



the catskill canister

July –September 2013

Volume 46 Number 3

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Hiking with Children:
Inspire to Love, Teach to Respect

A World Reopened

By Ronnie Cusmano

Trail Mix

A Blend of News and Notes from the Club

What a great group of volunteers for lean-to maintenance work this spring! Helping out at the Bouton Shelter were Brian Sikora, Jeff Fritzinger, Barbara Beatrice, Andy Gerber, and Tom Rankin.

Work included routine maintenance and staining the privy. Helping out at the John Robb lean-to were Jeffrey Fritzinger, Barbara Beatrice, Terri Baker, Scott Baker, Mike Young, Connie Sciutto, Helene Weissman, Laura Smith, and Tom Rankin. Routine maintenance and working to camouflage the old lean-to site to deter campers from using this illegal site was done as well. Just to let everyone know, there are plenty of legal overflow campsites on the lean-to side of the trail. Many thanks to all of the volunteers who turned out – many hands make light work and a fun day was had by all for both work days that included great views and two summits each day!

A newly trained crop of hike leaders have joined the ranks! Another Wilderness First Aid training took place in late April, and several new leaders have scheduled their inaugural hikes. Interested in becoming a hike leader? Contact our Outings chair, Manuel Peraza.

Here are some guidelines to get you started:

To lead hikes for the Catskill 3500 Club, you should be a member (or aspirant) in

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Ronnie Cusmano (# 1574) is the father of two extraordinary boy hiking machines. Arlo (# 1874) completed his first round of 3500 peaks at 7 years 144 days and Jaco, now 5 years 8 months, has just 8 peaks remaining to complete his first round. Ronnie credits his ability to inspire his kids to hike with him by being able to see the backcountry world through their eyes. Says Ronnie "They are inspiration. My outdoor experiences are transformed in real time by their gift of innocence, discovery and wonder. Their reactions, their words and their expressions say it all. They bring vibrant new life to mundane trampings. Just imagine, at my age, being able to rediscover the world again as if seeing it all for the first time!"

Ronnie: I have worn out many boots, sealed many tents, climbed hundreds of mountains, skied many a wily slope in my time here on this Big Blue Ball. Suffice it to say, I am seasoned and whether I like it or not, somewhat jaded to the point where I did routinely ask myself the following questions in earnest. Do you remember the first time you hiked to a mountain top? Your first trailless peak or challenging scramble? When was the last time you felt that sense of exploration, the sense that the world is opening up before your very eyes? After the lists of firsts have exceeded the expiration date, what's next?

What's next you ask? "Ronnie! I'm pregnant!" When my head ceased swirling and I picked myself up off the floor the next thing I said was one of the most truthful and telling statements I have ever had the pleasure to not apply any forethought to. "Does that mean I can't go hiking anymore!?" In my own selfish way, I was not ready to hang up my boots, poles, packs, skis or anything having to do with the outdoors. If I am to be in the woods, wearing soles thin, then so will my kids.

Into the kid carrier Arlo went. As often as possible and enough to imprint the normalcy of being on top of rocks and dirt, under trees and on top of high, far off places. It didn't take long, for at the tender age of 2, Arlo demanded to be set down so he could hike too! At the age of three the directive came forth, you are now to walk, I shall not be carrying you, don't

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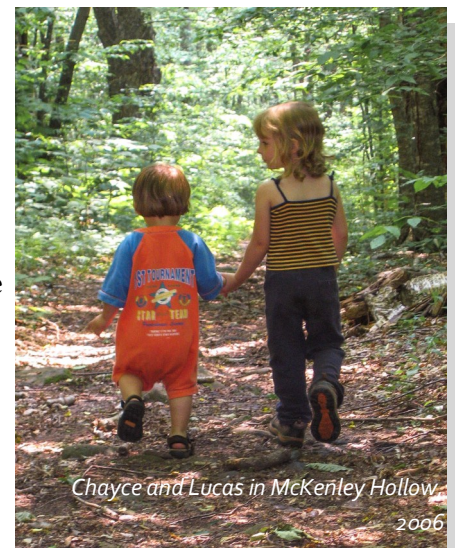


Photo by Connie Sciutto

The Catskill Canister**President**

Tom Rankin

president@catskill-3500-club.org**Editor**

Heather Rolland

editor@catskill-3500-club.org**Associate Editor**

Michael E. Doehring

clover7med@aol.com

7 Cloverdale Ave. White Plains, NY 10603

(914) 761-7225

Photo Editor

Katie Anello

photosubmissions@catskill-3500-club.org**Membership**

David White

members@catskill-3500-club.org

28 Mulberry St. Clinton, NY 13323

(315) 853-1070

Subscriptions/Aspirants

Terri Maxymillian

aspirants@catskill-3500-club.org

PO Box 374 Marcy, NY 13403

(315) 939-4307(m)

Outings

Manuel A. Peraza

outings@catskill-3500-club.org

23 Kathy Pl., #2B Staten Island, NY 10314

(718) 698-4422

Peripatetic Porcupine

Ralph Ferrusi

rjferrusi@frontiernet.net

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

Having been elected President at the annual dinner in April, I come to this position with some positives and negatives in my mind. One negative is that I am decidedly NOT a politician or a diplomat. I hate bureaucracy, and get impatient with red tape, and certain farm animal droppings. Maybe that's not all bad. On the positive side, I have been president of other small organizations (e.g. the Mid-Hudson Astronomical Association), and done a decent job. I am glad to be 'presiding' (that's the way I view 'President' - one who presides, not commands) over this particular group of people, that remains largely intact after several years. I welcome Connie as 2nd V.P. and look forward to working with her and the rest of the board.



