



## the catskill canister

January—March 2013

Volume 46 Number 1

### *Inside this issue...*

Sharing the woods with hunters, bugs, and other clubs!

### Sharing the Mountains - Hiker and Hunters CAN coexist

#### **Trail Mix**

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

Time to play in the snow for the annual 3500 Catskill Club Winter Weekend!

Gather with friends and new acquaintances at the Frost Valley YMCA for winter adventures and good times. Lots of hikes will be offered this year so there will be room for those new to winter hiking or experienced cold weather outdoors men and women.

Frost Valley also offers cross country skiing for those who want to vary their weekend. More details at [frostvalley.org](http://frostvalley.org).

As of the print date there are several hotel rooms still open at FV, but if they fill up Claryville (15 minutes away) does have inn style housing options. For those comfortable with a more rustic situation, bunks are available at the Biscuit Brook Lodge with different configurations including 4 bunk rooms. BB also has a central meeting space with a fire-place (perfect after a day of playing in the snow!). If you already have lodging in the area, are hiking that day and want to join everyone for dinner and socializing on Saturday, you're also welcome.

To make a reservation or for pricing details please contact Maria Bedo: [win-terweekend@catskill-3500-club.org](mailto:win-terweekend@catskill-3500-club.org); 917-881- 9272; or at 36 Hamilton Road, #5, Irvington, NY 10533.

*Continued on page 3*

Every September when I receive the autumn Canister, I think of how hiking during the hunting season keeps some members indoors. As a hiker who grew up hunting, allow me to share some thoughts for those who don't want to give up weeks of being in the woods.

I began roaming the hills and mountains with my friends when we were 10, using bicycles to get to where we wanted to go. Our days usually involved fishing, poking around the woods, or fooling with BB guns. By age 12 we all had .22 rifles, with shotguns coming a couple of years later. Our outdoor calendars followed the hunting seasons for grouse, pheasants, squirrels, deer, and rabbit hunting with hunting dogs.

Into my early 20s, a day in the woods meant hunting, until a co worker introduced me to hiking, a revelation that I could roam the woods without a firearm. And what an introduction it was. I was soon hiking and then leading hikes to bigger and bigger mountains in NY, New England, and out west. I was named Albany ADK outings chair and wore out 4 co-chairs in a 14 year tenure. Hiking replaced all of my woodland pursuits. I have a foot in both worlds, hiker and sportsman, and hope this gets you thinking about how the two groups can co-exist.

We ask about whether to hike or where to hike during the hunting seasons. Let's remember that hunting license fees help pay for habitat and wildlife management, the benefits of which hikers enjoy as well. We've all read about so called 'hunters' who poach, hunt with lights at night, take 'sound shots', bait deer and HWI (hunt while impaired). They are outlaws and deserve the disrepute they bring on good hunters and woodsmen, many of whom remain largely below the radar as 3500 Club members. Given the demographics - growing number of hikers and the decline of hunting - there may be even more hikers who behave badly and bring discredit to our sport. Those who camp near water, summits, or on trails, leave litter and campfires burning, build fire rings on summits or above 3500', cut trees, trim branches for viewpoints, and don't bury waste. I mention these so we don't single out hunting as the sport with bad outliers.

Here are some considerations if you'd like to share the autumn woods with hunters:

**Trails:** Look for those that start up steeply and keep going up. These are excellent places to hike. Hunting gear and clothing is heavy, and steep, rocky terrain generally attracts only the best hunters, weeding out the stereotypes we don't want to run into. Avoid trailheads where the trail is easy to hike or walk, or follows old woods roads. Look for areas where hunting or Sunday hunting is prohibited. Massachusetts, New Jersey, Vermont and Connecticut have different hunting season days and dates. Massachusetts does not allow Sunday hunting.

*(Continued on page 3)*

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

Hello hikers!

Thanks to all who have been helping this club, the DEC rangers, and the NYNJ

Trail Conference in clearing off Catskill trails, after yet more major storms. If this kind of weather indeed becomes the "new normal," maybe we should consider a day of trail maintenance to be part of earning one's patch? (Currently, participating in the various clean-ups helps to earn a Service certificate and a crescent to go around the patch, as well as to creating lots of good feelings all around.)

Our "herd path committee" has evolved into the Wilderness Stewardship Committee. We soon realized that some herd paths are here to stay, but it is our duty as Stewards of the Catskills to minimize our impact and preserve the wilderness character of the trailless peaks. This is also part of the agree-

ment the 3500 Club made with the DEC as part of being able to have the canisters on the summits. These canisters make our club unique, and they should be preserved for future hikers.

We have come up with several things that we, as a club, can do to reach our goals, including:

- training leaders on how to minimize impact;
- stressing wilderness ethics to all our members;
- enticing hikers toward reading the terrain and using map and compass;
- encouraging leaders to vary the routes they follow to trailless peaks;
- emphasizing the DEC guidelines of groups of no more than 12 on off trail hikes, including the leader;
- meeting the increased demand created by having smaller groups, by having our leaders schedule additional club hikes on short notice (e.g. via the yahoo group, the club's Facebook page, or on other media);

The Wilderness Stewardship Committee realizes that many other groups also have hikes in the Catskills. Our leadership role as stewards, and our desire to ensure that we can keep the canisters, means that we need to find ways to reach out to others concerning the critical importance of maintaining wilderness character, and discuss with them how best to achieve it. ☘

Jean Taylor and Jim Bouton

**Conservation Corner—***A Note from our Conservation Chair,**Carol White***Expanding our Environmental Education Community**

