



# the catskill canister

July – September 2017

Volume 50 Number 3

**Inside this issue...**  
Yoga Hikes, EPF Funding,  
and more !

**Wilderness, Human Impact, and  
The 3500 Club**  
by Heather Rolland

## Trail Mix

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

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### Dues Are Due So Do Your Duty

If you have not paid dues this year, they are past due. Members and Aspirants who joined after the middle of last year may renew at a half year rate to get back to calendar year renewal. Use <http://catskill-3500-club.org/membership.php> to renew online. Contact Mike or myself to confirm your status, Dave White & Mike Dwyer

### Gratitude!

We have again this year received significant donations from groups in Sansaram totaling more than \$1300, many by individuals who are already Life Members. These funds, and a portion of the annual dues paid by members who accept electronic download of the Canister, are put to good use. At this year's first meeting of the executive committee, the club agreed to donate \$5000 for the third year of the Summit Steward Program run by the NYNJTC.

### Patches? We Don't Need No Stinking Patches!

Maybe we don't need any stinking patches, but who doesn't love a new award with a patch to match? In addition to the Club's regular and winter membership patches (details for earning these patches can be found at <http://catskill-3500-club.org/membership.php>), here are some additional patches you can earn:

### Hike Leader Award

The purpose of this award is to recognize leadership in the club by its members. The award is open to any member in good

28,642. 69,305. 3450. 8907. No, I'm not playing Sudoku, I'm trying to wrap my head around the increase in the number of hikers on Catskills trails over the past few decades. Numbers might make some folks glaze over, but grasping their meaning is worth the effort. 28,642 is the number of people who signed in at trail registers in Region 3 (that's Ulster and Sullivan Counties) in 1990. 69,305 is the number of people who signed in at a trail register in Region 3 in 2015. The difference between those two numbers represents the increase in measured trail usage in 25 years -- from under 30,000 people to almost 70k!

3450 is the number of canister sign-ins in 2010. 8907 is the number of canister sign-ins in 2016. From 2010 to 2016, the amount of foot traffic on trailless peaks more than doubled.

It's wonderful to see that more people are discovering the Catskills. These "little" peaks are so magical, it's not surprising that they have captured the public's imagination and are "trending." Hiking in general has caught on and the popularity of outdoor recreation is experiencing a well-earned renaissance. Increasing fitness, enjoying being outdoors, and grooving on nature to whatever degree folks do, is all good. Falling in love with the Catskills – flora, fauna, rocks, creeks, vistas, and villages -- is a critical first step to becoming a passionate protector. If those numbers represent even a fraction of new nature lovers and budding conservationists, I'm delighted. But a nagging worry remains – is this sustainable? Is there a carrying capacity for our trails and trailless peaks, and how will we know when we have reached it?

I hiked Thomas Cole recently. It was my first trip there during the snow free season in several years. I saw that a bare dirt clearing had been hacked into the dense balsam forest at the summit. Devoid of moss, wildflowers, and other plant life that used to be there even a few years ago, the soil is compacted: hard and barren, tree stumps remaining to tell the tale. These are the kinds of impacts I used to see 20 years ago when I hiked closer to NYC. To see hard-packed bare earth off the trail on the summit of a high peak gave me a chill.

The summit clearing on Rusk, likewise, has been "enlarged" several times. Doubletop and North Dome sport a maze of herd paths all deeply cut into the tender mosses and other higher elevation plants. Illegal campsites dot the summit ridge of Plateau. Some of these include cleared and compacted areas large enough to accommodate multiple tents. Friday and Balsam Cap – both nominally trailless – have well-worn trails, and have been subject to vandalism, tree cutting, and even attempts to mark these illegal trails.

Litter, broken glass, noise, illegal parking, and sanitation are the kind of problems that stand out like a sore thumb in the wilderness. The damage I saw on Thomas Cole, for example, might be tough to notice, especially if you'd never seen it pristine. But pristine is exactly

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We're on the web at

[www.catskill-3500-club.org](http://www.catskill-3500-club.org)

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tor@catskill-3500-club.org](mailto:editor@catskill-3500-club.org).

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

It's my first column as President and I'm excited and honored to take my turn at the wheel! I've been wrestling with what to write for several days, though. Why am I editing myself so harshly, I wondered, as I electronically crumpled up yet another draft and clicked "delete." Because it's important is the answer. And because sharing sobering insights about where our club may have wandered into some nettles, so to speak, is a bitter pill. I wish my column could be all high fives and fist bumps about hiking accomplishments, but unfortunately we have to talk. Step into my office...