Speaking of working, if you have noticed, over the last few years, I have lead hikes, helped fix trails and lean-tos, picked up litter, helped out at fire towers, maintained the web page, and more. And I intend to continue to lead by example. I hope you all will take some time out of your busy lives to give back a little as well. Lead a hike, maintain a trail, serve on a committee, give money, whatever you are best at. And it does not have to be our club. There are many other groups that are active in the region (see the January newsletter), and you can join them as well. We are trying to work with these organizations as best we can, and the more members we have in common, the better.

Back to the dinner, we had a record turn-out to go along with a record number of finishers. While this is generally a good thing, we are having some growing pains. We may need to find a larger venue in the future, but on the other hand, the management and staff at Hilltop have been very good to us. Increased membership also puts a heavier burden on our volunteers, such as the aspirant chair, the membership chair, the hike leaders, the canister maintainer, and the dinner committee. Last I checked, they were all still smiling! The increased impact on the environment is also an issue we are struggling with.

If you have any suggestions for making this a better club, please do not hesitate to contact me.

*Yes, I stole the title for my column from a popular hiking web page, <http://vftt.org>, but I got permission! ☘

Conservation Corner—***A Note from our Conservation Chair, Carol White***

The Department of Environmental Conservation announced a public comment period through July 24, 2013 on the Supplemental Draft Environmental Impact Statement (SDEIS) regarding the proposed Belleayre Resort. Send comments by e-mail, phone call, or letter to:

Daniel T. Whitehead, NYSDEC Region 3 Headquarters

21 South Putt Corners Road, New Paltz, NY 12561

belleayre@gw.dec.state.ny.us

(845)256-3801

Comment on any aspects of environmental and community impact: Storm water runoff and resultant flooding caused by impervious surfaces, which can breach flood control systems; forest erosion with diminished absorptive capacity of soils and vegetation in an era of greater storms and flooding; air and noise pollution; traffic congestion; greater demand on town services and infrastructure;

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even bother asking! Within three months of Jaco's birth he was visiting high places on my back and similarly demanded to be put down to hike. And when he turned 3, the same directive was issued. We have not stopped hiking since.

What happened next was totally unexpected and exactly what I needed.

Arlo: Crossing a huge bridge now, I stood for a moment taking in the sound and feel of the running water. I wanted to stay there all day but a voice in my head was pulling me forward along the path. I paused again and again at all the little stream crossings. Look, the movement of the water around the stones and how it sweeps the leaves along. I lingered, touching the currents with my poles, then my hands, feeling the coolness. My ear close to the surface, I listened again to the world around me. Looking deep into the small pools forming in the tiny crooks and cranies, I see these tiny little bugs flitting across the surface of the gently rippling water. I am so happy to be sitting here, sharing this moment with the tiny winged ones. I want to pick them up, but a voice reminds me to respect all living things. I am compelled to move onward.

I find this special rock with its backdrop of trees forming the perfect stage. I am happy to accept the invitation to climb on top of this really big rock to get a better view. The wind blows through my hair. It smells really good here. The world around me is vibrant and inviting.

Spider webs, shimmering in the sunlight catch my eye. I reach out, it barely feels like anything. It feels funny on my cheeks. I laugh. I even manage a small shriek of joy as I catch the movement of some birds nearby dancing from branch to branch. I don't know how this happened, but all of a sudden, the trees are gone and all I see is blue sky. Lots of blue sky. I see this really, really big rock in front of me with tiny people all over it. I can't believe how big this rock is. I am not tired anymore and I run as fast as I can. I manage to get to the tippy top of this really big rock.

I thought that from here it must be really easy to touch the sky. I raise my arms up over my head and start jumping up and down, laughing and trying to touch the sky. I don't feel anything above me so I think I probably touched the sky at least three or four times. I see all these pokey and spiky designs really far away in every direction. I sit down to drink some water and to share a good conversation with my best friends. The sun is so bright. The sky is really blue. The wind is strong.

And with new eyes open to this New Big Blue Ball, we keep hiking. Thank You Arlo! Thank You Jaco!

Ronnie Cusmano #1574 ☘



Trail Mix Continued from page 1

good standing with the club, at least 18 years of age. If you have not finished membership requirements, discuss your qualifications with the Outings Chair. For example, if you are currently an AMC hike leader, and have climbed some of the peaks in the Catskills, this may be sufficient. Those who wish to lead hikes in the Winter must either be Winter 35 finishers, or have significant Winter climbing experience, including the use of snowshoes, crampons, etc.

There is no formal application process, but you should contact the Outings Chair either by email or phone, and state your willingness to lead hikes, and briefly outline your qualifications. References are welcome. The Outings Chair will make the final determination to accept or reject your application.

The most important qualification is that you are safety conscious. Also, you must have been to the peak before in conditions similar those you expect for the upcoming hike. There have been instances outside the club of 'peakbaggers' eager to summit and leaving others behind. Group separation can quickly lead to bigger problems.

