
The Catskill Canister
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Observer's cabin on Hunter mountain. Photo by David Snider

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Black Dome from Blackhead. Photo by Marina Jacqueway #2813 W1323

Trail Spice

The President's Column by Maria Bedo-Calhoun

*"He who marvels at the beauty of the world in summer will find
equal cause for wonder and admiration in winter."*

John Burroughs

2020 is a year none of us will ever forget. As the leaves have fallen and the first signs of winter with flurries and ice flows are emerging, there are signs of hope. Gatherings will still take time, but at our Board meeting on Sunday, November 22nd, we thought that it looked promising to have our members get together in person either in the summer or in the early fall when vaccinations may bring us back to a semblance of normalcy. Also, not having to quickly find a face mask or a gaiter when hiking and meeting someone on a trail, would be so very welcome!

Club activities are still limited but our hikes are filling up quickly, though at reduced capacity because of COVID-19 protocols. Our [Winter Weekend](#) will be a hike-only event (as covered in the Trail Mix update), but there will be a variety of options offered for both beginners to winter hiking and more experienced cold weather adventurers. For those of you who do not have experience in the winter months, it is a special time to be out there, so be adventurous! The leaves are down, the views are much more present — even when not at a summit. The stillness after a snowfall is like nothing else and, when there is snow, there are no roots or rocks to worry about. Winter hiking requires a little more preparation and thoughtfulness, but for many long-time hikers it is their favorite season of the year to be out exploring. Please make sure to read the great article later in *The Canister* on [Fuel for Winter Hiking](#) for tips and advice.

As is discussed [here](#) (also see Trail Mix update below) the restrictions placed on accessing Doubletop and Graham have created the need for alternatives to those peaks. The Board is waiting to hear from the private landowners about what will happen after the hunting season and will advise members in January. We understand that it is not equitable for only local hikers to have access to the mountains. If the Goulds do not open those mountains to all hikers in 2021, a more permanent solution will be announced.

A major update to share is our continuing steps to a 501c3, an IRS status that will allow the Club to fundraise and be able to give back much more to the mountains. We are working with a lawyer to get all our documents up-to-date and in compliance, which has not been done in 30 years. In the coming months, two of those needed documents will be revised and disseminated with the membership for a vote. The first is a New York State document that must be approved by the Attorney General: Certificate of Incorporation (COI). The COI describes the purpose of the Club and is the summary of what we do or want to do and must match the mission stated in our bylaws. The bylaws, which also need a major revision to become compliant, is a required internal (Club only) document and will also be distributed for review to membership. Please keep an eye out for them in early 2021 as these are important steps in the growth of the Club and there will need to be major changes in our governing structure.

Finally, as we close out this challenging year, I want to take a moment to thank our hard-working Board members and Club volunteers who do so much behind the scenes, on their own time, all to help the Club and to make a difference in these mountains. The list would be too long to name all that they are doing, but it is incredibly heartening to see the commitment and dedication so many people are showing. It keeps that wonderful 3500 Club energy moving forward to new generations so many years later since its inception in 1962. That breadth of experience on our Board and the knowledge everyone brings makes our group unique and special. Here is a

screen shot from our meeting on November 22nd so that you can see some of their faces.



Please make sure to say hello if you see them on the trail!



Trail Mix: News and Notes from the Club



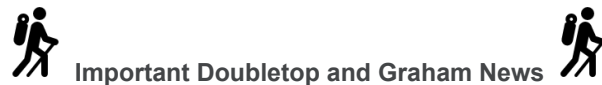
Dues for calendar year 2021 will be due on January 1st. Those of you who receive the emailed quarterly link from us also get a dues reminder. Members and Aspirants who joined after the middle of the year may renew at a half-year rate to get back to "calendar-year renewal." Contact [David White](#) or [Jake Haisley](#) to confirm your status. Forms and rates are on the [membership page](#) of the Club website.

You may now use PayPal at the [Club site](#) or renew by mail and/or order additional member items using [this form](#). Please make checks payable to the Catskill 3500 Club.

As a reminder, good standing is required to maintain voting rights and privileges of membership (e.g., *The Canister* subscription, ability to buy patches). An active member is one who has completed their requirements for membership and who has paid the prescribed dues for the current year or who is a life member (life membership can be obtained for a one-time fee of \$200). Please note that the initial fee only covers the registration and the first year. Delinquent members may regain good standing by payment of one year's delinquent dues.

By renewing your membership (or becoming a life member), you help us support our mission of being the stewards of the Catskills and help us give back to the mountains. We appreciate your continued support!

By: Dave White, Membership Chair and Jake Haisley, Aspirants Chair



Both mountains will be closed to all hikers from November 8th to December 26th for private use during hunting season. Because of this and because the property owners have not opened the mountains to non-local hikers since COVID-19 arrived, the Club Board has decided to make these temporary adjustments for club membership.

1. South Doubletop will be accepted as an alternate to Doubletop Mountain. Note: use state land only. DO NOT access SDT through Gould-owned private property.
2. Millbrook Ridge will be accepted as an alternate for Graham Mountain as it can also be combined with Balsam Lake Mountain.