Our club promotes hiking the high peaks; our club promotes conservation. We've done a fine job with the former but it's time to walk our talk even more stridently with the latter. Not that we haven't put our collective back into it – we joined the Catskill Park Coalition and participated in lobby days in Albany seeking funding for the Catskill Forest Preserve, including critical funding for DEC foresters, rangers, assistant forest rangers, and operations crew. We've donated \$15,000 to date to the Summit Steward program managed by the New York New Jersey Trail Conference.



We run biannual highway clean ups on our adopted section of Route 214, and biannual trail maintenance outings to our adopted trail and lean to. We have scheduled Hemlock Woolly Adelgid identification trainings, and turned out in force for litter pick ups at the Blue Hole. We're talking with the land managers about more ways we can mitigate damage done by hikers, including rehabilitation projects on the high peaks. And we plan to offer a Leave No Trace training to our hike leaders. We haven't been slackers.

But we promote hiking the peaks, and hiking is happening in numbers the likes of which we haven't seen ever before. Total canister sign ins doubled from 2009 to 2015, and numbers at Vly for example increased from approximately 130 in 2007 to almost 900 in 2016. Yes, you read that correctly – in less than ten years an almost sevenfold increase has occurred. Think about it – it took nearly 30 years for the club to reach one thousand members. It took less than 20 years to double that, and we are on track to hit 3,000 at the next dinner – six years later.

With increasing numbers comes increasing responsibility. It's time for us to up our game, so to speak. It's time to be brutally honest with ourselves about our role in impacting these peaks, and explore ways to change our behavior to lighten the load. Yes, change. It might not be easy or comfortable, but we'll be in it together. Loving the Catskills: these forests and waterways, balsams and bears, porcupines and red efts, snow, ice, mud, moss, beech whips and eye pokers... it's who we are and it's what we do. Figuring out how to do it more gently is not only possible – it's imperative. See you in the woods,

*Heather*☼

### *Trail Mix Continued from page 1*

standing who leads six scheduled hikes including a winter hike and (separately) a bushwhack. Also required is participation in one club trail maintenance outing.

Applications are available online at [http://catskill-3500-club.org/forms/  
HikeLeaderAward.pdf](http://catskill-3500-club.org/forms/HikeLeaderAward.pdf)

### **Club Service Award**

The purpose of this award is to recognize service to the club by its members. The award is open to any member in good standing who accumulates 7 points by participating in various activities. Get details or apply online at <http://catskill-3500-club.org/forms/ClubServiceAward.pdf> Other awards (with patches!) may be added in the future. Stay tuned for announcements!

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*Wilderness Impact continued from page 1*

what these wilderness areas should be – as “untrammelled” as possible. The DEC’s Catskill Park State Land Master Plan lays it out clearly: wilderness **“is an area where the earth and its community of life are untrammelled by man--where man himself is a visitor who does not remain.”** Further, wilderness has a “primeval character” and is “managed so as to preserve, and where necessary, enhance and restore, its natural conditions, and which (1) generally appears to have been **affected primarily by the forces of nature, with the imprint of man’s work substantially unnoticeable;** (2) offers **outstanding opportunities for solitude** or a primitive and unconfined type of recreation.” The natural human impulse to create, fix, improve, or build is contrary to the essence of wilderness. It is a place we don’t “improve.” Even the trails are a compromise, and trail-less peaks offer a spectacular wilderness experience... if they are indeed untrammelled.

I know many of you work hard to leave no trace, never littering and ever careful to pick up the dreck someone else left behind. But the numbers show us that it’s not just litter we need to think about. It’s where we place our boots, how often, and how many of us. Our very presence is an issue. And that’s pretty uncomfortable to think about. Hiking is what brings us into nature, foments an intimacy with the natural world that leads to a passionate commitment to conserve it... and hiking is also causing a problem in and of itself. What’s an ethical club member to do?

