



the catskill canister

October—December 2012

Volume 45 Number 4

Inside this issue...

Nettles, Phantoms, Events, new members and MORE!

Trail Mix

A Blend of News and Notes from the Club

Cover The Peaks!

To further celebrate 50 years of hiking in the Catskills, we are going to try to put someone on each of the 35 peaks on October 14th! Any member or aspirant can sign up for a peak. The idea is to be at the top around Noon. Contact Tom Rankin (see officers list) to claim a peak. State when and where you are starting. Tom will consolidate the responses and update the web page with a list of peaks, routes, times, etc. <http://www.catskill-3500-club.org/club-news.htm> We're having an after hike get together at Hopped Up Cafe. They are located at: 2003 Lucas Turnpike (Rt. 213) High Falls, NY.

If you mention the 3500 Club, they will give you a discount.

Canister News

This issue marks a significant change for the Canister: the online edition will not be the same as the paper version. The paper version contains the complete hike schedule, Conservation Corner, Bootprints, The Peripatetic Porcupine, and this column which will function as your go to place for news and updates regarding Club activities. In addition, I "hired" a writer to take on the "Cliff Notes" column—our new Hiker's Bookshelf. I am pleased to report that Liz—somewhat sleep deprived due to the recent arrival of her daughter, Nora—has done a lovely job reviewing Merle's Door.

The online version, while not yet truly in-

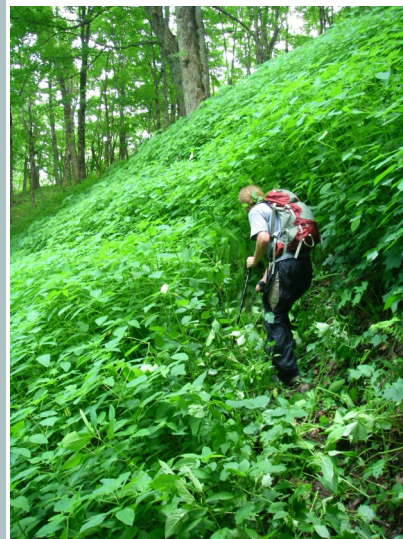
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Nettlesome Encounters

If you have ever hiked off-trail in the Catskills in the summertime (or even on-trail), then you have probably had one or more way-too-close-for-comfort encounters with *Urticaria dioica*, aka the "stinging nettles." If you haven't, you really do not know what you are missing— we suggest you pair up with a veteran 35er and ask to be initiated. Preferably in shorts. And on film.

Our lovely stinging nettles are one of a family of over 500 species worldwide, most of which are noxious. The stems and leaves are covered with hollow glasslike tubes, shaped like hypodermic needles, which break off in the skin releasing a veritable pharmacopia of toxins. What toxins, you might ask? Well, no-one is sure. It seems that formic acid (also found in ants) is involved, as are acetylcholine (a chemical that speeds messages of pain in the nervous system), serotonin, and histamine, a powerful allergy inducer. Even better, it is also suggested that some of the cells produce prostaglandins, hormones that make pain more intense.

Nettles are survivalists at heart. They like disturbed places, rich in nutrients. In the Cats, this means that they are found on roadsides, trail cuts,



Man-eating nettles, photo: Rickey Shortt

hollows, and on old logging sites. Just about... well... everywhere. Our species in the US are a mix of native plants, and plants introduced from Europe in the 1600s. Why on earth would anyone bring them here, you might wonder? More on that later. Right now we're talking about survivalist tendencies.

Our nettles are found across North America. The European variety was introduced in North and South America. I found some extremely strong ones with my hand while hiking in a cloud forest in Central America last week. Varieties in East Asia leave welts that can last for a year. One species in New Zealand kills humans and cattle. Nettles thrive in the presence of invasive species. Also, as earthworms invade Eastern seaboard forests, the ground becomes more primed for nettles. As CO₂ levels rise in the atmosphere, nettles are one of

the species particularly well-adapted— they produce even more pollen and underground root structures (and spikes) in the presence of higher CO₂ concentrations. They are extremely tolerant of climate variation, making them a species best suited for survival of climate change in the next 50 years.

They spread via the above-mentioned underground, shallow root structures, called rhizomes. They also reproduce sexually, being a species that has male and female plants. The females have sweeping, graceful drooping flower clusters; while the males (of course) have flower stalks that stand proudly erect from the top of the plant, dispersing their pollen liberally with

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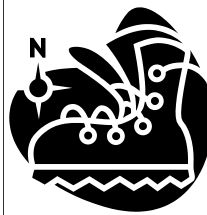
Nominal dates for receiving the Canister are: Mar 15, Jun 15, Sep 15, and Dec 15.

Bootprints**The President's Column**

I realize I may be sounding like a broken record (anyone out there remember that technology?), but wilderness really does mean a lot to me. My license plate in NJ was WLDRNSS, my att.net email name (not that I ever use that account) is wilderness, and my all-time favorite computer game is called Wilderness.

Luckily, most members of the Catskill 3500 Club are also devoted to wilderness, in particular all the members of our Executive Committee. So there are two things we've recently done toward trying to protect the wilderness experience in the Catskills.

The first was to participate in the process of designating the usage of new state land at Belleayre. Richard Barr was the point man for the club in this effort, monitoring the recommendations of other organizations, attending meetings with the DEC, keeping us informed, and drafting a superb letter to the DEC, recommending maximum wilderness designation. I was privileged to sign it along with him.