This is currently only a short-term solution. If the mountains do not reopen to all hikers after December, we will reevaluate to see what our long-term list will be and make an announcement. Also, while there is not yet an official canister on South Doubletop, it is something that may be possible in the future.

We appreciate how patient and understanding aspirants and members have been as we have waited to see if things might change. We had hoped that the restrictions would be eased in time, but clearly the property owners are not yet comfortable opening things all the way up and their wishes need to be respected.

Please let any aspirants know who may not be on this list, be in touch with any questions (contact@catskill-3500-club.org) and, for those who have waited, enjoy finishing!

! Election of Club Officers !

Many thanks to all of you who voted electronically and mail. We have never had to do our election this way but it actually ended up being smooth and doable. That is good to know as we will have several more votes this year before things get back to normal (we hope!).

Responses were well over 10% of members in good standing supporting the slate of candidates presented by the nominating committee. All current officers had terms renewed and the new nomination for Secretary, Linda VanSteenburg, was also elected.

Special thanks to the nominating committee (Rob Stewart, Tim Luby and Marv Freedman) for their work on this.

List of elected officers:

President: Maria Bedo-Calhoun
1st Vice President: Charlie Lutomski
2nd Vice President: Stash Rusin
Treasurer: Jay Hui
Secretary: Linda VanSteenburg

🌲 Catskill 3500 Club Welcomes New Board Member 🌲

We would like to welcome Linda VanSteenburg (#2274 W968) to the Board as Secretary. Linda's financial background will be valuable as we transition to a 501c3. Below is a snapshot of Linda and why she wants to give back to the Catskills by joining the Board. Welcome Linda!

Growing up in Western New York, there weren't many mountains to climb, but Linda has always loved being outdoors. She spent her childhood riding her bike, climbing trees, and water and snow skiing. The first hike she ever did was Bald Mountain in the Adirondacks, which launched her passion for hiking. Her parents began spending winters in Tucson, AZ, so every year she would plan a trip to visit and hike.



She eventually relocated to the Hudson Valley and was able to pursue hiking on a regular basis. She reached out to her neighbor and co-worker, Ralph, who did a lot of hiking and started hiking with him. Ralph was a great mentor, teaching her how to navigate with a compass, how to be prepared for all conditions and to leave no trace. She joined some Club hikes and started meeting some great people including her partner, Rob, and the other members of the "Blow Down Gang," including her two dogs Abby and Gailey. She finished her regular 35 in 2014, the winter 35 in 2015, the 420 grid in 2017 and currently has over 50 percent of the NE111 completed.

Linda is the Chief Financial Officer at Paper House Productions in Saugerties, a board member of the Saugerties Chamber of Commerce, and a volunteer at the Balsam Lake Mountain Fire Tower. In her free time she enjoys hiking, biking, kayaking, skiing, traveling, gardening, seeing live music, and reading.

❄️ WINTER WEEKEND UPDATE ❄️

The 2021 Winter Weekend is scheduled to take place over the weekend of January 23-24. With the COVID-19 pandemic continuing, and uncertainty surrounding the near future, we have decided that having our normal social gathering during the Winter Weekend will not be possible. There will be a hike schedule available, so be sure to check out the hike schedule in *The Canister* or on our [website](#) to see what Bill Winterbottom (outings chair), Marv Freedman (assistant outings chair), and the dedicated Club volunteer hike leaders have scheduled. There will be something for everyone, both for experienced cold-weather explorers or those new to spending winter time in the mountains.

Hike on and stay safe!

By: Bill Chriswell, Winter Weekend Chair



 **Merchandise Volunteer Needed** 

Our dedicated Merchandise Coordinators (Margaret McGrath and Terri Baker) are working on growing and changing our current system as well as adding new items, but need another hand. Margaret and Terri would like to find someone with experience at credit card services, such as Square Space or equivalent, who could help with the research and implementation of the best system for our small volumes. We need someone with experience or knowledge to help with transitioning to a fulfillment center for our merchandise as well as experience at setting up sales tax in NYS.

Please contact Margaret and Terri at merchandise@catskill-3500-club.org if you want to help out!

 **Techie Volunteer Needed** 

The Club is looking to update the way its member database is currently maintained and organized. The Club has been using Microsoft Access for many years (not the cloud-based version); and we are looking to migrate to a database that is user-friendly, easy on the budget or free and, ideally, a platform that can interface with a payment service to make dues renewals much easier. If anyone has experience/suggestions or wants to help out on a short-term project, please contact [Maria](#).

 **Trail Maintenance and Adopt-a-Highway Updates** 

Many thanks to our wonderful volunteers for all of their hard work!