The Catskill Center has begun a new program called The Catskills Naturalist Apprentice Program (CatNAP), a certificate program for people interested in learning about the natural resources of the Catskill Mountains. It is hoped that participants will then provide education to others about conservation of the natural world. Classes include tree and native wildflower identification, invasive plant and insect education, general trail maintenance, landowner workshops, and more; since its beginning in summer 2012, classes have included mushroom forays, amphibian and aquatic plant identification, natural history hikes, and woods walks in over 40 workshops. Participants who register for CatNAP have two years to complete 45 hours of training. ☘

**Bootprints****The President's Column**

*Sharing the Mountains, continued from page 1*

**Clothing:** Consider what you wear. A blaze orange hat, vest or gloves lets you be seen a long way away. The sports departments of large discount stores have these and they are an inexpensive means to peace of mind. Hang a blaze orange bandanna on your pack. Leave white handkerchiefs or other clothing at home. White looks too much like the upraised flag or tail of a whitetail deer. My lab Bookah, wears a blaze orange vest and a noisy bell during hunting season.

During the spring turkey season, avoid bright blue, red, or brown, all colors that male turkeys display during courting.

**Off Trail Hiking:** Give real thought to avoiding bushwhacking or hiking on herd paths during the big game season. Hunters expect traffic on or near hiking trails. You are much more likely to surprise a hunter if you are climbing through blowdown, pushing through conifers, or weaving your way

through leaf-covered beech whips. If you see other vehicles near where you'd be beginning a bushwhack, consider hiking elsewhere. Even if you've been given permission to hike on private property, avoid it during hunting seasons. Not only will your presence more likely surprise a hunter, the landowners pay taxes and support the land. Let them enjoy their sport without our tromping through their hunting ground.

**Hunting Seasons:** Be cognizant of hunting season dates. There are seasons for archery, muzzleloader, rifle, bear, shotgun, turkey, and others. I ALWAYS avoid the first day and first weekend of the firearms big game season in the Catskills.

There are too many hunters, many from outside of the Catskills who are overly eager to bag a deer. These are fine days to be doing something else. Many hikers are frightened to run into a camouflaged archer in the woods. Bow hunters need to be close to a stationary target, yards away. Motionless archers can hear hikers walking or talking hundreds of yards away. You're as safe hiking during the archery season as you'd be sitting in your yard watching the leaves fall.

**In The Woods:** I watch where I hike during hunting seasons, particularly big game season. I try to confine my bushwhacking jones and hike on trails, avoiding places like Shaft Rd on the west side of Sherrill, or Big Hollow or Gillespie Roads. If I see a bunch of pickup trucks at a trailhead, or hunters hanging around, I try to be a good ambassador for hikers and let them

The author and dogs in blaze orange.

Photo by Heather Rolland



enjoy their few weeks in the woods unmolested. If hiking on a trail, I'll carry on a conversation with my companions, or with Bookah, letting hunters know I'm around. And equally importantly, try to engage hunters in a friendly manner. We're ambassadors for our sport and we all like to enjoy the woods in our own way.

My intention is not to try to convince you about hunting, but rather to offer a perspective on how to enjoy the woods throughout the autumn season with less worry. ☘

Alan Via, #429, author of [The Catskill 67 - A Hiker's Guide to the Catskill 100 Highest Peaks under 3500'](#)

*Trail Mix continued from page 1*

### Volunteer Stars and Stats: Mink Hollow Lean To October 20–21, 2012

Over the weekend of October 20th and 21st, several volunteers came together from the 3500 Club, the NYNJTC, the NYSDEC, and the Christopher Nowack group to refurbish the Mink Hollow lean-to. Cathy, Connie, Mary, Maria, Jeff, Lauren, Harry, Tom, Pete, Bruce and others from the Christopher Nowack group gave up part or all of their weekend to see the rehab of this lean-to through to completion. First they had to carry all of the materials on their backs and in their hands to the site, then they had to strip off the old shingles, put on new shingles, put on a new floor, stain the entire structure, refurbish the fireplace and all with a smile on their faces. Their generosity with the gift of time when we all lead such busy lives is truly amazing and humbling. We are very grateful, as are all who will enjoy this lean-to for years to come! Thank you so very much!!!

### Adopt-A-Highway Clean Up of Route 214 November 3, 2012

A hurricane, a gas shortage, and a snow shower didn't stop these members! It's understandable when members want to help but cannot. When a few actually get there and work, they deserve a medal! Thanks to Jeff Glans, Louise Perkins, and John Reilly for their efforts.

### Peekamoose/Table Trail Maintenance November 10, 2012

Hurricane Sandy blasted her way through our Catskill trails and Peekamoose and Table were just two mountains with blowdowns blocking the trails from bottom to top. Thanks to Ranger Rob Dawson, Doug Hamilton, Phil Knudson (Assist. Chair TM), and Bob Montoye who worked on Table Mtn. and Rick Taylor, Connie Duquette, and Jacques and Maureen Roeth who worked on Peekamoose Mtn. Special thanks to Ranger Rob Dawson: without the chainsaw work he did, the trails would absolutely not have been cleared, and Doug Hamilton who went back up a few days later to finish the final 2+ miles on his own.

## Rambles and Brambles: Hike Schedule January—March 2013

Winter requires that some items that need to be reconsidered, so we have a list of Winter Hike Expectations that we thought would be helpful to share. Timeliness, clothing, food, water, pace, group size, gear, and attitude are all a bit different during the winter months. Our priorities always are: Be Safe, Have fun, Summit. And they are in that order. Most importantly, we bring along a different attitude in winter: we LOVE winter hiking and find it to be the best time of the year to be out in the mountains. You have snow (hopefully) covering all of those rocks and roots so that you can just glide over them. You have no leaves on the trees and an increase in views. You have the bluest of blue skies and the clearest of views on those cold winter days. You see the tracks in the snow of others with whom you are sharing the woods. Once safety is taken care of fun and the summit follow quite easily! We are looking forward to hiking with you.