The second is the formation of a new ad hoc committee to consider making recommendations to reduce the impact of people climbing the trailless peaks. In particular, we'd like to prevent herd paths from becoming de facto trails. The 3500 club created and maintains the canisters on the trailless peaks only by agreement with the state, and part of our responsibility is to maintain the wilderness character of those peaks. There are a number of thoughts floating around. The committee has barely started, so it will be a while before explicit recommendations come out from it. Feel free to make your own suggestions to the committee and its chair, Jim Bouton.

Looking ahead, we also agreed to sponsor the wilderness first aid course again next spring. Remember, you get a big discount if you agree to lead at least three club hikes in the next couple of years! Watch for the announcement and sign up early.

I'm writing this from my family's cabin in the Sierras, on the edge of Desolation Wilderness Area. A while ago I was alone, wandering around on the slopes of Mount Ralston with a torn backpack strap, trying to go down by a new route for me but going exactly the wrong direction, until I finally came to my senses. Wilderness navigation and survival are all about keeping your wits about you and recovering from errors.

The club's 50th anniversary final event will be Sunday, October 14, when the club plans to have at least one member on each of the 35 summits by 1 pm. See <http://www.catskill-3500-club.org/club-news.htm> for details, and join whatever group appeals to you. Enjoy!☘



Bicycle and nettles, by Jay Hui

Nettlesome Encounters, continued from page 1

the slightest breeze. Seeds are viable for 10 years, and a single female produces as many as 20,000 per year. Clusters connected by rhizomes are almost genetically identical, creating natural monocultures of clone-like plants. Some of these clumps are up to 50 years old. This is a plant in no danger of dying out any time soon.

The name “nettle” comes from “ned,” meaning “to bind,” which gives us some clue as to why the plants were introduced to the North and South American continents from Europe. They were for a long time an extremely important plant for fiber and clothing; and used to make ropes, durable cloth, paper, and bindings. They were last used extensively for this purpose during World War I in Germany and Austria, when there was a cotton shortage for making uniforms. The cloth produced is durable but not quite as versatile as linen, and thus the enterprise was abandoned, especially after synthetics came on the market.

Nettles are food for several species of butterfly, most notable the beautiful red admiral of North America. The young plants are also used by humans as a nutritious and purportedly tasty vegetable. On-line, there are recipes for nettle beer (supposedly delicious), nettle pudding, and nettle teas. The teas, infusions, and powders have some proven medicinal properties, including relief from arthritis, prostrate health, and allergy relief. Speaking of allergens, the crushed leaves of jewelweed or yellow dock are touted as remedies to the itchy rash of nettles, as is nettle juice itself.

So be sure to take your arthritic knees bare through a nettle patch for relief next time you are aching. Better yet, consider introducing Dorset, England’s bizarre contest to upstate NY: a contest to see how many fresh nettles one can consume in 1 minute, raw. Your mouth may hate you, but your other end may find much needed relief.

Nettles have made their way into popular language and culture; even Shakespeare wrote of them. I leave you with this poem from Arkansas poet Craig Froman’s ditty, “Standing On My Head in Stinging Nettles”- I think that many of us can relate all too well.

**Standing on my head in stinging nettles
Oh, wishing that I had a helmet on
Dancing over fire in my Speedo
Wanting for a greeny grassy lawn...**

**How problems tend to find me by the dozen
They claw and scratch and pillage at my eyes
And I tend to grab and seize them with a hunger
Like a buffet of choice burgers and hot fries...**

**But I shall ever come out like a winner
Laugh and sing and dance when at the ends
For my secret is no secret to the nettles
Why I have the truest, bluest, bestest friends!**

Rachael Shenyo



Conservation Corner—

*A Note from our Conservation Chair,
Carol White*

Belleayre Update:
The Belleayre Resort at Catskill Park A landscape architecture and engineering firm

announced in June that it has assembled a team to help develop The Belleayre Resort at Catskill Park, signaling possible progress toward this project’s implementation. The DEC has requested Crossroads Venture’s traffic consultants to provide more data that was not requested in the scoping document, so the agency can complete the cumulative environmental impact study.

Hydrofracking Updates: The Forest Preserve Advisory Committee (FPAC) is an advisory group to DEC, charged with giving advice regarding the protection and management of the Catskill and Adirondack Forest Preserve. They announce these findings about hydrofracking:

- * Use of enormous amounts of clean water withdrawn from NYC’s watershed and other rivers and streams is likely to detrimentally affect the normal hydrology and ecology of Catskills waterways;
 - * Large quantities of highly contaminated fracking wastewater cannot be fully cleansed for safe return to the state’s waterways;
 - * Air pollution drifting from wellheads, pipelines and compressor stations will impact the entire region—methane, benzene, toluene, xylene and ozone precursors.
 - * Increased roads, bridges, pipelines, well pads, frack water storage facilities and compressor stations will adversely impact tourism, a major economic driver of these regions;
 - * Drilling companies too often abandon production facilities and leave un-capped wells and hazardous wastes;
 - * The NYC metropolitan watershed covers 900,000 acres west of the Hudson; 240,000 acres within the Catskill Park’s Blue Line boundary, not in the watershed, would be open to drilling under the present environmental impact statement terms. These excluded areas are in private ownership in the SE and NE parts of the Park.
 - * The leasing of state-owned gas rights might result in the compulsory integration of neighbors who don’t want to participate in the industry;
- The FPAC resolves that:
- * Any form of hydrofracking activities on private lands should be off limits in a much broader area than is presently proposed, to include not only the watershed but all lands within the Catskill Blue Line, and in due course the Adirondack Park;
 - * The Final Supplemental Generic Environmental Impact Statement for permitting gas drilling should not apply to any lands within the Catskill Park;
 - * Every application for a drilling permit for lands inside the Catskill Park must be subject to a site specific SEQRA review;
 - * DEC re-affirm that under Article 14, sections 1 and 3 of the state constitution, there can be no leasing of natural gas/oil rights or permitting for the exploitation of gas/oil rights on or below lands of the Catskill and Adirondack Forest Preserve and State Forests.