Thanks to the Volunteers!

**Peekamoose/Table Trail Maintenance Volunteers: April 20, 2013
(in no particular order)**

Stu Futterleib, Louise Perkins, Jeff Glans, Marguerite Munch-Weber, Mike Dwyer, Ellen Dwyer, George Preoteasa, John Connor, John Slechta, Andy Gerber, Connie Duquette, Laurie Rankin, Tom Rankin
Chris Zaleski, Steve Emanuel
Special Thanks to Rick Taylor for Leading the Table Mountain crew

Adopt-A-Highway Rte. 214 Clean-up Volunteers: May 18, 2013

Connie Duquette, Mike Dwyer, Ellen Dwyer, Andy Gerber, George Preoteasa, Renee Gerber, Geoffrey T. Hoderath, Manuel Perez, David White, Jean Taylor

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James, by Ed Moran

Rambles and Brambles: Hike Schedule July—September 2013

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

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

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

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

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

Sat., July 6 - WINDHAM H.P.

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

Leisurely paced trail hike along the Escarpment Trail.

Registration Period: By 7/4

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

Sun., July 7 - BALSAM & EAGLE

Distance: 8.5 mi. Ascent: 2700' Elev: 3600', 3600'

Relaxed-pace trail hike from McKenley Hollow PA.

Registration Period: 6/29 - 7/5

Leader: Hans Schick #1853, W759;

Hans.W.Schick@gmail.com (845) 896-6454 (7 to 10PM)

Sat., July 13 -BLACKHEAD, BLACKDOME & THOMAS COLE

Distance: 7 miles; Ascent: 2850' Elev: 3940', 3980', 3940'

Strenuous trail hike at a moderate pace.

Registration Period: Please contact leader to register. Short shuttle.

Leader: Tonda Highley #1944,

highleyt@newpaltz.edu, 914-475-9536 (C)

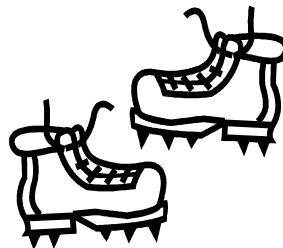
Sun., July 14 - RUSK

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

Easy to moderately paced bushwhack.

Registration Period: 6/30 - 7/11

Leader: Ryan Sloan, ryan.sloan@bbh.com, 201-956-0371



Sun. July 14 -WITTENBERG, CORNELL & SLIDE

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

Moderately paced hike. Rain cancels.

Registration Period: 7/8 - 7/12

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

Sat., July 20 - FRIDAY & BALSAM CAP

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

Moderately paced hike and very strenuous bushwhack to two more difficult peaks. Well behaved dogs welcome

Registration Period: 7/15 - 7/19

Leader: Bill Winterbottom #1904, billw@usdsoftware.com

Sun., July 21 - FIR & BIG INDIAN

Distance: 10 mi. Ascent: 2400' Elev: 3629', 3700'

Moderately paced hike and very strenuous bushwhack.

Well behaved dogs welcome.

Registration Period: 7/15 - 7/19

Leader: Erica Gelb #1903, ericag@usdsoftware.com

Sat., July 27 - KAATERSKILL HP

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

Moderately paced trail hike/bushwhack to the summit & Hurricane Ledge.

Registration Period: 7/18 - 7/25

Leader: Paul Pilmanis #2002, ppilmanis@yahoo.com, 973-979-5044

Sun., Jul. 28th - NORTH DOME & SHERRILL

Distance: 6.5 mi. Ascent: 2500' Elev. 3540', 3610'

Moderately paced bushwhack. Short car shuttle required.

Well behaved dogs welcome.

Registration Period: 7/14 - 7/25

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

Sun., Aug. 4 - WITTENBERG & CORNELL

Distance: 9.4 mi. Ascent: 2600' Elev: 3780', 3860'

A trailed hike to two summits and some of the best views in the Catskills.

Registration Period: Contact leaders to register

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

Sun., Aug. 11- DOUBLETOP

Distance: 6 mi. Ascent: 1900' Elev. 3860'

Moderately paced trail hike and bushwhack from Seager.

Registration Period: 7/29 - 8/10

Leaders: Eric Hazard & LaNita Hazard # 2132, 2133; ehazard@yahoo.com

Sun., Aug. 11 - HUNTER & SW HUNTER

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

Moderately paced trail hike and bushwhack.

Registration: 7/28 - 8/8

Leader: Ryan Sloan, ryan.sloan@bbh.com, 201-956-0371

Sat., Aug. 17 - INDIAN HEAD & TWIN

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Distance: 7 mi. Ascent: 2400 Elev: 3573', 3643'

Moderate to difficult with rock scrambles. Great views. Short shuttle.

Registration Period: Please contact leader to register.

Leader: Tonda Highley #1944, highleyt@newpaltz.edu, 914-475-9536 (C)

Sat., Aug. 17 – WESTKILL MT.

Distance: 6.5 mi. Ascent: 2000' Elev: 3880'

Moderately-paced trail hike to a 3500 peak with great views. Possibility of a difficult stream crossing, depending on the water level. Bad weather cancels.