The Catskill 3500 Club hosted our Fall Trail Maintenance Event on September 26th. The crew successfully removed many blowdowns and leaners from Peekamoose and Table Mountains, making the trails safe for hikers. Our utmost gratitude to our trail maintenance volunteers for the significant impact they have made on the trails:

Steve Lercari
Roger Green
Sharon Klein
John Barringer
Russell Cannizzaro
John Murphy
Mila Stewart
James Druiett
Eridania Camacho
Lourdes Sonera
Richard Garrison
Paisley Curreant
Ed Schwetz
Larry Leslie
Johnny Witter
Colleen Hardcastle
David Lemmo



The Club hosted our Fall Adopt-A-Highway Cleanup on October 18th. We had an amazing group of volunteers ranging from our loyal old timers to our youngest members and aspirants. The camaraderie was inspiring and made picking up litter fun.

Thank you all who participated for the gift of your time and for being such great stewards! We are happy to report a significant reduction of litter from our last outing.

Our gratitude to:

Charlie Lutomski
Jeff Huth
Jonathan & Allison Kralick
Ezra Kralick

Daniel Kralick
Steve Lercari
Steve Welgoss
George Kugler
Al Davis
Larry Leslie
Jeff Paul
Erin Paxinos
Lourdes Sonera



We deeply appreciate your time and dedication.

If anyone is interested in joining the volunteer list to stay up to date with the future trail maintenance and road clean-up opportunities, please contact [Lourdes Sonera](#).

By: Lourdes Sonera, Trail Maintenance Chair



Asher Durand View in Platte Clove Preserve. Photo by Steve Aaron #3199

Catskill Mountain Search and Rescue (CMSAR) Update

Text by: Erica Winterbottom, SAR Chair

The 3500 Club's dedicated all-volunteer search and rescue team, Catskill Mountain SAR (CMSAR), has been keeping busy, while remaining COVID-19 conscious, of course. Starting with the renewal of our Wilderness First Aid (WFA) certification in early March, the team implemented guidelines to keep our members and their families safe. The team continued monthly meetings and drills virtually via Zoom.



CMSAR got back to in person drills in July by attending our fellow team's, New Jersey Search and Rescue, mock search drill. The drill, spanning a 24-hour period, simulated a mock of an actual search scenario and missing subject. Members had the opportunity to practice SAR skills ranging from search tactics, navigation, sheltering in place, patient assessment and participated in a grueling litter carryout in the early hours before sunrise.

In September, the team had a two-day Introduction to Ropes Awareness course instructed by Bryan Enberg, New Jersey State Police (NJSP) SAR Coordinator and Joe Galvan, New Jersey Search and Rescue Mountain Rescue Unit (NJSAR MRU) Lead, assisted by Steve Bolella and Mike Cappelleri. Also, in attendance was NYS DEC Ranger Mark Brand. This course provided a wealth of instruction over both days and it all tied together with a grand finale of a low angle rope rescue simulation in the woods. Members have since been invited and attended NJSAR MRU drills to further learn these important skills.

In October, our team participated in the Eastern States Federation of Search and Rescue (FEDSAR) Teams drill in Moreau State Park with more than 60 SAR members represented. Each team contributed with a skills station including high angle ropes, water rescue, K9, and CMSAR's station, a hasty search and patient assessment. We greatly value the opportunity to work with and learn from fellow SAR teams.



November has been a busy month for team members. First, a warm welcome to our newest CMSAR candidates: Harold Oakhill (#283 W1244), David Oliver (#2360 W1040), Jean Tanis, and Erica Webber. All attended our November drill, which got back to SAR fundamentals including pace count, grid searching, and clue awareness.

A few members attended a Wilderness First Responder (WFR) and a Wilderness Emergency Medical Technician (WEMT) course. The minimum required for the team is Wilderness First Aid (WFA). However, many members seek to advance their wilderness medical skills.

Congratulations are in order for team members, David Bunde and Braden Sayer for passing the National Association for Search and Rescue (NASAR) SARTECH II certification; Lyn Walker for becoming an Adirondack 46er; Joseph Ferri on completing the New Hampshire 48; and Marvin Freedman for receiving the Catskill 3500 Club Hike Leader of the Year award.

The team was recently voted from probationary to full membership for the Search and Rescue Council of New Jersey (SARC NJ). While our focused area is the Catskill Mountains, we respond to SAR missions in NY, NJ, and PA by having mission ready members that span the tri-state area. We thank SARC NJ and look forward to continuing to work with the Council.



The team continues to respond to SAR missions during the COVID-19 pandemic. Before your next adventure, please check the guidelines for the location you are visiting, always plan ahead and be prepared, carry at minimum the 10 essentials, and know your limits. Stay safe, healthy, and enjoy! #RecreateResponsibly

Please consider making a donation to the team via [PayPal](#) or mail a check payable to Catskill 3500 Club PO Box 294 West Hurley, NY 12491. Make a note that the donation is for SAR. Thank you for your support! To follow the team for updates, “like” our [Facebook page](#).

Photo credits: Top row: monthly meeting on zoom (photo by Stash Rusin); middle row photos. L-R: 2-Day Intro to Ropes Awareness Drill group photo of CMSAR members and candidates, instructors and DEC Ranger Mark Brand (photo by Stash Rusin); CMSAR Candidate Harold Oakhill holding up homemade pace count beads (photo by Erica Winterbottom); 2-Day WFA Course (photo by Erica Winterbottom); bottom row - CMSAR Monthly Drill reviewing SAR Fundamentals Pace Count, Grid Searching and Clue Awareness (photo of the team lining up by Erica Winterbottom).