**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. Winter in the Catskills is not to be treated lightly.

**Anyone not properly equipped may be refused permission to participate, at the leader's absolute discretion.**

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

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

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

### Sat. Jan. 5 - BLACK DOME & THOMAS COLE

**Distance:** 6 mi. Ascent: 2000' Elev: 3980', 3940'

Moderate to fast paced trail hike and a bushwhack down from Thomas Cole.

**Registration Period:** 12/25 — 1/3

**Leader:** Tim Watters #268, [twatters@wattersfinancial.com](mailto:twatters@wattersfinancial.com)

Possible bushwhack of one or both peaks depending on conditions. Moderate, but steady pace on steep terrain with a classic Catskill ridge trail between peaks. Not for beginner snowshoers.

**Registration Period:** After New Years

**Leader:** Jim Bouton #1539, [jbouton@catskill.net](mailto:jbouton@catskill.net)

### Sun. Jan. 6 - WESTKILL MT.

**Distance:** 5.6 mi. Ascent: 1700' Elev: 3880'

Moderately paced trail hike.

**Registration Period:** 12/17 — 12/21

**Leader:** Suzanne Knabe #1326, [suzkna@msn.com](mailto:suzkna@msn.com); 718-435-3092 (after 7:00 P.M.)

### Sat. Jan. 26 - DOUBLETOP FROM FROST VALLEY WW

**Distance:** 6.5 mi. Ascent: 1900' Elev: 3862'

Moderately paced but steep bushwhack climb.

**Registration Period:** 1/10 — 1/24

**Leader:** Joe Bogardus #1399, [joe.adks@gmail.com](mailto:joe.adks@gmail.com); 518-576-9739

### Sun. Jan. 6 - WINDHAM H.P.

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

Moderately paced trail hike.

**Registration Period:** Please contact leader.

**Leader:** Ken Hubert #1351, [hikeleader3500@yahoo.com](mailto:hikeleader3500@yahoo.com); 718-463-5675 after 3pm (or 518-827-7327 Fri & Sat)

### Sun. Jan. 26 - SLIDE MT. WW

**Distance:** 6 mi. Ascent: 1780' Elev: 4180'

Easy to moderately paced trail hike.

**Registration Period:** 1/3 — 1/24

**Leader:** Paul Pilmanis #2002, [ppilmanis@yahoo.com](mailto:ppilmanis@yahoo.com), 973-979-5044

### Sat. Jan. 12 - HUNTER MT.

**Distance:** 5 mi. Ascent: 2040' Elev: 4040

Moderately paced trail hike to firetower peak on steep and often icy trail. Participants must pack Microspikes as well as the required footwear (see above). Please fit crampons to boots and have worn them prior to hike.

**Registration Period:** 1/2 — 1/9

**Leader:** Alan Via #426, [Peakbagr100@gmail.com](mailto:Peakbagr100@gmail.com)

### Sun. Jan. 26 - PEEKAMOOSSE & TABLE WW

**Distance:** 9.10 mi. Ascent: 3000' Elev: 3843', 3847'

Moderately paced trail hike. Leaving from Denning Road parking area.

**Registration Period:** 1/17 — 1/24

**Leaders:** Cathy O'Neill and Phil Knudson #s 1852, 2014, [cathyon1@gmail.com](mailto:cathyon1@gmail.com), 914-772-7423

### Sun. Jan. 20 - BALSAM & EAGLE

**Distance:** Around 10 miles Ascent: Around 2500' Elev: 3600', 3600'

### Sat., Jan 26 - THE WILDCATS WW

**Distance:** 7 mi. (approx) Ascent: 1800' Elev: 3160', 3340'

(Continued on page 5)

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

A fast-paced bushwack from Frost Valley to two of the Hundred Highest peaks. Headlamps and extra batteries required.

Registration Period: 1/22 — 1/25

Leaders: Heather Rolland #1777 W757 and Jim Bouton #1539; [haliagrace@hotmail.com](mailto:haliagrace@hotmail.com)

**Sat., Jan 26 - FRIDAY (and Balsam Cap if time) WW**

Distance: 6 mi. Ascent: 2700' Elev: 3623', 3694'

Leave from the end Moon Haw Rd. Expect a difficult bushwhack climb; ice can form along the upper sections of the route.

Registration Period: Please contact leader to register.

Leader: Ralph Ryndak #1186 W451, [lostclove@gmail.com](mailto:lostclove@gmail.com), 845-657-2369 no calls after 7:30

**Sat., Jan 26 - NORTH DOME & SHERRILL WW**

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

Moderately paced bushwhack. Well behaved dogs welcome.

Registration Period: 1/12 — 1/24

Leaders: Doug Garrity #1757, Suzanne Provenzano #1968, [suzanne273@gmail.com](mailto:suzanne273@gmail.com), 845-679-2171

**Sat., Jan 26 - BALSAM MT. LOOP WW**

Distance: 5 mi. Ascent: 1700' Elev: 3600'

Moderately paced trail hike.

Registration Period: By Jan. 24 or Winter Weekend

Leader: David White #859 W311, [ccswhite@juno.com](mailto:ccswhite@juno.com)

**Sat. Jan. 26 - PANTHER WW**

Distance: 7 mi. Ascent: 1545' Elev: 3720'

Moderately paced trail hike to a required winter peak, suitable for beginners or veterans. Will include a stop at a Catskill Hundred Highest peak, Giant Ledge.