For starters, we need to admit that there is an issue to be addressed. The genie is out of the bottle – some areas may be permanently damaged, never to recover. We hikers did that, and we need to be honest with ourselves about our role, and open to changing our behavior. Our right to hike is undeniable but our impact upon the forests we love so much is also undeniable. What else can we do? To begin, let’s

- ◆ Learn about hiking more sustainably. Leave No Trace (the organization in general and the 7 principles more specifically) is an excellent place to start. The club is planning specific LNT trainings later this year – stay tuned!
- ◆ Be mindful of impact when planning hikes. Snow cover is a durable surface; mud season and times of drought tend to be extra hard on plant life. Waiting a week or two for conditions to improve may greatly decrease impact.
- ◆ Keep our group sizes small. Heavy foot traffic by a large group on a single day has been shown to be a significant source of damage and impact.
- ◆ Volunteer to help rehabilitate or repair damaged areas. The Club plans to work with DEC staff to identify areas that can be rehabbed, and volunteers will be needed to assist with these projects.
- ◆ Share your ideas. Write to me at [president@catskill-3500-club.org](mailto:president@catskill-3500-club.org) to share your suggestions for how the club can up its stewardship game. ☘

*The author wishes to acknowledge assistance from NYS DEC for-esters Ian Dunn and Jeff Rider.*

*Trail Mix continued from page 2*

## Spring Road Clean-Up

We had another amazing turnout for the Club’s May Adopt-A-Highway event on Rte 214. Participants were David Bunde, Al Davis, Steve Emanuel, Jim Gebhard, Peter Greweling, Tim Hale, Bobbie Hladik, Laurie Hladik, Keith Keator, Linda Kukol, Larry Leslie, Tom Martone, Charlie Lutomski, Pamela Martin, Kim Robinson, TJ Robinson, Tom Robinson, James Ruoff Sr, Laura Sanford, and Lyn Walker. Twenty people! A big thank you to all who participated. Our next opportunity to help out will be our trail maintenance trip on July 16th. Hope to see you there! David Bunde, Trail Maintenance Chair

## Changing of the Guard

A hearty thank you to departing past president Tom Rankin and secretary Laurie Rankin, and welcome to Charlie Lutomski, our new second vice president, and Melissa McCutcheon, our new secretary. Also thank you to departing Canister Editor Kevin Morgan and welcome to our new editor, Bill Chriswell. For a full run down on the current board members, committee chairs and officers of the club, go to [http://catskill-3500-club.org/history\\_officers.php](http://catskill-3500-club.org/history_officers.php) ☘



## Conservation Corner—

*A Note from our Conservation Chair, Carol White*

ADK nominated the Blue Hole for a 2017 Leave No Trace HOT SPOT. ADK will host a week of public education at the Blue Hole from Monday, August 14, 2017 (all day) to Monday, August 21, 2017 (all day), providing staff support and training. More: [adk.org/protect/issues-and-alerts](http://adk.org/protect/issues-and-alerts). Visit [www.LNT.org](http://www.LNT.org). Many outdoor areas are negatively impacted by recreational use – we are literally loving the land to death from a lack of knowledge or skills, resulting in litter, polluted water, invasive species, habituated wildlife, trail and campsite erosion, campfire ring proliferation, cigarette butts, dog waste, etc. Hot Spots are sites that are damaged but can become healthy after specific Leave No Trace applications.

**The Good News:** A fully-funded \$300 million Environmental Protection Fund for the second year will protect facilities for the Catskill and Adirondack Forest Preserves including more trail construction, maintenance, and additional Summit Stewards, and fund public land conservation and acquisition. There is also increased funding to combat invasive species like the hemlock woolly adelgid in the Catskills. Funds improve water quality, prevent pollution, fund community health programs, zoos, parks, and botanical gardens. Capital investments made through the EPF support thousands of jobs and generate \$40 billion in revenue every year. The Fund was created in 1993 to ensure that the state could pay for environmental projects

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## Rambles and Brambles: Hike Schedule July—September 2017

Familiarize yourself with the seven **Leave No Trace** Principles for all your hikes:

- ◆ Plan Ahead and Prepare;
- ◆ Travel and Camp on Durable Surfaces;
  - ◆ Dispose of Waste Properly;
  - ◆ Leave What You Find;
- ◆ Minimize Campfire Impacts;
  - ◆ Respect Wildlife; and
- ◆ Be Considerate of Other Visitors

### Sat. July 1 - INDIAN HEAD & TWIN

Distance: 8 mi. Ascent: 2200', Elev: 3573', 3640'  
 Traverse with shuttle.  
 Registration Period: June 26 - 30  
 Leader: Keith Keator #1143  
[kvkeator@yahoo.com](mailto:kvkeator@yahoo.com)  
 (518) 589-9890