View from the Hunter fire tower. Photo by Josh Gorsch #3009

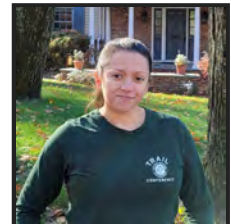


Update from the Trail Conference: 2020 Catskill Trail Stewards



Text and Photo by: Sabina Cardenas, Head Catskill Steward

The 2020 Catskill Steward season started a little later than normal, but thankfully it started! This year the season lasted from June 24th to October 25th and the stewards saw unprecedented numbers of visitors. Giant Ledge recorded 9,326 visitors while approximately 5,000 visitors were recorded on Slide. Collectively, the stewards observed 69 illegal campers and educated 53 on proper camping regulations and dismantled over 85 illegal fire rings which helped in the prevention of further illegal campfires.



For the past five years, I have been a witness to the difference that this educational program has had on the landscape and the visitors to Giant Ledge and Slide Mountains. As you read the narratives below from our stewards, you will realize

how the program also changed them.

This season, five stewards not only proved the importance of the steward program but also that anyone can be a steward with enough passion and determination, for it is not the knowledge and experience that makes a steward, but the will and love to be part of something that makes a difference for others and the natural world.

A Selection of 2020 Catskill Trail Steward Narratives

Sabina Cardenas, Head Steward: “The stewards’ mission is to educate the public in an effort to protect and preserve the beautiful mountains, but sometimes, due to the weekly grind of climbing, brushing away social trails, dismantling the same fire ring from last week and educating hundreds of visitors, it starts to feel like work, — that is, until the season comes to an end. You start to realize that these summits have become a part of you. You want to make sure that they are protected, and all your hard work has not been in vain and that you have made a difference — if only to a few people — because maybe they will stay on the trail or would avoid camping illegally.”

Claire McMahon, Trail Steward: “Today is my first time on Giant Ledge. The weather is ideal, and the view is beautiful. Despite all this, not all is perfect on Giant Ledge. On our hike we dismantled several illegal fire rings and covered damaging social trails with brush. It is discouraging to see fragile places treated this way, but it reminds me how much stewards are needed here. We also assisted several hikers in finding the best trail to take.”

Eric Wegner, Trail Steward: “After the initial introductions, our conversation led me to be able to talk with the visitors about the importance of staying on the established trail and how leaving it can be destructive to the fragile environments that we come to the parks to enjoy. Conversations like these are one of the joys of stewarding for me even when they detour as ours did. We detoured right into a political rant of the gentleman’s own making, but the siren sound of ideological rage was easily averted by a few nods of the head. From there we sailed on into a dialogue about how our natural resources and how places like this need to be preserved for future generations. After an encounter like the one I had today, I cannot help but feel that maybe, even with all those that don’t heed our warnings, the work of the trail steward is worthwhile, if just for the few who take our messages to heart.”

Patrick Hunsberger, Trail Steward: “I met several groups who were familiar with the Trail Conference, using the New York-New Jersey Trail Conference Tyvek maps and even thanking me for my help with maintaining the trails. Earlier in the season that would have made me feel like taking credit for something I had no part of, but after a full summer of work I felt much more ownership over their thankful comments.”

Dylan Medici, Trail Steward: “It was depressing being at Slide this weekend, not only because it was my last one, but because of how many more illegal campfires there were than any other weekend. I counted five in total. I chalked it up to the cold weather, but still felt disheartened knowing that there will always be people who undo our work, and that there will be no stewards there until next year.”

Patrick Hunsberger, Trail Steward: “As I sit atop Giant Ledge for the last time, I reflect on this past season with much fondness, remembering the changes and how far we’ve come. From the unfamiliarity to each location beginning to feel like my backyard. Having a sense of ownership of the land, but full well knowing it belongs to the trees and animals that inhabit it. From the dense foliage and the fear of poison ivy at every turn, to becoming confident enough to dance into low blueberry bush knowing somewhere in there lies many different types of snakes that I cannot see. From picking blueberries and raspberries to being bitten on the forehead by black flies as I try eating one of my many wraps I made for lunch throughout the season. Finally, with 90 percent of the leaves dropped, I can see into the mountains, into my future with much confidence. From the fear of heights, standing back 20 feet from the ledge on our orientation day, to tiptoeing to the front and peeking down into the treetops that lay below. Much like the fog of the last day, many stewards will begin the 2021 season in the unknown. Knowing what we accomplished I can visualize in my mind’s eye past the fog and see a scene that my mind presents to me from memory. A memory that will never fade as I begin my own journey with confidence... into the mystic.”

Sabina Cardenas, Head Steward: “The steward program, much like hiking a mountain, sounds like a wonderful adventure — you’re excited and full of aspirations as to what awaits you. Then about halfway up, you start to wonder what you got yourself into and will it all be worth it, it better be! Then at last, you reach the summit and the view takes your breath away and you realize that YOU climbed a mountain, that you took each step toward something great — giving back to the beauty of the mountain by “Protecting the Land you Love”.”