Registration period: 8/5 – 8/15

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

Sun., Aug. 18 – LONE & ROCKY

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

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

Registration Period: 8/4 – 8/15

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

Sun., August 18 – BEARPEN & VLY

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

Moderately paced bushwhack.

Registration Period: 8/8 – 8/15

Leader: Paul Pilmanis #2002, ppilmanis@yahoo.com, 973-979-5044

Sat., Aug. 24 - PANTHER

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

A moderate trail hike at a leisurely pace.

Registration Period: by August 22

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

Sun., Sept. 1 – PEEKAMOOSE & TABLE

Distance: 9 mi. Ascent: 2950' Elev: 3843', 3847'

Moderately paced trail hike. Well behaved dogs welcome.

Registration period: 8/25 - 8/30

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

Sun. Sept. 15 – SUGARLOAF & PLATEAU

Distance: 6 mi. Ascent: 2,790' Elev: 3800', 3840'

Relaxed-pace trail hike from Mink Hollow PA.

Registration Period: 9/6 - 9/13

Leader: Hans Schick #1853, W759;

Hans.W.Schick@gmail.com (845) 896-6454 (7 to 10 PM)

Sun., Sept. 22 – BALSAM LAKE AND GRAHAM

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

Moderately paced hike and bushwhack.

Registration Period: 9/16 – 9/20

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

Sat. Sept. 28 – HALCOTT

Distance: 3.5 mi. Ascent: 1800' Elev: 3537'

Short but steep bushwhack from Route 42 parking area.

Registration Period: September 14th - 27th

Leaders: Eric Hazard & LaNita Hazard #2132, 2133; ehazard@yahoo.com

Sat., Sept. 28 – BLACKHEAD TO COLGATE LAKE

Distance: 9 mi. Ascent: 1795' Elev: 3985'

Moderately paced trail hike.

Registration Period: Please contact leader to register. Short shuttle.

Leader: Tonda Highley #1944, highleyt@newpaltz.edu, 914-475-9536 (C)

Sun., Sept. 29 – FIR, SPRUCE & HEMLOCK

Distance: 11 mi. Ascent: 1835' Elev. 3629', 3380', 3240'

Strenuous bushwhack to a 35er, a 100H, and a mysterious, seldom visited peak. Well behaved dogs welcome.

Registration Period: Sep 15th - Sep 26th

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

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Dues are now overdue! If you haven't paid your dues, or if you don't know whether or not you paid your dues... please mail our membership chair, David White, a check. If you don't remember, contact Dave. He'll know.

Canister Creativity Requested:

Let's play a game: **invent** a word by combining two existing words and provide the definition. For examples check out the urban dictionary — gems such as sarchasm (the gap created by the gulf between the author's wit and the person who doesn't get it) and reintarnation (dying and coming back to life as a hillbilly) can get you going. We have a great glossary of hiking terms (sidehilling, floundering, PUD) but it is time to go one step beyond into invented hiking terms. **Trudgery** (the experience of walking up a long, straight, loose-rock-filled woods road) is the first hiking offering brought to my attention. Come up with your own combos and email them to me at my editor email address. Let's have some fun with this!

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

The Catskills Rock!

As a geologist, I love the phrase “I’m so old I knew dirt when it was a rock,” but if I wanted to express being even older, perhaps I would say “I’m so old I knew rock before it solidified.” Now I’m sure you are wondering what the heck that has to do with anything? Well, if I were around before the Catskills were what we see today, then I would have known rock before it solidified, because they are in essence a series of sedimentary deposits. The earth is a dynamic system that is constantly changing, and the Catskills are a direct result of those slow dynamics. The rocks of the region are complex and extremely variable, and represent a very visible record of the history of this one piece of the planet that was once part of a vast basin.

Way back in the Devonian Period (roughly 416 to 359 million years ago) tectonic collision of landmasses caused upheaval of an area extending from New York to Newfoundland. Known as the Acadian orogeny (orogeny literally means the process of the formation of mountains), the compressional forces of this orogenic event caused the area to be folded as a mountain chain (Acadian highlands or Acadian mountains). Associated with all these mountain building processes was the deposition of wedges of sediment into a shallow inland sea to the west that covered a major portion of eastern North America during the Devonian time. The Catskills region, located proximally to the west of the Acadian highlands, received vast quantities of the sediments (as much as 10,000 feet of sediment in places). The wedge of sedimentary deposits are thickest in the east and grow progressively thinner in a westward and southward direction.

Enter man, much much later, specifically geologists, who studied the rocks of the Catskills region and tried to piece together the history of its formation. Along the eastern edge of the Catskills plateau there are huge accumulations of conglomerate and sandstone exposed. These types of sediments are not marine in origin (marine sediments are much finer), and early interpretations, based on these non-marine deposits alone, were that the Catskills formed in a delta setting not unlike the modern day Mississippi Delta. However, later investigations yielded a different interpretation, with the sedimentary sequence showing fluctuating shorelines and prograding alluvial (deposited by a stream or running water) deposits in the east, and thick organic-rich mud accumulations in a restricted sea basin that today are oil and gas shales. As the Acadian mountains were weathered and eroded, the sediments of the basin area to the west were uplifted, and today, the Catskills are an erosionally dissected plateau.