Registration Period: Please contact leaders to register.

Leaders: Tom and Laurie Rankin #s 1503, 1337, [laurieran-kin@hvc.rr.com](mailto:laurieran-kin@hvc.rr.com)

**Sun., Jan 27 - BIG INDIAN and FIR WW**

Distance: 9 mi. (approx) Ascent: 2000' Elev: 3700', 3628'

Fast-paced bushwhack to Fir and Big Indian leaving from Frost Valley. Headlamps and extra batteries required.

Registration Period: 1/22 — 1/25

Leaders: Heather Rolland #1777 W757 and Jim Bouton #1539; [haliagrace@hotmail.com](mailto:haliagrace@hotmail.com)

**Sun. Jan. 27 - RUSK MT. WW**

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

Moderately paced trail/bushwhack hike suitable for beginners or veterans which will include compass/map use and signing in a Canister!

Registration Period: Please contact leaders to register.

Leaders: Tom and Laurie Rankin #s 1503, 1337, [laurieran-kin@hvc.rr.com](mailto:laurieran-kin@hvc.rr.com)

**Sun. Jan. 27 - SLIDE MT. WW**

Distance: 7 mi. Ascent: 1780' Elev: 4180'

Easy to moderately paced trail hike.

Registration Period: Contact leader to register.

Leaders: Ira Orenstein #415 W776 and Karen Bloom#1733 W777, [ksbiho@aol.com](mailto:ksbiho@aol.com), 914-262-5816

**Sun. Jan. 27 - DOUBLETOP WW**

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

Moderately-paced bushwack.

Registration period: 1/18 — 1/24

Leader: George Preoteasa #1478, [gvpreo@gmail.com](mailto:gvpreo@gmail.com), 201-694-8344

**Sun. Jan. 27 - BLACKHEAD WW**

Distance: 5.6mi RT or 5.3mi loop. Ascent: ~1750' Elev: 3940'

Moderately paced trail hike.

Registration Period: Contact leader to register.

Leader: Jay Hui #1546; [cycleslug@gmail.com](mailto:cycleslug@gmail.com)

**Sun. Jan. 27 - PANTHER MT. WW**

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

Moderately paced trail hike.

Registration Period: By Jan. 24 or at WinterWeekend.

Leader: David White #859 W311; [ccswhite@juno.com](mailto:ccswhite@juno.com); 315-853-1070

**Sat. Feb. 2 - SLIDE MT.**

Distance: 4.2 mi. Ascent: 1900' Elev: 4180'

Moderately paced trail hike. Well behaved dogs welcome.

Registration Period: 1/25 — 1/31

Leader: Bill Winterbottom #1904, [billw@usdsoftware.com](mailto:billw@usdsoftware.com)

**Sun. Feb. 3 - PANTHER**

Distance: 6 mi. Ascent: 1830' Elev: 3720'

Moderately paced trail hike.

Registration Period: Contact leader to register.

Leader: Ken Hubert #1351, [hikeleader3500@yahoo.com](mailto:hikeleader3500@yahoo.com), 718-463-5675 after 3pm (or 518-827-7327 Fri & Sat)

**Sat. Feb. 9 - SOUTHWEST HUNTER**

Distance: 7mi. Ascent: 1850' Elev: 3720'

Moderately paced trail/off-trail hike.

Registration Period: Contact leaders to register.

Leaders: Tom and Laurie Rankin # 1503, 1337, [laurieran-kin@hvc.rr.com](mailto:laurieran-kin@hvc.rr.com), 845-926-2182

**Sun. Feb. 10 - LONE & ROCKY**

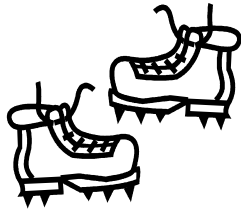
Distance: 11 mi. Ascent: 2000 Elev: 3721', 3508'

Very strenuous and long bushwhack to two remote peaks.

Registration Period: Contact leaders to register.

Leaders: Tom and Laurie Rankin # 1503, 1337, [laurieran-kin@hvc.rr.com](mailto:laurieran-kin@hvc.rr.com), 845-926-2182

**Sat. Feb. 16 - KAATERKILL H.P.**



(Continued on page 6)

**Winter Weekend Hikes are noted: look for WW after the name of the peak.**

**Distance:** 8 mi. Ascent: 1730' Elev: 3651'

Moderately paced trail hike & bushwhack.

**Registration Period:** 2/8 — 2/15

**Leader:** Paul Pilmanis, [ppilmanis@yahoo.com](mailto:ppilmanis@yahoo.com), 973-979-5044

### Sun. Feb. 17 – INDIAN HEAD & TWIN

**Distance:** 7 mi. Ascent: 2200' Elev: 3575', 3640'

Moderately paced trail, through hike (shuttle).

**Registration Period:** Contact leader to register.

**Leader:** Ken Hubert #1351, [hikeleader3500@yahoo.com](mailto:hikeleader3500@yahoo.com), 718-463-5675 after 3pm (or 518-827-7327 Fri & Sat)

### Sun. Feb. 24 – BALSAM CAP & FRIDAY

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

Moderately paced, but very strenuous bushwhack to two of the more difficult peaks. Well behaved dogs welcome.

**Registration Period:** 2/10 — 2/21

**Leaders:** Doug Garrity #1757 and Suzanne Provenzano #1968, [suzanne273@gmail.com](mailto:suzanne273@gmail.com), 845-679-2171

### Sat. Mar. 2 – BLACKHEAD

**Distance:** 5 mi. Ascent: 1740' Elev: 3940'

Moderately paced trail hike. Route will be determined by trail conditions.