The 3500 Club and the [New York-New Jersey Trail Conference](#) have collaborated for several years on the Summer Summit Steward Program in the Catskills. Though the TC and the stewards do all the work, your member dues (THANK YOU!) help support their efforts. This program has really made a big difference on the summits and the goal is that it will expand next summer. Thank you to Sabina for her leadership, to the stewards for taking the time to try to make a difference, and the team at the TC (Hank, Kendra and Olivia) for doing the organizing!

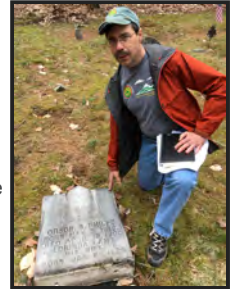


Burroughs Range from North Dome. Photo by Michael Kucinski #3210

Slide: Retracing the Steps of John Burroughs

Text and Photos by: John Sasso #2034

Slide Mountain – monarch of the Catskill Mountains. It derives its name from the landslide on its north-facing clove, created by a horrific torrential rainstorm in the early nineteenth century. When viewing this clove on a topographic map, the dark, dense contour lines make many a bushwhacker sensibly avoid it. Scant few have made the ascent along the landslide, the first recorded among them being John Burroughs, the famous naturalist who is memorialized by a plaque set on the side of a rock shelf near the summit. On September 20th of this year, seven of us joined that coterie of climbers who made the arduous ascent along this landslide to the summit of Slide: James Hopson (#1813), John Barringer (#2178), John Fellows (#2153), Johnny Witter (#2400), Tim Luby (#3268), Matty Lonergan, and myself. It is here I recount our once-in-a-lifetime adventure!

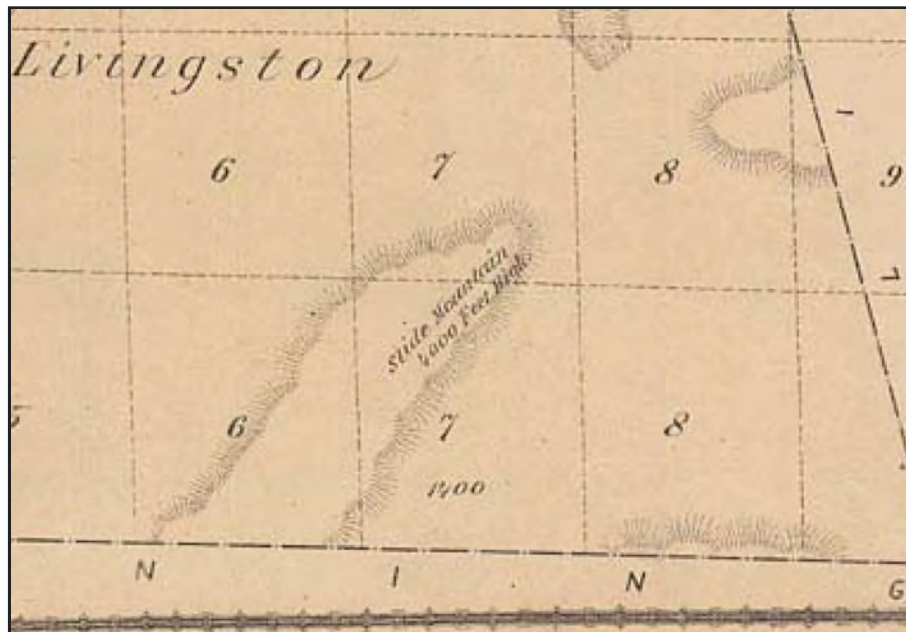


But first, a historical note on the origin of the landslide. According to an article by Catskill historian Alf Evers in a 1961 edition of *The Conservationist*, the landslide occurred sometime in the 1820s or 1830s, when heavy rains caused the upper ledges of the mountain to give way. “When it was all over,” Evers wrote, “Slide’s northern face bore a long, narrow spear-point scar aimed directly at the mountain’s top, white against the evergreen background.”^[i] The D.E.C.’s *Slide Mountain Wilderness Unit Management Plan* dated the landslide to July 1819.^[ii] A more precise date appears to be July 26, 1819, when a torrential rainstorm incurred a deluge of precipitation upon the Catskill region. This storm was recounted by Benjamin W. Dwight in an 1822 edition of *The American Journal of Science*.^[iii] Dwight described the intensity of the storm, thusly:

The air soon after became so obscure, that trees, and buildings, and other large objects, could not be discerned at the distance of a few yards. The obscurity did not appear to arise from a fog [...] but from the abundance of the rain [...] The rain descended[sic] at times in very large drops; and at times in streams, and sheets. [...] It seems probable from the facts herein after mentioned, that [the rainfall] exceeded fifteen inches on a level.

Dwight went on to describe several landslides that resulted from the storm, some of which could be seen a distance of 15-20 miles away!