### Sat. July 1 - NORTH DOME & SHERRILL

Distance: 8 mi. Ascent: 2900', Elev: 3540', 3610'  
 A moderately paced, strenuous bushwhack.  
 Joint hike with ADK Long Island.  
 Registration Period: June 12 - 28  
 Leader: Ed Moran #2007  
[edmoran@gmail.com](mailto:edmoran@gmail.com)  
 (631) 741-3765

### Sun. July 2 - WEST KILL

Distance: 6.4 mi. Ascent: 1,786', Elev: 3,880'  
 A moderately paced trail hike.  
 Registration Period: June 26 - 30  
 Leader: Jim Malumphy #890  
[lump63@hotmail.com](mailto:lump63@hotmail.com)  
 (203) 206-0586 before 8pm

### Sun. July 2 - BALSAM CAP & FRIDAY

Distance: 7 mi. Ascent: 2200', Elev: 3694', 3623'  
 A moderately paced strenuous bushwhack.  
 Map & compass instruction.  
 Registration Period: June 26 - July 1  
 Leader: Ed Gorczyński [verticallyinclined1@live.com](mailto:verticallyinclined1@live.com)

### Sat. July 8 - FIR & BIG INDIAN

Distance: 10.3 mi. Ascent: 2678', Elev: 3620', 3700'  
 A moderately paced bushwhack and trail hike.  
 Registration Period: June 26 - July 7  
 Leader: David Bunde #2269 W925  
[david@dgbdesign.com](mailto:david@dgbdesign.com)

### Sat. July 8 - HALCOTT & SLEEPING LION

Distance: 7 mi. Ascent: 2000', Elev: 3524', 3400'  
 Moderate pace through hike with navigation instruction. Well behaved dogs welcome.  
 Registration period: June 29 - July 6  
 Leaders: Shari Aber #2224 [shnaber@yahoo.com](mailto:shnaber@yahoo.com)  
 (914) 489-0654 and Joe Ferri #2223  
[newpaltz33@yahoo.com](mailto:newpaltz33@yahoo.com)  
 (914) 489-1582

### Sun. July 9 - WINDHAM HIGH PEAK

Distance: 7 mi. Ascent: 1800' Elev: 3524'  
 A relaxed pace trail hike.  
 Registration Period: July 1 - 8  
 Leader: Al Davis #2192 W1082  
[ad322@freeelectron.net](mailto:ad322@freeelectron.net)  
 (518) 947-6407

### Sun. July 15 - RUSK & EAST RUSK

Distance: 5.5 mi. Ascent: 1800', Elev: 3680', 3520'  
 A moderate paced, steep bushwhack.  
 Registration Period: July 1 - 15  
 Leader: Chris Adams #2710  
[GetElevatedNY@gmail.com](mailto:GetElevatedNY@gmail.com)

### Sun. July 16 - PEEKAMOOSE-TABLE TRAIL MAINTENANCE

It's our summer trail maintenance day! Please help us keep the Peekamoose-Table Trail clean, clear and safe for the enjoyment of all. Bring work gloves and your favorite trail maintenance tools (the Club will also have tools available). It's fun work and a great way to help the Club and the hiking community. Refreshments will be provided afterward.  
 Registration Period: Open  
 Leaders: David Bunde #2269 W925 Tom Martone #2454 W1010, [david@dgbdesign.com](mailto:david@dgbdesign.com)

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**Sat. July 22 - PLATEAU**

Distance: 5 mi. Ascent: 1600', Elev: 3840'  
 Steep ascent & descent, flat top with great views.  
 Registration Period: July 16 - 21  
 Leader: Mike Stallbohm #1826 W745  
[mstall0128@gmail.com](mailto:mstall0128@gmail.com)

**Sat. July 22 - KAATERSKILL HIGH PEAK**

Distance: 7 mi. Ascent: 1330', Elev: 3655'  
 A relaxed paced, often steep bushwhack.  
 Registration Period: July 13 - 20  
 Leader: Ted Shemella #1550 W789  
[tshemella@yahoo.com](mailto:tshemella@yahoo.com) (preferred)  
 (845) 687-2208 to leave message

**Sun. July 23 - BEARPEN & VLY**

Distance: 7 mi. Ascent: 2000', Elev: 3600', 3529'  
 A moderate paced bushwhack and trail hike.  
 Registration Period: July 14 - 21  
 Leader: Michael Bongar #2173 W994  
[michael@bongarbiz.com](mailto:michael@bongarbiz.com)

