

The Catskill Canister

The Catskill 3500 Club — Steward of the Catskills

January—March 2017

www.catskill-3500-club.org

Volume 50 Number 1

Trail Mix: News & Notes From The Club

Adopt-A-Highway and Trail Maintenance

Thank you to everyone who attended our fall Adopt-A-Highway and Trail Maintenance outings.

We had a big turnout for Adopt-A-Highway. Thanks to Tatiana Brodsky, Steve Emanuel, Bobby and Laurie Hladik, Charlie Lutomski, Tom Martone, Paul Pilmanis, Berns Rothchild, Connie Sciutto, Rick Taylor, and Crystal and Tom Wilson.

Despite having to reschedule we managed a big turnout too for our two Trail Maintenance make-up dates. Thanks to Elizabeth Dimon, Steve Emanuel, Jim Gephard, Shirley Golgoski, Doug Hamilton, Anna and Tom Martone, Laura Sanford, and Rick Taylor! And thanks to all those who signed up for our original date.

—David Bunde, Trail Maintenance Chair (*see more photos on page 12*)



The Adopt-a-Highway Crew



*The Trail
Maintenance
Crew*

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Views from the Top

The President's Column

Goodbye Fall, Hello Winter!!! The beautiful leaves are gone, opening up views we haven't seen for some time. Winter is my favorite season for hiking. If Mother Nature does it correctly, to my liking that is, we'll find snow instead of ice, and the ankle-twisting rocks will be covered-- making for easier going, and the forest will turn into a winter wonderland.

Last year a hiker was lost due mostly to being ill prepared. Before heading out check the forecast and, if available, trail condition for your destination. Dress in layers that are easily removed. Overheating is a concern in the winter, our packs are heavier and, if you are climbing in deep snow, your caloric expenditure will be greater causing you to sweat more and your clothes to get damp which, in turn, can rob your body of heat. Remember "cotton kills," so avoid it at all costs. When arriving at the summit it's always wise to put on another layer, hat & gloves to help retain your body heat. If you sweat a lot, consider changing your wet tops for dry ones.

Your pack, as in any season, should contain enough provisions in case of an unplanned overnight. Include plenty of food, fluids, extra layers, headlamp, a space blanket and first aid kit.

All the gear in the world won't help if you don't know how to use it. Make sure you practice with gloves on doing some of the everyday things we do while hiking, because at times it may just be too cold to work without them. If you are new to hiking you may want to take advantage of a class being offered by the ADK which appears to be more advanced, addressing such things as the use of an ice axe.

Continued on page 2...

The Catskill Canister

President

Connie Sciutto

president@catskill-3500-club.org

Editor

Kevin Morgan

editor@catskill-3500-club.org

Annual Dinner Chairman

Michael E. Doehring

tigermath@aol.com

7 Cloverdale Ave. White Plains, NY 10603

(914) 761-7225

Membership

David White

members@catskill-3500-club.org

28 Mulberry St. Clinton, NY 13323

(315) 853-1070

Subscriptions/Aspirants

Mike Dwyer

aspirants@catskill-3500-club.org

237 April Lane

Bayport, NY 11705

Outings

Bill Winterbottom

outings@catskill-3500-club.org

192 Laurel Drive

Shohola PA 18458

(973) 222-1077

T-Shirt Coordinator

Ira Orenstein

ksbiho@aol.com

18 Interlaken Ave

New Rochelle, NY 10801-1102

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

President's Message: continued...

Check out our Winter Weekend schedule of hikes. This year we'll be staying at the Alpine Inn in Oliverea which is conveniently located near three of the designated winter peaks and many others.

Looking forward to a wonderful winter. Go out and enjoy it knowing you are armed with both the gear and the knowledge to use it.

Happy hiking.

Connie Sciutto - President 


Conservation Corner

A Note from our Conservation Chair, Carol White

CALLING CITIZEN SCIENTISTS—

The Hemlock Woolly Adelgid is an invasive species endangering our eastern hemlocks, which have little or no resistance to it. HWA kills hemlocks in just years and is decimating hemlock forests south of here. Citizen scientists must join the fight to identify and stop this invasive species. Dan Snider of the Catskill Region Invasive Species Partnership (CRISP) led several of us into the backcountry in search of HWA eggs and unhealthy trees. You are trained to identify its eggs and can adopt an area to survey. The work goes on all winter. Contact Dan, dsnider@catskillcenter.org.

Hemlock forests are not just beautiful; their root systems are essential for stopping erosion of the steep banks of our streams. Without hemlocks, pristine Catskill waters may no longer be pure enough to provide unfiltered water for New York City. The cost of building and maintaining a modern filtration plant exceeds billions of dollars. Hemlocks also provide shade to keep our waters cool, which sustains trout and associated tourism.

