



the catskill canister

Vol. 38, No. 1

JANUARY - MARCH, 2005

ANOTHER GREAT TRIP TO REMEMBER

by Dick Sederquist (#905)

The last hiking trip I took with my son is always the best one we've ever had. Each trip builds on the past. We remember all the good times, and look forward to many more. Our conversations touch on many topics, a lot of them just plain funny and inane, like weird and disgusting food groups, and "what would you rather do?" questions my son asks, with totally irrational choices to pick from. Most of the time, we talk about what we are doing, what we did last time, and what we will do next time. Sometimes, we talk seriously about life and death and how the forest and mountains transcend us all, how we owe our very existence to the wilderness.

Some of our trips are single-day excursions. Often, we backpack. Sometimes we stay in a motel for a few nights and hike each day. That's best during really cold weather. I've never been keen on winter camping. Even in cold weather, carrying a heavy pack makes me sweat, despite layering down next to nothing. The extra weight in dry clothes just compounds the discomfort. I'd rather slog from dawn to dusk for twelve hours and stay in a warm motel. A hot shower, a few beers, a satisfying meal and a warm dry bed, are my rewards for a good day. Hiking, I rationalize, is all about rewards.

My son and I have been doing this for thirty-four years since he was four years old. The only change is, now I'm the one keeping up with him. I don't mind following in his footsteps, particularly when he is breaking trail on snowshoes. Nowadays, we're able to make most of our winter objectives because he takes the lead and tirelessly tramples down the deep snow.

The last time I led in the wintertime was when my son came home from college for a quick two-day, end-of-winter, hiking trip to the Catskills. That late in the season, I had hoped that the previous winter ice storms would have consolidated the snow below the surface, but there was two feet of powder at the trail head. After a mile, we departed the trail for the bushwhack to Doubletop Mountain. The higher we climbed, the deeper the snow became. I started out in the lead, hoping that my son would spell me as the way steepened. I'd stop and let him pass me. Within minutes, I'd find myself back in the lead again, waist-deep in snow on an ever-increasing pitch. My son silently pursued me, but without his usual enthusiasm. Too many beers with a high-school buddy the night before had resulted in a queasy stomach and throbbing head. I worried that this was not going to be one of those memorable trips.

When we finally reached the summit of Doubletop, my son plopped down in a clearing among the spruce which lined the summit. I extracted a zip-lock bag of sliced pepperoni from my pack and tossed it to my son. "See if this helps!" As I peered at Graham Mountain in the distance, our next objective, a hand touched my shoulder. My son was grinning. Either pepperoni contains an instant wonder drug, or it was the miracle of youth, but something had kicked in. He led the rest of the hike. Conversation poured out of him. "What would you rather do", he asked, "jump off this cliff or be eaten by a mountain lion?" My son, with his silly "what would you rather do?" questions, was back. The rest of the day passed without any hint of his earlier malaise. That night, after dinner, he fell asleep at 7:30 p.m.. I was asleep a half hour later. Another great trip to remember.

THE CATSKILL CANISTER**President**

Wanda Davenport
169 Pershing Avenue
Ridgewood, NJ
(201) 670-8383

Editor

Darielle Graham
60 Barker Street, #419
Mt. Kisco, NY 10549
(914) 241-2240

Associate Editor

Michael E. Doehring
7 Cloverdale Avenue
White Plains, NY 10603
(914) 761-7225

Membership

David White
28 Mulberry Street
Clinton, NY 13323
(315) 853-6942

Aspirants/Subscriptions

Judith M. Weiner
755 Anderson Avenue, #4J
Cliffside Park, NJ 07010
(201) 840-7078

Outings

Edward Ripley-Duggan
23 Mill Road
Olivebridge, NY 12461
(845) 657-7057

Peripatetic Porcupine

Ralph Ferrusi
34 Kim Lane
Stormville, NY 12582
(845) 227-6217

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IN THIS ISSUE:

<i>Poems</i>	3
<i>Winter Weekend</i>	3
<i>Hike Schedule</i>	4
<i>WFA Report</i>	7
<i>New Members</i>	8
<i>Poem</i>	8
<i>Cold Weather Kid</i>	8

PRESIDENT'S CORNER

A hearty thanks to members who led for the annual Hudson River Valley Ramble and the Lark in the Park, celebrating the 100th birthday of the Catskill Forest Preserve: Laurie Moore, Carol White, Dave White, Howard Dash, Jon Bentley and Harry Rampe.

Carol White, our new Conservation Chair, will be assisted by Richard Barr, forming a committee of two. Thanks for volunteering, Richard.

Your Executive Committee recommends the passage of a replacement of Article XI, Section 1 of the By-Laws, as follows:

"Proposals may be submitted at any time, by members in good standing, to the Executive Committee to amend, alter, repeal or replace any portion of these By-Laws. The Executive Committee shall review and evaluate all proposals at the next scheduled committee meeting. Proposals shall be published in the *Canister* and placed upon the agenda of the next Annual Meeting following such publication for a general membership vote...."

This change will be on the agenda at the next Annual Meeting in April.

Two new maintainers came forward after my last appeal: Edward Horowitz and David Lublang. Pete Senterman is still shy of a full complement of maintainers. If you would like to adopt a trail section in the Catskills, send an email to c3500c@verizon.net and Pete will contact you. Aspirant or member, it matters not; you just have to love our Catskill Mountains and want to give something back for all your enjoyment of time spent in the woods.

Wanda Davenport (#523)

ANNUAL DINNER REMINDER

The 3500 Club Annual Dinner will be held at the Hillside Manor, Kingston, New York, on Saturday, April 9, 2005. Invitations will be included in the Spring 2005 (April-June) issue of the *Canister*, due out at the end of February 2005.

IN MEMORIAM

The club extends its condolences to Joan Prentice of Hyde Park, New York, whose husband Paul passed away on June 29, 2004. He became member #207 on June 8, 1975 and was also an ADK 46er. Joan was 14 peaks shy of membership when she and Paul were married in 1984. In later years, knee problems prevented Paul from climbing but he still walked most days and enjoyed the Catskills from a distance.

Those Winter Sundays
by Robert Hayden

Sundays too my father got up early
and put his clothes on in the blueblack cold,
then with cracked hands that ached
from labor in the weekday weather made
banked fires blaze. No one ever thanked him.

I'd wake and hear the cold splintering, breaking.
When the rooms were warm, he'd call,
and slowly I would rise and dress,
fearing the chronic angers of that house,

speaking indifferently to him,
who had driven out the cold
and polished my good shoes as well.
What did I know, what did I know
of love's austere and lonely offices?

My Papa's Waltz
by Theodore Roethke

The whiskey on your breath
Could make a small boy dizzy;
But I hung on like death:
Such waltzing was not easy.

We romped until the pans
Slid from the kitchen shelf;
My mother's countenance
Could not unfrown itself.

The hand that held my wrist
Was battered on one knuckle;
At every step you missed
My right ear scraped a buckle.

You beat time on my head
With a palm caked hard by dirt,
Then waltzed me off to bed
Still clinging to your shirt.

CATSKILL WINTER WEEKEND
JANUARY 23 - 25, 2005

The venue of this year's Winter Weekend has changed to the Alpine Inn in Oliverea, New York. Nestled on a hillside in the Catskill Mountain State Park, with over one hundred acres of scenic grounds, the Alpine Inn is a pristine mountain lodge that overlooks the Big Indian Valley from a vantage point of 1,700 feet above sea level. Make your reservations directly with the Alpine Inn at 845-254-5026.

Cost per person, Friday to Sunday (2 nights, based on double occupancy): \$210.00 (superior); \$190.00 (standard king); \$180.00 (standard twin). The main lodge suite is \$170.00. The cost includes tax and gratuities, 2 breakfasts, 1 dinner, 1 trail lunch (Saturday) and a cocktail hour with wine and cheese. For each additional adult in a room, the charge is \$27.00. For an extra trail lunch, the charge is \$10.00, which includes tax.

To reserve, send a deposit of \$100.00 (per person) to the Alpine Inn three weeks prior to the Winter Weekend. Make checks payable to **The Alpine Inn**.

Cancellation policy: Deposit will be returned if the cancellation is received eight days prior to the Winter Weekend.

Hikes have been scheduled during the Winter Weekend for members and aspirants (see p. 5 of hiking schedule).

CATSKILL 3500 CLUB HIKES: JANUARY - MARCH 2005**ASSUMED RISK**

Hiking involves certain inherent risks and persons participating do so at their own risk. In winter, hike participants should avoid cotton clothing, as it retains dampness and the resulting chill can cause hypothermia. Instead, wear (or have available in your pack) garments of wool or fleece. Silk or polypropylene make fine base layers, as they keep the wearer warm even when wet. Hat, gloves and a headlamp (or flashlight) should be part of the standard winter kit. Snowshoes and full (not instep) crampons are requisite. Anyone not properly equipped may be refused permission to participate, at the leader's absolute discretion.

Sat., Jan 1 WINDHAM HIGH PEAK

Distance: 7 mi. Ascent 1800'

Elev.: 3524' Order: 34

A moderately paced trail hike. Full winter gear, including snowshoes and crampons, required. Heavy precipitation and/or bad driving conditions cancels.

Meeting Place/Time: Contact leader to register between Dec 26-31.

Leader: Tom Rankin (#1503), 845-926-6209, TRankin@hvc.rr.com

Sun. Jan. 2 HALCOTT and NE Halcott

Distance: 6 mi. Ascent: 2200'

Elev.: 3537' Order: 32

A moderately paced and somewhat difficult bushwhack traverse. Full winter gear, including snowshoes and crampons, required. Heavy precipitation and/or bad driving conditions cancels..

Meeting Place/Time: Call or email leader to register through 8:00 P.M. Dec.30

Leader: Edward Ripley-Duggan (#1389), 845-657-7057; erd@wilsey.net

Sat., Jan. 8 KAATERSKILL HIGH PEAK

Distance: 8 mi. Ascent: 1730'

Elev.: 3651' Order: 22

A moderately paced trail hike and bushwhack. Full winter gear, including snowshoes and crampons, required. Heavy precipitation and/or bad driving conditions cancels.

Meeting Place/Time: Call or email leader to register and for meeting place.

Leader: Ken Hubert (#1351), 718-463-5675 (after 3:00 p.m. Mon-Thurs.); 518-827-7327 (Fri. and Sat.); hikeleader3500@att.net

Sun., Jan. 9 BIG INDIAN and FIR

Distance: 10 mi. Ascent 2000'

Elev.: 3700', 3620' Order: 19, 25

A strenuous trail hike and bushwhack at a moderate pace. Full winter gear, including snowshoes and crampons, required. Heavy precipitation and/or bad driving conditions cancels.

Meeting Place/Time. Call or email leader to register between Jan. 4-7.

Leader: Joe Bogardus (#1399), 609-737-2542; jbbogardus@yahoo.com

Sat., Jan. 15 BLACKHEAD (and possibly BLACK DOME)

Distance: 7 mi. Ascent: 2000'

Elev.: 3940' (3980') Order: 5 (3)

A moderately paced trail hike. Full winter gear, including snowshoes and crampons, required. Heavy precipitation and/or bad driving conditions cancels.

Meeting Place/Time: Call leader to register between Jan. 10-14.

Leader: Harry Rampe (#897), 845-292-6736 (after 5:00 p.m.)

Sun., Jan. 16 BEARPEN and VLY

Distance: 8 mi. Ascent: 1900'

Elev.: 3520', 3600' Order: 33, 29

A moderately paced trail hike and bushwhack. Full winter gear, including snowshoes and crampons, required. Heavy precipitation and/or bad driving conditions cancels.

Meeting Place/Time: Call leader to register between Jan. 10-14.

Leader: John Graham (#478), 914-241-2240 (by 9:00 p.m.)