“Five Disposal Methods for Fracking Wastewater All Fail to Protect Public Health and Environment,” says an NRDC report. Visit <http://www.nrdc.org/energy/fracking-wastewater.asp> Wastewater contains oil, grease, metals, salts, naturally-occurring radioactive material, and many chemicals. In Pennsylvania, a large amount of

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Rambles and Brambles: Hike Schedule July 2012—September 2012

Assumed Risk: Hiking involves certain inherent risks and persons participating do so at their own risk. In cold 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 fall kit. Ice and snow can come early and unexpectedly to these peaks; 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. **Fall 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.

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; 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.

Sat., Oct 6 – BALSAM CAP & FRIDAY

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: 9/22 – 10/2

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

Sun., Oct. 7 – No scheduled hikes.

Sat., Oct. 13 – EAGLE & BIG INDIAN (FIR Weather Permitting)

Distance: 7-8 mi. Ascent: 2000' Elev: 3600', 3700', 3628'

A moderate bushwhack to Eagle, trail and bushwhack to Big Indian. Fir will be added weather permitting.

Registration Period: 10/1

Leader: Joseph Polcha # 1908; jpolcha@aol.com home 914-245-4717; Office 718-999-2533; Cell 914-374-6242

Sun., Oct. 14 – 3500 CLUB 50TH ANNIVERSARY "COVER OF THE PEAKS DAY"

Our President Jean Taylor will carry the banner of the 3500 Club to **TWIN MT.** For information and details see the Club's Website at: www.Catskill-3500-Club.org

Sun., Oct. 14 – THOMAS COLE, BLACK DOME & BLACHEAD TRAVERSE

Distance: 7.5 mi Ascent: 2760' Elev. 3940', 3980', 3940'

A moderately paced trail, through hike (shuttle). Rain (or threat of) cancels.

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

Sat., Oct. 20 – HUNTER & S.W. HUNTER (John Robb Lean-to MAINTENANCE)

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.

Leaders: Tom and Laurie Rankin #s 1503, 1337; laurieran-kin@hvc.rr.com; 845-926-2182

Sun., Oct.21 – TABLE & PEEKAMOOSE (Bouton Lean-to MAINTENANCE)

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

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

Leaders: Tom and Laurie Rankin #s 1503, 1337; laurieran-kin@hvc.rr.com; 845-926-2182

Sat., Oct. 27 – WITTENBERG, CORNELL & SLIDE

Distance: 10 mi. Ascent: 4000' Elev: 3780', 3860', 4180'

A moderately paced trail hike. Rain cancels.

Registration Period: 10/22–10/26

Leader: Suzanne Knabe #1326; suzkna@msn.com; (718) 435-3092 after 7pm

Sun. Oct. 28 – PANTHER

Distance: 6.8 mi. Ascent: 1545' Elev: 3720'

A moderate trail hike at a leisurely pace.

Registration Period: by 10/26

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

Sat. Nov. 3 – 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 2 mile segment of Rt. 214. Bring work gloves and a great attitude. All else will be provided, including refreshments at end.

Leader: Cathy O'Neill #1852, W752 cathyon1@gmail.com; (preferred), or 914-737-4990 H, 914-772-7423

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In case of bad weather, hikes may be canceled; if in doubt contact the leader.

Sat., Nov. 3 – THOMAS COLE, BLACKDOME & BLACK HEAD

Distance: 8 mi. Ascent: 2800' Elev: 3940', 3980', 3940'
Easy to moderately paced trail hike. Car spot required.

Leaders: Tom and Laurie Rankin #s 1503, 1337; laurierankin@hvc.rr.com; 845-926-2182

Sun., Nov. 4 – BALSAM LAKE & GRAHAM

Distance: 8 mi. Ascent: 2040' Elev: 3723', 3868'
Moderately paced trail hike and bushwhack. Rain cancels.

Registration Period: 10/29 – 11/3

Leader: Suzanne Knabe #1326; suzkna@msn.com; (718) 435-3092 after 7pm

Sat. Nov. 10 – PEEKAMOOSE & TABLE TRAIL MAINTENANCE

Please join us for our annual fall maintenance day. Bring work gloves and tools if you have them: loppers or hand clippers, garden trowel, hand saw. If you don't have tools, the Club will supply them. Refreshments at end of day.

Leader: Contact: Cathy O'Neill #1852 W752; cathy-on1@gmail.com (preferred), 914-737-4990 H, 914-772-7423 C

Sun., Nov. 11 – LONE & ROCKY

Distance: 11mi. Ascent: 2000' Elev: 3721', 3508'
A very difficult, long and strenuous bushwhack to the most remote peaks. Well behaved dogs welcome.

Registration Period: 10/28 – 11/8

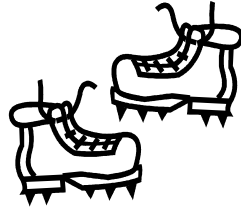
Leaders: Doug Garrity #1757 and Suzanne Provenzano #1968; suzanne273@gmail.com; 845-679-2171.