LITTLE LARRY AGAINST HWA! *Laricobius nigrinu* or "little Larry" is a biological control beetle, a predator specifically of HWA, obviating the need for chemical eradication. But they breed more slowly than the adelgid does! Cornell University and ADK are working to secure sufficient funding from the state and New York City to build and operate beetle factories to grow little Larry, a long-term sustainable solution to a big problem. Visit <http://catskillcenter.org/crisp/> and <https://www.adk.org/> for more information. 

Trail Mix: continued...

***Policy for sales of Merchandise at 3500 Club Events, on
Web Page, Yahoo Group, and Facebook Page***

Any vendor who wishes to sell products or advertise at any of the above must submit that request in writing to the Vendor Committee at least 30 days in advance. That request must include the items to be sold and their connection to the Catskill 3500 Club peaks, relevant to our membership and our mission. (For example is the vendor selling books about California or hiking in the Catskills? Is the vendor selling candles or trail maintenance tools?)

- The vendor committee will review all requests on a first come, first serve basis.
- No item can be sold unless it is pre-approved by the Vendor Committee.
- Vendor must be a 3500 Club member in good standing.
- Donations to the club are welcome.

Annual dinner will be limited to 4 vendors, of the 4 vendors, one will be the club's merchandise, one will be Dave and Carol White, the third slot will give first priority to the speaker at the annual dinner and the other slot will be first come first serve to a club member in good standing who is selling merchandise relevant to our membership.

The ADK Winter Mountaineering School

The ADK Winter Mountaineering School is a non-profit group that has been sponsored for 64 years by the Adirondack Mountain Club (ADK). The purpose of the program is to promote safe and enjoyable winter mountaineering and camping through a learn-by-doing approach. Our program is based out of the ADK Loj at Heart Lake in the Adirondacks and will run from January 26th through February 1st, 2017. We generally have about 30-40 students each year that take part in a variety of small group trips: day hikers are based out of the ADK Loj and several backpacking groups head out on trips throughout the high peaks. Before groups depart for trips on Saturday they undergo a comprehensive gear check, ice axe and crampon training at the Olympic Ski Jumping training facility in Lake Placid, a trip planning session and an evening seminar at the ADK Loj.

Topics covered during the program include:

- *Winter backpacking skills*
- *Snowshoe, crampon, and ice axe techniques*
- *Safe travel on steep snow and ice*
- *Avalanche awareness*
- *Traveling safely above-tree-line in winter conditions*
- *On and off-trail navigation*

Continued on page 7...

New Members

2620	Robert Montague	07/30/16
2621	Melissa Landau	07/30/16
2622	Eric Zittel	08/20/16
2623	Cate DeSalvio	08/23/16
2624	Robert Balch	06/11/16
2625	Jim Meyer	09/03/16
2626	Peter L Koncelik	09/03/16
2627	Roger Green	09/05/16
2628	Russell Martin	09/04/16
2629	Nathan Allen	09/04/16
2630	Erich Horn Jr.	08/22/16
2631	Barbara Benedict	09/13/16
2632	Mark Alexander	04/10/16
2633	Rick Brockway	09/22/16
2634	David Perez	09/04/16
2635	Jason Evertts	07/20/16
2636	Dawn Freedman	09/26/16
2637	Jon Bowen	09/27/16
2638	Chaim Wexler	09/22/16
2639	Matthew Frisch	10/01/16
2640	Paul T Martin	10/04/16
2641	Chris McDaniels	10/06/16
2642	David Knudsen	10/09/16
2643	Michael Casey	10/15/16
2644	Marci Silverman	10/15/16
2645	John Brancato	10/16/16
2646	Alicia Devero	08/21/16
2647	Anthony Sorace	10/23/16
2648	Evelyn Duesterwald	10/23/16
2649	Craig H Lewis	10/15/16
2650	Bill Skiff	10/26/16
2651	Owen Wells	10/16/16
2652	Jonathan Wright	10/16/16
2653	Ryan Paul	10/29/16
2654	Katarina Paljusevic	10/30/16
2655	Adam Keagy	10/22/16
2656	Tammy Porter	10/10/16
2657	Kenneth Scott Eisele	10/10/16
2658	Lance Patrick Eisele	10/10/16
2659	Daniel Beers	10/29/16
2660	Adam Harlec	11/06/16
2661	David Connolly	11/06/16
2662	Danielle Mach	11/13/16
2663	Ayden Wilber	03/20/16