This is all very oversimplified of course, but it sets the stage for the rocks that you see when you are out hiking and investigating the Catskills region. Depending on your location, you could be looking at rocks with terrestrial (formed on land without the action of water) origins (i.e. glacial effects), floodplain and fluvial (produced by a stream or river) origins, or marine origins ranging from shoreline and tidal to deep marine. In essence, most major depositional environments are present in the Catskills.

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Cliff Notes The Hiker’s Bookshelf

For this issue’s Hiking With Children theme, I had asked folks for books to review that made for

good out loud bedtime reading. One of the most heart warming responses I received was the one from Jean Taylor, our former president, who explained that she would tell her children stories from her own experiences, rather than read nature story books.

A few classics to consider if you still read out loud to your children, grandchildren, or spouse:

Bambi. The original Felix Salten novel is a wonderful work, richly detailed and written in a voice that firmly locates the work in an earlier period when the written word was both revered and formal. The old stag and Bambi, as master and student or guru and disciple, are complex and satisfying characters, and Bambi’s journey to the fullness of his being rivals Siddhartha’s. Read it and argue with me if you disagree.

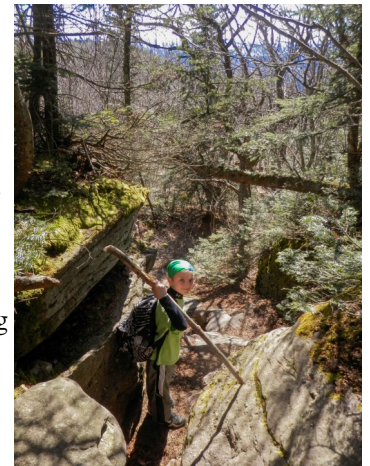
My Side of the Mountain. Pretty much any work by Jean Craighead George is guaranteed to be marvelous. She describes fauna and flora, and human interactions with both in the most engaging and compelling tones. Set in a Catskill mountainside not far from Delhi, NY (could it be Bramley Mountain?), her young teen protagonist lives off the land for the better part of a year without being discovered. Great reading, inspiring, and also delightfully dated, this is one to savor.

Owl Moon. Much more modern than the other two, Jane Yolen delights readers with this simple and gorgeously illustrated evening out in the backyard. Inspiring for parents and caregivers of young kids, this sweet story shows kids outdoors at night in the winter. Take that, indoor recreation!

Ranger Rick Magazine. Read about Ranger Rick and his pals as they have adventures and teach environmental stewardship lessons. Great for helping children develop a wilderness ethic and excellent conversation starters, the stories about the Deep Green Wood are wonderful for kids in that inquisitive stage.

From Debbie Melita: one book that would be interesting to read aloud to your spouse, or pet, is Bill McKibben’s *“Wandering Home: A Long Walk Across America’s Most Hopeful Landscape: Vermont’s Champlain Valley and New York’s Adirondacks.”* A thoughtful narrative about the author’s interaction with the outdoor communities of the Green Mountains and northeastern Adirondacks, as he compares and contrasts the two regions and their environmental issues, while walking from his residence in one mountain range to his second home near the other set of peaks. A very engaging book, especially for anyone who has spent time walking trails or traveling by foot, and discovered how the activity changes one’s perception of time, space, nature, and our personal relationship with the planet.

Post your own suggestions on our Facebook page!☘



Jacob on Peekamoose
photo by Joe Chenier

Getting Kids Out on the Trail

I don't imagine I have to convince readers of *The Catskill Canister* of the need to get children outside, but in case you had any second thoughts, here's some enlightening information. In an article published in *Psychology Today* on February 6, 2013, Richard Louv, author of *Last Child in the Woods: Saving Our Children from Nature Deficit Disorder*, states, "studies suggest that nearby nature can also stimulate learning abilities and reduce the symptoms of attention deficit hyperactivity." And, in an article published in the April 2012 issue of *Natural Awakenings* magazine entitled "Forest Bathing: The Healing Power of a Walk in the Woods", author Maggie Spliner references studies conducted by scientists from Japan's Nippon Medical School and Chiba University. The scientists "tracked positive physiological changes in individuals walking in the woods compared with city walkers." Those changes included lower blood pressure and heart rate, a reduction of stress-related hormones and an increase in immunity-boosting natural killer cells and anti-cancer proteins. Being an avowed outdoors person, this information only strengthens my belief in the importance for all humans of spending time in the woods.

So, now you're sold on taking your family outside, but, how do you get kids as interested in nature as they are into their iPad? Hopefully, I can provide you with some helpful hints in the following paragraphs!