**Registration Period:** 2/22 — 3/1

**Leader:** Paul Pilmanis, [ppilmanis@yahoo.com](mailto:ppilmanis@yahoo.com); 973-979-5044

### Sat. Mar 2 – TABLE & PEEKAMOOSE

**Distance:** 10 mi. Ascent: 3000' Elev: 3843', 3847'

Moderately paced trail hike and bushwhack.

**Registration Period:** through 2/28

**Leader:** Lanny Wexler #593, [hight43@verizon.net](mailto:hight43@verizon.net), 516-644-5867

### Sat. Mar. 9 – FIR & BIG INDIAN

**Distance:** 9 mi. Ascent: 2400', Elev. 3629', 3700'

Moderately paced trail hike and bushwhack. Well behaved dogs welcome.

**Registration Period:** 2/23 — 3/7

**Leaders:** Doug Garrity #1757, Suzanne Provenzano #1968, [suzanne273@gmail.com](mailto:suzanne273@gmail.com), 845-679-2171

### Sun. Mar. 10 – WITTENBERG & CORNELL

**Distance:** 7 mi. Ascent: 2850' Elev: 3860', 3780'

Moderately paced trail hike.

**Registration Period:** Contact leader to register.

**Leader:** Ken Hubert #1351, [hikeleader3500@yahoo.com](mailto:hikeleader3500@yahoo.com); 718-463-5675 after 3pm (or 518-827-7327 fri & sat)

## Cliff Notes

### *The Hiker's Bookshelf*

My original inspiration to create the Cliff Notes column arrived from Amazon dot com last spring, a self-published Catskill collection not available in brick and mortar bookstores. I dipped into it a little tentatively, having had some experience with self-published works (full disclosure: I'm the author of three novels, all self-published). *Catskills Tales and Trails*, by Ralph Ferrusi #122 – yes, our own beloved Peripatetic Porcupine editor – is a

delight. In fact, I believe it should be required reading for everyone who has discovered the Catskills and started their quest over the past 8-10 years.

Ralph's writing style outs him as a friendly, knowledgeable chatterbox, and the book packed full of asides, tangents, and communications with other hikers. Organized by peak, each chapter is a memoir of sorts, the story of Ralph and family's climb or climbs. He is charmingly opinionated, and holds court on each peak as if they are old college roommates: he knows their inner workings, their foibles and pitfalls, and he loves them deeply nonetheless.

The book would be valuable enough as a bedtime reader, as it is not unlike Carol White's *Catskill Peak Experiences* (also on your required reading list). Carol's book is a collection of stories from a number of hikers, while Ralph's book is 'The Ralph Channel: all Ralph, all the time. Informal, personal, and reflective, reading *Catskill Tales and Trails* is a lot like chatting with Ralph, and thus a total treat.

But here's why I feel that Ralph's book rises to the level of required reading: he was hiking before the GPS revolution, before meet-up groups, heck - I think for some of these hikes even before email! Ralph's sharp eye and knack for great descriptive phrases place you back in the woods a decade (or more) ago, and it was different back then. Seeing through Ralph's eyes, you get a real sense of what the Catskills were like, and what hiking the 35 was like before all the more recent trappings. For example, Southwest Hunter was an intimidating monster (check out Will Nixon's *Walking Woodstock* – ignore the title, the book has loads of very Catskill 3500-worthy chapters – and read about his adventure being lost on Leavitt). Bushwhack routes that were once standard are now inaccessible; certain parking areas are no longer used. But the differences run deeper than that. Subtle changes the character or “vibe” of some of the mountains left me wondering how this occurred, curious and fascinated by changes in the landscape I admittedly thought of as somewhat static. Overall, I was left with a sense of continuity and community: this book is one hiker's transmission of a legacy to the next generation, and despite all the changes, the love of the woods and the passion for the quest is the same.

Ralph's book is available from Amazon or Barnes and Noble's online bookstore. Follow this link for more information: <http://www.amazon.com/Catskill-Tales-Trails-Peripatetic-Porcupine/dp/0595386962> ☿ *review by Heather Rolland; Liz Cartegena took this issue off to have a baby! Welcome, Nora!*

*Trail mix continued from page 3*

**Spring 2013 plans are to refurbish Devils Acre lean-to. If you would like to join us for that work, please contact Laurie Rankin at [laurierankin@hvc.rr.com](mailto:laurierankin@hvc.rr.com). ☿**



## Quit Bugging Me!

Sometimes we hikers get so focused on a goal that we just run off in to the woods without doing any research. When I first started working on the 3500, a few of us got together and decided to hike Blackhead and Black Dome. It was a beautiful morning when we left Long Island. It was June. The hike started out nice but when we sat for our first snack break, I felt like I was getting bitten. I thought once the breeze picks up, they would fly away. At lunch time, I was getting completely swarmed. Another hiker casually mentioned that these were black flies. They didn't look black and they didn't look like flies to me. I probably wasn't the best one to describe what they looked like since I didn't stick around long. It's hard to see tiny flies clearly while running along a trail waving your arms in front of your face.

The Catskills have a reputation for a noticeable black fly season. The season varies but it typically lasts about 2-3 weeks sometime between mid May and mid June. Their emergence is dependent on many variables including level of snowpack from the previous winter.

