**The Catskill 3500 Club — Steward of the Catskills**

July — September 2013

**Inside this issue...**

**Hiking with Children:**
Inspire to Love, Teach to Respect

---

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

---

**A World Reopened**
By Ronnie Cusmano

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...
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!*
A World Reopened continued from page 1

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 crannies, 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


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

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 (outsings@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’ E elev: 3524’
Leisurely paced trail hike along the Escarpment Trail.
Registration Period: By 7/4
Leader: Sue Kenyon #1774; 917-613-2042

**Sun., July 7 – BALSAM & EAGLE**
Distance: 8.5 mi. Ascent: 2700’ E: 3600’, 3600’
Relaxed-paced 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’ E: 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: 1600’ E: 3680’
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’ E: 3940’, 3660’, 4180’
Moderately paced hike. Rain cancels.
Registration Period: 7/8 – 7/12
Leader: Suzanne Knabe #1326, suzkn@msn.com, 718 435-3092 after 7:00pm

**Sat., July 20 - FRIDAY & BALSAM CAP**
Distance: 7 mi. Ascent: 2200’ E: 3694’, 3623’
Moderately paced hike and very strenuous bushwhack to two more difficult peaks. Well behaved dogs welcome
Registration Period: 7/7 – 7/19
Leader: Bill Winterbottom #1904, billw@usdsoftware.com

**Sun., July 21 – FIR & BIG INDIAN**
Distance: 10 mi. Ascent: 2400’ E: 3629’, 3700’
Moderately paced hike and very strenuous bushwhack.
Well behaved dogs welcome.
Registration Period: 7/19 – 7/24
Leader: Erica Gelb #1903, ericag@usdsoftware.com

**Sat., Aug. 17 – KAATERSKILL HP**
Distance: 6 - 8 mi. Ascent: 1900’ E: 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., Aug. 4 – WITTENBERG & CORNELL**
Distance: 9.4 mi. Ascent: 2600’ E: 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

**Sat., Aug 11 – DOUBLETOP**
Distance: 6 mi. Ascent: 1900’ E: 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’ E: 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**
(Continued on page 5)
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: 11 mi. Ascent: 3880' 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., Aug. 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; suzknawmsncom; 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; ehaezd@yahoo.com

Sun., 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

Dues are now overdue! If you haven’t paid your dues, or if you don’t know whether of 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.
In Memoriam

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.

(Continued on page 9)
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.

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
2125  Peter Bloniarz
2126  Fred McHugh
2127  Julie Chevalier
2128  Colleen Kane
2129  Sergey Boldyre
2130  Gerry Griffin
2131  Jon Hartsel
2132  Eric Hazard
2133  LaNita Hazard
2134  Nicholas Doumanoff
2135  Tanner Cosgrove
2136  Erick Michaels
2137  Peter Dvorak
2138  Jim More
2139  David Klein
2140  Gail Tremblay
2141  E. Richard Holm
2142  Shane Turck
2143  Robert Doerr
2144  Rich Citro
2145  Jeffrey A Levitt
2146  John Bienus
2147  Lenore Mennin

New Winter Members

0841  Wendell Wilkinson  2124  02/18/13
0842  Ben French  1780  02/14/13
0843  Maret Panzenbeck  2126  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

New Life Members

1889  Jamie Kennard
2024  Dorcinda Knauth
2130  Gerry Griffin
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
indianadoan@aol.com

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!

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 ovet he 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.
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., Guardia). 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 and 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.