- Sat., Jan. 22 **INDIAN HEAD and TWIN** Distance: 9 mi. Ascent: 2000'
Elev.: 3573', 3640' Order: 30, 23
A moderately strenuous trail hike. Full winter gear, including snowshoes and crampons, required. Heavy precipitation and/or bad driving conditions cancels.
Meeting Place/Time: Call or email to register between Jan. 17-20.
Leader: Bob Fuller (#1468), 732-613-8992; refuller99@hotmail.com
- Sun., Jan. 23 **SLIDE** Distance: 6 mi. Ascent: 1780'
Elev.: 4180' Order: 1
A moderately paced trail hike to a required winter peak. Full winter gear, including snowshoes and crampons, required. Heavy precipitation and/or bad driving conditions cancels.
Meeting Place/Time: Call or email leader to register between Jan. 17-21.
Leader: Manuel A. Peraza (#1373), 718-698-4422 (7:00 p.m.-9:00 p.m.); mapcolus1@att.net.
- Sat., Jan. 29 **WESTKILL** Distance: 8 mi. Ascent: 2400'
Elev.: 3880' Order: 6
A moderately paced trail hike. Full winter gear, including snowshoes and crampons, required. Heavy precipitation and/or bad driving conditions cancels.
Meeting Place/Time: Call or email leader to register.
Leader: Ken Hubert (#1351), 718-463-5675 (after 3:00 p.m., Mon.-Thurs.); 518-827-7327 (Fri. and Sat.); hikeleader3500@att.net
- Sun., Jan. 30 **BALSAM LAKE (and possibly GRAHAM)** Distance: 7 (9) mi. Ascent: 1200' (700')
Elev.: 3723' (3868'); Order: 16 (7)
A moderate to fast-paced trail hike. Full winter gear, including snowshoes and crampons, required. Heavy precipitation and/or bad driving conditions cancels.
Meeting Place/Time: Call leader for details during the week before the hike.
Leader: Peggy Wissler (#1499), 914-260-7506
- Sat., Feb. 5 **SUGARLOAF and PLATEAU** Distance: 8 mi. Ascent: 2000'
Elev.: 3800', 3840' Order: 13, 12
A moderately paced trail hike. Full winter gear, including snowshoes and crampons, required. Heavy precipitation and/or bad driving conditions cancels.
Meeting Place/Time: Call leader to register between Jan. 31-Feb. 4.
Leader: Harry Rampe (#897), 845-292-6736 (after 5:00 p.m.)
- Sun., Feb. 6 **BALSAM CAP and FRIDAY** Distance: 8 mi. Ascent: 3000'
Elev.: 3694', 3623' Order: 20, 24
A strenuous bushwhack at a moderate pace. Full winter gear, including snowshoes and crampons, required. Heavy precipitation and/or bad driving conditions cancels.
Meeting Place/Time: Call or email leader to register between Feb. 1-4.
Leader: Joe Bogardus (#1399), 609-737-2542; jbbogardus@yahoo.com
- Sat., Feb. 12 **HUNTER and SOUTH WEST HUNTER** Distance: 10 mi. Ascent: 2600'
Elev.: 3740', 4040' Order: 15, 2
A moderately paced trail hike and bushwhack. Full winter gear, including snowshoes and crampons, required. Heavy precipitation and/or bad driving conditions cancels.
Meeting Place/Time: Call or email leader to register.
Leader: Laurie Moore (#1337) 607-538-9484 (7:00 p.m.- 9:00 p.m.); lau090@dmcom.net

Sat., Feb 13 **PEEKAMOOSE and TABLE**Distance: 9.5 mi. Ascent: 3300'
Elev.: 3843', 3847' Order: 11, 10

A moderately paced trail hike. Full winter gear, including snowshoes and crampons, required. Heavy precipitation and/or bad driving conditions cancels.

Meeting Place/Time: Contact leader to register between Feb 5-12.

Leader: Dawn Hamilton (#1359), 845-926-6208; DawnLH333@yahoo.com

Sat., Feb 19 **Evergreen and RUSK**Distance: 6 mi. Ascent: 2300'
Elev.: 3680' Order: 21

A moderately paced bushwhack. Car shuttle required. Full winter gear, including snowshoes and crampons, required. Heavy precipitation and/or bad driving conditions cancels.

Meeting Place/Time: Call or email leader to register between Sun.-Fri., Feb. 13-18.

Leader: Elie Bijou (#1492) 718-377-2990 (9:00 p.m. up until Thurs. and until 6:00 p.m., Fri.); adirondacks@verizon.net (email must contain contact phone number; no emails accepted Thurs.)

Sun., Feb. 20 **THOMAS COLE, BLACK DOME and BLACKHEAD**Distance: 7 mi. Ascent: 2760'
Elev.: 3940', 3980', 3940' Order: 3, 5, 4

A moderately paced trail hike. Full winter gear, including snowshoes and crampons, required. Heavy precipitation and/or bad driving conditions cancels.

Meeting Place/Time: Call or email leader to register.

Leader: Ken Hubert (#1351), 718-463-5675 (after 3:00 p.m., Mon.-Thurs.); 518-827-7327 (Fri. and Sat.); hikeleader3500@att.net

Sat., Feb. 26 **DOUBLETOP**Distance: 6 mi. Ascent: 1860'
Elev.: 3862' Order: 8

A moderately paced, strenuous bushwhack and trail hike. Full winter gear, including snowshoes and crampons, required. Heavy precipitation and/or bad driving conditions cancels.

Meeting Place/Time: Call or email leader to register between Feb. 21-25.

Leader: Manuel A. Peraza (#1373), 718-698-4422 (7:00 p.m.-9:00 p.m.); mapcolus1@att.net

Sun., Feb. 27 **LONE and ROCKY**Distance: 10 mi. Ascent: 2500'
Elev.: 3721', 3508' Order: 17, 35

A long, strenuous bushwhack at a steady pace. Full winter gear, including snowshoes and crampons, required. Heavy precipitation and/or bad driving conditions cancels.

Meeting Place/Time: Call or email leader to register between Feb 18-25.

Leader: Edward Ripley-Duggan (#1389), 845-657-7057 (before 8:00 p.m.); erd@wilsey.net

Sat., Mar. 5 **BALSAM**Distance: 6 mi. Ascent: 1900'
Elev.: 3600' Order: 28

We'll talk about hiking history in a pleasant stroll up Balsam, a required winter peak. Bring any old hiking gear you might have, such as wool shirts, canvas backpacks, silk underwear, ash-and-rawhide snowshoes (but also bring modern winter gear in case the weather turns ugly - we'll choose at the trailhead).

All are welcome, whether or not you have ancient gear or an interest in hiking history.

Meeting Place/Time: Call or email leader to register.

Leader: Jon Bentley (#1384), 908-464-1096; jbentley@avaya.com

Sun., Mar. 6 **THOMAS COLE**Distance: 5 mi. Ascent: 1850'
Elev.: 3940' Order: 4

A moderate to fast-paced trail hike. Full winter gear, including snowshoes and crampons, required. Heavy precipitation and/or bad driving conditions cancels.

Meeting Place/Time: Call leader for details during the week before the hike.

Leader: Peggy Wissler (#1499), 914-260-7506

Sat., Mar. 12 **SHERRILL and NORTH DOME**

Distance: 8 mi. Ascent: 3000'
Elev.: 3540', 3610' Order: 31, 26

A moderately paced bushwhack. Full winter gear, including snowshoes and crampons, required. Heavy precipitation and/or bad driving conditions cancels.

Meeting Place/Time: Call leader to register between Mar. 7-11.

Leader: Harry Rampe (#897), 845-292-6736 (after 5:00 p.m.)

Sun., Mar. 13 **SLIDE, CORNELL and WITTENBERG**

Distance: 10 mi. Ascent: 3000'
Elev.: 4180', 3860', 3780' Order: 1, 8, 14

A strenuous trail hike at a moderate pace. Shuttle required. Full winter gear, including snowshoes and crampons, required. Heavy precipitation and/or bad driving conditions cancels.

Meeting Place/Time: Call or email leader to register.

Leader: Laurie Moore (#1337), 607-538-9484 (7:00 p.m.-9:00 p.m.); lau090@dmcom.net

Sat., Mar. 19 **EAGLE (and possibly BIG INDIAN)**

Distance: 9 mi. Ascent: 2800'
Elev.: 3600', 3700' Order: 27, 19

A moderately paced bushwhack. Depending on conditions, we may tack on extra mileage. Full winter gear, including snowshoes and crampons, required. Heavy precipitation and/or bad driving conditions cancels.

Meeting Place/Time: Call or email leader to register between Mar. 14-18.

Leader: Roman Benke (#1216), 718-347-3534 (7:00 p.m.-9:00 p.m. only); 35er@myrealbox.com

Sun., Mar. 20 **PANTHER via Giant Ledge**

Distance: 7 mi. Ascent: 2200'
Elev: 3720' Order: 18

A moderately paced trail hike to a required winter peak. Full winter gear, including snowshoes and crampons, required. Heavy precipitation and/or bad driving conditions cancels.

Meeting Place/Time: Call or email leader to register between Mar. 14-18.

Leader: George Preoteasa (#1478), 201-569-0244; g.preoteasa@att.net.

Sat., Mar. 26 **WINDHAM HIGH PEAK**

Distance: 7 mi. Ascent: 1800'
Elev.: 3524' Order: 34

A moderately paced trail hike. Full winter gear, including snowshoes and crampons, required. Heavy precipitation and/or bad driving conditions cancels.

Meeting Place/Time: Contact leader to register between Mar. 19-25.

Leader: Dawn Hamilton (#1359), 845-926-6208, DawnLH333@yahoo.com.

Sun., Mar. 27 **Echo Lake returning over Plattekill Mt.**

Distance: 8 mi. Ascent: 1650'
Elev.: 3100' (lose 450' to lake)

A moderately paced trail hike and bushwhack. Interesting views in winter. Full winter gear, including snowshoes and crampons, required. Heavy precipitation and/or bad driving conditions cancels.

Meeting Place/Time: Email (preferably) leaders or call Mon.-Thurs., Mar. 21-24.

Leaders: Dave and Carol White (#859 and #860, respectively), ccswhite@juno.com; 315-853-6942.

REPORT ON SECOND WILDERNESS FIRST-AID COURSE

Held on the weekend of November 6-7, 2004, the club's second Wilderness First-Aid Course, proved extremely successful in communicating the basics of first-aid to the students who attended. Instructors Maureen McCahery, a club member and EMT, and Ron Fields, an EMT who belongs to the volunteer ambulance corp. in New Paltz, New York, answered questions and provided hands-on training to prepare the students to handle specific injuries in the outdoors. The weather turned out to be perfect for the outdoor scenarios and the Olive Free Library provided the club, *gratis*, an excellent space. The club hopes to repeat the course in a year or two.

NEW MEMBERS

<u>No.</u>	<u>Name</u>	<u>Date Finished</u>
1528	Jesse Purcell	08/22/04
1529	Chris Reif	08/22/04
1530	Anthony DePeo	09/12/04
1531	Christopher Tausch	10/16/04
1532	Diane Galusha	10/17/04
1533	Suzan Gordon	10/31/04
1534	Peter Tilgner	10/31/04
1535	Albert J. Thompson	11/06/04
1536	Jonathan T. Jefferson	11/03/04
1537	Larry Spinner	11/14/04
1538	Lisa Sher	11/14/04

NEW LIFETIME MEMBERS

1499	Peggy Wisler
1527	Scott Hudak
Asp.	Mark Epstein
429	Alan M. Via

Correction: The Oct.-Dec. 2004 *Canister* listed Bill Schafer and William T. Bechtel as new lifetime members; they are new winter members, #599 and #600, respectively.

The Snow Man

Wallace Stevens

One must have a mind of winter
To regard the frost and the boughs
Of the pine trees crusted with snow;

And have been cold a long time
To behold the junipers shagged with ice,
The spruces rough in the distant glitter

Of the January sun; and not to think
Of any misery in the sound of the wind,
In the sound of a few leaves,

Which is the sound of the land
Full of the same wind
That is blowing in the same bare place

For the listener, who listens in the snow,
And, nothing himself, beholds
Nothing that is not there and the nothing that is.

THE COLD WEATHER KID*by Dick Sederquist (#905)*

A sub-zero cold snap in New York and New England brought a lot of public complaints, but I didn't hear any grumbling from my grandchildren who had been waiting for their skating pond to freeze solid. Children who regularly play outside don't seem to notice the cold. They certainly don't feel threatened by it. As a kid in the winter, numbness of the extremities was a fact of life, but the cold never seemed to affect my internal core or my determination to explore. As an adult who finds himself spending more time inside, when I step outside in sub-zero weather my core feels under assault. When I grasp a cold steering wheel my fingers blanch and go numb. It's called Reynaud's Syndrome, a common central nervous system disorder which cuts off blood flow to the capillaries in the extremities when the core is threatened. If you see a person on a cold day shaking out their hands and finger tips or doing windmills as if they're trying to take off, they probably suffer from this affliction.

Cold weather has not stopped me from venturing out, but now it takes a lot more mental effort to get myself going. I'm a hiker, non-technical climber, snowshoer and cross country skier so I won't be denied. Once my core has warmed up, I layer down to stay cool enough to prevent overheating and excessive sweating. If I keep moving, I can stay out all day like this. While snowshoeing up a steep incline, particularly if I'm breaking trail, I often layer down to a short-sleeve polypropylene t-shirt, even with temperatures in the single digits and quickly layer up if I take a break. The hardest thing to do is stop and eat. As the blood rushes to the core, my fingers go numb. A resumption of activity is accompanied by a lot of crackly pain. My old friend Reynaud! Sometimes I wish I was a kid again. I still got cold and numb but I didn't have this mental struggle. Maybe this has to do with the wisdom and good sense learned with age and experience. It was a lot easier when I was a dumb little kid.