New Life Members

2450	Matthew Rotjan
2623	Cate DeSalvio
2650	Bill Skiff
2661	David Connolly

Rambles and Brambles: Hike Schedule January — March 2017

Assumed Risk: Hiking involves certain inherent risks and persons participating do so at their own risk. In cold weather hike participants should avoid cotton clothing, as it retains dampness and the resulting chill can result in hypothermia, *which can lead to death*. Instead, wear (and have available in your pack) garments of wool or fleece. Silk or polypropylene make the best base layers, as they tend to wick moisture away from the body. Hats, gloves and a headlamp must be part of the standard winter kit. Ice and snow can come early and unexpectedly to these peaks. *Each hiker must bring snowshoes and full crampons to the trailhead*; the leader may advise that these do not have to be taken on the hike, but be aware that while there may be bare ground at the trailhead, there is often very significant ice and snow as the elevation increases, which could result in those improperly prepared being sent back. Anyone not properly equipped may be refused permission to participate, at the leader's absolute discretion. *Winter in the Catskills is not to be treated lightly.*

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

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

Volunteer to Lead: If you are a member of the Club please consider becoming a hike leader. Just contact Bill Winterbottom: outings@catskill-3500-club.org; 973-222-1077 (7 p.m.-9 p.m.), 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 hikes 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.

Mon. Jan. 2 - BALSAM (week day hike)

Distance: 5.2 mi. Ascent: 1795', Elev: 3600'

Moderately paced trail hike to one of the required winter peaks. We will decide to hike Eagle another 4 miles if conditions are good.

Proper winter gear required. Well-behaved dogs are welcome.

Joint with Mid-Hudson ADK.

Registration Period: Dec. 14 - 31

Leaders: Shari Aber #2224 W944 shnaber@yahoo.com

(914) 489-0654

Joe Ferri #2223 W945 newpaltz33@yahoo.com

(914) 489-1582

Sat. Jan. 7 - HALCOTT

Distance: 3 mi Ascent: 1200', Elev: 3520'

Moderately paced bushwhack, suitable for beginners.

Registration Period: by Jan. 6th

Leaders: Tom and Laurie Rankin #'s 1503, 1337

lauriejrankin@gmail.com; 845-926-2182

Sat. Jan. 7 - BLACKHEAD

Distance: 5.4 mi. Ascent: 1,800', Elev: 3,910'

We will decide to hike Black Dome & Thomas Cole another 2.3 miles if conditions are good.

Registration Period: Dec. 30 - Jan 4

Leader: Tonda Highley #1944, #859

Thighley1944@gmail.com

914-475-9536

Sun. Jan. 8 - PEEKAMOOSE & TABLE

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

Moderately paced trail hike. Proper winter gear required;

Registration Period: Jan. 1 - 7

Leader: Pamela Martin #2102

Pamelamartininc@gmail.com

Sun. Jan.15 - WINDHAM HIGH PEAK

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

Moderately paced trail hike. Proper winter gear required;

Registration Period: Jan 8 - 14

Leader: Pamela Martin #2102

Pamelamartininc@gmail.com

Sat. Jan 21 - NORTH DOME & SHERRILL (WW)

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

Moderately paced, strenuous bushwhack.

Registration Period: Jan 2 - 20

Leader: David Bunde #2269 W925

david@dgbdesign.com

Sat. Jan. 21 - BALSAM CAP & FRIDAY (WW)

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

Moderately paced hike on a very strenuous bushwhack.

Map & compass instruction.

Registration Period: Jan. 16 - 19

Leader: Ed Gorczynski verticallyinclined1@live.com

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

Sat. Jan. 21 - TWIN & INDIAN HEAD (WW)

Distance: 7.2 mi. Ascent: 1750', Elev: 3640', 3573'
Moderately paced and moderately strenuous trail hike.

Registration Period: by Jan. 17

Leaders: Ira Orenstein #415, W777; Karen Bloom #1733, W776 ksbiho@aol.com (preferred)
(914) 262-5816 C (7 to 9 PM except Mondays)

Sat. Jan. 21 - DOUBLETOP (WW)

Distance: 10.6 mi. Ascent: 3164', Elev: 3864'
Moderately paced hike on a trail and a strenuous bushwhack.

Crampons may be required.

Registration Period: Jan. 2 - 20

Leader: Michael Bongar #2173, W997;
michael@bongarbiz.com

Sat. Jan. 21 - BALSAM (WW)

Distance: 5 mi. Ascent: 1795', Elev: 3600'
Moderately paced trail hike to one of the required winter peaks; Proper winter gear required;

Registration Period: Jan. 14 - 20

Leader: Pamela Martin #2102 Pamelamartininc@gmail.com

Sat. Jan. 21 - FIR & BIG INDIAN (WW)

Distance: 10.3 mi. Ascent: 2678', Elev: 3620', 3700'
Relaxed paced bushwhack and trail hike with early start.

Registration Period: Jan. 12 - 19

Leader: Ted Shemella #1550 w789
tshemella@yahoo.com (preferred)
(845) 687-2208 to leave message

Sat. Jan. 21 - SLIDE (WW)

Distance: 5.6 mi. Ascent: 1800', Elev: 4180'
Moderately paced trail hike to a required winter peak.
Well behaved dogs are welcome.