**Sat. July 29 - SLIDE**

Distance: 7 mi. Ascent: 1780', Elev: 4180'  
 Loop via Curtis-Ormsbee Trail.  
 Registration Period: July 24 - 28  
 Leader: Keith Keator #1143  
[kvkeator@yahoo.com](mailto:kvkeator@yahoo.com)  
 (518) 589-9890

**Sat. July 29 - DOUBLETOP**

Distance: 5.7 mi. Ascent: 1900', Elev: 3860'  
 A relaxed paced, strenuous bushwhack.  
 Registration Period: July 20 - 27  
 Leader: Ted Shemella #1550 W789  
[tshemella@yahoo.com](mailto:tshemella@yahoo.com) (preferred)  
 (845) 687-2208 to leave message

**Sun. July 30 - BALSAM LAKE & MILL BROOK RIDGE**

Distance: 8.6 mi. Ascent: 1800', Elev: 3723', 3480'  
 A relaxed pace trail hike.  
 Registration Period: July 22 - 29  
 Leader: Al Davis #2192 W1082  
[ad322@freeelectron.net](mailto:ad322@freeelectron.net)  
 (518) 947-6407

**Sat. Aug. 5 - LONE & ROCKY**

Distance: 11 mi. Ascent: 2300', Elev: 3721', 3508'  
 Relaxed paced, long and strenuous bushwhack.  
 Registration Period: July 27 - Aug. 3  
 Leader: Ted Shemella #1550 W789  
[tshemella@yahoo.com](mailto:tshemella@yahoo.com) (preferred)  
 (845) 687-2208 to leave message

**Sun. Aug. 6 - ST. ANNE'S & WEST KILL**

Distance: 7.75 mi. Ascent: 2300', Elev: 3880'  
 Traverse with car shuttle. Well behaved dogs are welcome.  
 Registration Period: July 31 - Aug. 4  
 Leader: Tom Martone #2454 W1010  
[tom.martone.cmc@gmail.com](mailto:tom.martone.cmc@gmail.com)

**Sat. Aug. 12 - BLACKHEAD, BLACK DOME AND THOMAS COLE**

Distance: 8 mi. Ascent: 2745' Elev: 3940', 3980', 3940'  
 A moderately paced, sometimes steep traverse across the Blackhead Range.  
 Registration Period: July 31 - Aug. 11  
 Leader: David Bunde #2269 W925  
[david@dgbdesign.com](mailto:david@dgbdesign.com)

**Sun. Aug. 13 - BLACKHEAD**

Distance: 4.5 mi. Ascent: 1840', Elev: 3940'.  
 A moderate paced, steep trail hike.  
 Registration Period: July 21 - Aug. 5  
 Leaders: Chris Adams #2710  
[GetElevatedNY@gmail.com](mailto:GetElevatedNY@gmail.com)

**Sat. Aug. 19 - BALSAM & EAGLE**

Distance: 9 mi. Ascent: 2000', Elev: 3600'  
 Moderately paced trail hike.  
 Registration Period: Aug. 7 - 18  
 Leader: David Bunde #2269 W925  
[david@dgbdesign.com](mailto:david@dgbdesign.com)

**Sun. Aug. 20 - ROCKY & LONE**

Distance: 10.3 mi. Ascent: 2678', Elev: 3508', 3721'  
 A moderate paced bushwhack and trail hike.  
 Registration Period: By Aug. 11 - 18  
 Leader: Michael Bongar #2173 W994  
[michael@bongarbiz.com](mailto:michael@bongarbiz.com)

**Sat. Aug. 26 - HUNTER & SOUTHWEST HUNTER**

Distance: 10 mi. Ascent: 2500', Elev: 4045', 3720'  
 Moderately paced loop hike. Well-behaved dogs welcome.  
 Registration period: Aug. 17 - 24  
 Leaders: Shari Aber #2224 [shnaber@yahoo.com](mailto:shnaber@yahoo.com)  
 (914) 489-0654 and Joe Ferri #2223  
[newpaltz33@yahoo.com](mailto:newpaltz33@yahoo.com)  
 (914) 489-1582

**Sat. Sept. 2 - FRIDAY & BALSAM CAP**

Distance: 7 mi. Ascent: 3000', Elev: 3694', 3623'  
 Steep, strenuous bushwhack at a moderate pace.

