	02/02/13
2122	Simon Roberge	02/15/13
2123	John E McHugh	02/17/13
2124	Wendell Wilkinson	10/08/12

### New Winter Members

0820	Peter Bauerle	1731	12/29/12
0821	Julie Smith	2062	01/01/13
0822	Val Armencha	2096	12/31/12
0823	Ip Tong	2108	01/05/13
0824	John Birdsall	1685	01/21/12
0825	Lee Wells	1618	01/13/13
0826	Lennie Steinmetz	927	01/29/04
0827	Bill Steinmetz	926	01/29/04
0828	Kathleen Hartford	1854	01/26/13
0829	Bill Schneider	1762	01/27/13
0830	Daniel R. Monroe	2037	01/27/13
0831	Jack Whitney	2036	01/27/13
0832	Brian Sikora	2046	02/02/13
0833	Sam Levine	2059	02/02/13
0834	Peter Manning	1281	01/27/13
0835	Aaron Schoenberg	1582	02/17/13
0836	Thomas F Dickson III	1832	03/17/12
0837	Paul Pilmanis	2002	03/18/13
0838	Christopher Sedlack	1989	02/16/13
0839	Rollo Sicoco	2120	03/18/12
0840	John McHugh	2123	02/17/13
0841	Wendell Wilkinson	2124	02/18/13



## ***Hypermiling: How to get more mpg AND help the environment***

Most of us drive a lot to get to and from the mountains. Dave and I finally bought a Prius when we decided to bag the 48 White Mountains in winter, involving 6- to 8-hour drives to trailheads. Without a hybrid, you can achieve significantly greater fuel efficiency than the EPA estimate suggests. Joseph Bonasia, writing in *Sierra Atlantic*, says that in his new Mazda, he averaged 42 mpg, 11 more miles per gallon than the EPA estimate!

The most important thing he did was slow down; cars achieve their advertised fuel efficiency at 55 mpg. Driving at 70 mph decreases efficiency by 17%; driving at 60 mph causes only a 3% drop. Second, he leaves more space between him and the car ahead, eliminating unnecessary braking that wastes gas already expended. Instead of braking, he coasts in gear as often as possible (fuel injectors in his car do not inject gas into the cylinders when the car is in gear unless the accelerator is pressed). He also accelerates more patiently, which allows him to shift at a lower RPM, thus using less gas. He pays attention to properly inflated tires, checking pressure every two weeks. Half of Americans drive with tires underinflated by 20% and many more by 10%, and this erodes fuel efficiency (as well as causing more tire fatigue, costing money, and compromising safety). He uses A/C if necessary, but avoids higher settings that cause greater drag on the engine, decreasing efficiency.

Bottom line: this is a win-win practice. One gallon of gas burned releases 20 pounds of carbon dioxide into the atmosphere. Joe estimates that he drives 20,000 miles a year (60% hwy./40% town); his practices reduce his fuel consumption by 170 gallons (not counting the energy used in transporting and making gasoline). He saves \$642 at \$3.80/gallon, and he reduces carbon dioxide emissions by 3,400 pounds.

## ***The Climate Cliff***

Are we getting perilously close to “the climate cliff,” as suggested by Moisha Blechman in the *Sierra Atlantic*? This past year was the hottest on record. The Arctic ice is melting and sea levels are rising—last summer, 97% of the Greenland land mass surface was melting or awash in water. It is predicted that LaGuardia Airport will be permanently under water by the end of the century, with Greenland and glacier melts raising sea levels from one to three meters. The loss of Arctic ice reduces solar reflectivity, which causes more warming. Permafrost is melting and releasing increasing amounts of methane across Alaska, Canada, and Siberia. These factors will cause a negative feedback loop, accelerating the warming of the planet perhaps beyond regulating.

Old trees are dying worldwide in every type of forest, and these old trees do a better job of sequestering carbon dioxide; they also are better for cooling and they provide more seeds for future trees. Soils are drying out more quickly, further stressing forests. Soil’s fertility is especially dependent on moisture; it is alive with billions of bacteria and a myriad of other organisms essential for plant growth. Dry areas now cover 40% of the global land mass.