Sat., Nov. 17 – MAP & COMPASS TRIP

Learn how to take along the lightweight compass and map and have the freedom to venture anywhere with those skills! No batteries and no high tech purchases necessary! Participants will have an opportunity for both instruction and hands on work in the field.

Registration Period: One week prior to hike.

Leader: Jim Malumphy #890; lump63@hotmail.com; 203.206.0586 NCA 8 pm



Sat., Nov. 17 – HUNTING SEASON STARTS

Sun., Nov. 18 – NO Scheduled hikes until December 15

Sat., Dec. 15 – DOUBLETOP

Distance: 7 mi. Ascent: 2000' Elev: 3862

A moderately paced trail hike and bushwhack. Well behaved dogs welcome.

Registration Period: 12/3 – 12/13

Leader: Bill Winterbottom #1904; billw@usdssoftware.com

Sun., Dec. 16 – PEEKAMOOSE & TABLE

Distance: 10 mi, Ascent: 2600' Elev: 3640', 3800'
A moderately paced trail hike. Well behaved dogs welcome.

Registration Period: 12/2 – 12/13

Leader: Doug Garrity #1757 & Suzanne Provenzano #1968; suzanne273@gmail.com; 845-679-2171.

Sat., Dec. 22 – NO Scheduled hikes through year's end.



Words and Woods: A Note From The Editor

I don't always write an editorial but sometimes I just can't hold back. This issue, my first anniversary issue, and the first to offer an expended online version, seems worthy of a few words. This first year of my editorship started off with a bang – Irene took out my internet, phone, electricity, water, road, and both bridge-

es that frame my private dead end road, all a few days before uploading that first issue. After that trial by flood, I have felt each issue get easier and easier!

I lead hikes for the Club, volunteer at the Hunter Fire Tower, and maintain a section of the Devil's Path, so I do get out into the woods a fair amount. On a recent hike up Peekamoose, I packed out a whopping amount of garbage left by other hikers along the trail. On my last visit to Hunter, I found new graffiti along the Becker Hollow trail and adorning the cabin. Also this summer I was informed that an illegal fire set by hikers on my section of trail did indeed get out of control and start a forest fire. Thanks go to the Tannersville Fire Department for assistance in putting it out.

None of this – littering, vandalism, or illegal camping/fire-starting – is new. Hiking seems to be increasingly popular; the 3500 Club has congratulated more finishers in recent single quarters than we've had in previous entire years. We all share the woods, and thus we all share the responsibility for ensuring that the woods stay wild and enjoyable to all. I am sure I'm "preaching to the choir" in imploring Can readers to follow rules and regulations and encourage others to do so, but I'm a mom and moms are known to lecture, preach, and implore.

If you aren't sure what Leave No Trace (LNT) practices are all about, please ask a hike leader! Start a discussion on the 3500 Club's yahoo group or Facebook page about best practices for minimizing impact. If you have knowledge or experience from hiking out West or other places, please share them. A future Canister could focus on these issues and how we can meet the challenge of encouraging outdoor recreation while protecting the unique character of the Catskills. Email me your ideas, thoughts, and articles.

Have fun out there, stay safe, and set the good example. And thanks for reading!☘

"There's no such thing as bad weather, only unsuitable clothing." Alfred Wainwright

Trail Mix continued from page 1

teractive (no, you can't "comment" on every article or feature!), will offer more opportunities to see your writing and photos published. The Online Cliff Notes will contain every brief review emailed to me, and the lead off article shall be illustrated with a photo of stinging nettles consuming a bicycle. The key to last issue's crossword puzzle can be found online, and results from any polls or surveys (all completely unscientific) I conduct via the 3500 Club's Yahoo group will be published there. The online Trail Mix will have additional reports, and the online Conservation Corner will also be expanded. I look forward to producing a Canister that is ever more useful, informative, and delightful in all formats. Your input and support has kept me well-fueled through this first year and we are only just getting started. Use the Canister Editor email address to be in touch with me, and look for upcoming ways to participate via polls, surveys, calls for photos or other submissions in the Yahoo group or on the Club's Facebook page. My goal is for the Canister to be a newsletter that every member reads cover to cover. Help me get there!

Come join the 3500 Club Winter Weekend January 27-29, 2013!

Do you need any winter peaks? Do you want to get more comfortable with snowshoeing? All 4 required winter peaks as well as some bushwhacks will be led by experienced hike leaders so you can pack in two fun-filled days in the outdoors and spend a great weekend in the beautiful Catskills. If you already have your required peaks and are working on your winter round, or if you just want to get away, you can join in too!

As last year's weekend was so popular, we will once again be at the Frost Valley YMCA - a great setting not only for hiking, but also for cross-country skiing. There are two housing options available: the Lakeview Lodge, which is a regular hotel-like setting and Biscuit Brook Lodge, a large cabin with bunks, which has a central meeting space with a fireplace (perfect after a day of playing in the snow!).

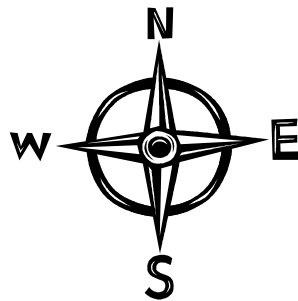
To make a reservation or for pricing details please contact Maria Bedo: winterweekend@catskill-3500-club.org.; 917-881-9272; or at 36 Hamilton Road, #5, Irvington, NY 10533.