Black flies breed in flowing water. After breeding, the female deposits eggs on something solid in the flowing water like a rock or leaves of an aquatic plant. Eventually they emerge in to the biting nuisance that we all know. Black flies fly around rapidly for quite awhile before deciding where to bite. Then they poke around on our skin like a tiny phlebotomist looking for the perfect place to draw blood. Considering the amount of time it takes the fly to decide where to bite, it's amazing we don't have more time to escape. Females bite because they need the blood for the development of eggs. Both males and females mainly feast on nectar.

The welts from the black fly bites had healed and I



was ready to hike again. The next hike was Wittenberg and Cornell. We stopped at the summit of Wittenberg to enjoy the views and have a snack. I watched the more experienced hikers of the group put on their head nets. I figured I was tough and didn't need one. I was wrong. I quickly added that piece of gear to my pack.

Another nuisance we encounter in the woods are mosquitoes. Mosquitoes are similar to black flies in that they are looking for exposed skin to bite. The difference is that mosquitoes are more active at dusk and at night. At dusk, males fly around together and wait for a female to fly in to the group to mate. Next, the female mosquito finds a human to bite for a blood meal to fertilize the eggs and then looks to deposit them in standing water. Although mosquitoes only live 1-2 weeks, chances are that you will season them on and off in various spots throughout the spring and summer.

No-see-ums are closely related to black flies. Sometimes called midges, no-see-ums also need a water source for their eggs to develop but it could be standing water like mosquitoes or even a damp spot. No-see-ums are small (only 1-4 mm long), in comparison to mosquitoes (up to 16 mm).

When we enjoy our time in the woods, we have to remember that all of these critters, including insects live there. We are guests in their homes. They are there for a reason. To eradicate them all would disrupt the delicate balance of nature. The best we can do is to make ourselves less attractive to them. Black flies are attracted to the carbon dioxide that we exhale but it isn't exactly practical to stop breathing. We can try various chemical formulas applied to our skin. We can wear a net to keep them from biting. But, whatever they do, we cannot let them interfere with our enjoyment of the woods. If you really, really, *really* cannot hike harmoniously with insects, then perhaps you should consider winter hiking. Sue Kenyon #1774 ☘

## Our New Members 2012

2075	Daniel Murray	09/09/12
2076	John E Conlon	09/09/12
2077	Michael Tironi	09/09/12
2078	Mary Ellen Bloniarz	09/09/12
2079	Alan O'Mara	09/16/12
2080	Connie Duquette	10/08/12
2081	Gerallynn Demarest	10/13/12
2082	Karl Lucas	10/13/12
2083	Charles Demarest	10/13/12
2084	Daniel Drury	10/12/12
2085	Jeremy McKeon	10/12/12
2086	Harold Quinn	10/14/12
2087	Kenneth Anello	09/29/12
2088	Michael Mayermik	10/14/12
2089	Cynthia Lordan	10/14/12
2090	William Tully	10/14/12
2091	Robert Taylor	08/06/12
2092	Steve Stewart	11/11/12
2093	Greg Scharwath	11/23/12
2094	Lisbeth Firmin	11/25/12



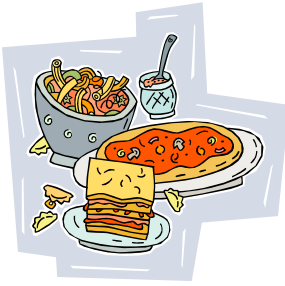
Balsam Cap from Friday

**Roving Reporter Question of the Month:** What is your favorite post-hike meal? I'm EXCLUDING backpacking from this question - this is for day hikes only. What is your fave meal or food, and where do you typically eat it? Home-cooked or a restaurant, whatever sharpens your crampons.

We are all about the post-hike meal! When hiking in the Catskills, we drive to Woodstock afterwards - and now have memorized where to pull our car over to get cell reception to call in our take out order. We pick up dinner at

the tasty vegetarian restaurant, Garden Café on the Green, and eat it during the 2 hour drive home.

*Lynn Pettipaw*



**Hong Kong Chinese Restaurant - Boiceville, NY**

Open late on weekends until 11PM, I still sometimes find myself speeding in delirium from a 20+ mile death march to get there before closing. Really good Chinese food with spiciness catered to taste (they also have hot oil upon request). Pints and quarts (for the main entrees) are still served in the good old fashioned containers as they should. If you order enough food (generally over 20\$), they give you free items with your order such as dumplings. Finally, the complimentary Jasmine tea is a really nice addition while you wait for your order.

**Cave Mountain Brewing Company - Windham, NY**  
A north Catskills brewpub which offers a good selection of handcrafted beer and made to order food. The food is cooked on the grill just behind the bar area. Highly recommended are the St. Louis Style Spare Rib Dinner and BBQ Pulled Pork Sandwich. The brewpub offers a comfortable atmosphere with bar or waited table seating. On the way to the restrooms, be sure to check out the brewing equipment which can be seen through the windows.

*Polskikrol*

Gas station pizza and a large fountain soda. I usually plan out my route back home based on what gas station I want to stop at. The more greasy the better.

*Jack7957*

As easy as Stewart's Ice Cream Cone!

*Klip59*

A good wood fired oven Pizza (The one with all the meat on it) at Brio's (When hiking in the Catskill's)

Guess this is a cheap plug for Brio's  
*Hoosier*

Stewarts in NY, Brios, The Last Chance are common stops, Any ice cream place if I'm somewhere other than NY...

*JayH*

I'm also going to agree with Stewart's. In particular, a malted milkshake.

*DSettahr*

On the way back home for Gas and food, Olive's Country Store & Cafe on Rt. 28 in Shokan.

*Hiker41*

Here's another Brios for you.

I'll add that I've gotten into the habit of picking up a loaf or two at Bread Alone.