The warming and increasing acidity of oceans cause the collapse of coral reefs and shellfish populations. Oceans are absorbing 22 million tons of carbon dioxide per day, making oceans 30% more acidic. All marine life will be affected by a collapse of the food webs due to the calcium-dissolving acidification of the oceans.

Bottom line: The health of the planet and our own well-being are inextricably linked. ☞

I’m the Voice of Reason/Worry Wart/Mother Hen of the group any time we set out on a hike that could be potentially dangerous, or launch one of our canoes on a trip involving Class 2 or 3 rapids. This hasn’t always been the case. Ahhh, yes, things were different back in the day, when I wore a younger man’s shoes, before I’d broken a leg bone high on a mountainside, or been sued, divorced, or suffered more root canals than I have teeth. Young, strong, and invincible, I routinely raced loud, powerful dirt bikes through the woods at breakneck speeds, or drove souped-up cars down drag strips at 120 miles per hour.

Or set out solo, on a fine mid-winter’s day for the Catskills, my goal: to climb Peekamoose, Table, Lone, Rocky, Friday, and Balsam Cap, and, return. Most “normal” (sane???) people would break this down into three hikes: Peekamoose and Table, Lone and Rocky, Friday and Balsam Cap. This epic, foolhardy endeavor took place in the Seventies, and I have no written account to reference, so I’ll reconstruct it as best I can from memory. And, at this point it’s only fair to point out it may nev-

er have happened at all, though it has always been part of my personal Glory Days Catskill legend and lore, right up there with the 35-below-zero day Dick, Freddie, and I tackled Friday and Balsam Cap from Moonhaw, and the day I soloed then-trail-less Westkill in knee-deep snow; both trips in blue jeans-/cotton sweatshirt-variety gear. The Trail Gods were smiling (laughing, but sympathetic???) back then.

I’d suspect I managed an early start, most likely arriving at the Peekamoose Road trailhead around 8:00 AM. I’d also suspect there was a decent, but not intimidating snow cover. I’ve always had really good boots, and I’m sure I had a decent hat and mittens, but I’m also sure the rest of my clothing was, to put it mildly, all wrong: blue jeans, cotton “long john” top, cotton sweatshirt, cotton denim jacket. Yup... GoreTex hadn’t been invented yet, and down was too expensive. I probably had some water, but not too much; too heavy. Also probably had some kind of food, though Power Bars hadn’t been dreamed up yet either. Probably had a day pack, matches, flashlight, etc, but not a lot of gear. I do recall I prided myself on bringing enough

## **YOUNG/STRONG/ STUPID/LUCKY**

This time around the Catskill Canister's roving reporter asked the question *"It's February. It's cold. The snow has only been ok this this*

*year. You're working on your winters, your grid, your first round of the 35... and you've hit the doldrums. You see those advertisements for cruises, beach getaways, spring break, and you start to yearn for sun, sand, and blue drinks with little umbrellas in them. If you could hike anyplace ELSE (i.e. not the Catskills), where would you go? "*

As the roving reporter and editor, I was surprised to receive ZERO fictional responses. I thought at least one or two people would reference either J.K. Rowling or Tolkien. But no, all responses were very much real and of this plane of existence. Me? As a Ranger Rick fan from way back, I think my number one choice will always be The Deep Green Wood. Or Lorien. But I'd settle for any place warm and sandy right about now!

### Your responses:

Death Valley, during any season. Just a few miles separate the lowest point, which is below sea level, and the highest, Telescope peak at over 11000 ft. Pick your temperature comfort zone. You will find lots of canyons to explore, incredible geological formations, history. The Sierra views from Telescope Peak or the valley view from Dante's Point are jaw dropping.