The earliest appearance of Slide Mountain I could find on a map is in F.W. Beers’s 1875 *County Atlas of Ulster, New York*, and in writing it is in the 1871 *Gazetteer and Business Directory of Ulster County, N.Y. for 1871-2*. Alf Evers claims the Swiss scientist, Arnold Henri Guyot, christened the peak at some point during his survey of the Catskill Mountains, which occurred from 1862 to the summer of 1879.^[iv] However, Guyot made his first ascent of Slide in 1872 (a year after its 1871 appearance in writing) and determined it was the highest peak in the Catskills.^{[v],[vi]} Slide was also referred to as “Lion Mountain” and “Thunder Head Mountain” in a few publications in the 1870s and 1880s.^{[vii], [viii]} In the 1920s, there was a proposal to rename Slide Mountain “Burroughs Mountain,” in honor of the naturalist John Burroughs, but that proposal did not sit well with the locals and tourists of the region.^[ix]



Earliest denotation of Slide Mountain on a map. From "County Atlas of Ulster, New York. From *Recent and Actual Surveys and Records*. Under the Superintendence of F. W. Beers," published by Walker & Jewett, 1875. (Source: Wikimedia Commons)

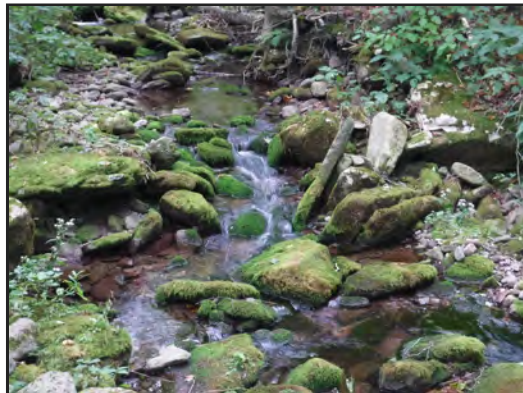
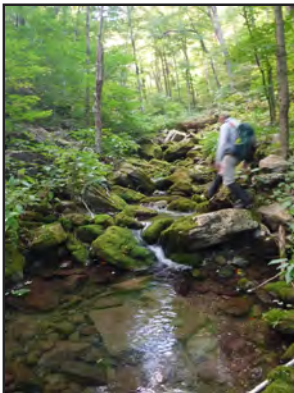
The earliest ascent along the landslide I could find is that of the Rev. Henry Kimball in October 1878. In a July 1879 article in *The Brooklyn Daily Eagle*,^[x] Kimball describes an ascent up the steepest part of the "Great Thunder Head or Slide Mountain" in epic, biblical fashion. Kimball was an assistant to Guyot. Not long after, John Burroughs made the ascent along the landslide in 1885, described in his book *In the Catskills*, in the chapter entitled "The Heart of the Southern Catskills."^[xi] Burroughs wrote:

"But the following year, reinforced by two other brave climbers, we determined upon the assault, and upon making it from this the most difficult side. The regular way is by Big Indian Valley, where the climb is comparatively easy, and where it is often made by women. But from Woodland valley only men may essay the ascent. [...] It was steep, hard climbing. [...] It was ledge upon ledge, precipice upon precipice, up which and over which we made our way slowly and with great labor, now pulling ourselves up by our hands, then cautiously finding niches for our feet and zigzagging right and left from shelf to shelf."

Our bushwhack on September 20th would be a historic one, in the sense that we attempted to retrace the steps of Mr. Burroughs. I should note that the first recorded winter trek along the landslide was made by Edward B. Miller in January of 1894, but it was a *descent!*^[xii]

By the end of the day, we could identify with what Burroughs wrote. As for his comment insinuating women would be unable to engage in such a challenging climb, I have bushwhacked with several women over the years, who have been through some rabid terrain that would make many men turn around.

Part of the bushwhack involved hiking in and out of the branch of the Woodland Creek, whose waters descend from the steep, northeast face of Slide that was the target of our ascent. The brook hike was a unique one for me, for I have never seen so much emerald-colored moss carpeting the rocks of the creek bed. It was spongy and care had to be taken when stepping on it, for it would cause you to slip as it tore away from the rock. As we pressed on, the climbing became steeper. And steeper. And steeper. We were at the point where we were ascending and side-hilling slopes of terrain at least 45° on our hands and knees, with our chests practically hugging the ground. The side-hilling was the worst.



In contrast to bushwhacks I've done in the Adirondacks, in the Catskills you hardly have large masses of solid, grippy granite to grasp

onto or have a firm foothold on. What you have is a lot of smaller (but still sizable) rocks that can easily give way. On a descent, the rocks beneath your feet would give way and you'd fall on your ass. On an ascent, you will kick out rocks; Lord help those behind you. A small rock kicked out by my cohort above me had tumbled down and hit by shin. Also, grabbing onto a small rock would guarantee it would come right out, causing you to lose a hold.

At one point, we knew we had to get up to some more gradual terrain, which we saw above us. As I made my ascent, I was clawing at whatever firm roots and branches I could. Duff you grabbed onto would just rip out, and that beneath your feet would sometimes give way. I was on one slope where, if I slipped and fell, it would be a very bad day. My nerves were up as I carefully clawed further to get to a safe point. Four feet to my right was a birch tree coming out from the steep-sloped terrain, which I knew grabbing would help me get to safety. It wasn't within reach, so hoping the duff beneath my feet would hold for a few, I lunged for it. When I finally reached a safe point, my heart was racing. Still more to go.