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Registration Period: Aug. 28 - Sept. 1

Leader: Tom Martone #2454 W1010

[tom.martone.cmc@gmail.com](mailto:tom.martone.cmc@gmail.com)

**Sat. Sept. 9 - ADOPT-A-HIGHWAY CLEAN-UP**

Route 214 Clean Up: Bring work gloves and a great attitude – all else will be provided, including refreshments afterward. Your participation helps the Club, the environment, and keeps the Catskills beautiful!

Registration Period: Open

Leaders: David Bunde #2269 W925; Tom Martone #2454 W1010

[david@dgbdesign.com](mailto:david@dgbdesign.com)

**Sat. Sept. 9 - PLATEAU & SUGARLOAF**

Distance: 8.8 mi. Ascent: 3300', Elev: 3840', 3800'

Traverse with car shuttle. Starts after Club's Adopt-a-Highway cleanup event.

Registration Period: Sept. 4 - 8

Leader: Tom Martone #2454 W1010

[tom.martone.cmc@gmail.com](mailto:tom.martone.cmc@gmail.com)

**Sun. Sept. 10 - Devil's Path East - INDIAN HEAD, TWIN, SUGARLOAF & PLATEAU**

Distance: 13.8 mi. Ascent: 4270', Elev: 3573', 3640', 3800', 3840'

Very strenuous, steep, moderately paced trail hike traverse.

Registration Period: Aug. 28 - Sept. 8

Leader: David Bunde #2269 W925

[david@dgbdesign.com](mailto:david@dgbdesign.com)

**Sat. Sept. 16 - BIG INDIAN & FIR**

Distance: 10.5 mi. Ascent: 3153', Elev: 3700', 3620'

A moderately paced bushwhack and trail hike.

Registration Period: By Sept. 7 - 15

Leader: Michael Bongar #2173, W994

[michael@bongarbiz.com](mailto:michael@bongarbiz.com)

**Sat. Sept. 16 - GRAHAM**

Distance: 7 mi. Ascent: 1360', Elev: 3868'

A moderate paced bushwhack.

Registration Period: Sept. 11 - 16

Leader: Suzanne Knabe #1326 [suzkna@msn.com](mailto:suzkna@msn.com)

(718) 435-3092 after 7:00 pm

**Sun. Sept. 17 - PANTHER**

Distance: 7 mi. Ascent 1800', Elev: 3720'

A moderately paced hike with short yoga session at Giant Ledge.

Registration Period: Sept. 2 - 16

Leader: Pamela Martin #2102

[Pamelamartininc@gmail.com](mailto:Pamelamartininc@gmail.com)

**Sun. Sept. 17 - SLIDE, CORNELL & WITTENBERG**

Distance: 9.8 mi. Ascent: 2800', Elev: 4180', 3860', 3780'

A strenuous traverse. Car shuttle required.

Registration Period: Sept. 10 - 15

Leaders: Tom and Laurie Rankin #s 1503 W627, 1337 W531

[lauriejrankin@gmail.com](mailto:lauriejrankin@gmail.com)

(845) 926-2182

**Sat. Sept. 23 - WINDHAM HP & BURNT KNOB**

Distance: 7 mi. Ascent: 1480', Elev: 3524'

Traverse with shuttle.

Registration Period: Sept. 18 - 22

Leader: Keith Keator #1143

[kvkeator@yahoo.com](mailto:kvkeator@yahoo.com)

(518) 589-9890

**Sat. Sept 23 - NORTH DOME & SHERRILL**

Distance: 9.5 mi. Ascent: 2500', Elev: 3540', 3610'

A relaxed paced, long and steep bushwhack.

Registration Period: Sept. 14 - 21

Leader: Ted Shemella #1550 W789

[tshemella@yahoo.com](mailto:tshemella@yahoo.com) (preferred)

(845) 687-2208 to leave message

**Sat. Sept. 30 - WITTENBERG & CORNELL**

Distance: 8.85 mi. Ascent: 2514', Elev: 3784', 3868'

Moderate hike with nice views.

Registration Period: Sept. 24 - 29

Leader: Mike Stallbohm #1826 W745

[mstall0128@gmail.com](mailto:mstall0128@gmail.com)

**Sat. Sept. 30 - HUNTER**

Distance: 8.2 mi. Ascent: 1898', Elev: 4040'

Moderate pace trail hike. Short yoga session at fire tower.