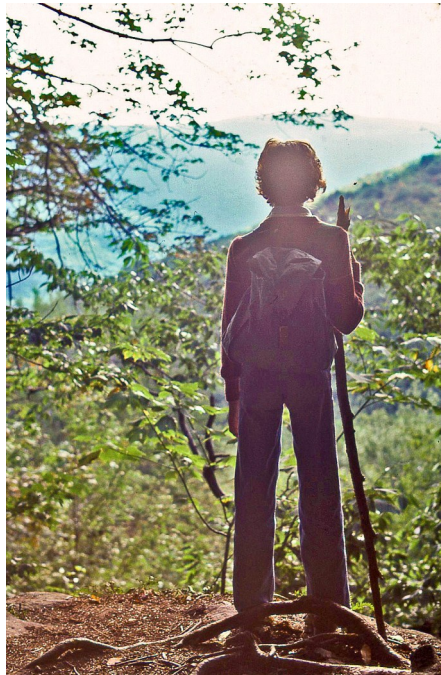
All of us are much more likely to want to repeat a positive experience in life and children are no exception. So, do your best to identify the activities and amenities that make the children in your life happy and plan your trip outdoors accordingly. And, keep in mind that kids will be looking for a different outdoors experience than you, the adult. Many adults get tremendous satisfaction and pleasure from attaining a mountain summit, even if the journey featured biting insects, an aching back and skinned knees. Some kids might enjoy that type of adventure, but many will remember only the itchy bug bites, painful falls and cumbersome backpack. So, grab your walking shoes, leave your own goals behind and get ready to experience nature from an entirely new perspective!

To introduce your kids to nature, consider choosing shorter hikes that feature magical natural features, such as misty waterfalls, dramatic views, signs of wildlife, fascinating rocks and much more. Real life nature is actually very exciting, even for a generation accustomed to an adrenaline rich, instant satisfaction, virtual reality. A shiny green insect or carpet-like moss can be thrilling!

However, even the most dramatic waterfall on the most picturesque trail can be discouraging if you're hungry, overly tired, in pain, too hot or too cold. It's helpful to remember that most adults have a much higher threshold for these discomforts than kids. Make sure children are dressed properly, in particular, wearing comfortable shoes with good support and traction as well as proper clothing for the weather. And, don't forget to pack food, especially favorite foods, and beverages that are appealing

and hydrate well. I've known parents who are not above using food to motivate their young children along the trail. A little chocolate or other treat can go a long way on the trail, especially if the going gets tough! But of course, that's a personal choice.

If you're having fun outside, then the children with you are much more likely to be enjoying the experience too. Be open to the world of nature and allow yourself to slow down and soak it up. Take the time to stop and look up for birds, nests, clouds and flying insects. Get down low and smell the flowers, touch the moss, pick up and examine seeds. Your enthusiasm will spark your child! And the attitude that you demonstrate to your child about nature is one of the ways you teach that child, so leave your fears of insects, crawly things and rodents behind. All living things share this beautiful world and I think it's tremendously important to teach a reverence for nature and universal compassion too. Encourage observing living things and being gentle, not taking them from their habitat.



*Stephanie along the W-C-S Trail
August 1982 photo by John Slechta*

Especially with younger children, it's a great idea to include games or other activities as part of the outdoors experience. Kids love to take pictures and digital cameras and phone cameras make it easier than ever to do. A collection of images to browse through at home extends the learning and the excitement and keeps the flame of enthusiasm going long after the trip ends. Silent listening is another fun and simple activity that enhances everyone's perception of sound. Having everyone close their eyes and silently stand still for a couple of minutes allows children to eliminate visual distraction, slow down and hear everything, natural and man-made. Discuss what you and the kids hear. Did you hear airplanes over head, cars on a nearby road or birds singing and the wind whistling through the trees? Other fun tools to play with include magnifying glasses (there's a miniature forest in a patch of moss), easy to use field guides, maps and compasses. Other enticing activities for children include geocaching, snowshoeing, wildlife tracking, scavenger hunts, and more.

However, if, after encouragement, your young companions are truly disinterested in any of these activities, I'd suggest that you don't push them. Sometimes the seeds of learning and enthusiasm that you plant today may not grow into seedlings of interest until the next outing or possibly later.

If you are not sure of what to do with your children in the outdoors, you may also want to consider attending a naturalist led outing at one of the many great parks or nature centers in the Hudson Valley. There are so many talented environmental educators here that it's easy to find one close by, wherever you live. Here at Minnewaska State Park Preserve, we offer weekly public programs and we are always excited to lead an education program specifically for your club or group. If you're interested in seeing our current offering of programs or want more information, please go to www.nysparks.com and go to the Minnewaska page. Happy Hiking!

Laura Conner,
Environmental Educator 1, Minnewaska State Park Preserve
☘

Our New Members 2013

2124	Wendell Wilkinson	10/08/12
2125	Peter Bloniarz	02/18/13
2126	Fred McHugh	02/17/13
2127	Julie Chevalier	01/29/12
2128	Colleen Kane	03/04/13
2129	Sergey Boldyrev	03/09/13
2130	Gerry Griffin	03/10/13
2131	Jon Hartsel	03/10/13
2132	Eric Hazard	03/10/13
2133	LaNita Hazard	03/10/13
2134	Nicholas Doumanoff	03/09/13
2135	Tanner Cosgrove	03/09/13
2136	Erick Michaels	03/09/13
2137	Peter Dvorak	03/09/13
2138	Jim More	03/09/13
2139	David Klein	03/10/13
2140	Gail Tremblay	03/17/13
2141	E. Richard Holm	03/06/13
2142	Shane Turck	03/15/13
2143	Robert Doerr	03/17/13
2144	Rich Citro	03/15/13
2145	Jeffrey A Levitt	03/21/13
2146	John Bienus	03/18/13
2147	Lenore Mennin	03/29/13