Map and Compass Navigation Workshop: Yes, this is listed in the hike schedule but we're mentioning it again here to make sure you see it! Sat. November 17 at Fahnestock State Park, join leader Jim Malumphy for a fun and informative workshop.

Learn how to take along the lightweight compass and map and have the freedom to venture anywhere with those skills! No batteries and no high tech purchases necessary! Participants will have an opportunity for both instruction and hands on work in the field.

Details and Registration: Contact Jim Malumphy at lump63@hotmail.com for additional details and to register.

Volunteer News: Despite the (rare but inconvenient) rain, work projects go on. So on a very rainy morning in May, 3500 Club volunteers and NYSDEC Ranger Rob Dawson headed to the Bouton Shelter on

**Cliff Notes*****The Hiker's Bookshelf***

Merle's Door, by Ted Kerasote, is the biography of a dog and an exploration of the co-evolution of humans and canines. For those of us

who love sappy pet stories but prefer to think of ourselves reading scientific journals, this is a pleasing combination.

Ted Kerasote provides anecdotes about his charming and delightfully intelligent dog, Merle, while he poses thought provoking questions about the relationship between humans and dogs. The shared benefits of the relationship are explored through discussion of human development, wolf research, and a generous smattering of multi-disciplinary observations and insight from leading academics and scientists.

The intelligence of dogs, and how domestication has impacted dog decision making, is explored in detail throughout this book. Mixed feelings about dog training may arise while reading research on how dogs that are allowed to explore their world freely have more developed brains and problem solving abilities. Kerasote explores the difficulty in finding a balance between the need for obedience with the desire to nurture our dogs' development in modern society. Ted Kerasote's lifestyle appears ideal for promoting dog development and nurturing the relationship between dog and owner. His home near Jackson Hole, Wyoming, is in a community where the social dynamics of the dogs appear as developed as the human interactions. The multitude of skiing, hiking, hunting, and daily outdoor exploring that takes place is aspirational and may have you grabbing your hiking boots ready to go anywhere (as long as it is with your dog and sounds adventurous). Readers may find themselves dreaming of dog friendly jobs and real estate in Wyoming.

As the life of Merle unfolds, from the time he joins Kerasote's party on a trip down the San Juan River, it seems impossible not to love him. Merle is an incredibly intelligent and charismatic dog whose love of his human and love of life is heartwarming. Ted uses the voice of Merle to describe Merle's views on life, love, and the dog condition. The way that Merle's presence adds depth and meaning to all of Ted's adventures is an experience that many will relate to while thinking of their own animal companions. Merle is portrayed as truly living in-the-moment yet also appears to be capable of complex strategic thinking and functioning. While Ted Kerasote acknowledges that he may at times be anthropomorphizing, he also cautions against under-attributing human characteristics to dogs. Don't we all notice personality features in our pets that seem almost human?

Merle's Door is a tribute to a dog and an encouragement to readers to acknowledge the impact of the relationship of dogs and humans on each species. For dog lovers, this book is likely important because it could bring more profound understanding of the depth of the human-canine relationship to the general public. Merle's Door addresses the emotional, genetic, and social connection between humans and dogs in a thought provoking and enjoyable way. ☞

Liz Cartagena

See page 9 for more book suggestions and mini-reviews.

The Peripatetic Porcupine

Al Welenofsky, #949, bagged his 300th Catskill 35er on Rocky Mtn in June and publically gives THANKS to guides Doug Garrity and Suzanne Provenzano and the club members on the climb for their support, encouragement and praise on a rough, wet, and muddy bushwhack. (Al notes: "On the June Rocky Mtn. climb I was really beat, sore, my shoulders were chafed from the wet pack I was carrying because of the rain, and the club members & Doug really got me up Lone and Rocky. I owe them a ton of thanks." Ed.)

On July 2, 2012, Al Welenofsky, #949, vacationed in Iceland and while there, crossed the Arctic Circle on Grimsey Island, at latitude 66 degrees 33' North. Mainland Iceland is below the circle, and Grimsey Island is 28 miles north of the mainland where a three-hour ferry ride gets you there. This has significance because six months earlier, on January 8, 2012, Al crossed the Antarctic Circle at latitude 66 degrees 33' South while on a cruise to the Frozen Continent.

Submitted by Al Welenofsky, #949

Kathryn Kurtz #1134 is compiling research on the "apparition of the black dog" that has appeared to some hikers in the high peaks. If you've seen it and would be willing to share your experience, please e-mail Kathryn:

drkurtz@mac.com (Kathryn, author of *Switchbacks*, has heard talk about the legend of the black dog, and has seen it herself on trails in the high peaks. Hmmm, I'll be keeping my eyes peeled... Ed.)

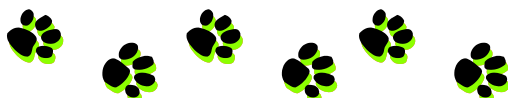
Submitted by Kathryn Kurtz, #1134

Laurie (#1337, #531W) and I finished the New Hampshire 4000' peaks in Winter on March 19th, 2012. (Sorry Tom, this should have been in the Summer Canister. Ed.)