Registration Period: Jan. 9 - 19

Leader: Tom Martone #2454 W1010
tom.martone.cmc@gmail.com

Sat. Jan. 21 - WEST KILL (WW)

Distance: 6.4 mi. Ascent: 1786', Elev: 3880'
Moderately paced trail hike.

Registration Period: Jan 15 - 19

Leaders: Peggy Wissler, #1499 / 612w
and Yanny Hecht, #1868 / 751w
YannyHecht@gmail.com

Sat. Jan. 21 - YOGA at The Alpine Inn (WW)

Please join our certified Yoga instructor Pamela Martin for a Yoga session before dinner. Limited space.

Registration Period: by - Jan 16

Leader: Pamela Martin #2102;
pamelamartininc@gmail.com

Sun. Jan. 22 - BLACKHEAD (WW)

Distance: 5.4 mi. Ascent: 1,800', Elev: 3,910'
Moderately paced hike.

Map & compass instruction.

Registration Period: Jan. 16 -19

Leader: Ed Gorczynski verticallyinclined1@live.com

Sun. Jan. 22 - HUNTER AND SOUTHWEST HUNTER (WW)

Distance 10.2 mi. Ascent 2300', Elev: 4040', 3740'
Moderate steady paced loop hike to fire tower.

Registration Period: Jan 11-19

Leaders: Margaret McGrath #2009, W939, Jim Bouton #1539, W614 mmcgrath55@msn.com (email preferred)
845-750-8671 before 8 pm

Sun. Jan. 22 - HALCOTT & SLEEPING LION (WW)

Distance: 4.4 mi. Ascent: 2269', Elev: 3537'
Moderately paced bushwhack.

Crampons may be required.

Registration Period: Jan. 2 - 20

Leader: Michael Bongar #2173, W997;
michael@bongarbiz.com

Sun. Jan. 22 - LONE & ROCKY & TABLE (WW)

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

Registration Period: Jan. 6 - 16

Leader: Michele Corn Farrell #2052;
cornfarrell@gmail.com

Sun. Jan. 22 - KAATERSKILL HIGH PEAK (WW)

Distance: 8 mi. Ascent: 2200', Elev: 3655'
Moderately paced bushwhack with steep scrambles.

Registration Period: Jan. 9 - 19

Leader: Tom Martone #2454 W1010
tom.martone.cmc@gmail.com

Rambles and Brambles: Hike Schedule continued...**Sun. Jan. 22 - PANTHER (WW)**

Distance: 6.8 mi. Ascent: 2100', Elev: 3720'

Moderately paced trail hike. Well behaved dogs welcome.

Registration Period: Jan. 7 - 21

Leader: Tom Rankin #1503 W627;

tomrankin7@gmail.com

Sat. Jan. 28 - WITTENBERG & CORNELL

Distance: 8 mi. Ascent: 2841', Elev: 3860, 3780'

A very strenuous paced trail hike.

Registration Period: by Jan. 25

Leader: Timothy Watters #268;

twatters@wattersfinancial.com

Sat. Feb. 4 - WINDHAM & BURNT KNOB

Distance: 7.0 mi. Ascent: 1850', Elev: 3524', 3180'

Moderately paced through-hike with great views.

Well-behaved dogs are welcome.

Joint with Mid-Hudson ADK.

Registration Period: Jan. 26 - Feb. 2.

Leaders: Shari Aber #2224 W944 shnaber@yahoo.com

(914) 489-0654

Joe Ferri #2223 W945 newpaltz33@yahoo.com

(914) 489-1582

Sat. Feb. 4 - BALSAM LAKE & GRAHAM

Distance: 10 mi. Ascent: 1700', Elev: 3720', 3868'

Pace will determine extent of hike:

Registration: Jan. 30 - Feb. 3

Leader: Keith Keator #1143

kvkeator@yahoo.com (pref) 518-589-9890

Sun. Feb. 5 - PLATEAU & SUGARLOAF

Distance: 9.2 mi.

Ascent: 4,600', Elev: 3,840', 3,800'

Strenuous trail hike with many steep sections and great views.

Registration Period: Jan 26 - Feb 1

Leader: Neil Berenholz #2443;

neilberenholz@gmail.com

Sat. Feb. 11 - WITTENBERG, CORNELL & SLIDE

Distance: 10 mi. Ascent: 2269', Elev: 3780' 3860' and 4180'

Moderately paced through hike with shuttle.

Crampons may be required.

Registration Period: Feb. 1 - 10

Leader: Michael Bongar #2173, W997;

michael@bongarbiz.com

Sat. Feb. 11 - BIG INDIAN & EAGLE

Distance: 11.8 mi. Ascent: 2240', Elev: 3700', 3602'

Relaxed paced trail hike with early start.