George Preoteasa

Hey Heather! Finishing up my NH Winter 48 right now. I only have one left! (Garfield) I would love to be hiking at Baxter in ME right but too far!  
Cheers, Sterling (stu)

*Catskill Birding cont. from page 8*

Mountain Birdwatch has progressed into the international Mountain Birdwatch 2.0 (MBW 2.0). It is managed by the Vermont Center for Ecostudies (VCE) and ably led by Dr. Judith Scarl. The official description of MBW 2.0 is an "organized attempt to survey high-elevation breeding birds in the northeastern U.S. and adjacent regions of Canada." The program partners have expanded as well as the survey protocol. Added to the five original target species are five more birds and a squirrel. The red squirrel preys on open-cup nests in the high elevation areas surveyed and squirrel population is related to yearly cone mast. Surveyors for MBW 2.0 count cones from red spruce and balsam fir to better understand the relationships.

In the reorganization of Mountain Birdwatch the survey routes on Cornell and Wittenberg were removed. Survey routes were randomly chosen based on available habitat and statistical analysis. The routes for MBW 2.0 are proportional to the habitat area available. The Catskill Bicknell's Thrush habitat is small compared to other areas in the northeast but is considered very important as it is the furthest south and will most likely be the first to see major changes. My survey route for June 2012 was one of three different routes on Hunter Mountain. Opting for a pre-dawn hike up the Becker Hollow trail was not very exciting but allowed my ear to acclimate to the sounds of the forest (once my panting stopped). My route had six survey points the first being the junction of the Becker Hollow trail and the rest continuing across the ridge to the summit, then along the access road towards the ski area. I started my survey at 4:33am with silent woods but within 10 minutes bird vocalization became difficult to track. A total of 20 minutes survey time is spent at each point, most of that time I concentrate on listening with only occasional visual identification through the thick woods. The protocol requires documenting target species location and movement. At survey point #1 one Bicknell's Thrush was heard and two were heard at point #2. No more Bicknell's were heard on the rest of my route and overall bird activity was limited as my concentration was fading at the final point.

Mountain Birdwatch 2.0 gives me an opportunity to contribute to a fascinating study and gain a little insight into an ecosystem that I normally visit for the views and exercise. Even though I have ten years of bird surveys completed, I do not consider myself a birder. But I do get excited when I'm hiking in old or new areas and can identify a bird by ear.

To find out more about the Vermont Center for Ecostudies and MBW 2.0 check out their website at: <http://www.vtecostudies.org/index.html>. VCE is always looking for additional volunteers for MBW 2.0 and their other programs. Routes in the Catskills may not be available but there are about five routes available for survey in the Adirondacks for the 2013 survey year. The routes needing a volunteer are kept up to date on the VCE website at: <http://www.vtecostudies.org/MBW/availableroutes.html>.

Ellen Cronan, #1214, #437W ☼

## The Catskill Roving Reporter: This Month's Question

Oh so many hiking ideas.... so little time and money!! If I had the luxury of time, I would hike the PCT (and/or the CDT) for

my next adventure. If I had the luxury of time and money, I would like to go to New Zealand and Australia to hike.

Dawn

Hi Heather,  
I'd like to hike up Mt Kilimanjaro, the Glaciers for they just look cool and won't be long they are history.

Carmen

In the U.S. and Canada, anywhere in the Northwest (WY, MT, ID, OR, WA, AK, BC, AB, NWT, YK) or Northeast (Dacks, Greens, Whites, Longfellows, Chic-Chocs, Long Range). Overseas, Scotland, Wales, and the Lake District of England are long-time dreams. If money was not an issue, then Patagonia or New Zealand stand out, as does Norway. Really almost anywhere mountainous that is far North or far South on the globe!

Rick

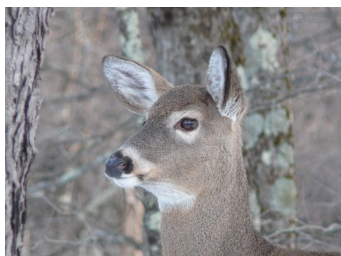
White Mtns NH  
Joe Polcha

Working on a trip to Puerto Rico right now. Beaches, birding, casinos, rain forests covering mountains, WARM!