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APRIL - JUNE, 2005

BEATING THE ALTITUDE ON MT. WHITNEY

by Lutz Heinrich (#1279)

Hiking in sunny California's Sierra Nevada guarantees dry weather and blue skies. That's what you are promised. It seemed to be true during five hot summer days of acclimatization in Yosemite Park and on the 14,246 feet high White Mountain in Inyo National Forest. The day I got the official permission to climb Whitney, the sky looked promising at 6:00 a.m. but by 10:00 a.m., the first white clouds started peeking over the thirteen thousand foot ridge. Since I had only this one shot at the peak, I took the clouds as a warning to accelerate my speed, not stopping for views of Lone Pine, Mirror Lakes and Bighorn Sheep Park.

From the Whitney Portal at about 8,300 feet, the trails were well maintained and pass through foxtail pines and red fir. Indian paintbrush and pink columbine framed the path. Above 12,000 feet the ascent got tougher and the greenery gave way to steep weather-beaten rock walls. From about 12,000 feet elevation to the trail crest at 13,600 feet, I had to master extremely steep switchbacks. On the map, there looked to be fifteen. What a mistake! There must have been about a hundred.

Crossing the trail crest, where the Inyo National Forest borders with Sequoia National Park, I didn't suffer the effects of the altitude that struck many hikers when they reached this point. They rested on rocks, but nausea and headaches prevented many of them from further ascent. Some hikers shedded their packs to continue with only a bottle of water and minimum equipment to lighten their burden. On the way back they usually found their belongings chewed by hungry marmots. I tried chasing one of them away with my hiking pole, but without success. He watched me from a rock I couldn't reach, and afterwards returned to the packs and ate somebody's food.

The final ascent of about 2.5 miles from just below the jagged ridgeline was very challenging and not for people with vertigo. The thin air slowed me down. I tried to breathe as deeply as possible to compensate for the lack of oxygen. However, I had to come to a complete stop for every sip of water, and needed to get back into my rhythm of breath and steps again. After passing a snowfield and altitude-sick hikers, the redeeming picture of the summit shelter came in sight. Dark clouds hovered over the high peaks of the Great Western Divide, threatening rain.

At the 14,495 feet summit volunteers from Loma Linda University interviewed hikers for an altitude effect study. The volunteers explained that the blood has to cope with only 60% oxygen at this elevation. Ten minutes after I left the summit, a thunderstorm hit Mt. Whitney with loud grumbling echoes enhanced by the mountain walls. In no time at all, two inches of hail accumulated on the trail. The weather conditions, combined with the exhaustion of the fast climb to the summit, caused me to take a half hour longer to complete the eleven-mile descent. Most of the hikers I passed had camped overnight on the way up. Others had started at 3 o'clock in the morning with headlamps. Statistics show that only about 50% of the people who start the hike to Mt. Whitney reach the summit. I had taken six hours and five minutes to reach the peak. The official recommendation on the trail guide map calls for ten hours up and eight hours down. That certainly allowed for a more relaxed hike and enjoyment of the views from the highest mountain in the contiguous United States.

THE CATSKILL CANISTER**President**

Wanda Davenport
169 Pershing Avenue
Ridgewood, NJ
(201) 670-8383

Editor

Darielle Graham
101 Carpenter Avenue, #E12
Mt. Kisco, NY 10549
(914) 864-2692

Associate Editor

Michael E. Doehring
7 Cloverdale Avenue
White Plains, NY 10603
(914) 761-7225

Membership

David White
28 Mulberry Street
Clinton, NY 13323
(315) 853-6942

Aspirants/Subscriptions

Judith M. Weiner
755 Anderson Avenue, #4J
Cliffside Park, NJ 07010
(201) 840-7078

Outings

Edward Ripley-Duggan
23 Mill Road
Olivebridge, NY 12461
(845) 657-7057

Peripatetic Porcupine

Ralph Ferrusi
34 Kim Lane
Stormville, NY 12582
(845) 227-6217

The Catskill Canister is published four times yearly by the Catskill 3500 Club, Inc., for \$10.00 a year. Articles on hiking or travel experiences, essays or poetry, should be sent to Darielle Graham, 60 Barker St., #419, Mount Kisco, NY 10549.

IN THIS ISSUE:

Hike Schedule.....	3
Annual Dinner Invitation	7
New Members.....	8
Poem.....	8
Commemorative	
T-Shirts.....	8
Peripatetic Porcupine.....	8

PRESIDENT'S CORNER

On March 1st Dan Case steps down as Trail Maintenance Chair. Dan's coursework and writing take more and more of his time. He will continue to serve the club as he organizes our forty plus years of memorabilia and writes postings for the list-serve or articles for the *Canister* celebrating the club's history. Dan, the time and effort you have given to the club is much appreciated.

In the previous issue of the *Canister* an enthusiastic thank you was extended to the two EMTs who ran the wilderness first-aid course. An equally hearty thank you goes to Ted Ripley-Duggan for making it happen these past two years. Depending on demand, the club plans to offer the course to the membership each autumn.

Since my last column, Rik Jordan, Chuck Teuscher and Scott Larson have volunteered to maintain a trail section. Rik and Chuck are individual maintainers, but Scott will be working with his Middleburgh NY BSA Troop.

Your board is looking forward to seeing all of you at the Annual Dinner on April 9th at the Hillside Manor. Please see the invitation on page 7 for minor time changes so you do not miss any of the fun.

Wanda Davenport (#523)

WANTED: TRAIL MAINTENANCE CHAIR

The club seeks a volunteer to join the board as Trail Maintenance Chair. Responsibilities include maintenance work parties on the trail over Table and Peekamoose and litter pick-up outings on the club's two-mile stretch of Route 214 in Stony Clove Notch. If you are interested in serving the club in this position, please contact Geoff Hoderath at 516-459-4758 or Wanda Davenport at c3500@verizon.net or 201-670-8383.

IN MEMORIAM

On Friday, January 14, 2005, the local hiking community lost one of its "good guys": Robert (Bob) Consadine (#646) passed away at the age of 67. In addition to being a Catskill 3500 member/winter 35er, Bob was an ADK 46'er and a New England 111'er.

A strong, competitive man who listed basketball and football as part of his activities, Bob took it upon himself to play whatever role he could in the community -- be it a coach, tutor or visitor to sick friends. He enjoyed introducing people to hiking, and often took first-time hikers to the top of a Catskill peak. His love of the Catskill mountains led him to undertake the challenge of climbing all 35 peaks in every month of the year, a feat he accomplished with the same low-key, unassuming attitude he brought to everything he undertook in his life. He will be remembered for his big heart and unending generosity and will be missed by many.

Bob leaves behind his wife Dorothy (#750) of Poughkeepsie, New York.

Anyone interested in contributing to a memorial plaque, or possibly a Bob Consadine Memorial Leanto fund, please contact Ralph Ferrusi, 34 Kim Lane, Stormville, NY 12582-5305; (845) 227-6217.

[Reprinted in part from *Poughkeepsie Journal*, January 20, 2005.]

CATSKILL 3500 CLUB HIKES: APRIL - JUNE 2005**ASSUMED RISK**

Hiking involves certain inherent risks and persons participating do so at their own risk. Winter-like conditions may still exist and hikers should dress accordingly. Avoid cotton clothing as it retains dampness and the resulting chill can cause hypothermia. Instead, wear (or have available in your pack) wool or fleece garments. Silk or polypropylene make fine base layers as they keep the wearer warm even when wet. Hat, gloves and a headlamp (or flashlight) should be part of the standard equipment. Snowshoes and crampons may still be needed. If in doubt, check with the leader. Anyone not properly equipped may be refused permission to participate, at the leader's absolute discretion.

Sat., Apr. 2 **SOUTHWEST HUNTER & HUNTER** Distance: 9 mi. Ascent: 2500'
Elev.: 3740', 4040' Order: 15, 2

A moderately paced bushwhack and trail hike.

Meeting Place/Time: Call or email leader to register.

Leader: Ken Hubert (#1351), 518-827-7327; if no answer, then 718-463-5675; hikeleader3500@att.net

Sun., Apr. 3 **VLY & BEARPEN** Distance: 7 mi. Ascent: 2200'
Elev: 3520', 3600' Order: 33, 29

A moderately paced trail hike and bushwhack. Snowshoes and/or full crampons may be necessary. Bad weather cancels.

Meeting Place/Time: Contact leader to register between March 28-April 1.

Leader: George Preoteasa (#1478), 201-569-0244; g.preoteasa@att.net.

Sat., Apr. 9 **BALSAM** Distance: 6 mi. Ascent: 1600'
Elev: 3600' Order: 28

Work up an appetite before the 3500 Club dinner with this moderately paced trail hike. Heavy precipitation cancels.

Meeting Place/Time: Call leader to register

Leader: Laurie Moore (#1337), 607-538-9484 (before 9:00PM); lau090@dmcom.net

Sun., Apr. 10 **KAATERSKILL HIGH PEAK** Distance 8 mi. Ascent: 1730'
Elev.: 3651' Order: 22

A moderately paced trail hike (with possible short bushwhack). Heavy or steady precipitation cancels.

Meeting Place/Time: Contact leader to register no later than 12 noon on Sat., April 9.

Leader: Margaret Freifeld (#929), 914-666-0710; mcfreifeld@yahoo.com

Sat., Apr. 16 **Evergreen & RUSK** Distance: 6 mi. Ascent: 2300'
Elev: 3680' Order: 21

An easy to moderately paced bushwhack. Car shuttle required. Snowshoes may be required. Heavy precipitation and/or bad driving conditions cancels.

Meeting Place/Time: Call or email leader to register.

Leader: Elie Bijou (#1492), 718-377-2990; adirondacks@verizon.net (no calls/emails Friday after 6 p.m.)

Sun., Apr. 17 **WITTENBERG, CORNELL & SLIDE** Distance: 10 mi. Ascent: 4000'
Elev. 3780', 3860', 4180' Order: 14, 9, 1

A moderately paced, strenuous trail hike. Shuttle required. Rain cancels.

Meeting Place/Time. Call or email leader to register between April.10-15.

Leader: Manuel A. Peraza (#1,373), 718-698-4422 (7:00 p.m. - 9:00 p.m.); mapcolus1@att.net.

Sat., Apr.23 **WINDHAM HIGH PEAK & Burnt Knob** Distance: 6.8 mi. Ascent: 2000'
Elev.: 3524' Order: 34

A moderately paced trail hike. Short shuttle required. Rain cancels.

Meeting Place/Time: Email or call leaders to register.

Leaders: Carol & Dave White (#859, #860) ccswhite@juno.com; 315-853-6942

Sun., Apr. 24 **SOUTHWEST HUNTER** Distance: 6 mi. Ascent: 2000'
Elev.: 3740' Order: 15

A moderately paced trail hike and bushwhack.

Meeting Place/Time: Call leader to register.

Leader: Harry Rampe (#877), 845-292-6736 (after 5:00 p.m.)

Sat., Apr. 30 **Adopt-A-Highway Litter Pick-Up**

Help clean up litter along a 2-mile stretch of Route 214 by Notch Lake between Hunter and Plateau.

Gloves recommended.

Meeting Place/Time: Notch Lake parking area at 9:30 a.m.

Leader: Will Nixon (#1071), 845-679-2773

Sun., May 1 **THOMAS COLE, BLACK DOME,** Distance: 14 mi. Ascent: 4200'
BLACKHEAD & WINDHAM Elev.: 3940', 3980', 3940', 3524' Order: 4, 3, 5, 33

A long and moderately difficult trail hike.

Meeting Place/Time: Call or email leader to register.

Leader: Nola Royce (#1515), 518-439-0491; nola.royce@mindspring.com

Sun., May 1 **Olderbark** Distance: 3½ mi. Ascent: 1500'
Elev.: 3440'

An easy paced bushwhack. Heavy rain cancels.

Meeting Place/Time: Call or email leader to register between April 25-29.

Leader: Michael "Mick" Dunn (#1,272), 603-595-2678 x2 (10:00 a.m.- 4:00 p.m.); mdunn@wyeth.com

Sat., May 7 **DOUBLETOP** Distance: 8 mi. Ascent: 1860'
Elev. 3862' Order: 8

An easy to moderately paced bushwhack and trail hike. Thunderstorms cancel.