Registration Period: Feb 2 - 9

Leader: Ted Shemella #1550 w789

tshemella@yahoo.com (preferred)

(845) 687-2208 to leave message

Sun. Feb. 12 - RUSK

Distance: 4 mi. Ascent: 1600', Elev: 3680'

Moderately paced, steep bushwhack.

Map & compass instruction.

Registration Period: Jan. 16 -19

Leader: Ed Gorczynski verticallyinclined1@live.com

Sat. Feb. 18 - THOMAS COLE

Distance: 5.8 mi. Ascent: 2000', Elev: 3940'

Moderately paced trail hike. Well behaved dogs are welcome.

Registration Period: Feb. 13 - 16

Leader: Tom Martone #2454 W1010

tom.martone.cmc@gmail.com

Sat. Feb. 25 - SHERRILL & NORTH DOME

Distance: 7.2 mi. Ascent: 2485', Elev: 3610' and 3540'

Moderately paced bushwhack with shuttle.

Crampons may be required.

Registration Period: Feb. 12 - 22

Leader: Michael Bongar #2173, W997;

michael@bongarbiz.com

Sat. Feb. 25 - FIR & BIG INDIAN

Distance: 8 mi. Ascent: 1641', Elev: 3620', 3700'

Strenuous paced trail hike. Snowshoes and Crampons required.

Registration Period: by Jan 22

Leader: Timothy Watters #268;

twatters@wattersfinancial.com

Sun. Feb. 26 - PANTHER

Distance: 6.9 mi. Ascent: 1556', Elev: 3725'

Relaxed paced trail hike.

Registration Period: Feb 17 - 24

Leader: Ted Shemella #1550 w789

tshemella@yahoo.com (preferred)

(845) 687-2208 to leave message

Sat. Mar. 4 - LONE & ROCKY & TABLE

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

A very difficult, long and strenuous bushwhack to the most remote peaks. Early start.

Registration Period: Feb. 17 - 27

Leader: Michele Corn Farrell #2052;

cornfarrell@gmail.com

Sat. Mar. 4 - RUSK

Distance: 4 mi. Ascent: 1600', Elev: 3680'

Moderately paced, steep bushwhack.

Registration Period: Feb. 27 - Mar. 2

Leader: Tom Martone #2454 W1010

tom.martone.cmc@gmail.com

Sun. Mar. 5 - BALSAM CAP & FRIDAY

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

Moderately paced hike on a very strenuous bushwhack.

Crampons may be required.

Registration Period: Feb. 17- 27

Leader: Michele Corn Farrell #2052;

cornfarrell@gmail.com

Sun. Mar. 5 - SLIDE

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

Moderately paced trail hike to a required winter peak.

Well behaved dogs are welcome.

Registration Period: Feb. 27 - Mar. 2

Leader: Tom Martone #2454 W1010

tom.martone.cmc@gmail.com

Sat. Mar. 11 - ROUND TOP & KAATERSKILL HIGH PEAK

Distance: 8.1 mi. Ascent: 2269', Elev: 3440' 3655'

Moderately paced through hike with shuttle. Includes trail, herd path and bushwhack.

Crampons may be required.

Registration Period: Mar. 1 - 10

Leader: Michael Bongar #2173, W997;

michael@bongarbiz.com

Sat. Mar. 11 - BLACKHEAD

Distance: 5.4 mi. Ascent: 1,800', Elev: 3,910'

We will decide to hike Black Dome & Thomas Cole another 2.3 miles if conditions are good.

Well-behaved dogs are welcome. Joint with Mid-Hudson ADK.

Registration Period: Mar. 2 - 9

Leaders: Shari Aber #2224 W944 shnaber@yahoo.com (914) 489-0654

Joe Ferri #2223 W945 newpaltz33@yahoo.com (914) 489-1582

Sun. Mar. 12 - BEARPEN & VLY

Distance: 6.5 mi. Ascent: 2000', Elev: 3600', 3529'

Moderate hike on roads & trails

Registration: Mar. 6 - 11

Leader: Keith Keator #1143

kvkeator@yahoo.com (pref) 518-589-9890

Sat. Mar. 18 - NORTH DOME & SHERRILL

Distance: 8 mi. Ascent: 1811', Elev: 3610', 3540'.

Strenuous paced Trail less hike. Snowshoes and Crampons required.

Registration: by Mar. 15

Leader: Timothy Watters #268;

twatters@wattersfinancial.com 


Trail Mix: continued...

- *Map and compass review*
- *Proper clothing and temperature management*
- *Hydration and nutrition*
- *Constructing snow shelters and a winter kitchen*
- *Winter "Leave No Trace" principles*
- *Decision making and risk management*

For more details about our program, please visit their [website](#). 