After a short lunch break at a stable spot, we pushed on. As before, we were often on our hands and knees because of the steep slope, though it seemed a bit more forgiving. We reached a headwall, which the brook flowed over, at least 20 feet high. It was mossy and very slick. Looking right and left, we decided to climb along the left side of this wall. As my one cohort started to climb up, the rocks beneath him collapsed and brought him sliding down. He incurred a gash on his shin, which I patched up. We ended up having to bushwhack up the steep side to the left of the headwall, just to get over it.

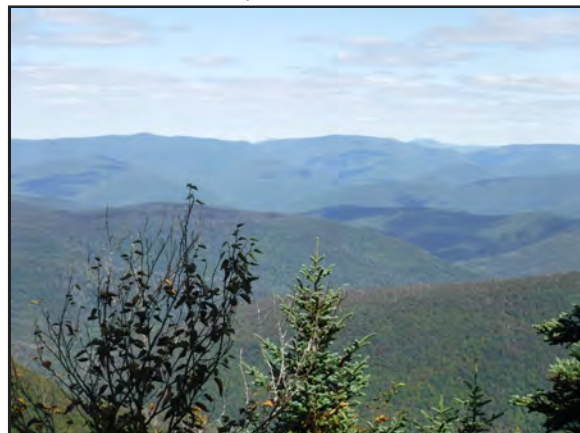


At around 0.4-miles from the summit, we finally came upon the long, high, wet slab-slide that is part of the landslide for which Slide Mountain is named. As it was wet, covered with a slick moss, and no grippy rock, it was certainly not climbable. We banked right, working our way above it. As I made my way toward my friend, Jim, he demonstrated that the wide blanket of moss by him was NOT firmly affixed to any rock. He grabbed hold of the top of it and, like one would do to a bedspread, shook it up and down. You could see it wave! With as little grace as one could witness, I clambered over a fallen, rotten tree, spewing out some choice curse words which would make a sailor blush. Clawing, little by little, we gained.

At long last, we finally made it above the landslide! While we still had less than 0.2-miles from the summit, the slope was not as steep as what we spent hours pushing through. We found two great lookouts above the slide that presented incredible views of the Catskills!



Group on the summit



One of the lookouts (north)

Luckily, the forest we were going through was not dense with firs and spruce like the Adirondacks; the brush was much sparser. After a little bit more clambering, we caught sight of the trail to the summit. When we reached the open rock, where a number of hikers were milling about, we felt victorious! It was a great sense of accomplishment to achieve something so few have done! What a day. For this Adirondack historian, it was a treat to retrace the steps of a Catskill legend like John Burroughs.

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[ii] New York State Department of Environmental Conservation. *Slide Mountain Wilderness Unit Management Plan*. October 1998, p. 8.

- [iii] Dwight, Benjamin W. "An account of a remarkable storm which occurred at Catskill, July 26, 1819." *The American Journal of Science*. Vol. 4, 1822, pp. 124-142.
- [iv] Evers, Alf. *The Catskills: From Wilderness to Woodstock*. Woodstock, NY: The Overlook Press, 1982.
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- [vii] New York, West Shore and Buffalo Railway Company. *Summer Excursions: Lake, River, Mountain and Seaside Resorts*. 1884, p. 54.
- [viii] *Windham, NY Journal*. August 7, 1879.
- [ix] *The Saugerties Telegraph*. October 10, 1924.
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- [xi] Burroughs, John. *In the Catskills: Selections from the Writings of John Burroughs*. Houghton Mifflin Company, 1910.
- [xii] Miller, Edward T. "Woodland Valley Adventure – 1894." *Catskill Center News*. Vol. 17, No. 1, Winter 1988, p. 8.
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Editor's note: This is not a recommended ascent route to Slide. Make sure you know your abilities and limits before venturing out into the unknown area. The hikers who undertook this trip are skilled bushwhackers with experience in technically-challenging terrain. As with any off-trail hiking, please make sure you study the terrain ahead, possess navigational skills, have a thorough safety plan as well as emergency supplies.

John Sasso, #2034, is an Adirondack historian, and avid hiker and bushwhacker, from Colonie, N.Y.

Contact the author at jsassojr@gmail.com. For those interested in the history and folklore of the Adirondacks, join John's Facebook group "[History and Legends of the Adirondacks](#)."



Viewpoint below Slide summit. Photo by Jason Pelton #3013 W1211

FUELING FOR WINTER HIKING

Text and photo by: Jennifer Martin MS, RD, CDN and author of outdoor adventure blog [Cairns & Carrots](#)

Hiking through a snow-covered winter wonderland is a magical way to enjoy the outdoors in winter. However, packing the appropriate food for hiking in the colder months is important, along with fueling adequately beforehand. Nobody wants to run out of energy, or "hit the wall" during a long hike, especially in below-freezing temperatures when the body is working extra hard to keep warm. Muscles

need glucose, or sugar, to form glycogen, the storage form of glucose, which serves as fuel during your hike. When the body runs out of glycogen, you “hit the wall,” which can lead to extreme fatigue. To avoid this, fueling appropriately before, during, and after your hike is essential.