Tom Rankin

## In Memoriam

Franklin B. Clark died on August 17th, 2012, at the age of 100. He was Catskill 3500 Club member #33 and 23W, and the longtime editor of the *Canister*, as well as president of our club in 1977. He was also president of ADK in 1979. He was 46er #1654. When interviewed in 2005 for *Catskill Peak Experiences*, Carol and David White learned that Clark edited the *Catskill Canister* from its inception in 1968 through autumn 1987. Franklin was the only person to have served as president of the Catskill 3500 Club and the Adirondack Mountain Club. He reclinced all qualifying Catskill peaks when he was past age 70, and was a long-time hike leader. He recounted that he was scheduled to lead a strenuous 12.4-mile from North Lake over 3,940-foot Blackhead Mountain to Big Hollow Road near Maplecrest. The week before the big hike, he sprained his ankle on a descent from 4,180-foot Slide Mountain. He remembered what a friend who'd grown up in a circus family told him. Circus performers had to go on with the show! So they would put a sprained foot in the hottest water possible, which anesthetized it, and then walk and exercise the foot without a bandage. This did the job!



## In Memoriam

Bill Riemvis, member #171 and 81W, passed away on Jan. 24, 2012. Our first introduction to this legendary member of the club was when Carol and I were doing our first round of the 35 peaks. At that time, Southwest Hunter was an infamously difficult canister to find – hard to believe today after someone violated our club ethos and brushed out the old railroad bed. (SW Hunter was only added to the list the year we started.) After three failed attempts from three different directions, we spoke with then club president, Sue Eilers. She said: “Ask Bill, he’ll probably take you there.” As Carol was working on *Catskill Peak Experiences*, we read about him in a newspaper article. We went to visit him, then in the Margaretville Residential Care facility, but couldn’t pry stories out of him except for his recollection of Katrina VanTassel hiking with a parrot on her shoulder. Later, when the book was published, Friedel Schunk (now living in Germany) ordered a copy for many of his friends and we delivered one to Bill.

## Remembering Bill Riemvis

Bill Riemvis was my first and primary mentor when I started to venture into the Catskills in the fall of 1976. Shortly before, Cy Whitney alerted me during a local hike in New Jersey that I might be interested in discovering peak-bagging to augment my other personal priorities. When Fred Schmelzer asked me some years earlier to join him in forming the NJ ADK Chapter I was not ready for regular outings. Bill, my senior of 20 years, and I got to know each other pretty quickly. We shared a comparable love for the mountains. I learned very soon that he had the reputation of being “Mr. Catskill,” a fellow who seemed to know every corner of this mountain region. Together with his wife Anne he had relocated from Brooklyn a number of years earlier after taking early retirement. They built an attractive wooden mountain-style house on Oliverea Road, several miles in on this valley road from the junction at Big Indian on Route 28. The mountains were right in front of his door steps. This proximity to the peaks gave him a distinct advantage in terms of accessibility. My records show that we joined forces on 69 outings between 1976 and 1989, 55 of those by 1980, being able to brush off the Catskill lists in no time. While Bill probably kept exact records for the main Catskill lists, I sometimes had the impression he was not equally meticulous on the less established lists.

Bill started to slow down a bit in the 90’s. After Anne had died in 2000, Bill moved into the Margaretville Residential Care Center. His hiking years had come to an end and he required company of a different type. During my latest visit to the States in the fall of 2009 I visited with Bill, finding a man still full of spiritual vigor and occasional cynicism but physically noticeably a bit frail. He had retained many of his beloved belongings and books – more than his one room apartment could hold. Bill had become known as a unique personality at the Care Center. Outwardly he had assumed the looks similar to those of Noah John Rondeau, the hermit mayor of Cold River City in the Adirondacks. There are many of his past friends who owe Bill quite a bit of respect. Personally, I have lost a very unique friend. Bill, thank you for your friendship and God bless you.