Meeting Place/Time: Call or email leader to register.

Leader: Elie Bijou (#1492), 718-377-2990; adirondacks@verizon.net (no calls/emails Friday after 6 p.m.)

Sun., May 8 **WESTKILL** Distance: 8 mi. Ascent: 2400'
Elev.: 3880' Order: 6

A strenuous trail hike at a moderate pace.

Meeting Place/Time: Call leader to register.

Leader: Peggy Wissler (#1499), 914-260-7506

Sat., May 14 **TABLE & PEEKAMOOSE:** Distance: 10 mi. Ascent: 2200'
Trail Maintenance Elev.: 3847', 3843' Order: 10, 11

Come out to meet your club Board and bend our ears while clipping or sawing. Bring loppers and a saw if you have them or use the club's tools. Work gloves recommended. Steady rain cancels.

Meeting Place/Time: Trailhead at the end of Denning Road at 9:15 a.m.

Leader: Wanda Davenport (#523), 201-670-8383 (NCA 9:00 p.m.); c3500c@verizon.net

Co-Leader: Geoff Hoderath (#657)

Sun., May 15 **FRIDAY & BALSAM CAP** Distance: 7 mi. Ascent: 2200'
Elev.: 3694', 3623' Order: 20, 24

A strenuous bushwhack at a moderate pace. Heavy precipitation cancels.

Meeting place/Time: Call or email leader to register by May 12.

Leader: Edward Ripley-Duggan (#1,389), 845-656-7057; erd@wilsey.net

Sun., May 15 **BLACKHEAD (& possibly BLACK** Distance: 4 (7) mi. Ascent: 1740' (800')
DOME & THOMAS COLE) Elev.: 3940' (3980', 3940') Order: 5 (3, 4)

A moderately paced trail hike. Heavy precipitation may cancel.

Meeting Place/Time: Email (preferred) or call leader to register between May 9-14.

Leader: Tom Rankin (#1503), TRankin@hvc.rr.com; 845-926-6209

Sat., May 21 **PANTHER & Giant Ledge** Distance: 10 mi. Ascent: 2700'
Elev.: 3720' Order: 18

A moderate to fast paced strenuous trail hike.

Meeting Place/Time: Call or email leader to register between May 16-19.

Leader: Pavel Litvinov (#1,348), 914-909-6020 (before 9:00 P.M.); pavellitvinov@hotmail.com

Sun., May 22 **BALSAM LAKE & GRAHAM** Distance: 9 mi. Ascent: 1900'
Elev.: 2720', 3868' Order: 17, 7

A moderate trail hike at a moderate pace. Rain cancels.

Meeting Place/Time: Call leader to register.

Leader: Harry Rampe (#877), 845-292-6736 (after 5:00 p.m.)

Sat., May 28- **Pennsylvania's Grand Canyon** Distance: 27 mi.

Mon., May 30 **of the East: Backpack**

Spend Memorial Day Weekend backpacking the renowned West Rim trail. Moderate terrain; hike at your own pace. Group size limited.

Meeting Place/Time: Call leader to register by May 24.

Leader: Jerry Licht (#1423), 516-797-5729 (before 9:00 p.m.)

Sat., May 28 **TWIN & INDIAN HEAD** Distance: 8 mi. Ascent: 2200'
Elev.: 3640', 3573' Order: 22, 29

A moderately paced trail hike.

Meeting Place/Time: Call leader to register.

Leader: Peggy Wissler (#1499), 914-260-7506

Sun., May 29 **Haynes, EAGLE & BIG INDIAN** Distance: 10 mi. Ascent: 2800'
Elev.: 3420', 3600', 3700' Order: 28, 20

A somewhat strenuous trail hike/bushwhack at a moderate pace. Heavy or steady rain cancels.

Meeting Place/Time: Call or email leader to register no later than May 26.

Leader: Richard Barr (#604), 212-877-2694; richardedbarr@aol.com

Sat., June 4 **WITTENBERG: A National Trails** Distance: 8 mi. Ascent: 2400'
Day Event Elev.: 3780' Order: 14

A moderately paced trail hike. Steady rain cancels. Parking fee.

Meeting Place/Time: Email leader to register. Registration closes at noon on June 3.

Leader: Wanda Davenport (#523) c3500c@verizon.net

Sat., June 4 **LONE, ROCKY, PEEKAMOOSSE** Distance 11 mi. Ascent: 3750'
(and possibly TABLE): A National Elev.: 3508', 3721', 3843' (3847')
Trails Day Event Order: 35, 17, 11, (10)

A moderately paced but physically very demanding bushwhack with trail descent. Rain cancels.

Meeting Place/Time: Call or email leader to register. Registration closes at noon on June 3.

Leader: Edward Ripley-Duggan (#1389), 845-657-7057; erd@wilsey.net

Sun., June 5 **North Point** Distance: 10 mi. Ascent: 1800"

A moderately paced trail hike with beautiful views. Thunderstorms cancel.

Meeting Place/Time: Call or email leader to register.

Leader: Elie Bijou (#1492), 718-377-2990; adirondacks@verizon.net (no calls/emails Friday after 6 PM.)

Sat., June 11 **PLATEAU & SUGARLOAF** Distance: 5.5 mi. Ascent: 2500'
Elev.: 3840', 3800' Order: 12,13

A moderately paced trail hike. Heavy rain cancels.

Meeting Place/Time: Call or email leader to register

Leader: Laurie Moore (#1337), 607-538-9484 (before 9:00 p.m.); lau090@dmcom.net

Sun., June 12 **Dibble's Quarry Kids' Hike** Distance: 2 mi. Ascent: 300'

Grab your kid(s) and enjoy a short hike to a magical place. There will be plenty of time to explore and enjoy. Parent/legal guardian must accompany each child. Rain cancels.

Meeting Place/Time: Call or email leader to register

Leader: Laurie Moore (#1337), 607-538-9484 (before 9:00 p.m.); lau090@dmcom.net

Sun., June 12 **THOMAS COLE & BLACK DOME** Distance: 8 mi. Ascent: 2200'

Elev: 3940', 3980' Order: 4, 3

A moderately paced trail hike. Shuttle possible. Bad weather cancels.

Meeting Place/Time: Call or email leader to register between June 6 and 10.

Leader: George Preoteasa (#1478), 201-569-0244; g.preoteasa@att.net.

Fri., June 17- **WITTENBERG, CORNELL**

Distance: 16 mi. Ascent: 4500'

Sun., June 19 **SLIDE & PANTHER: Backpack**

Elev.: 3780', 3860', 3180', 3720' Order: 9,14,1,18

A one night, moderately paced backpack, departing from the Woodland Valley trailhead at approximately 10:00 a.m. Saturday, overnighing in the col between Cornell and Slide. Out the following day over Slide and Panther. Car shuttle from Panther trailhead back to Woodland Valley.

Meeting Place/Time: Friday evening at Woodland Valley Campground (campsite available) or Saturday morning at 9:30 a.m. Email leader for additional information or to register prior to June 12.

Leader: Ed Gilroy (#1305), egilroy@comcast.net; 908-419-2543

Sat., June 18 **HALCOTT**

Distance: 6 mi. Ascent: 2200'

Elev.: 3537' Order: 32

A moderately paced bushwhack. Heavy precipitation cancels.

Meeting Place/Time: Call or email leader to register between June 13-17.

Leader: Jerry Kuntz (#1475), 845-987-8917 (between 5:30 p.m. - 9:00 p.m.); jkuntz@rcls.org

Sun., June 19 **Van Wyck, TABLE & PEEKAMOOSE**

Distance: 11 mi. Ascent: 3200'

Elev.: 3206', 3847', 3843' Order: 10,11

A fast paced bushwhack and trail hike. Rain cancels.

Meeting Place/Time: Call leader to register.

Leader: Harry Rampe (#877), 845-292-6736 (after 5:00 p.m.)

Sat., June 25 **FIR**

Distance: 8 mi. Ascent: 1600'

Elev.: 3620' Order: 25

A moderately paced bushwhack. Heavy precipitation cancels.

Meeting Place/Time: Call or email leader to register

Leader: Dawn Hamilton (#1359), 845-926-6208, DawnLH333@yahoo.com

Sun., June 26 **SHERRILL & NORTH DOME**

Distance: 8 mi. Ascent: 3000'

Elev: 3540', 3610' Order: 26, 31

A moderately paced bushwhack. Rain cancels.

Meeting time/Place: Call or email leader to register between June 20-24.

Leader: Jim Malumphy (#890), 860.355.5573 (no calls after 8:00 p.m.); lump63@hotmail.com

PERIPATETIC PORCUPINE

Kathleen Gill (Life Member #322) has recorded a CD called "A Jackspinner's Strike." Before the turn of the last century, Troy women collar workers, angered over unjust working conditions, walked out. Other mill workers walked out in support and many mills were shut down. These stories come from the papers and oral traditions of Maggie and Josie Sheridan, who lived and worked in the mills in Cohoes, NY. CDs may be ordered (\$15.00 plus \$1.50 shipping) from KM Gill, The Story Walker, PMB #467, 1737 Union Street, Schenectady, NY 12309; www.thestorywalker.com

If there is a special event in your life or that of another member (graduation, engagement, marriage, promotion) or a special achievement on or off the trail that you would like to have appear in the Peripatetic Porcupine column, send the news to Ralph Ferrusi, 34 Kim Lane, Stormville, NY 12582.

Members and aspirants are cordially invited to attend the
FORTIETH ANNUAL DINNER MEETING

of the

Catskill 3500 Club

Saturday, April 9, 2005

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

Social Hour: 4:00 P.M. - 5:30 P.M.
Cash bar, hors d'oeuvres served

Dinner: 5:45 p.m. - Choice of Entrée:
Prime Ribs au Jus
Chicken Française
Mixed Vegetable Lasagne

Program: Peter E. Nye, leader of the DEC's
Endangered Species Unit, will give
a slide presentation on the bald eagle.

Cost: \$30.00 per person.
Check payable to "Catskill 3500 Club, Inc."
Name card reserved seating for everyone.
Round tables seat 10.
Reservations must be received by March 26, 2005.

Detach and mail to: Michael Doehring
7 Cloverdale Avenue
White Plains, NY 10603
(914) 761-7225

Reservations must be received
by March 26, 2005.

Catskill 3500 Club

Reservations \$30.00 per person. Amount of Check: \$ _____

Circle Choice of Entrée

Name: _____ Prime Ribs Chicken Française Mixed Veg. Lasagna

Name: _____ Prime Ribs Chicken Française Mixed Veg. Lasagna

Use back of this form for additional names and choice of entrée.
If you intend to sit with a large group, let us know which ten people will be at the table.
Please verify that the person(s) you list for your table will actually attend and wish to sit with you.
Name card reserved seating provided for groups and individuals.

NEW MEMBERS

<u>No.</u>	<u>Name</u>	<u>Date Finished</u>
1539	Jim Bouton	10/31/04
1540	Thomas V. Stellato	05/29/99
1541	Robert S. Juravich	12/22/04
1542	Gerard E. Thomas	12/26/04
1543	Ken Metzner	12/30/04
1544	Michael Kelly	12/31/04
1545	Mike Mamrosh	12/31/04
1546	Jay Hui	01/09/05
1547	Diann Zeigler	01/09/05
1548	Mark Hudson	01/16/05

NEW WINTER MEMBERS

0601	Thomas V. Stellato	03/13/04
0602	Pauline S. Nevin	01/01/05
0603	Maddy Hand	01/01/05

FROM THE MEMBERSHIP CHAIRMAN

Please include an email address (if you have one) with your renewal and remit as soon as possible.

Dave White

ON THE SUMMIT OF BALSAM MOUNTAIN

by Will Nixon

The balsam branches gloved with snow
point long fingers without a word.

Sheathed in ice the birch branches
chatter like wind chimes, yet strain and bend,
weeping with too much glassy weight.

Under the sleepy eyelid of snow
the blue trail marker could be the Catskills cyclops
masquerading as a mountain ash.

And now, frozen Triskets in my pack.
I didn't know Triskets could freeze.

T-SHIRTS AVAILABLE

T-shirts commemorating the 100th birthday of the Catskill Park will be on sale for \$10.00 at the annual dinner on April 9, 2005.

CORRECTION

New member Anthony DeFeo (#1530) was incorrectly listed as Anthony DePeo in the New Members section of the Jan./Mar. 2005 *Canister*. -Ed.



the catskill canister

Vol. 38, No. 3

JULY-SEPTEMBER, 2005

RESCUE: RECORDS, REASONS AND REALITY

By Hugh O'Reilly (#116)

As a field deployable member, a current Director, and past-President of Portland Mountain Rescue (PMR), I have over the years thought a great deal about this "business" of rescue.