Submitted by Tom Rankin #1503, #627W

The Porcupine speaks:

I'd be willing to bet the farm that just about all of you have Vibram (or some kind of Vibram spin-off) soles on your hiking boots, and I'd bet the north forty that many of you swing Leki trekking poles (or some other brand) on your hikes and climbs, and I'd bet the chicken coop that many of you tote Teva sandals along for overnight stays. And, as I have for many, many years, I'll bet many of you have been mispronouncing one, two, or all three of these proper names. I've said "Vy-bram" ever since I started buying hiking boots, but word up from Vibram USA is that in Milano (Meelahn-oh!) it's "Vee-bram", though "Vy-bram" is an accepted pronunciation over here in the colonies. A phone call to LEKI confirmed they are indeed "Lake-ee's", not "Leck-ee's". Finally, down at your feet, your Teva sandals aren't "Tee-va's": they're "Tev" (as "Kev" in Kevin) "-a's". ☘



Trail mix continued from page 6

Table mountain. The Club maintains the lean-to and had two work projects that needed to be accomplished. With time running out before the start of the summer camping season, the group of 6 decided that they would attempt to accomplish the work despite the weather. Carrying gallons of stain, shovels, brushes and other necessary items they made their way to the Shelter in the rain and discovered it to be nice and dry under the overhang. Not so for those standing outside of the overhang to stain, but by days end, the Shelter was once again protected from the weather. Meanwhile, the outhouse had become filled and Doug was happy to take care of that problem! Next project here will be repairs to the front corner of the shelter. Thanks to Ranger Dawson, Cathy, Andy, Tom, and Doug for all of your efforts! A few weeks earlier we did a trip to John Robb for maintenance and want to say thanks to Andy for helping us out! Join us on October 21st for our fall maintenance trip to the Bouton Shelter or October 20th for our fall maintenance trip to John Robb Shelter - they may be drier days!

In early June, as part of our 50th anniversary celebration, the 3500 Club held a chicken barbeque to say thank you to all the volunteers who have helped out. For the last 50 years, volunteers have agreed to lead hikes, sit on the executive committee, do trail work, do special projects, and other contributions, making the 3500 Club the wonderful organization that it is today. We planned the BBQ for National Trails Day in hopes that we could find a work project, but that did not happen. None the less, anyone who had ever volunteered for the 3500 club was invited free of charge. The weather was great all afternoon and evening long. Nearly 50 people were in attendance. The venue, the Grant Avery Park in Shokan, was wonderful. It was clean, spacious, under cover in the event of rain, had lots of fun things to do, including a nice playground for the kids and plenty of parking. The food was delicious. Chicken was barbecued on site, courtesy of Mike P and his support staff along with some baked potatoes and baked beans. Tossed salad, antipasto salad and vegetarian options were provided by Poppy's Pizza in Kingston.

Our Devils acre lean-to refurbishing project has not occurred yet as of this writing, but we do still have approval to mover forward as soon as we hear from the DEC - stay tuned!

Long Path re-route over Romer Mountain: All summer long this project has been on going and every weekend at least one of our Club members has been out helping Andy Garrison see this project through. A new trail has been taking shape with great effort in some really hot weather. Earth moving persons have moved rock, carved out trails and are making this project a reality. We are keeping track of all of the volunteers who have stepped forward from the club, many of you on more than one of the work dates and will publish a full report at the end of the season. Thank you so much to each of you! ☘

Cons

Our New Members 2011-2012

2017	Helen Hokula	03/17/12	2057	Ruchik Sadavrati	06/10/12
2018	Robert Scaife	03/18/12	2058	Scott Kline	06/10/12
2019	Mark Renner	03/24/12	2059	Sam Levine	06/11/12
2020	Karen Anderson	03/19/12	2060	John S. Antonio	06/16/12
2021	Ron Gonzalez	03/13/12	2061	James E. Close	06/17/12
2022	Tomasz Falkowski	03/25/12	2062	Julie Smith	06/23/12
2023	Louis Matzel	03/24/12	2063	Scott Cardish	06/23/12
2024	Dorcinda Knauth	03/24/12	2064	Jill Anne Exman	06/23/12
2025	Jeffrey B. Peltz	04/01/12	2065	Eric D. Perfecto	06/24/12
2026	Jesse Peltz	04/01/12	2066	Michael Giambrone	06/10/12
2027	Joseph H. Sahl	03/11/12	2067	Frank Annis	07/09/12
2028	Dorothy Dabrowska	04/01/12	2068	David P. Vallette	07/04/12
2029	Nancy MacDonald	04/02/12	2069	Robert Reeve	04/06/10
2030	Lawrence Lepak	04/07/12	2070	Joseph G. Busch	07/12/12
2031	Cheryl Peletz	04/02/12	2071	Anton M. Solomon	07/12/12
2032	Kevin Morgan	04/14/12	2072	Andrew Ferguson	05/19/12
2033	James Woods	04/13/12	2073	Wolfgang Weisbrod-Weber	07/21/12
2034	John J. Sasso Jr	04/21/12	2074	John Pikus	08/08/12
2035	Matthew Butler	05/21/11			
2036	Jack Whitney	04/28/12			
2037	Daniel R. Monroe Jr.	04/28/12			
2038	Alexander Ellis	04/29/12			
2039	Rosa Cohen Cruz	04/29/12			
2040	Kathleen H. Sahl	04/28/12			
2041	Mark H. Atchinson	05/06/12			
2042	Woodward S. Bousquet	05/06/12			
2043	Ralf Tollkuehn	04/28/12			
2044	Aaron Kramer	04/28/12			
2045	Michael Young	05/13/12			
2046	Brian Sikora	05/13/12			
2047	Sarah Cole	05/11/12			
2048	Nathan Herzing	05/12/12			
2049	Fran Shumway	05/12/12			
2050	Steve Shumway	05/12/12			
2051	Benjamin Kemp	05/18/12			
2052	Brian Bacher	05/19/12			
2053	Brian Lubbert	05/19/12			
2054	Carl Cressey	05/20/12			
2055	Michele Farrell	05/19/12			
2056	S. Ryan Edgar	05/12/12			