*NorthShore*

The barbecue brisket sandwich at Winchell's Pizza on Rt 28. Huge & delicious with perfectly seasoned fries!

*Pathgrinder*

I can add Chicken Run in Windham and the Cave Mountain Brewery.

*Hiker41*

#1 Mcdonalds and a Coke..its been a long day and just wanna get home fast...

Or

#2 slices/pie of pizza in saranac or tupper lake

*Viewseeker*

Winchell's is great for pizza, but no brewski's last I was there. [editor's note – not sure why not. Normally, Winchells serves wine and beer, and often has Keegan's Mother's Milk on tap. Don't ask me how I know this.] There's also a place in Saugerties whose name escapes me that was also good for a pie & brew.

*dundee*

Wood-fired pizza on the deck at Oakley's.

*PA Ridgerunner ☘*

**DUES NOTICE! Club DUES are DUE.**

Now is the time to pay your dues for another year of Canister reading and club hiking!

\$10 — what a bargain!

Send your memberships dues to our membership chair, David White.

Details regarding membership can be found here:

<http://www.catskill-3500-club.org/joining.htm>





## A Trail Map of “Alphabet City” Catskill Style

Hikers share the woods with flora and fauna, hunters and trail runners, doghikers and backpackers, but what about other organized clubs or organizations? We’ve all heard those abbreviations being bandied about, but who’s who? And what does each actually do? DEC, DEP, CMC, RVW... As editor of this publication, I’ve wanted to create a who’s who of hiking and outdoors groups in the Catskills for some time. My working knowledge of other groups could best have been summed up along the lines of the old elementary school test question: draw a line from the group in column one to the best description in column two.

DEC	Trail maps
DEP	Who???
RVW	Klondike bars on 7/4
Cat4k	Large group hikes
CMC	The Daks
CCCD	Rules, regs, and rangers
ADK	The reservoirs and The City
AMC	Fire Towers
NYNJTC	Monday hikers
HVH	Lark in the Park

How’d you do? I could have passed that quiz before reading this article, but now, thanks to the folks at each of those organizations, I can offer Canister readers a much better sense of who’s doing what. Each group was contacted and asked for a brief blurb describing their group and their mission. Here are the blurbs, with my thanks to each contact person at each group for contributing to this article.

**The Adirondack Mountain Club (ADK)**, founded in 1922, is a member-directed organization with 27 chapters, whose members enjoy the full range of outdoor activities in New York’s wild lands. Many chapters lead hikes in the Catskills. Members become informed advocates to protect the places they play in; they work with ADK’s professional trail crew to maintain and create trails, with up to 40% of their efforts in the Catskill Forest Preserve. ADK offers educational programs and outdoor skills workshops aimed at instilling a love of the natural world in people of all ages. The club publishes comprehensive hiking, paddling, and winter sports guides and trail maps, and books on Adirondack nature, history, and lore. Visit [www.adk.org](http://www.adk.org).

### CMC

The Catskill Mountain Club (CMC) was formed in 2003 by two employees of the Catskill Center, to provide a wide range of outdoor (non-motorized) activities, including paddling, biking, skiing, fishing, and more throughout the Catskill region. In 2004, CMC, along with the Catskill Center, joined with the DEC to sponsor “Lark in the Park,” commemorating the 100th anniversary of the Catskill Park. The club now partners with both the Center and NY/NJ Trail Conference

on the Annual Lark event; has grown to more than 800 members, and is developing outdoor events throughout six and a half counties. Trail stewardship is one of these activities and CMC is working with the DEP to build trails on city lands newly opened to the public. It also plans to map these lands with cooperation of the NY/NJ Trail Conference and Delaware County. The club is asking other outdoor groups to publicize their events on its website ([www.catskillmountainclub.org/](http://www.catskillmountainclub.org/)) in an effort to better present Catskills activities on a regional basis. CMC’s Board of Directors includes Catskill representatives of both the NY/NJ and Finger Lakes Trail Conferences.

### HVH

Hudson Valley Hikers (HVH), founded in 2008, is a local hiking, mountaineering and outdoor adventure group built on best practices social networking (Meetup.com), allowing event organizers using templated web content to create exciting and detailed outdoor events. HVH members can RSVP to and attend events with their own contact and optional personal information, post memoir event photos and comments. HVH’s unique mission and ideals include challenging events that encourage personal initiative, endurance building, “stretch”; a busy event calendar offering a wide event variety to encourage skill building and self-exploration; and reliance on the individual ... recognizing and respecting each member’s differing abilities and goals. Our members treasure and respect both our public mountains and forests ... and enduring friendships arising from personal integrity and socializing fun. In 2012 alone HVH has hiked every peak in the Catskills at least twice, we also maintain 2 sections of trail along the Devil’s Path.



### CCC

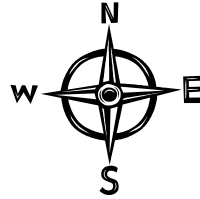
Since 1969, the Catskill Center has worked to protect the natural resources of the Catskill Mountains as we promote Catskill communities -- the stewards of this beautiful region. From our core programs -- Regional Advocacy, Environmental Education, Regional Planning, Arts & Culture, and our Invasive Species Program--grow an abundance of activity: the Catskill Center protects over 2000 acres of open space with conservation easements on 18 properties and the operation of the Platte Clove Preserve; we led the effort to restore the five fire towers in the Catskill Park and help manage the volunteers of the Catskill Fire Tower Project; and we help organize Lark in the Park--ten days of hiking, paddling and other outdoor activities in the Catskills during early October.