There is a long tradition in our Western World that supports rescue. With our Greco-Hebraic-Roman roots, we have inherited a valued approach to human beings, human life, and individuality. If you want to cross the great deserts, climb the highest summits, or plumb the deepest oceans, there will be many who appreciate those efforts and stand in reserve to be of assistance. I have certainly seen that readiness in a dozen years of mountain and backcountry search and rescue.

Since the beginning of record keeping by the American Alpine Club in 1948, there have been approximately 120 climbing accidents in Oregon. These accidents involved about 500 participants, with 125 injured and 60 fatalities. One individual was also killed by a lightning strike high on Mt. Jefferson.

Here in the far west there is a string of rescue organizations that parallels the run of mountains from Southern California to British Columbia. PMR operates from Mt Adams in Washington to the Three Sisters in central Oregon. In our backyard there is the Willamette National Forest which contains the Mt. Hood Wilderness and our jewel, Mt. Hood, at 11,321'. Rough weather, inexperience, hard snow, and descending are the classic accident conditions.

We have two missions: rescue in the realm of rock, snow, and ice above the tree line, and mountain safety education. We are averaging about sixteen climber search-and-rescue operations per year. The group is called out for almost an equal number of missions below tree line because of our members' superior navigational skills. We've never lost a search party!

A look at climbing and accidents on Mt. Hood is very revealing about climbing safety and education. Viewed from the visitors' lounge at Timberline Lodge, Mt. Hood looks deceptively simple. There are two climbing seasons: the secondary from December 1st to April 15th, and the primary from April 15th to July 15th. In the secondary season about one thousand people climb the mountain under winter conditions via the fifteen basic routes. These parties are trained, experienced, mature, equipped, and strong – there is seldom an accident. In the primary season, some nine thousand people climb the mountain via the four routes on the south side, and PMR can have up to twenty missions.

Perhaps only a climber can love a climber! I have spent almost forty-six years in love with a great non-climber! The world at large certainly thinks climbers are strange. Here in Oregon even the state legislature has called climbers "those jokers." On one occasion I had a hard time explaining to a county executive that there were more serious injuries each year in softball. He kept saying "Why don't you charge those idiots for rescues?"

Cont'd on Page 3

THE CATSKILL CANISTER**President**

Geoffrey T. Hoderath
186 Whitehall Road
Albany, NY 12209
(518) 459-4758

Editor

Darielle Graham
101 Carpenter Avenue, #E12
Mt. Kisco, NY 10549
(914) 864-2692

Associate Editor

Michael E. Doehring
7 Cloverdale Avenue
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IN THIS ISSUE:

Poems	3
Hike Schedule	4
Editor Wanted	7
Peripatetic Porcupine	7
New Members	8
2005 Board Members	8

PRESIDENT'S CORNER

Before all else, I must thank the Club and its membership for the honor that they have bestowed by electing me President. When I received my Certificate and membership number from Eleanor Leavitt, I never imagined that my wanderings through the Catskills would lead me to such a responsibility. Fortunately, I have the other members of the Club's very capable Executive Board to assist in fulfilling my duties.

One of those Board members deserves particular recognition: Darielle Graham, Editor of *The Canister*. She has served as Editor longer than most members have been members. The importance of her faithful service cannot be overstated. *The Canister* is more than just the Club's publication. *The Canister* is the means by which the Club assists aspirants to become members and enables members to pursue and share their passion for the Catskills. After years of dedicated service, Darielle is retiring. Her tenure will long be remembered and appreciated. Her successor will have a tough act to follow. Thanks, Darielle.

During that time, the Club's mission has grown. In recent years, the Club has taken an increasingly active role in advocating and supporting environmental policies for the Catskills' preservation. In addition, the Club has volunteered much time and toil to trail maintenance. Since the annual dinner, several new maintainers have taken individual responsibility for previously unclaimed trails: Jay Hui, Mike Dwyer, and Matt Rignanese. As a result of their commitment, almost all of the Catskills' trails are now subscribed. These Club members deserve our admiration and thanks.

Geoffrey T. Hoderath (#657/239W).

IN MEMORIAM

James Edward Daley, 64, of Clinton Corners and a lifelong Dutchess County resident, died Sunday, April 17, 2005 at home after a long illness.

Jim had many interests, but he especially enjoyed hiking, fishing, reading, and painting. He was a member of the Adirondack 46'ers (#581) and a life member of the Catskill 3500 Club (#51). Beginning in 1990, he was a volunteer trail maintainer and trail supervisor in the Catskills for the New York/New Jersey Trail Conference. For eleven years he enjoyed the responsibility of maintaining the trail over Twin Mountain and in recent years participated in several Catskill trail-building projects for the Conference.

In addition to Jim's wife, Carol Ann Rexhouse, survivors include three sons: Brian Daley of Branford, Connecticut, Christopher Daley of Wappingers Falls, New York, and Matthew Daley and his wife Boin of Spackenkill; New York; a daughter, Karen Gypson, and her husband. John, of West Dover, Vermont; a sister, Patricia Ann LaVacca, and her husband, Thomas, of Danville, California; seven grandchildren: Katherine, Johnny, James, Laura, Beth, Sarah and Alexander; three nieces and one nephew.

[Reprinted, in part, from the *Poughkeepsie Journal*]

Deep down in our hearts I think we are in rescue because the lost and injured—and sometimes dead, are us. We are aware of the objective and subjective hazards of the sport. We've looked at a nut placement, a standing hip belay, a questionable traverse, and measured the possibilities. The lure to move toward to the blue sky, to the top, is strong; to retreat leaves unfinished business. So when the pager goes off at 2:15 a.m., we are up and running. Someone very much like us went to the edge of the envelope and needs help.

Nothing verifies the value of rescue work to me like the mission in 2001. A woman from Ohio came to Portland to visit her working daughter. Having some free time the woman drove to Mt. Hood and hiked up Cathedral Ridge to beautiful McNeil Point, near 6500'. She went missing for four days and three nights. In the early afternoon of day four our team descended down the cliffs and woods from McNeil Point into the Muddy Fork canyon. In the sand we saw small footprints and found the woman about two hundred yards up the stream drainage. She poked her head out from behind a boulder and said those famous words "Are you looking for me?" A young woman in our team of four examined the subject. My buddy Doug and I were close by, looking at her clothing, her day pack, her overall weariness. Doug and I looked at each other and we two grown men were crying. So what if it took four days! She was alive and it was so wonderful.

PMR has searched for, and rescued, snow, ice, and rock climbers, downhill skiers, cross-country skiers, hunters, fishermen, hikers of all kinds, sick and injured backcountry travelers, trail runners, snowboarders, adults and children, folks just plain lost, crashed planes, people driving off remote roads, suicides, flash flood victims, varied disturbed individuals, and even the ungrateful. Each person and all of life is precious, full of potential, full of wonder, full of value.

POEMS BY EMILY DICKINSON (1830-86)

IF I CAN STOP ONE HEART FROM BREAKING

If I can stop one heart from breaking,
I shall not live in vain;
If I can ease one life the aching,
Or cool one pain,
Or help one fainting robin
Unto his nest again,
I shall not live in vain.

WE NEVER KNOW HOW HIGH WE ARE

We never know how high we are
Till we are called to rise;
And then, if we are true to plan,
Our statures touch the skies.

The heroism we recite
Would be a daily thing,
Did not ourselves the cubits warp
For fear to be a king.

WHEN GOD LETS MY BODY BE

When God lets my body be

From each brave eye shall sprout a tree
fruit that dangles therefrom

the purpled world will dance upon
Between my lips which did sing

a rose shall beget the spring
that maidens whom passion wastes

will lay between their little breasts
My strong fingers beneath the snow

into strenuous birds shall go
my love walking in the grass

their wings will touch with her face
and all the while shall my heart be

with the bulge and nuzzle of the sea

e.e. cummings (1894-1962)

CATSKILL 3500 CLUB HIKES: JULY - SEPTEMBER 2005

Assumed Risk: Hiking involves certain inherent risks and persons participating do so at their own risk.

- Sat., July 2 **Dry Brook Trail** Distance: 9.5 mi. Ascent: 2000'
 A beautiful, moderately-paced trail hike with exceptional views. Rain cancels.
 Meeting Place/Time: Contact leader to register Mon.-Fri. between June 27-July 1.
 Leader: Edward Ripley-Duggan (#1,389), 845-657-7057; erd@wilsey.net
- Sun., July 3 **BLACKHEAD via Acra Point** Distance: 7.2 mi. Ascent: 1800'
 Elev.: 3940' Order: 4
 A strenuous trail hike at a moderate pace. Rain cancels.
 Meeting Place/Time: Email (preferred) or call leader to register between June 28-July 1.
 Leader: Carol White (#860), ccswhite@juno.com; 315-853-6942.
- Fri.-Sun., **Backpack: Little Known Trails of** Distance: Approx. 25 mi.
 July 8-10 **the Western Catskills**
 A hilly hike from Pelnor Hollow to Balsam Lake. Pretty countryside, much of it rarely traveled by Catskill hikers. Some areas are truly wild, while others show interesting evidence of old settlement. The trip will terminate at Balsam Lake, where, time-permitting, we will climb Balsam Lake Mountain and its fire-tower on the way out. Participants must have at least one prior backpack over the past 18 months. Co-listed with the Appalachian Mountain Club.
 Meeting Place/Time. Please contact leader to register by July 5.
 Leader: Edward Ripley-Duggan (#1,389), 845-657-7057; erd@wilsey.net
- Sat., July 9 **THOMAS COLE & BLACK DOME** Distance: 7 mi. Ascent: 2100'
 Elev.: 3940', 3980' Order: 5, 3
 A moderately-paced trail hike along a scenic ridge. Heavy rain cancels.
 Meeting Place/Time: Call or email leader to register between July 5-8.
 Leader: Joe Bogardus (#1,399), 609-737-2542; jbbogardus@yahoo.com
- Sun., July 10 **LONE & ROCKY** Distance: 10 mi. Ascent: 2500'
 Elev.: 3508', 3721' Order: 17, 35
 A moderate to fast-paced bushwhack. Rain cancels
 Meeting Place/Time: Call or email leader to register between July 5-9.
 Leader: Harry Rampe (#877), 845-292-6736 (after 5:00 p.m.)
- Sat., July 16 **INDIAN HEAD** Distance: 7 mi. Ascent: 1573'
 Elev.: 3573', 3860' Order: 29
 A moderately-paced trail hike. Rain cancels.
 Meeting Place/Time. Call or email leader to register between July 11-15.
 Leader: Manuel A. Peraza (#1,373), 718-698-4422 (7:00 p.m. - 9:00 p.m.); mapcolus1@att.net.
- Sun., July 17 **VLY & BEARPEN** Distance: 7 mi. Ascent: 2200'
 Elev.: 3520', 3600' Order: 33, 29
 A moderately-paced trail hike and bushwhack. Rain cancels.
 Meeting Place/Time: Email (preferred) or call leader to register.
 Leader: Dave White (#859), ccswhite@juno.com or 315-853-6942
- Tues., July 19 **PANTHER End to End** Distance: 8.2 (10.1) mi. Ascent: 1600' (2300')
 Elev.: 3720' Order: 18
 A moderately-paced trail hike. Rain cancels; rain date July 26. Shuttle required. Possible parking fee.
 Meeting Place/Time: Call or email leader to register.
 Leader: Wanda Davenport (#523), 201-670-8383 (NCA 9:00 p.m.); wandatrails@verizon.net