New Life Members

1889	Jamie Kennard
2024	Dorcinda Knauth
2130	Gerry Griffin

New Winter Members

0841	Wendell Wilkinson	2124	02/18/13
0842	Ben French	1780	02/14/13
0843	Maret Panzenbeck	1843	02/07/13
0844	Carol Renninger	2016	02/17/13
0845	Melinda Pearce	1990	02/23/13
0846	Suzanne Provenzano	1968	02/24/13
0847	Fred McHugh	2126	02/17/13
0848	Michelle Corn Farrell	2055	03/03/13
0849	Brian Lubert	2053	03/03/13
0850	Brian Bacher	2052	03/03/13
0851	Michael Gebhard	1943	03/09/13
0852	Eric Perfecto	2065	03/10/13
0853	Phil McCaffrey	1937	03/09/13
0854	Carmen Cabuhay	1982	03/09/13
0855	Connie Duquette	2080	03/09/13
0856	Jim More	2138	03/09/13
0857	Tonda Highley	1944	03/10/13
0858	William Winterbottom	1904	03/10/13
0859	Stuart Smith	1859	03/17/13
0860	Susan Thomas	1603	03/09/13
0861	E. Richard Holm	2141	03/10/13
0862	Dorcinda Knauth	2024	03/15/13
0863	Daniel Mahoney	1835	03/16/13
0864	Douglas White	1967	03/16/13
0865	Gail Tremblay	2140	03/17/13
0866	John W. Dyce	1966	03/18/13
0867	Frank Annis	2067	03/18/13
0868	Rich Citro	2144	03/15/13
0869	Patsy Wooters	1993	03/17/13
0870	Andrew Ferguson	2072	03/03/13



reduction of aquifers; water quality; development visible day and night with light pollution dimming the night sky; the noise and dust of construction, and more.

BACKGROUND

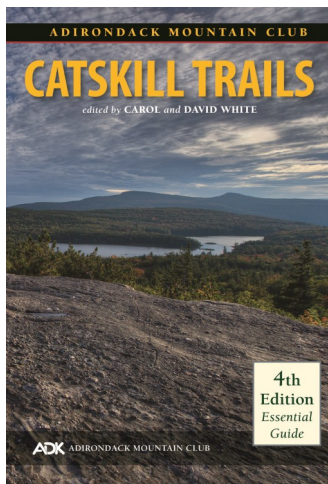
This development consists of **Wildacres**, a 250-unit hotel, 163 lodging units as high as three floors, restaurants, spa, retail space, tennis courts, pool, conference center, and an 18-hole golf course with clubhouse and driving range. High elevation **Highmount Spa** has 120-rooms, a multi-level lodge, 16 detached lodging units in 8 duplex buildings, restaurants, a shop, and conference and fitness facilities.

RESOURCES:

The Catskill Center for Conservation and Development, www.catskillcenter.org
 Catskill Heritage Alliance, www.catskillheritage.org
 DEC, 845.256-3000, for appointment to view documents at New Paltz headquarters.
 Skene Memorial Library, Main Street, Fleischmanns. Tue-Fri, 1-5 p.m.
 Phoenicia Library, 9 Ava Maria Drive, Phoenicia. Mon-Fri, 1-6; Tue. 10-4; Sat., 10-3. ☿

Stay tuned and keep your eyes peeled:

ADK's Catskill Trails book (4th edition with many club members' photos!) and the corrected National Geographic Catskills map are on their way to you—soon!



You have sandstones, conglomerates, shales, and carbonates (limestone) with a complex relationship far beyond what I can describe here, and in some areas, fossil reefs are present. So while you are out hiking, take some time to really look at the rocks that are forming the foundation and backdrop of your surroundings. As you move from east to west, north to south, you will see a change in the rocks, and these changes reflect the rich geologic history of the region. You are surrounded by nature and a geologic backdrop that many would envy.

Lisa E. Doan, Geologist
 BS Geology – Ball State University
 MS Geology – Old Dominion University
indianoan@aol.com ☿



Kenny and Katie in the Catskill Mountains, photo by Kan Anello

The Bushwacking Mix Tape – a compilation by Chris Baker, Heather Rolland, Erica Gelb, Jean Taylor, Danyelle Davis, Scott Chastenay, Terri Erbacher-Duff, Thomas Moeller, and Ed Moran – and apologies in advance if I somehow missed your song!

- Fleetwood Mac: You Can Go Your Own Way
- Peter Frampton: I Want You to Show Me The Way
- Grateful Dead: Ripple
- Stealers Wheel: Stuck in the middle with you
- Great Lake Swimmers: Your Rocky Spine
- Miley Cyrus: The Climb
- Fatboy Slim: The Journey
- Fastball: The Way
- B52s: Roam
- Metallica: Wherever I May Roam
- Deborah Cox: Nobody's Supposed to be Here
- Lonestar: Mountains
- AC/DC: Highway To Hell
- Tommy James and the Shondells: I Think We're Alone Now
- Blind Faith: Can't Find My Way Home
- A gypsy rover came over the hill
- Pete Seeger: My Dirty Stream
- Joni Mitchell: Both Sides Now
- John Denver: Sunshine on my shoulders
- P.S. from Jean Taylor: "I don't know any good songs about black flies." ☿

Because it is there...