### DEP

The New York City Department of Environmental Protection (DEP) manages and conserves the City’s water supply, distributing more than one billion gallons of high quality drinking water each day to more than nine million New Yorkers, or nearly half the state’s total population.



DEP works with a diverse set of stakeholders across the watershed to protect the source of the drinking water while also promoting environmentally compatible economic development and recreational opportunities. Much of DEP's 95,000 acres in the Catskills are open as Public Access Areas in which hiking, fishing, hunting and trapping are allowed without a permit. In addition, the Cannonsville, Pepacton, Neversink and Schoharie Reservoirs are open for recreational boating from Memorial Day to Columbus Day. For information on recreational opportunities on DEP land and to learn more about the effort to expand these programs visit the DEP website.



**NYNJTC**

The New York-New Jersey Trail Conference partners with parks to create, protect, and promote a network of over 1,900 miles of public trails. In the Catskill Mountain region, the Trail Conference is responsible for the maintenance of 27 lean-tos and over 200 miles of hiking trails. Our volunteers and member clubs put in over 4,000 hours of volunteer service annually to support our region's hiking trails. Through our trail maintenance programs, educational workshops and trail crews we offer volunteer opportunities for people who love the outdoors. In addition, the Trail Conference publishes detailed hiking maps and books for the New York and New Jersey region, including our Catskill Trails 6-map set. For more information on our Catskill Community Trail program, Trail University program, publications or volunteer opportunities, please visit us on the web at [www.nynjtc.org/catskills](http://www.nynjtc.org/catskills) and follow us on Facebook at [www.facebook.com/NYNJTC.CatskillRegion](http://www.facebook.com/NYNJTC.CatskillRegion).

**AMC**

The Catskills are a premier winter destination for our membership. The natural attributes of the Forest Preserve make the Catskill Park a first-class destination. Winter hiking in the Catskills is extremely popular, as is winter backpacking/camping. Located within a 3-hour drive from the NYC metro area, the Cats are our closest mountain playground, where our members get a real taste of the subalpine in winter. The AMC NY-NJ Ski Committee offers short notice outings to ski the Catskills' little-known backcountry powder stashes hiding in plain sight. Woods roads in the Forest Preserve are favorites for cross country skiing, while public lands around the ski resorts are another attraction for more daring skiers. The snowfall may not be as reliable as in Vermont or Maine, but when it's good, it's really, really good.

**NYS DEC**

New York State Forest Rangers stationed throughout the Catskill Forest Preserve districts/townships are charged with care, custody and control of all state owned lands within the preserve boundaries and outside. A Ranger's role involves but is not limited to: routine patrols of New York State owned lands, patrols of NYS trails & maintenance; routine boundary line patrols; patrols of state owned campgrounds; educational

outreach to all user groups (public organizations/schools); provide certified training for search and rescue volunteers and wildland fire fighting volunteers; emergency responses for search and rescue incidents; emergency responses for wild fires and brush fires; and enforcement of all of New York State laws/regulations and permits pertaining to activities on state owned lands. Forest Rangers can provide you with the latest updates in local trail conditions, water flow, local safety concerns, camping permits and provide you with the essential knowledge to ensure your trip is safe. Ask a Ranger . :-)

**Blowdown Gallery**

Post Hurricane Sandy, intrepid trail maintainers, rangers and volunteers headed out to clear the trails. Here are a few photos of what they encountered. Photos this page are of Balsam Lake Mountain and courtesy of Jim Bouton.



## Blowdown Gallery Continued:

Ranger Ken Gierloff provided the following photos from Fox Hollow:



*Blowdown in the Balsam Cap-Friday col  
Photo by Heather Rolland*

*From Table Mountain  
photos at right by  
Heather Rolland*

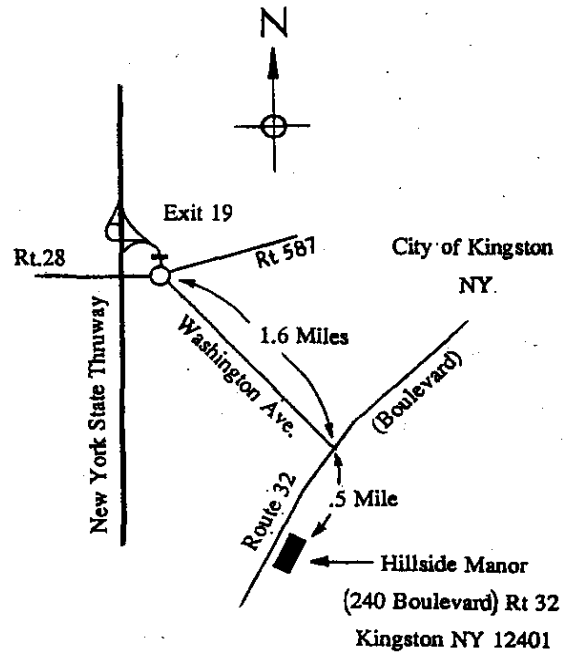


Members and aspirants are cordially invited to attend the  
**FORTY-EIGHTH ANNUAL DINNER MEETING**  
**Saturday, April 6, 2013**

**Location:** Hillside Manor  
 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.



**Please detach and mail to:**

Michael Doehring  
 7 Cloverdale Avenue  
 White Plains, NY 10603

Reservations \$34.00 per person.

Amount of Check: \$ \_\_\_\_\_

Check should be made payable to  
 "Hillside Manor" but mailed to Michael  
 Doehring.

Please Circle Choice of Entrée

Name: \_\_\_\_\_ Prime Ribs    Chicken Française    Mixed Veg. Lasagna

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.


**Reservations must be received by March 23, 2013**