- Fri., July 22 **Adirondacks: Algonquin, Wright & Iroquois** Distance: 11.6 mi. Ascent: 3535'
Elev.: 5114', 4580', 4840'
A moderately-paced hike to three peaks with outstanding views.
Meeting Place/Time: Contact leader to register
Leader: Elie Bijou (#1,492), 518-873-2119; adirondacks@verizon.net
- Sat., July 23 **TWIN & SUGARLOAF** Distance: 9mi. Ascent: 2900'
Elev.: 3640', 3800' Order: 23,13
A moderately-paced trail hike. Steady rain cancels.
Meeting Place/Time: Call or email leader to register between July 17-22.
Leader: Laurie Moore (#1,337), 607-528-9484; lau090@dmcom.net
- Sun., July 24 **HUNTER** Distance: 5 mi. Ascent: 2500'
Elev.: 4040' Order: 2
A steep but fairly short trail hike. Spectacular views from the Fire tower.
Meeting Place/Time: Email (preferred) or call leader to register between July 17-July 23.
Leader: Tom Rankin (#1,503), trankin@hvc.rr.com ; 845-926-6209
- Sat., July 30 **TABLE & PEEKAMOOSE:** Distance: 10 mi. Ascent 2200 '
Trail Maintenance Elev.: 3847', 3843' Order: 10, 11
Come out for our summer trail maintenance trip. Please bring work gloves, eye protection and tools -- loppers and a saw -- or use the Club's tools. Steady Rain Cancels.
Meeting Place/Time: Trailhead on Peekamoose Road at 9:15 a.m.
Leader: Elie Bijou (#1,492), 518-873-2119 (NCA 9:30 p.m.); adirondacks@verizon.net
Co-leader: Manuel A. Peraza (#1,373)
- Sun., July 31 **FRIDAY & BALSAM CAP** Distance:13 mi. Ascent: 2000'
Elev.: 3694', 3623' Order: 20, 24
A moderately to fast paced bushwhack. Rain cancels
Meeting Place/Time: Call leader to register between July 23-29
Leader: Harry Rampe (#877), 845-292-6736 (after 5:00 p.m.)
- Sat., Aug. 6 **BALSAM LAKE** Distance: 5 mi. Ascent: 1100'
Elev.: 3723' Order: 16
An easy trail hike leading to an astounding view (weather conditions permitting) from one of the four fire towers in the Catskills. Bring your children, your aspiring hiker friends.
Meeting Place/Time: Contact leader to register between August 1- 5.
Leader: George Preoteasa (#1478), 201-569-0244; gvp@ms.com
- Sun., Aug. 7 **DOUBLETOP** Distance: 6 mi. Ascent: 1860'
Elev.. 3862' Order: 8
A moderately-paced strenuous bushwhack and trail hike. Rain cancels.
Meeting Place/Time. Call or email leader to register between Aug. 1-5.
Leader: Manuel A. Peraza (#1,373), 718-698-4422 (7:00 p.m. - 9:00p.m.); mapcolus1@att.net
- Sat., Aug 13 **KAATERSKILL HIGH PEAK** Distance: 9 mi. Ascent: 2000'
Traverse, N-S Elev.: 3651' Order: 22
A moderately-paced but strenuous hike, with car spotting required. Some bushwhacking.
Meeting Place/Time: Contact leader between Aug. 8-12.
Leader: Edward Ripley-Duggan (#1,389), 845-657-7057; erd@wilsey.net

Sun., Aug 14 **SLIDE**

Distance: 6 mi. Ascent: 1780'
Elev.: 4180' Order: 1

A moderately to fast-paced hike. Rain cancels

Meeting Place/Time: Call or email leader to register between Aug 7-12.

Leader: Harry Rampe (#877), 845-292-6736 (after 5:00 p.m.)

Sat., Aug. 20 **GPS Instruction Course**

We will examine the basics of GPS use, including how to optimize battery use and satellite acquisition, how to place a UTM reading on a USGS map, and similar topics. Recommended for most beginning and intermediate level GPS users.

Meeting Place/Time: To be decided prior to registration, which is requested between Aug 10-19. Early registration will not be accepted, as we expect this to be a popular course.

Leader: Edward Ripley-Duggan. Contact leader by email, erd@wilsey.net or phone (845) 657-7057;

Co-leader: Joe Bogardus (#1,399)

Sun., Aug. 21 **GRAHAM**

Distance: 7 mi. Ascent: 1250'
Elev.: 3868' Order: 7

A steady, moderately-paced dog-friendly trail/bushwhack. Please bring a map and compass, and a well-behaved dog if you like (bring a leash just in case). If time allows and group agrees, we will include a side trip to Balsam Lake Fire Tower to make for a full day hike. Rain may cancel.

Meeting Place/Time: Call or email leader to register between Aug. 15-18

Leader: Danielle Besso (#1,496), 607-724-5523 (6:00 p.m.- 9:00 p.m.); dbesso@stny.rr.com

Sat., Aug. 27 **PLATEAU**

Distance: 6 mi. Ascent: 1700'
Elev.: 3840' Order: 12

A moderately-paced trail hike. Car shuttle required. Heavy rain cancels.

Meeting Place/Time: Call leader to register on Fri., Aug. 19.

Leader: Peggy Wissler (#1,499), 914-260-7506

Sun., Aug 28 **HALCOTT**

Distance: About 6 mi. Ascent 2200'
Elev.: 3537' Order: 32

A moderately-paced bushwhack. Heavy precipitation cancels.

Meeting Place/Time: Call or email leader to register

Leader: Dawn Hamilton (#1,359), 845-926-6208, DawnLH333@yahoo.com

Sat., Sept. 3 **WESTKILL**

Distance: 8 mi. Ascent: 2400'
Elev.: 3880' Order: 6

A casually-paced hike. Steady rain cancels.

Meeting Place/Time: Call or email leader to register.

Leader: Bob Ricketson (#1,361), 518-943-5223; bobricket@netscape.net

Sun., Sept. 4 **RUSK**

Distance: 3.6 mi. Ascent: 1590'
Elev.: 3680' Order: 21

A moderately-paced bushwhack.

Meeting Place/Time: Call or email leader to register.

Leader: Ken Hubert (#1,351), 718-463-5675 (Mon-Thurs., after 3:00 p.m.; 518-827-7327 Fri.-Sat.); hikeleader3500@att.net

Sat., Sept. 10 **BIG INDIAN**

Distance: 9 mi. Ascent: 1600'
Elev.: 3700' Order: 19

A moderately-paced trail hike. Heavy rain cancels.

Meeting Place/Time: Call leader to register between Sept. 5-9.

Leader: Peggy Wissler (#1,499), 914-260-7506

Sun., Sept. 11 **LONE & ROCKY**Distance: 10 mi. Ascent: 2250'
Elev.: 3721', 3508' Order: 17, 35

A moderately-paced bushwhack. Rain cancels.

Meeting Place/Time: Call/email leader to register between Sept. 5-9.

Leader: Jim Malumphy (#890), 860-355-5573 (No calls after 8:00 p.m.); lump63@hotmail.com

Sat., Sept. 17 **SOUTH WEST HUNTER**Distance: 5.8 mi. Ascent: 1600'
Elev.: 3740' Order: 15

An easy to moderately-paced trail hike and light bushwhack. Heavy rain cancels.

Meeting Place/Time: Call or email leader to register.

Leader: Elie Bijou (#1,492), 718-377-2990 (no calls/email Fri. after 6:00 p.m.); adirondacks@verizon.net

Sun., Sept. 18 **FIR & BIG INDIAN**Distance: 10 mi. Ascent: 2000'
Elev.: 3620', 3700 Order: 25, 19

A moderately to fast-paced hike. Rain cancels.

Meeting Place/Time: Call leader to register between Sept. 11-16.

Leader: Harry Rampe (#877), 845-292-6736 (after 5:00 p.m.)

Sat., Sept. 24 **WITTENBERG, CORNELL & SLIDE**Distance: 10 mi. Ascent: 4000'
Elev.: 3780', 3860', 4180', Order: 14, 9, 1

A moderately-paced strenuous trail hike. Shuttle Required. Rain cancels.

Meeting Place/Time. Call or email leader to register between Sept. 19 and 23.

Leader: Manuel A. Peraza (#1,373), 718-698-4422 (7:00 p.m. - 9:00:00 p.m.); mapcolus1@att.net.

Sun., Sept 25 **PEEKAMOOSE & TABLE**Distance: 9.5 mi. Ascent: about 3000'
Elev.: 3843', 3847' Order: 11, 10

A moderately-paced trail hike first to Peekamoose then over to Table and back. Heavy precipitation cancels.

Meeting Place/Time: Contact leader to register.

Leader: Dawn Hamilton (#1,359), 845-926-6208, DawnLH333@yahoo.com

EDITOR WANTED

Anyone interested in taking over the editorship of *The Catskill Canister* should contact Geoffrey Hoderath, 518-456-4758; ghoderath@dhcr.state.ny.us.

PERIPATETIC PORCUPINE

On March 2, 2005, a day after his 80th birthday, Fred Schroeder (#181/#74W) celebrated by leading a hike in deep snow up Windham High Peak. On February 9, 2005, Tim Kase (#1,372/#506W) finished his Adirondack Winter 46; he felt that completing the Catskill Winter 35 was a big step in accomplishing this goal. Kathy Ferrusi (#1,102/413W) and Ralph Ferrusi (#122/#34W) spent last fall hiking in Slovenia, Croatia and Montegro.

If there is a special event in your life or that of another member (graduation, engagement, marriage, promotion) or a special achievement on or off the trail that you would like to appear in the Peripatetic Porcupine column, please send the news to Ralph Ferrusi, 34 Kim Lane, Stormville, NY 12582.

NEW MEMBERS

<u>No.</u>	<u>Name</u>	<u>Date Finished</u>
1549	George Denise	08/28/04
1550	Ted Shemella	01/27/05
1551	Rosanne Dobbin	01/30/05
1552	Michael DiLorenzo	01/30/05
1553	Scott Berg	02/13/05
1554	Terri Maxymillian	02/13/05
1555	Wilma Cipolla	02/13/05
1556	Frank Cipolla	02/13/05
1557	Tony Lednor	02/19/05
1558	Will Schafer	02/19/05
1559	Loren P. Quinby	02/28/05
1560	Kenneth Stuppy	03/02/04
1561	Mary "Trish" Cina	03/05/05
1562	Ralph Keating	03/05/05
1563	Edward Belliveau	03/06/05
1564	Mary Saraco	03/07/05
1565	Nick McKenna	03/05/05
1566	Russ Bebb	03/13/05
1567	Matt Garrett	05/12/03
1568	David A. Vachitis	02/21/05
1569	Mark Epstein	03/14/05
1570	Steve M. Chorvas	04/10/04
1571	Matthew Corsaro	03/26/05
1572	Diane Morrison	04/06/05

NEW WINTER MEMBERS

<u>No.</u>	<u>Name</u>	<u>Date Finished</u>
604	George Preotosa	01/15/05
605	Jeff Cohen	01/20/05
606	Carol Nestor	02/05/05
607	Michael Davis	02/13/05
608	Laurel Bryden	02/27/05
609	James Bryden	02/27/05
610	Michael Dwyer	02/26/05
611	Ellen Dwyer	02/26/05
612	Peggy Wissler	03/05/05
613	Ralph Keating	03/05/05
614	Jim Bouton	03/11/05
615	Paul Mudar	03/12/05
616	James Maurer	02/27/05
617	Diana Edelman	03/13/05
618	Frank Murphy	03/16/05
619	Steven M. Chorvas	03/15/05
620	Susan Hoff-Haynes	03/13/05
621	John Kolp	03/19/05
622	Robert Ricketson	03/19/05
623	Albert Thompson	03/19/05
624	Colin Watters	03/20/05
625	Matthew Watters	03/20/05

NEW LIFE MEMBERS: Robert LaMagna (Asp.), Carstein Wames (#1,121), Mark Epstein (#1,569)

CATSKILL 3500 CLUB EXECUTIVE BOARD

POSITION	NAME	EMAIL	TELEPHONE
President	Geoffrey Hoderath	ghoderath@dhcr.state.ny.us	518-489-4758 (H) 518-402-3683 (O)
Past President	Wanda Davenport	c3500c@verizon.net	201-670-8383
1st Vice President	Margaret Freifeld	mcfreifeld@yahoo.com	914-666-0710
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Conservation Chair	Carol White	ccswhite@juno.com	315-853-6942
Asst. Conservation Chair	Richard E. Barr	richardebarr@aol.com	212-877-2694 (H) 212-220-5072 (O)
Aspirants	Judy Weiner	jmw755@aol.com	201-840-7078
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Outings	Ted Ripley-Duggan	erd@wilsey.net	845-657-7057
Rep. to NY/NJTC	Will Nixon	will@willnixon.com	518-586-6404 (cell)
Canisters	Scott Lane	hwdshiker1@netscape.net	845-246-5989
Trail Maintenance Chair	Elie Bijou	adironacks@verizon.net	518-873-2119 (H) 917-804-3993 (cell)
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Annual Dinner	Mike Doehring	clover7med@aol.com	914-761-7225
Asst. Annual Dinner Chair	Dawn Hamilton	dawnlh333@yahoo.com	845-926-6208 (cell)
Winter Weekend	Art Zimmerman	artzim@msn.com	516-432-1205
<i>The Canister</i> , Editor	Darielle Graham	jbgraham@optonline.net	914-864-2692
Peripatetic Porcupine	Ralph Ferrusi		845-227-6217



the catskill canister

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BACKPACKING THE NORTHVILLE-PLACID TRAIL

An Excerpt By Pete Ricci (#475)

It's the middle of August and I'm at the northern terminus of the Northville-Placid Trail ready to embark on a 10-day 120-mile backpack. It's a warm day, but the coolness of the forest canopy tenderly embraces. After a while, stresses seep from my body, deep breaths slow to soft puffs, my legs fall into rhythmic, powerful strides and my mind, free from nagging thoughts, wanders.