Note: See Page 10 in the Digital Version of The Canister for more Trail Mix that did not fit in this issue. —Ed

Members and Aspirants:

Dues or subscriptions for calendar 2017 are now payable. Those of you who receive the emailed quarterly link from us also get a dues reminder. Members and Aspirants, who joined after the middle of the year, may renew at a half year rate to get back to "calendar year renewal." Contact Mike or myself to confirm your status. Forms and rates are on the membership page of the website.. 

Dave White & Mike Dwyer

Note: Click on this notice to go to our website to join or renew.

Members and aspirants are cordially invited to attend the:
FIFTY SECOND ANNUAL DINNER MEETING
Saturday, April 1st, 2017

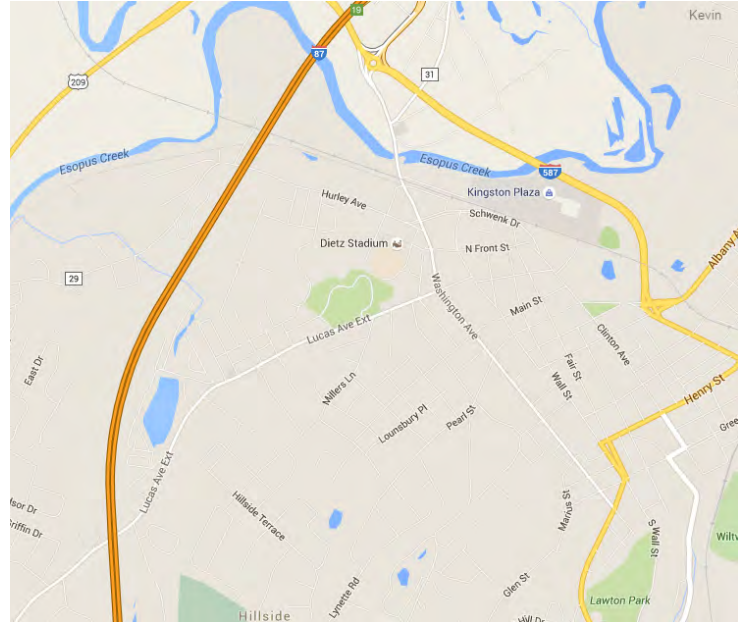
Location:

The Chateau
Route 32 (240 Boulevard)
Kingston, New York 12401
(845) 331-4386

Social Hour: 3:30 P.M. — 5:00 P.M.
Cash bar, hors d'oeuvres served
Dinner: 5:15 p.m.

Guest Speaker: Jeff Rider, DEC Senior Supervising Forester

Topic: Stewardship and conservation issues related to the increase of interest in and traffic to the Catskill Mountains, including challenges and successes the DEC has had in handling the results and future plans. There will be time for an extensive question and answer period as well.



Please detach and mail to:

Michael Doehring
 7 Cloverdale Avenue
 White Plains, NY 10603
 tigersmath@aol.com (preferred)
 914-761-7225

Reservations \$45.00 per person.

Amount of Check: \$ _____

Check should be made payable to **“The Chateau”** but mailed to Michael Doehring.

Please Circle Choice of Entrée

Name: _____ Rib Eye Steak Chicken Française Mixed Veg. Lasagna
 Reg # _____ Winter # _____

Name: _____ Rib Eye Steak Chicken Française Mixed Veg. Lasagna
 Reg # _____ Winter # _____

Note: If you intend to sit with a large group, print the names of the people you would like seated at your table, and please verify that they plan to attend and wish to sit with you. Tables seat Twelve (12)

Space is limited so reserve early — Checks will be deposited after dinner
There will be NO VALET PARKING. Please check here if you will need assistance _____”
Deadline - March 13, 2017

Are You Ready for That Winter Requirement?

By Laurie Rankin, #1337, W531

The 3500 Club is unique among other clubs in its requirement to complete four of the peaks a second time between December 21st and March 21st in order to meet the qualifications to be a member. This is more commonly known as the winter requirement. The weather varies from year to year between those dates, so it is certainly possible to become a member without ever hiking in what is generally thought of as winter conditions. But you cannot count on that, thus you will want to be prepared for winter conditions. Some think that preparation is simply following hikeSafe principles with the addition of a pair of boots or a heavy winter jacket. Not so. Gear is important, but there are other factors of equal or greater importance.

Timeliness: Driving to a trailhead on slippery roads can take longer. Bring a shovel and be prepared to use it (for a list of plowed trailheads see winter parking on our web page <http://catskill-3500-club.org/resources.php>). There is less day light in winter. Do you have back up batteries for your head lamp? Plan accordingly. Asking others to wait causes them to get very cold. Be considerate of your hiking partners and avoid this.