Registration Period: Sept. 14 - 29

Leader: Pamela Martin #2102

[Pamelamartininc@gmail.com](mailto:Pamelamartininc@gmail.com)

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**By The Numbers...**

The lists of new and winter members included in this newsletter are as of the dinner. Those not inducted this past April will be listed in the fall Canister and feted next year. The number of new and winter members this year were 199 and 69 respectively. The regular number is a record; the winter is down from last year's record 98 but is still the second highest.

Submitted by Dave White, Membership Chair

*Conservation Corner, continued from page 3*

in good economic times and bad, because the EPF is paid for primarily from revenue from the Real Estate Transfer Tax (RETT), which takes no money away from other state priorities. All legislators agree that the EPF has a 7-1 pay-off for every dollar invested through greater tourism and economic activity. The state pays full local property taxes on about 3 million acres of Adirondack and Catskill Forest Preserve based on a 123-year-old law that recognized the burden that state land ownership would place on small rural communities. State-paid taxes are compensation for the prohibition against commercial use of the Forest Preserve, and in recognition of services provided by local taxpayers—police, fire, courts, road maintenance, school operation and other essential services.

**The Bad News:** The Environmental Protection Agency's budget may be cut by \$2 billion; its workforce by 3,000 employees; and its grants to states and air and water programs by 30%. EPA represents a mere two-tenths of one percent of the federal budget before cuts. "If the EPA falters in meeting its legal obligations to ensure a clean, safe, and healthy environment," New York Attorney General Eric Schneiderman said, "I will not hesitate to use the full power of my office to force the agency to meet those obligations and to hold polluters accountable for violations of New York State and federal law." Kathy Nolan, Senior Research Director at Catskill Mountainkeeper, added: "New York's families, communities, and great outdoors rely on a fully funded EPA to protect our air, water, and public health. We call on our Congressional representatives to vote against any EPA budget cuts." Schneiderman led a coalition of Attorneys General in opposing President Trump's Executive Order to eliminate the Clean Water Rule and he led the coalition of states and localities supporting the Clean Power Plan.

"I have spent my entire career fighting to preserve our natural resources," said City of Kingston Mayor Steve Noble. "But the most important work I did was educating our community, particularly our youth, about the responsibility each of us has in protecting the environment. The thousands of children I taught understood the lesson quite well—if we are not good stewards of our water, land and ecosystems, we will lose them." Water Program Director at Riverkeeper, Dan Shapley: "Proposed cuts to the EPA, NOAA and other science-based environmental agencies are a direct attack on values we hold dear in the Hudson Valley and threaten to stall a half century of progress on the Hudson; every one of us have to fight against them." Peter Iwanowicz, executive director of Environmental Advocates of New York said, "This is a pivotal moment — the nation needs New York to lead on climate, clean air and water." ❧

## Mountain Pose on the Mountain Top: Yoga Hiking with the 3500 Club

By Pamela Martin

Hiking and yoga are a natural combination.

There are physical benefits to balancing the strength and aerobic conditioning of hiking with the balance and flexibility of yoga. There's also an awareness that yoga and meditation can add to the hiking experience. By noticing and deepening the breath you can focus on your movements and be in the present moment and appreciate the nature around you.

Too often hikers neglect to stretch before or after a hike, and sometimes go straight from a strenuous hike to a long car ride without stretching. You don't need to be especially flexible, or have any yoga expertise; a few stretches before and after the hike at the trailhead can go a long way to avoiding tightness, muscle cramps, and next-day soreness later on.

On a recent spring Sunday a group of seven hikers set off for Balsam Lake Mountain after a few warmup stretches at the trailhead. We were joined by two more at the fire tower for a short yoga session, mostly standing poses focusing on strength, flexibility and balance.

After yoga as we sat quietly we were treated to the sound of the wind in the evergreens and birdsong. A short silent meditation after yoga is a perfect way to enjoy the subtle sounds of nature that you might miss when hiking with a group.

After hiking back down we did a few more stretches before heading out.