Friedel Schunk, # 248, W87



*Sticks and Picks cont, from page 6*

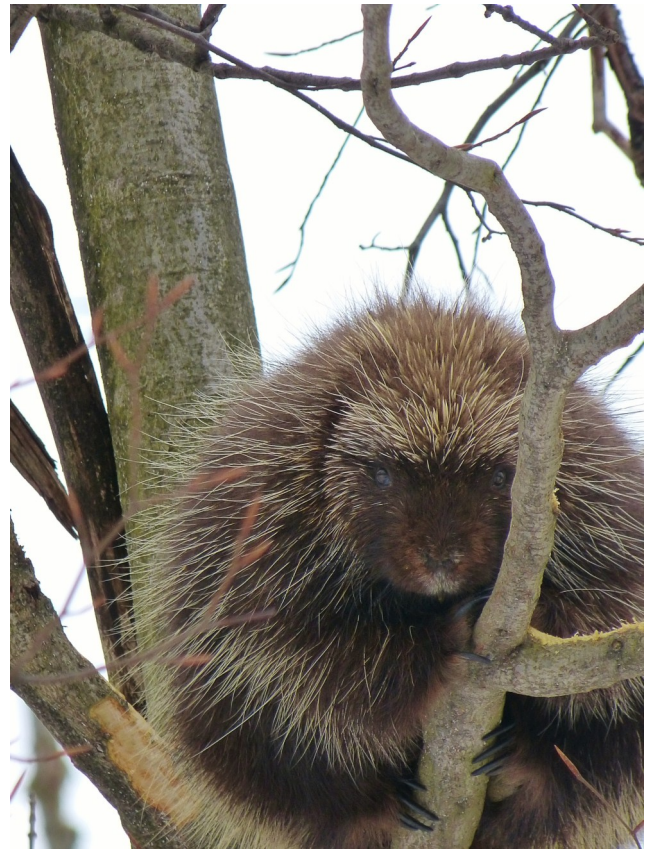
Cons: Separate length adjustment tool, need for Alpine Stoppers.

**Comment**

The Winter Hike Schedule of The Catskill Canister informs potential participants that “*each hiker must bring snowshoes and full crampons to the trail-head*” which begs the question of whether or not 2cm point full trail crampons fulfill this requirement. It is my opinion that these crampons would adequately handle the vast majority of icy conditions encountered in the Catskills. 3cm point full trail crampons, while being more aggressive, can as a result be potentially more dangerous.. As noted earlier, they are best coupled with more rigid and supportive hiking/mountaineering boots that are often heavier and less comfortable to hike in. It is easier to trip or catch a pant leg. They require a higher level of training and experience to use properly. How many less experienced hikers may show up with crampons that they have never used only to satisfy the club requirement?

Over time hike leaders can assess the performance of these traction devices “in the field” and evaluate their performance and suitability for Catskill winter hiking. Ultimately, the hike leader has the final say as to whether a more aggressive crampon would be needed for a particularly demanding hike with icy steep terrain.

Reviewed by: Ira Orenstein #415 W777 ☼

*Y/S/S/L Continued from page 9*

gear on winter hikes “to survive a night, if I had too”, but can’t imagine in those compared-to-nowadays low-tech times what that might have consisted of. On the plus side, I’m also sure I’d done my homework, and calculated all the bearings I needed from peak to peak and back, and, hopefully, that I packed some topo maps.

Peekamoose is not exactly a cake walk from the Peekamoose Road trailhead, but I’ll bet I blitzed it in style, and soon had my sights on (then-trail-less???) Table, a relatively shallow saddle away. I’d have signed the register (interesting thought; if the registers from those days still exist somewhere, I could pore through them and confirm the veracity of this now-exists-only-in-my-mind epic) then turned towards Lone. Two down, four to go. I haven’t tackled Lone from Table in quite a while, but if memory serves me right, it is a fairly straightforward, non-daunting endeavor; no really nasty ledges or cliffs.

Not so if I took the bee-line bearing from the Lone canister to Rocky; my recollection is that you very soon encounter some of the “highest, scariest, most dangerous cliff/ledges in the Catskills” (*Catskill Tales and Trails*, page 63). Very Daunting. Intimidating. I’m sure I tread lightly, and carefully here, and, it slowed me down substantially, as did Rocky’s ever-present pick-up-stick maze of blowdowns and cripple bush. But, I’ve never had trouble finding Rocky’s canister, and, know from future experience that Balsam Cap from “the backside” (as opposed to Moonhaw Road’s cliffhanging) is, relatively, a cakewalk.