Food: You will need more calories to stay warm, propel yourself forward through deep snows, and because you are carrying more gear. Plan on bringing more calories. Don't plan on a long lunch break at the summit on a cold day. Will your food freeze? Can you eat it in a frozen state (hint – freeze that cliff bar at home, then try to break off a piece and eat it).

Water/Hydration: Plan on more water than you expect to stay hydrated. Water bladder systems often fail in cold weather. Have a back up plan. Thermoses are great.

Group Size: Four is the minimum so that in the event of an emergency one can stay with the injured party and two can stay together and go for assistance. When breaking trail in deep snow, fatigue sets in quickly. Share the work by rotating the front person to the back of a single line on a routine basis such as every 200 steps.

Continued on page 10...

“It was all Paul Leikin’s Fault”

By Martin Cohen, #728, W330

Here I was 80 years old and still hiking, and even running (albeit at a slow speed), quite a feat, there are not many such codgers still jogging around town. I thanked my knees, my feet, my heart and my lungs, in that order. But then, from the rear accesses of my ancient mind, occasionally came a popup: Paul Leikin had completed a round of the Catskill peaks over the age of eighty. Who would ever think of doing that? After eighty, one is grateful to be able to make it around the house without a walker, not to mention wheel chair. And me, I was still doing hikes in Harriman; usually the oldest among the bunch, I was admired for still getting out there.

Some 30-odd years ago I had hiked with Paul; he was a regular hiker with our local ADK group, but he didn't appear to me to be particularly strong and fast on the trail. Years later, hearing of his Catskills feat, I imagined him slowly dragging his worn out body up the challenging Catskill peaks. (I guess his body wasn't as worn out as I imagined). Good for him!

Sometime around August, 2014, I thought: “Should I try to repeat such an idiotic stunt?” Since my 80th birthday in February of that year, I had already done Twin, Hunter, SW Hunter, Slide, Peekamoose, Table, and Indian Head, so I said “Why not?” I decided for my next peak to attempt a real bushwhack (SW Hunter, being mostly a trail hike, doesn't really count), so I talked Wanda (my wife) into trying Rusk, which we did following a challenging route (straight up). By sheer coincidence Rusk has been prominent in the Catskills portion of my relationship with Wanda: it was the first Catskill peak we climbed as a couple, later it was the first peak I climbed on snowshoes (with her and another fellow), and here it was the first bushwhack we climbed together on my over-80 quest. Years earlier, on separate occasions each of us had led Rusk via Evergreen, although longer, not a bad route as it avoids the steepest sections. But, as we lacked the cars for a shuttle, we just charged straight up from the bend in the jeep road near Spruceton Rd. parking lot: “Damn the steepness!” Crawling over and under blow downs and the like, I began to have reservations about the over-80 quest, but after successfully summiting and descending safely, I forgot the pain and looked forward to the next peak.


Continued on page 10...

Winter Requirements, continued from page 9

Pace: It is better to hike chilly than to be over dressed. Hike at the pace of the slowest hiker in the group. Add a layer if you are too cold. No one should be working so hard that they are sweating as moisture is dangerous. Adjust your layers and speed to avoid sweating. You will be warmer on steep terrain, cooler on flat terrain. Adjust layers as needed.

Gear: Does not always hold up well in severe cold. Be sure it is in a state of good repair. Bring a repair kit. Can you put your snowshoes on with gloves on? Can you put your crampons on with gloves on? Practice, practice, practice at home prior to a hike. Walk around your yard, neighborhood, rail trail or golf course to practice. Poles with snow baskets are helpful.

Clothing: Non cotton layers. Think layers for everything including your head, hands, feet, and body.


Ethics/Attitude: Post holing is a term that defines persons walking in deep snow without benefit of snowshoes. This creates deep holes where others may fall in and get injured. Wear snowshoes. Spruce Traps is a term that defines the manner in which snow falls on fir branches, creating empty spaces that do not appear on the surface. A hiker steps on a fir hidden under the snow and due to their weight will unknowingly fall through the branches, snow and empty spaces and sink. Their lower extremities and gear will likely be caught below branches. Extricate oneself is often difficult and fatiguing and the remainder of the party gets cold. Turn back if necessary. Be safe. Have fun. Come back again! 

Climbing the peaks after age 80, cont'd from page 9

Fast forward to October 15, 2016, I was doing Bearpen and Vly on a club hike led by Laurie and Tom Rankin, when Laurie asked me “Are you trying to do a round after age 80?” When I replied in the affirmative and told her that after Bearpen and Vly, I would only need Wittenberg and Cornell to finish, she offered to chaperone me on that finale. Accordingly, with Laurie’s good guidance, I finished the over-80 round on November 7. The next day I voted (I know that’s irrelevant, but ...).