Why do you hike in the Catskills? In each issue, we will feature a different answer to this question, chosen at random and editor's whim! This month, Katie Wallace # 1957 says "It's a great way to relax and unwind after a week at work. It's also really good exercise & pretty."

Send me your answer to the question "why do you hike in the Catskills?" – send an email to me (editor@catskill-3500-club.org) with "Why" in the subject line, and I will pick answers at random for the Canister.

Sticks and Picks

Gear Reviews by Ira Orenstein

Product: Sawyer Squeeze Filter System

Brand: Sawyer

MSRP: \$49.95

Description

The Sawyer Squeeze Filtration System is a water filtration device that weighs 3 ounces and is made in the U.S.A. Rather than pumping the water is “squeezed” out of a Mylar bladder to generate pressure to allow flow through the membrane and into your drinking bottle/bladder. The filter design is derived from kidney dialysis technology and removes particles down to 0.1 micron and is therefore suitable for the removal of bacteria (e.g., E. coli) and protozoa (e.g., Giardia). The removal of viruses requires filtration of smaller particles down to 0.02 microns. If you are travelling to parts of the world where viruses are an issue Sawyer makes a product called the Point Zero Two Purifier.

The Sawyer Squeeze kit consists of the following:

Water filter that has a screw on/screw off connection on one end (that connects to the Mylar bladder that contains the unfiltered/contaminated water) and a replaceable drinking spout (like on a bicycle water bottle) on the other clean end side. The filter is said to last a lifetime because it can be cleaned. The manufacturer advises that the unit can become damaged and should therefore not be used if it is subjected to freezing temperatures.

3 Mylar lightweight collapsible pouches (0.5 L, 1 L, and 2 L) that look similar to a Platypus hydration bladder. The pouches are black with the directions boldly printed in white.

Cleaning syringe to be used when the filtration rate begins to slow down (usually every 1000 gallons or so when filtering clear water).

To use the Sawyer Squeeze Filtration System the black Mylar bladder is filled with water and screwed onto the filter (like connecting a garden hose to a spigot). Any water should be wiped off from the outside of the bag and filter to prevent contamination. The push-pull valve on the opposite side of the filter is then opened and the Mylar bag is squeezed to generate water flow through the filter membrane and out the spout. Water can either be sucked out of the spout (like a bicycle water bottle) or directed from the spout into a clean water bottle/bladder for storage.

Initial Observations and Opinions

The first time I used the Sawyer Squeeze Filtration System it became immediately apparent that filling the Mylar bladder requires cascading water (like filling water from a spout). When immersed in shallow water the bladder simply doesn't fill up efficiently. The easy solution to this potential problem is to carry a light cup or small plastic soda bottle. Water can

be easily filled into the cup and poured into the Mylar bladder.

The Sawyer Squeeze Filtration System has become a welcome addition to my hiking arsenal. I like the fact that the Mylar bladders are black, thus precluding accidental confusion regarding contaminated vs. clean water storage. The directions are printed on the Mylar bladder and are easy to understand. Per directions I take special care to make sure that the outside of the Mylar bladder and filter is dry to prevent contaminated water from tricking down to the clean side. In this regard it is a good idea to carry an extra rag (maybe I'll purchase a black bandana for consistency). I found the flow rate to be approximately 1 liter/minute.

Online reviews of this product were quite variable. Some reviewers noted that the Mylar bladders would rupture even following short term usage. I did not encounter this problem to date. Be reminded, however that this is an initial review and I have had only several opportunities to use this product. I squeeze the Mylar bladder gently which slows down the flow rate. Potential solutions to this problem are to bring an extra Mylar bladder (remember that 3 different sizes are provided) or bring a soda bottle that has matching threads (which also solves the flat water issue previously noted). One can also use a Platypus hydration bladder with matching threads and mark it as “contaminated.” Another problem noted by reviewers was the potential for leakage at the coupling between the Mylar bladder and the filter. Apparently if the coupling is tightened too much, the rubber washer can end up getting stuck onto the Mylar bladder, fall off and be lost. If the coupling is too loose, water will leak which can be a serious matter if it drips into what is presumed to be the clean water side. I believe that this potential problem can be minimized by keeping the outside of the filter dry and visually testing the seal prior to dispensing it into the clean water reservoir. It may be wise to carry an extra rubber washer as a backup. I additionally carry chemical disinfectant tablets in case of product failure or accidental contamination. Also, the Sawyer Squeeze Filtration System will only be a part of my hiking kit in conditions that will not expose it to freezing conditions per manufacturer recommendation.

Summary

Pros: Lightweight, easy to use, no pumping, no need to change filter, takes up little space in pack.

Cons: Product may get permanently damaged in freezing conditions, Mylar bladder may fail, filter-Mylar bladder coupling may leak.

Overall, I would recommend that this product be given a try as I have been very happy with it to date.

Reviewed by Ira Orenstein #415 W777

3500 Club dues—here's the skinny: your dues are due every spring. We renew everyone all at the same time—sorry, but no personalized “I paid last August so I'm due in August” arrangements. On January 1 it's a new year and everybody's dues are due. If you haven't paid for this year yet, please do. And while you're at it—

buy a t-shirt, patch, decal, or pin!

Our friendly and efficient membership chair, Dave White, handles dues and hiker bling, so drop him a line if you have any questions.