Running through the heart of the Adirondack wilderness, an area unblemished from society's progression, the Northville-Placid trail meanders southwesterly through the valley between the High Peaks, then parallels the Cold River until it reaches the former ranger station at Shattuck Clearing. From here, the trail heads towards Long Lake and follows the eastern shore to Route 28, coursing southerly to the Blue Mountain area where it skirts the west shore of Tirrell Pond. Crossing Route 30, the trail traverses a high plateau dotted with lakes, before gently descending to the Northville region.

The Chubb River keeps me company, meandering in and out of sight as if it were playing a game of hide and seek. Each time the river swings back in, it treats me to a panorama of the Sawtooth Range. Soon I reach the Wanika Falls Lean-to and prepare to stay the night. Ambitious hikers can bushwhack to Street and Nye mountains, but, as the sun starts to ebb, I lie back munching the last of my dinner, mesmerized by the falls.

Next day I cross the Chubb River for the last time and hike through pines and hardwoods so thick that even the brightest sliver of sunlight can't penetrate. The dark tunnel devoid of sound makes for an eerie stroll. No birds, insects or fluttering of a leaf. The air seems to take on weight, suppressing the pace I'm trying to increase. An adage comes to mind: "On a section of trail you don't like, keep going for the trail will change." Finally, after what seems an infinite time, I break out into more cheerful surroundings and my spirits revive.

Continuing on the trail after a break at Moose Pond Lean-to, I arrive at Duck Hole, probably one of the most beautiful areas in the Adirondacks. A jewel nestled between the High Peaks and the Seward Mountains, this small mountain pond with two lean-tos and a beach looks like a landscape painting. Even though Duck Hole is a dozen miles from the nearest trailhead, the attraction of this oasis is too great for any outdoor enthusiast to pass up. My only regret is I won't be staying the night. Leaving Duck Hole, the trail becomes a well-graded footpath and, in some areas, follows old tote roads. Soon it parallels the Cold River which will accompany me for the next few days.

A 17-mile day brings me to one of the picturesque Cold River Lean-tos. Upstream, a chaotic mass of huge boulders and rocks huddle together, their unusually high perch an indication that rain is needed to bring the stream back to its usual level. Up towards the long ridgeline of the Santanoni massif, leaves hint of a change in the weather. Later, the night cold lets me know that winter is just around the corner. Above, in an ink-black void, a strobe of bright stars gently pulsates.

Cont'd on Page 3

THE CATSKILL CANISTER**President**

Geoffrey T. Hoderath
186 Whitehall Road
Albany, NY 12209
(518) 459-4758

Editor

Martin Cohen
169 Pershing Avenue
Ridgewood, NJ 07450
(201) 670-8383

Associate Editor

Michael E. Doehring
7 Cloverdale Avenue
White Plains, NY 10603
(914) 761-7225

Membership

David White
28 Mulberry Street
Clinton, NY 13323
(315) 853-6942

Subscriptions/Aspirants

Judith M. Weiner
755 Anderson Avenue, #4J
Cliffside Park, NJ 07010
(201) 840-7078

Outings

Edward Ripley-Duggan
23 Mill Road
Olivebridge, NY 12461
(845) 657-7057

Peripatetic Porcupine

Ralph Ferrusi
34 Kim Lane
Stormville, NY 12582
(845) 227-6217

The Catskill Canister is published four times yearly by the Catskill 3500 Club, Inc., for \$10.00 a year. Articles on hiking or travel experiences, essays or poetry, should be sent to Martin Cohen, 169 Pershing Avenue, Ridgewood, NJ 07450.

IN THIS ISSUE:

Poem	3
Hike Schedule	4
Hudson River Ramble	6
Lark In The Park	6
New Members	8
Poem	8

PRESIDENT'S CORNER

Many years ago, my Father brought me into the Catskills to climb and experience their beauty. Among other things, he taught me of the great hemlock forests that once blanketed the Catskills and prompted Hendrick Hudson to call them the Blew Mountains. This summer, I traveled to Glacier National Park and saw something of the sort. We hiked to a spot called Avalanche Lake through a mature forest of hemlock and cedar. That forest offered the same quiet peace that I always associate with climbing in the Big Cats.

As we hiked, the thought occurred to me: perhaps, just perhaps, the great-grandchildren of our newest members might live to experience something like that in the Catskills, as the returning hemlock spread and mature. To make that anything more than just a vague possibility, organizations like the Catskill 3500 Club must keep watch over the region we treasure. Our vigilance must apply not just to the high peaks that give us our name, but also to the region as an integrated environment. To that end, the 3500 Club has long been actively involved with environmental issues and other like-minded organizations.

That work is ongoing and takes many forms. The Club's conservation efforts include advocacy in proceedings before State agencies, participation with other organizations such as the NY/NJ Trail Conference, and even trail maintenance. These activities share one common element: they all benefit from member participation. When you see such activities listed in *The Canister*, take advantage of the opportunity and contribute to the Club's growing role in protecting the Catskills.

Geoffrey T. Hoderath (#657/239W).

IN MEMORIAM

Alton P. Dieffenbach (#244, #100W) passed away on April 16, 2005 at the age of 86. A member of the Catskill 3500 Club since 1976, Alton hiked and biked around the world and visited the Arctic Circle. He was also an avid gardener. Alton is survived by his wife, Faye. They were married for 61 years and lived in Cromwell, Connecticut. Faye said Alton had done all the things in life he wanted to do.

I awake to a clear day with a frigid snap – the early winter I'd surmised is nearby. Moisture-laden air condenses to flaky milk crystals coating mountains and trees. Against the cold blue sky, a world frozen in time glistens. As the temperature moderates, the woods remove their white coat and bask in the sunshine. Because of the 1950 hurricane damage and cleanup, this section of trail is more open than usual and I have a rare view of the Swards and Santanoni Mountains. Abandoned lumber camps and ranger stations and rusted relics of their modern-day lumber tools invite the curious to journey back in time.

I continue across pine forest, the trail softened by a thick bed of pine needles. I indulge myself taking off my boots for an hour. Farther south I enter the Long Lake region and soon come upon Kelly's Point Lean-to situated on a grassy knoll along the shore of the lake. Whitecaps scurry across the lake, prodded by a blustery wind. By mid-afternoon, I arrive at the last shelter, Catlin Bay Lean-to, where I decide to call it a day. Cool temperatures keep the bugs at bay and produce another starry night. Waves lapping the shore serenade me to sleep.

Next day I cross the first major road, Route 28 North, then enter the woods on a promenade of boardwalk, one quarter mile in length, to get me over a wet section. This easy walking soothes and I drift to faraway places until my respiration increases, telling me something is different. Blue Ridge is the high point of the trail and also the reason for the deeper breathing. Although the ridge is only 3,000 feet, a little effort is needed to ascend. A sinuous stroll along the top, followed by a descent on a woods road, brings me to the Blue Mountain Lake area. I spend the night at Tirrell Pond. Next day I reach Route 30 and hike the 2.5 miles to Blue Mountain Village. After spending days on the trail, it is a shock to come out to a highway and have a car bearing down on me at 60 miles an hour. Next morning, I walk back along the road to the trail and end the day at Stephens Lean-to. As I enjoy a steak dinner, loons sing a haunting melody.

In the morning a layer of fog hovers above the water and dawning rays of sunlight shine through. Tiny water droplets sparkle, a fiery glow, as if a fire-breathing dragon had exhaled gold breaths which intensify as the sun moves towards its apex and fade as the air heats. A few miles brings me to Cedar River Road and the start of a 7-mile road walk leading to Wakely Dam where people come to canoe down the Cedar River Flow. The dam area would be a good lunch spot, but with all the people and screaming kids, I decide against it and head to the Moose River Recreation Area which encompasses the west shore of the Cedar River Flow. Carry Lean-to, located at the outlet of the flow, is my home for the night. In front of the lean-to, the shallow outlet meanders back and forth like a snake slithering in high grass. The clear water reveals a smooth, sandy bottom that invites me to submerge my hot, trail-weary feet.

I LOVE THE HILLS

I love the hills, so very high,
 As though they touch the blue of sky
 The way they climb from valleys low
 and look down on our world below,
 So patient in the glowing sun,
 Magnificent when day is done,
 I love the hills and all their charms -
 The trees that nestle in their arms,
 As shadows fall across the way,
 As dawn breaks through at close of day,
 Where Nature smiles and quiet lives,
 Such beauties real the hilltop gives.

I love to climb the highest peak
 To find the joys I fondly seek,
 As far and wide my eyes would roam -
 a time to dream when I'm alone.
 God seems to smile from high above
 To send us peace and treasured love.
 In Winter's snow - in April rain -
 'Tis fun to walk the hills again,
 As Summer send its warmth and sun
 Or Autumn moments softly come.
 A time of joy that life fulfills,
 My heart finds peace - I love the hills.

CATSKILL 3500 CLUB HIKES: OCTOBER - DECEMBER 2005

Assumed Risk: *Hiking involves certain inherent risks and persons participating do so at their own risk. As cold weather approaches (the Club's official winter season begins on December 21), hike participants should avoid cotton clothing, as it retains dampness and the resulting chill can result in hypothermia. Instead, wear (or have available in your pack) garments of wool or fleece. Silk or polypropylene make fine base layers, as they keep the wearer warm even when wet. Hat, gloves and a headlamp (or flashlight) should be part of the standard winter kit. Ice and snow can come early and unexpectedly to these peaks. Snowshoes and crampons should be carried to the trailhead, although these need not be taken on the hike unless the leader deems they are warranted. For early season ice conditions instep crampons are often adequate, but in winter full crampons are requisite. Anyone not properly equipped may be refused permission to participate, at the leader's absolute discretion.*

Sat., Oct 1 **Ellenville Ice Cave & Badlands Scramble.** Distance: 8-10 mi. Ascent: 1500'

We'll hike through the "refrigerator" and explore the rugged beauty of Ellenville's Badlands and an ice cave or two. Some off-trail scrambling. A rare opportunity to explore the badlands, home to one of the globally rare dwarf pine communities. Long pants and a flashlight required.

Meeting Place/Time: Call leader to register by Thurs., Sept. 29.

Leader Jerry Licht (#), 516-797-5729 (before 9:00 p.m.)

Sat., Oct 1 **WITTENBERG & CORNELL** Distance: 9 mi. Ascent: 3100'
Elev.: 3780', 3860' Order: 14, 9

A steady, moderately-paced trail hike. Heavy rain cancels.

Meeting Place/Time: Call leader to register between Sept. 26-29.

Leader: Carol Nestor (#1,325), 914-683-3858 (no calls after 9:00 p.m.)

Sun., Oct. 2 **NORTH DOME & SHERRILL** Distance: 7 mi. Ascent: 2900'
Elev: 3610', 3540' Order: 26, 31

A strenuous trail hike and bushwhack at a moderate pace. Cross-listed with ADK-Ramapo.

Meeting Place/Time: Contact leader to register between Sep 25-30.

Leader: George Preoteasa (#1,478), 201-569-0244; gvp@ms.com.

Sun., Oct 2. **Frick Pond - Quick Lake Trails, S.W. Catskills** Distance: 8-12 mi. Ascent: Dependent upon Length
Elev.: 2200'-2800'

A moderately-paced hike on as many blazed and snowmobile trails as time and conditions permit in this rarely-visited area. Heavy or steady rain cancels.

Meeting Place/Time: Call or email leader for details and for NYC carpooling by Sept. 30.

Leader: Richard Barr (#604), 212-877-2694; richardedbarr@aol.com

Sat., Oct 8 **KAATERSKILL HIGH PEAK** Distance: 8 mi. Ascent: 1730'
Elev.: 3651' Order: 22

A moderately-paced trail hike and bushwhack. Rain cancels.

Meeting Place/Time: Call/email leader to register between Oct 3-7.

Leader: .Jim Malumphy (#890), 860-355-5573 (no calls after 8:00 p.m.); lump63@hotmail.com

Sun., Oct 9 **THOMAS COLE, BLACK DOME, BLACKHEAD & WINDHAM HIGH PEAK** Distance: 13 mi. Ascent: 4080'
Elev.: 3940', 3980', 3940', 3524'
Order: 3, 4, 5, 34

A moderately-paced through hike on trail at the peak of fall foliage. Many views. Shuttle required.