I didn’t find climbing Wittenberg and Cornell that bad, going up was strenuous, but not really painful. Coming

down (3,200 feet combined) was another story: my knees reminded me with frequent acute pangs that they were 82-years old, but we finished before dark. On reflection, if we had finished after dark, I think it would have been a weird thought, Himalayan I might say, to have spent the entire daylight hours in the quest of a couple of peaks (I had arisen that day well before sunrise for my hour and forty minute drive to Woodland Valley).


For the time being, I think I’ll restrict my Catskill forays to Windham, my favorite easy peak. 

*Trail Mix, continued from page 3***VIEWSHED TO REMAIN WILD**

A 103-foot tower on Roundtop was in the works in 2016 as part of a statewide Mesonet weather system—an unnecessary intrusion on the Forest Preserve viewshed. Thanks to our observations from the peaks, regional opposition, and testimony at the Town of Hunter Planning Board, Mesonet officials withdrew their application. Great thanks to all participants in a visual impact test: Mike Young observed from Indian Head and Twin; Stash Rusin from Hunter ski area and tower; Heather Rolland from Plateau; Bill Chriswell from Twin; Bruce Franconi from Dibbles Quarry, and Holly Woodworth from Overlook.

When officials reserved the right to increase the tower’s height in the future, while the Planning Board considered approving an acceptable 33-foot tower, legal expertise from ADK stopped this ploy, proving that it violated the State Environmental Quality Review Act. Allowing each aspect or segment of a project to be addressed as independent, unrelated activities, needing individual determinations, is known as ‘segmentation.’ This is contrary to the intent of SEQRA and is therefore unlawful. The upshot: On November 3rd Mesonet officials stated that they will “never again consider any tower taller than a 33-foot tower.”

BELLEAYRE DEVELOPMENT BREAKING NEWS

A court ruled that the Town of Shandaken Planning Board overstepped its authority in approving aspects of the Belleayre Resort. The case was referred to the Shandaken Zoning Board of Appeals, which received the referral on November 16, 2016 and scheduled a public hearing for December 21st, 2016. 

*Facebook Photo Contest Winner
Ashley Falls by “pho ebe” [sic]*





2017 3500 Club Winter Weekend

It is time to sign up for the 3500 2017 Winter Weekend : Friday, January 20- Sunday January 2017 at the Alpine Inn, Alpine Road, Olivera, NY (off Route 47, a/k/a “Slide Mountain Road.”

The Alpine Inn is ideally located near three of the four peaks required in winter for the 3500 Club Patch and close to many other trailheads. The Bellayre Ski area is close by for non-hiking family members and friends (with discounts for Alpine Inn guests), as is shopping and antiquing in Woodstock and Kingston.

Room rates for the Club start as low as \$145 per person, double occupancy (plus tax and \$10 per day gratuity)- ***for the entire weekend!*** ***The package includes:*** Accommodations for Friday and Saturday night, a hot breakfast on Saturday and Sunday and dinner on Saturday night (appetizers, soup/salad, dinner & dessert).

There are a multitude of room types available from twin beds to king bed suites with fireplaces. See www.thealpineinn.com or call 845-254-5026, make sure to tell them you are with the 3500 Club. ***IMPORTANT*** – the Alpine Inn is holding all rooms for the 3500 Club through December 15, 2016, after which they will open any unreserved rooms to the public. ***BOOK NOW!*** The cancellation policy is 8 days prior to arrival and all cancellations are subject to a \$25.00 room processing fee. A one night deposit is required at time of booking. Go to www.thealpineinn.com for complete booking and cancellation details. Make sure you look at the “Discounted Trailwalker Rate Package.”

Check-in is 4PM on Friday January 20th, No dinner is available at the Alpine that night. There are other restaurants nearby in Phoenicia and surrounding towns. Brio’s Pizza and the Phoenicia Diner are both popular, tasty and reasonable. Hot breakfast at the Alpine is at 7:30 AM both Saturday and Sunday, dinner on Saturday night is one seating at 7 PM. Bagged lunches are available for approx.. \$10 and include a sandwich of the day, two pieces of fried chicken, fruit, dessert. Please indicate your lunch order when booking your room as well as any vegetarian options you require for all meals.

Hiking, but not staying at the Alpine? Live nearby and want to come join the fun on Saturday night? You can make a dinner reservation directly with the Alpine Inn. Dinner is \$35, and includes appetizer, soup/salad, dinner, dessert, coffee/tea.

When you book your reservations, please let the Winter Weekend coordinator, Moira Colangelo know: moira@colangelos.com, 203-561-2688.

Lastly....Moira is looking for a suggestion for a theme for Saturday night fun. An Ugly Sweater Contest? The craziest Hat? Send your suggestions to moira@colangelos.com . All ideas welcome!