New Winter Members

785	Jason Hosier	1945	03/03/12
812	Bob Scaife	2018	03/18/12
813	Kashif Ahkter	1883	03/03/12
814	Stanley Eng	1836	03/21/12
815	Nancy MacDonald	2029	03/20/12
816	Cheryl Peletz	2031	04/02/12
817	Victoria L. Cosentino	1845	03/11/12
818	Timothy R. Simpkins	1844	03/11/12
819	David Hachey	1595	03/12/12

In Memoriam

During the 1st week of June we lost a friend and avid Catskill hiking mate. Naishad "Andy" Shah died unexpectedly in his home in New York City at the age of 51. He loved the adventure of hiking to the summits of the Catskill 3500's. Andy became a regular 35'er (#1873) in the fall of 2010 and was working on completing the 35 winter round of mountains. He was just 7 summits away from completion. He was a member of the Hudson Valley Hikers and participated in a number of their Catskill hikes. Andy was a wonderful person to have as a friend and hiking partner. He was full of life on our hiking trips and kept the conversation going as we hiked the trails of the Catskill Mountains. He will be missed by all of us that knew him.

[A warm thank you to Jim Kennard #1888, W774 for writing this up and to Connie Sciutto for contributing.]

The Hiker's Bookshelf, Chapter 2

Chapter 2 is the "online exclusive" section of the bookshelf, in which all your snippets get published as you send 'em in. A wonderful selection follows—keep up the great suggestions!

"The Snow Leopard"

Share the journey of author Peter Matthiessen and his companion George Schaller as they trek through the Himalayan Mountains in the Annapurna region of Nepal. Matthiessen is a wildlife writer, naturalist and a student of Buddhism who is on a quest for enlightenment following the recent death of his wife. Schaller's purpose is to study the Himalayan blue sheep and to hopefully get a rare sighting of the snow leopard.

This is not another high adrenaline Everest account. Rather, this is a stream-of-consciousness diary to be relished as the mood strikes, slowly bringing the reader along as another participant in these beautiful surroundings. Matthiessen's descriptions of the landscape and his detailed observations are unparalleled. He speaks the unique language of the Catskill 3500 hiker, rekindling thoughts, sights and other sensory stimuli we have been fortunate to experience on our journeys.

by Ira Orenstein #415

Review of The Other 54, Second Ed.

I keep by me bedside, "The Other 54, Second Ed.", by Spenser Morrissey. While his off the cuff style of second person doesn't seem to work - in spite of his editors - it is a decent guide for climbing the peaks. The descriptions will lead one to the summit and expectations for each route. While the color maps of the previous edition no longer exist, the peaks are grouped together to make it easier for one to plan outings. Perhaps the addition of a waterproof cover may be something for him to consider for an upcoming edition.

Elie Bijou

I am reading Tenzing Norgay and the Sherpas of Everest by Tashi Tenzing, grandson of Tenzing Norgay. I find that it is an insightful look at the world of Himalayan climbing and Mt Everest from the point of view of the Sherpa clan and the people who live and work in those high altitudes.

I've also recently read The Wolverine Way by Douglas Chadwick. This book focuses on a fairly recent wolverine study done in the Many Glacier area of Glacier National Park, MT. A fascinating account of the work done and the habits and escapades of this amazing and relentless animal.

Edna Blanchfeld

Check out "Mountains of my Life" by Walter Bonatti. Awesome read.

Kevin Morgan

I'm re-reading Anthony Trollope's "The American Senator." Trollope was a prolific Victorian author. Among his best-known oeuvre were the novels that comprised the "Palliser" se-

ries, which some people may remember as a popular TV mini-series that ran on PBS back in the 70's. "The American Senator" is still quite relevant today with its themes of high society and superficial living vs. country life and true love; worldliness vs. sound values, etc. It's written in a very readable, gossipy yet proper style, quite different from the highbrow style of Dickens, Trollope's contemporary. Hard to put down! - Liz Lesar ☚

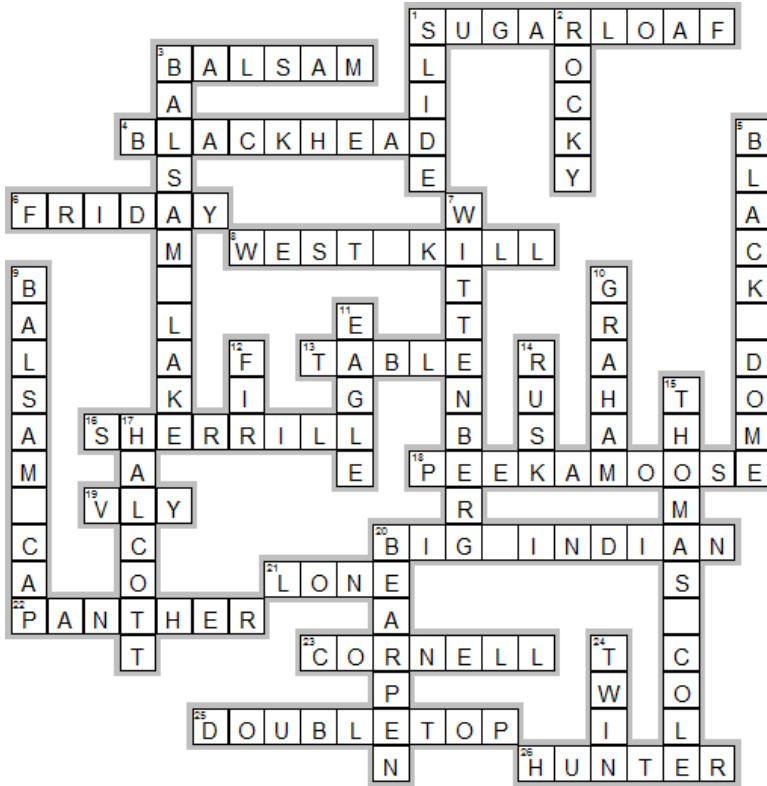
"I still find each day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read and all the friends I want to see." -- John Burroughs