Meeting Place/Time: Call leader to register.

Leader: Ken Hubert (#1,351), 718-463-5675 (after 3:00 p.m., Mon.-Thurs.); 518-827-7327 (Fri. & Sat.); hikeleader3500@att.net

Sat., Oct 15 **TABLE & PEEKAMOOSE**Distance: 9 mi. Ascent: 2620'
Elev.: 3843', 3847' Order: 11, 10

A moderately-paced trail hike. Shuttle required. Inclement weather cancels.

Meeting Place/Time: Call leader to register.

Leader: Harry Rampe (#877), 845-292-6736 (after 5:00 p.m.)

Sat.-Sun., Oct. 15-16 **Devil's Path Backpack**Distance: 24 mi. Ascent: 6000'
Elev.: 3573', 3800', 3640', 3840', 3880'
Order: 30, 13, 23, 12, 6

We will backpack the entire length of the Devil's Path in two days, spending one night out. We'll climb five peaks - Indian Head, Sugarloaf, Twin, Plateau and Westkill - and cover 24 miles with lots of vertical gain and loss.

Meeting Place/Time: Call leader to register by Mon., Oct. 10.

Leader: Jerry Licht (#1,423), 516-797-5729 (before 9:00 p.m.)

Sun. Oct 16 **INDIAN HEAD**Distance: 7 mi. Ascent: 1573'
Elev. 3573' Order: 29

A moderately-paced trail hike. Heavy rain cancels.

Meeting Place/Time. Call or email leader to register between Oct. 10 -14.

Leader: Manuel A. Peraza (#1,373), 718-698-4422 (7:00 p.m. - 9:00 p.m.); mapcolus1@att.net

Sat., Oct 22 **TABLE & PEEKAMOOSE:**Distance: 9 mi. Ascent: 2620'
Elev.: 3843', 3847' Order: 11, 10**Trail Maintenance**

We will be maintaining the trail from the Table side. Included is Table Mountain Lean-to maintenance. Please bring gloves and any of the following tools - lopper, saw, hand clippers or hoe.

Meeting Place/Time: Denning trailhead at 9:15 a.m.

Leaders: Elie Bijou (#1,492), 718-377-2990;

Manuel Peraza (#1,373), 718-698-4422 (7:00 p.m. - 9:00 p.m.); mapcolus1@att.net

Sun., Oct 23 **Route 214 Litter Day**

The Catskill 3500 Club maintains a 2-mile section of Route 214. Please bring gloves and litter bags. Safety vests will be provided.

Meeting Place/Time: Stony Clove Notch parking area (Hunter) at 10:00 a.m.

Leader: Elie Bijou (#1,492), 718-377-2990

Sat., Oct. 29 **SLIDE**Distance: 8 mi. Ascent: 1780'
Elev.: 4180' Order: 1

A moderately-paced trail hike. Rain cancels.

Meeting Place/Time: Call/email leader to register between Oct 24-28.

Leader: Jim Malumphy (#890), 860-355-5573 (no calls after 8:00 p.m.); lump63@hotmail.com

Sat., Oct 29 **FIR & BIG INDIAN**Distance: 10 mi. Ascent: 2500'
Elev.: 3620', 3700' Order: 25, 19

A moderately-paced hike. Steady rain cancels.

Meeting Place/Time: Contact leader to register.

Leader: Suzanne Knabe (#1,326), 718-435-4943; suzkn@msn.com.

Sun., Oct. 30 **VLY & BEARPEN**Distance: 7 mi. Ascent: 2200'
Elev.: 3520', 3600' Order: 33, 29

A moderately-paced trail hike and bushwhack. Dogs welcome. Carpool required. Heavy rain cancels.

Meeting Place/Time: Call or email leader to register between Oct. 24-28.

Leader: Danielle Besso (#1,496), 607-724-5523 (6:00 p.m. - 9:00 p.m.); dbesso@stny.rr.com

Sat. Nov 5 **PANTHER**Distance: 7 mi. Ascent: 1545'
Elev.: 3720' Order: 18

A moderately-paced trail hike. Inclement weather cancels.

Meeting Place/Time: Call leader to register.

Leader: Harry Rampe (#877), 845-292-6736 (after 5:00 p.m.)

Sat., Nov 5 **WINDHAM HIGH PEAK**Distance: 7 mi. Ascent: 1800'
Elev.: 3524' Order: 34

A moderately-paced trail hike. Shuttle required. Heavy rain cancels.

Meeting Place/Time: Call leader to register between Oct 31-Nov. 3.

Leader: Peggy Wissler (#1,499), 914-260-7506

Sun., Nov 6 **DOUBLETOP**Distance: 5 mi. Ascent: 1860'
Elev.: 3862' Order: 8

A moderately-paced, strenuous bushwhack and trail hike. Heavy rain cancels.

Meeting Place/Time: Call or email leader to register.

Leader: Laurie Moore (1,337), 607-538-9484 (7:00 p.m. - 9:00 p.m.); lau090@dmcom.net

Sat., Nov 12 **WESTKILL**Distance: 8 mi. Ascent: 2400'
Elev.: 3880' Order: 6

A moderately-paced bushwhack. We will spot cars for a through hike if participants are willing. Heavy precipitation cancels.

Meeting Place/Time: Call or email leader to register by Nov. 11.

Leader: Dawn Hamilton (#1,359), 845-926-6208; DawnLH333@yahoo.com

Sun., Nov. 13 **SOUTH WEST HUNTER**Distance: 6 mi. Ascent: 1600'
Elev.: 3740' Order: 15

An easy to moderately-paced trail hike. Heavy precipitation cancels.

Meeting Place/Time: Call or email leader to register between Nov. 8-12.

Leader: Elie Bijou (#1,492), 718-377-2990; adirondacks@verizon.net (no calls/emails Sat. after 6:00 p.m.)

HUNTING SEASON: NOV. 19-DEC. 11, 2005. NO HIKES SCHEDULED IN THE CATSKILLSSat., Nov. 19 **South Mount Beacon**Distance: 4 mi. Ascent: circa 1000'
Elev.: 1635'

A moderately-paced trail hike and slight bushwhack in the Hudson Highlands. Bow hunting only area. Heavy precipitation and/or bad driving conditions cancels.

Meeting Place/Time: Call or, preferably, email leader to register between Nov. 14-18.

Leader: Roman Benke (#1,216), 35er@myrealbox.com; 718-347-3534 (7:00 p.m. - 9:00 p.m. only)

Sat. Nov 26. **Long Path North, Section 27:**
Gilboa to Blenheim

Distance: 10 mi. Ascent: 1100'

A hike through state park and New York Power Authority (bow hunting only) lands, passing along Schoharie Creek Gorge, Mine Kill Falls and the State Power Authority Visitors' Center. A good chance to start out with (or add to) your "Long Path Northern Excursion" embroidered patch.

Meeting Place/Time: Call or email leader for details.

Leader: Ken Hubert (#1,351), 718-463-5675 (after 3:00 p.m. Mon.-Tues.); 518-827-7327 (Wed.-Sat.); hikeleader3500@att.net

Sat., Dec 17 **HUNTER**Distance: 7 mi. Ascent: 1940'
Elev.: 4040' Order: 2

A moderately-paced trail hike. Shuttle required. Inclement weather cancels.

Meeting Place/Time: Call leader to register.

Leader: Harry Rampe (#877), 845-292-6736 (after 5:00 p.m.).

Sun., Dec. 18 **THOMAS COLE & BLACK DOME**

Distance: 6.5 mi. Ascent: 2080'
Elev. 3940', 3980' Order: 3, 5

A moderately-paced trail hike. Heavy rain cancels.

Meeting Place/Time. Call or email leader to register between Dec. 12-16.

Leader: Manuel A. Peraza (#1,373), 718-698-4422 (7:00 p.m. - 9:00 p.m.); mapcolus1@att.net

Sat., Dec. 24 **PLATEAU & SUGARLOAF**

Distance: 5.5 mi. Ascent: 2500'
Elev: 3840', 3800' Order: 12, 13

A moderately-paced trail hike. Carpooling may be required. Precipitation may cancel.

Meeting Place/Time: Call or, preferably, email leader to register between Dec. 17-23.

Leader: Tom Rankin (#1,503), trankin@hvc.rr.com; 845-926-6209

Mon., Dec 26 **RUSK**

Distance: 4 mi. Ascent: 1700'
Elev.: 3680' Order: 21

A moderately-paced bushwhack. Full winter gear required. Heavy precipitation and/or poor driving conditions cancels.

Meeting Place/Time: Call or email leader to register between Dec. 23-25.

Leader: Margaret Freifeld (#929), 914-666-0710 (no calls after 9:30 p.m.); mcfreifeld@yahoo.com

Sat., Dec. 31. **FRIDAY & BALSAM CAP**

Distance: 7 mi. Ascent: 2200'
Elev.: 3694', 3623' Order: 20, 24

A moderately-paced bushwhack. Precipitation will cancel.

Meeting Place/Time: Call leader for details.

Leader: Edward Ripley-Duggan (#1,389), 845-657-7057; erd@wilsey.net

THE SIXTH ANNUAL HUDSON RIVER RAMBLE

The Sixth Annual Hudson River Ramble will be held September 17-18 and 24-25, 2005. The 3500 Club will be offering hikes as part of the program, a total of four in all, as follows:

Sat., Sept. 17, 2005: Fir and Big Indian bushwhack led by Harry Rampe.

Sun., Sept. 18, 2005: Devil's Path over Westkill led by Dave and Carol White.

Sat., Sept. 24, 2005: Balsam Lake Mountain fire tower led by Laurie Moore.

Sun., Sept. 25, 2005: Hunter Mountain fire tower led by Bob Ricketson.

For more information please visit the Ramble website at <http://www.hudsonvalleyramble.com> where a full list of the trips (including details of those run by the 3500 Club listed here) may be found. A copy of the printed program can be obtained by calling 800-453-6665.

2ND ANNUAL LARK IN THE PARK: OCTOBER 1-10, 2005 100 CATSKILL ADVENTURES

The Lark in the Park, a series of outdoor events, was held last year as part of the Catskill Park Centennial celebration. It was such a huge success that the NYSDEC is planning to make it an annual event. The 3500 Club, which participated last year, will be offering four trips this year:

Huckleberry Point led by Diana Edelman, 845-679-2182.

Indian Head led by Manuel Peraza, 718-698-4422.

Van Wyck, Table and Peekamoose led by Harry Rampe, 845-292-6736.

Dry Brook Ridge Trail led by Edward Ripley-Duggan, 845-657-7057.

Please contact the hike leaders for hike details (time, meeting place, etc.). Contact the DEC website at www.dec.state.ny.us for the dates and details of other events and to obtain a free guide.

ANNOUNCEMENT

Martin Cohen (#728) has taken over from Darielle Graham as the Editor of the *Catskill Canister*. All submissions for the *Canister* should be sent to Marty at 169 Pershing Avenue, Ridgewood, NJ 07450.

NEW MEMBERS

<u>No.</u>	<u>Name</u>	<u>Date Finished</u>
1573	Kristin Schafer	04/10/05
1574	Ronnie Cusmano	05/07/05
1575	Stephen M Mamich	05/28/05
1576	Norman Kuchar	06/04/05
1577	Daniel Baxter	06/15/05
1578	Keith D Martin	06/11/05
1579	Nancy France	06/19/05
1580	Howard A France Jr.	06/19/05
1581	Chester Schramm	06/21/05
1582	Aaron Schoenberg	06/23/05
1583	Sharlene Martin	07/23/05
1584	William Leitch	08/07/05
1585	Maira Colangelo	08/22/05
1586	Patrick Colangelo	08/22/05
1587	Benjamin Weisberg	06/14/05

NEW WINTER MEMBER

626	Dale Fox	03/13/05
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NEW LIFETIME MEMBERS

Susan Kirk (Aspirant)
Marilyn Russell (#713)

The Spring and the Fall

In the spring of the year, in the spring of the year,
I walked the road beside my dear.
The trees were black where the bark was wet.
I see them yet, in the spring of the year.
He broke me a bough of the blossoming peach
That was out of the way and hard to reach.

In the fall of the year, in the fall of the year,
I walked the road beside my dear.
The rooks went up with a raucous trill.
I hear them still, in the fall of the year.
He laughed at all I dared to praise,
and broke my heart, in little ways.

Year be springing or year be falling,
The bark will drip and the birds be calling.
There's much that's fine to see and hear
In the spring of a year, in the fall of a year.
'Tis not love's going hurts my days,
but that it went in little ways.

Edna St. Vincent Millay