The Catskill 3500 Club is offering hikes with yoga led by hike leader and certified yoga teacher Pamela Martin, #2102. ❧



*Tree pose on Balsam Lake Mountain. Photo by Pamela Martin*

**Our New Members 2017**

2747 Michelle deCastro	02/05/17
2748 Karen A White	02/24/17
2749 David J Meeker	02/24/17
2750 Scott MacQuarrie	02/19/17
2751 Rodney Toussaint	01/15/17
2752 Deanna Loertscher	02/18/17
2753 Margie O'Brien	03/04/17
2754 Sarah Perazzo	03/04/17
2755 Jackie Corley	09/24/16
2756 Shoshanna Speyer	02/18/17
2757 Emily Johnsen	03/05/17
2758 Shelley Weber	03/05/17
2759 Erin Urban	03/05/17
2760 Kathy Haake	03/05/17
2761 David Leone	03/08/17
2762 Avery A Carbone	05/09/16
2763 Michael Colwell	03/12/17
2764 David M Tutlo	03/02/17
2765 Elizabeth Renaud	03/05/17
2766 Gregory Dunn	03/05/17
2767 Jeanne Cimorelli	02/28/16
2768 Arno Boyaciyen	01/14/17
2769 Angela Gaffney-Smith	03/19/17
2770 Marty Potoczniak	03/05/17
2771 Dennis Ng	03/13/17
2772 Tatiana Brodsky	03/18/17
2773 Greg Foland	03/20/17
2774 Steven Klenk	03/25/17
2775 Young Jung	03/26/17
2776 John J Lew	03/26/17
2777 Mark Walsh	03/20/17
2778 Christopher Calabrese	03/24/17
2779 Christina Haase	03/25/17
2780 Mahbuba Chowdhury	02/03/17

**New Life Members**

1606 Ellen Berlin
2226 Jan King
2233 Joseph Chenier
2565 Andrew Reynolds
2622 Eric Zittel
2714 Richard Feuer
2715 Tammy Feuer
2784 Gil Jun Lee
2793 Meyoung Lim
Asp. Raymond Coletti
Asp. Thomas Theofilatos

**New Winter Members**

1101 Duck Bum Shin	2480 01/29/17
1102 Nosa Choi	2426 03/19/17
1103 Trent Fenner	2531 02/24/17
1104 Jonathan Tamir	2332 02/26/17
1105 Tom Keaveney	2555 02/26/17
1106 Karyn Hurley	2716 02/27/17
1107 Jamie Myers	2537 02/26/17
1108 Ken Posner	2573 02/26/17
1109 Paul Nick	2586 02/11/17
1110 Bethany Woodard	2219 03/04/17
1111 Nick Minglis	2502 03/04/17
1112 Jeremy K McKeon	2085 03/04/17
1113 Christine Chwe	2728 03/05/17
1114 Dana Nieder	2415 03/04/17
1115 Chuck Nieder	2414 03/04/17
1116 Jack Hall	2583 03/05/17
1117 Ula Madra-Herschaft	2539 03/04/17
1118 Caysey Herschaft	2524 02/11/17
1119 Donald Slick	1962 03/05/17
1120 Elving Lara	2687 03/05/17
1121 Mi Mi Kyaw	2686 03/05/17
1122 Matthew Dvorozniak	2706 03/05/17
1123 Tatyana Zakharenko	2704 03/05/17
1124 Brian Eakins	2505 03/09/17
1125 Peter Swank	2688 03/12/17
1126 Keith Keator	1143 03/13/17
1127 David M Tutlo	2764 03/02/17
1128 Daniel Drury	2084 03/04/17
1129 Scott MacQuarrie	2750 03/11/17
1130 Po Raval	2562 03/12/17
1131 Barbara Benedict	2631 03/13/17
1132 Tammy Feuer	2715 03/13/17
1133 Richard Feuer	2714 03/13/17
1134 Jeanne Cimorelli	2767 03/13/17
1135 Jason Everetts	2635 03/13/17
1136 Marty Potoczniak	2770 03/05/17
1137 Dennis Ng	2771 03/13/17
1138 Joseph Chenier	2233 02/18/17
1139 David Kozakowski	2413 03/11/17
1140 James Wallace	2200 03/11/17
1141 John G Perrella	2513 03/13/17
1142 Christopher Calabrese	2778 03/19/17
1143 Gichan Jee	2731 03/19/17
1144 Mark Walsh	2777 03/20/17
1145 Ethan Jordan	2615 03/21/17
1146 Jessica Benardello	2614 03/21/17
1147 Mahbuba Chowdhury	2780 02/03/17

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## Spring Adopt-A-Highway Clean-Up Crew



Thank you to our dedicated members. We can't do it without you! Photo by David Bunde



Fawns and porcupettes! Early summer is the season for babies of all types. Keep your eyes peeled and your camera ready, and enjoy the views!

Photos by Heather Rolland