In Memoriam

Peter B. Desrochers of Clifton Park, NY, passed away on June 28, 2012. He was a champion of the environment his entire life, an avid outdoorsman, an N.Y.S. Guide and a fan of everything science fiction. His outdoor adventures included hiking the Appalachian Trail from Georgia to Maine, hiking the 100 highest peaks in the Adirondacks, summer and winter 46'ing, hiking the Northville-Placid Trail and he was six peaks short of completing the Catskill 100. His remaining 6 included 3 of the 35s. He was also an avid canoeist, kayaker, cross-country skier and runner. Peter will be missed greatly by all who had the good fortune to know and love him. Anyone wishing to make a donation in his memory may do so to the ADK or the Appalachian Trail Conservancy



Catskill Crossword Key



wastewater was released into bodies of water, including drinking water supplies, as a result of poor treatment practices due to lax regulations. Marcellus Shale geology in the Northeast cannot accommodate large volumes of injected wastewater; gas companies must ship large quantities elsewhere. Wastewater treatment facilities must be upgraded before processed water is discharged into bodies of water. A federal law loophole that exempts hazardous oil and gas waste from treatment, storage, and disposal requirements must be closed.

The Nationwide Mutual Insurance Co. is the first major insurance company to say it won't cover damage related to a gas drilling process that blasts chemical-laden water deep into the ground. Nationwide said risks involved in fracking operations "are too great to ignore" and apply to commercial contractors' policies involved in fracking operations, such as those who haul water to and from drill sites; pipe and lumber haulers, and operators of bulldozers, dump trucks and other vehicles. It also won't cover landowners who lease property to gas companies.

And finally, the club participated in a meeting called by the DEC to classify new state land resulting from the Big Indian acquisition from Crossroads Venture. Richard Barr reported our club's position to Natural Resources Supervisor Bill Rudge, as follows: "It is our position that as much of the land within the Catskill Forest Preserve should be classified as Wilderness as possible, including significant areas in the Big Indian acquisition including the ridgeline and stretching south from there toward the existing Big Indian Wilderness. There was consensus that woods roads on the parcel are appropriate for biking and cross-country skiing and should be classified as Wild Forest. Other sections about land already classified as Intensive Use and we agree that these areas can be so classified. The proposal by DEC will be released for comment this fall. For the full statement, contact Richard at Richard-EdBarr@aol.com or Carol at ccswhite@juno.com. ☘

Lark in the Park and The Hudson River Ramble

In case you weren't already busy enough with famers' markets and fall harvest fairs, several organizations around the Catskills and beyond have just made your social, recreational and hiking-paddling life a complete nightmare for the next few weeks. In a good way, of course!

The Lark in the Park is a celebration of the Catskills, started 2004 as a centennial extravaganza and continued today under the organizing efforts of the [Catskill Mountain Club](#), the [Catskill Center for Conservation and Development](#), and the [New York-New Jersey Trail Conference](#). This year's "Lark" runs from 9/29 through 10/8, and includes a righteous TON of hikes, paddles, bicycle rides, photography workshops, trail maintenance opportunities, and a beaver watch night event. The schedule is online at <http://www.catskillslark.org/>.

Still think your weekends are manageable? Think again: weekends in September are a complete disaster. The Hudson River Ramble will see to that. Running through 9/30, "The Hudson River Valley Ramble is presented by the [Hudson River Valley National Heritage Area](#) and [Greenway](#), in partnership with the [NYS DEC Hudson River Estuary Program](#), [NYS Office of Parks, Recreation and Historic Preservation](#), the [NYS Division of Tourism](#), the [National Park Service](#), and over 150 organizations hosting Ramble events throughout the Hudson River Valley." The Ramble offers a wide variety of events: cultural as well as outdoorsy. Yep, this means you might have to choose between hiking, hawk watching, Hudson River cruises, and museum or historic house tours. Oh, the humanity.... For more information and a complete listing of events, go to <http://www.hudsonrivervalleyramble.com/Events.aspx>. ☘

The trail calls daily
to walk is to know I live
movement equals life.

Kevin Morgan #2032

Got a favorite hiking blog? Favorite hikerwriter? I discovered Paul Mags with his "Hike MY Hike" post several years ago and have followed his blog ever since. Hike My Hike is a classic, but this latest post about autumn is paced like a great hike, and so reverently quiet in his appreciation, it is almost meditative to read. Enjoy, and send me a link to your favorite hike blogger.

<http://www.pmags.com/the-joys-of-autumn> ☘

Like us? Then "like" us at <http://facebook.com/Catskill3500Club> !