The Balsam Cap canister always takes a little bit of fussing, and I would guess while I was in the process I encountered old hands Roy Messaros and Carl Swingley, who had come up from Moonhaw. I would guess that after determining this, the dialogue went something like this,

“Where’d you start from, Ralph???”

“Peekamoose Road.”

“Where ya headed???”

“Back, after I do Friday.”

“Ummm, how long did it take you to get here???” implying the day was getting on, daylight was running out, and no way in hell could I possibly get back to the car before deep, cold, winter darkness set in, to say nothing of the fact that I probably had not had anything to eat or drink since I left the car, as that was the way I operated in those young/strong/stupid days (and still often do...).

But, I’m not stupid—thickheaded, maybe, but not stupid—and I’m sure I listened to their Voices of Reason, and accepted their kind, generous offer to accompany them to Friday, then down to their vehicle parked at Joe Friedel’s on Moonhaw, where they would drive me over to my trusty 1972 Pinto Hatchback. When we ultimately arrived, it was still the only car in the Peekamoose trailhead parking lot.

Yup, the Trail Gods, in the guise of Roy and Carl, were still smiling on me. If they hadn’t been???. I had maybe three options: Tag Friday, and drop down to the Friedel’s and hope they were home and would get me back to my car (quite an imposition); skip Friday and drop down to the “fisherman’s trail” and slog out to the Denning area and hope to find people or a house; nix Friday, drop off Balsam, skirt Rocky and Lone, go back up Table, get over to Peekamoose, and drop down to the car.

Not a single one of these is in any way reasonable, or, viable. I have no doubt I would have perished, frozen to death, out there, young and strong, but never-to-be-sued...

Ralph Ferrusi #122, W34

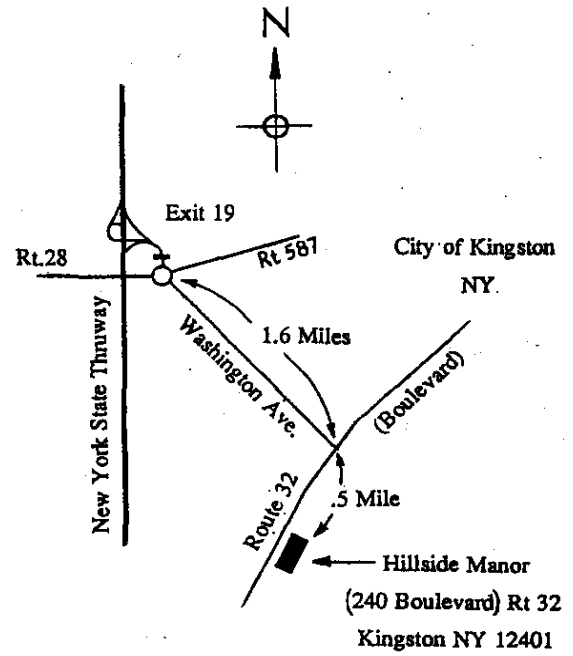


Members and aspirants are cordially invited to attend the  
**FORTY-EIGHTH ANNUAL DINNER MEETING**  
**Saturday, April 6, 2013**

**Location:** Hillside Manor  
 Route 32 (240 Boulevard)  
 Kingston, New York 12401  
 (845) 331-4386

**Social Hour:** : 3:30 P.M. — 5:00 P.M.  
 Cash bar, hors d'oeuvres served

**Dinner:** 5:15 p.m.



**Please detach and mail to:**

Michael Doehring  
 7 Cloverdale Avenue  
 White Plains, NY 10603

Reservations \$34.00 per person.

Amount of Check: \$ \_\_\_\_\_

Check should be made payable to  
 "Hillside Manor" but mailed to Michael  
 Doehring.

Please Circle Choice of Entrée

Name: \_\_\_\_\_ Prime Ribs    Chicken Française    Mixed Veg. Lasagna

If you intend to sit with a large group, print the names of the people you would like seated at your table, and please verify that they plan to attend and wish to sit with you.


**Reservations must be received by March 17, 2013**