Ensuring you eat a quality mix of carbs, proteins and fats before, during, and after your hike is key. Carbohydrates provide the body with energy for your muscles, while proteins provide the body with essential amino acids to help build and repair muscles. In the winter, fats are just as important because they are utilized more efficiently in cold weather.

Before a long hike, a mix of protein and carbs is best, like an egg and cheese sandwich on a whole grain bagel or a bowl of hot oatmeal with peanut butter. Fueling properly prior to the hike is important to maintain energy throughout your hike. Additionally, a piece of fresh fruit or an energy bar are good choices for pre-hike snack. Both provide an adequate source of energy in the form of carbohydrates.

Temperature Considerations

Check the temperature of the location you'll be hiking in before you go! Not only do you have to dress appropriately (layers!) you must consider the type of food you bring, especially if the temperature goes well below freezing. There's nothing worse than gnawing at a frozen cliff bar on the trail when you're starving.

Consider bringing a hot lunch in a thermos for a meal during your hike. Hot vegetable lentil soup (or any soup of your choice) mixed with instant rice is a good example, it provides protein and carbohydrates – plus, there's something special about having a hot meal on a cold day in the mountains!

For high protein snacks, consider hard boiled eggs, nuts, even some cheese to enjoy on the summit. Eating a snack high in protein helps repair your muscles after an intense climb. You may even want to bring an energy gel, like Gu, for a quick and easy snack. It provides fast and easily digestible carbohydrate that can be eaten while hiking. Honey packets or applesauce/pureed fruit packets are also great options for quick, easily transportable energy.

Hydration

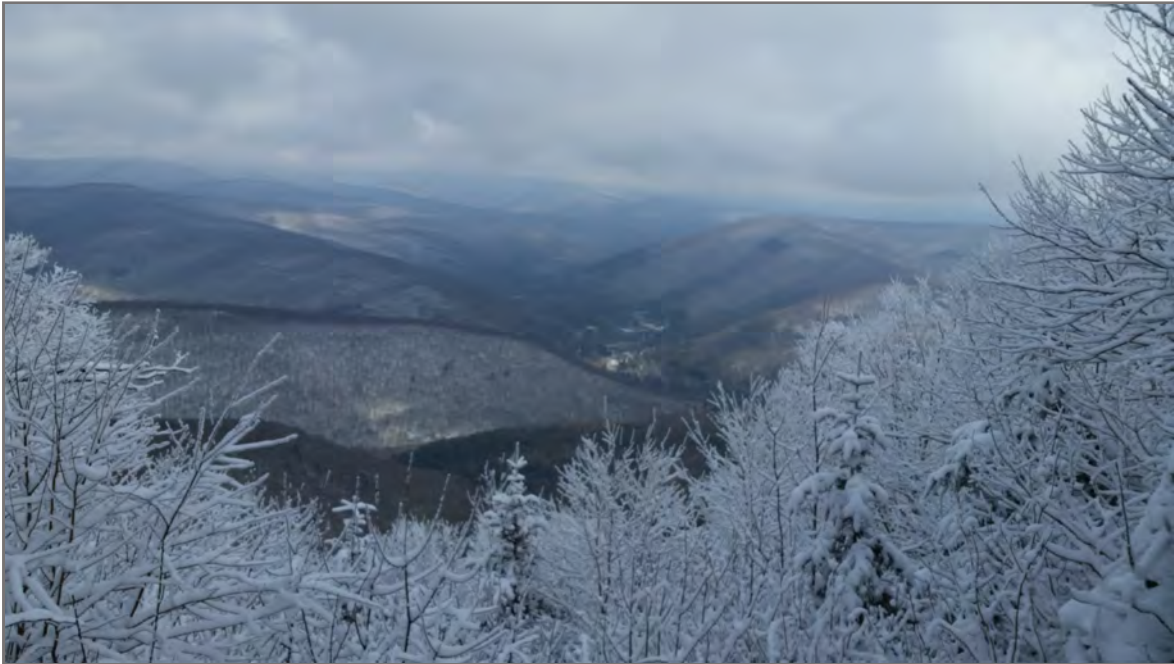
Bringing enough water during your long hike is key, even in cold conditions. In the winter we're less likely to realize we're thirsty when hiking, so it's important to remember to stay hydrated! You must also consider below-freezing temperatures. Steer clear of packing a hydration bladder as the tubing can freeze and leave you without access to your fluids. Filling an insulated water bottle—like Hydroflask—with lukewarm water should keep your water from freezing. You can also purchase insulated sleeves made specifically for water bottles. There is also the wool sock trick—storing your water bottle upside down in your pack inside a wool sock can also prevent your water from freezing.

There are many great hiking food options that provide a good mix of carbs, proteins, and fats. See below for a list of ideas of easy meals and snacks to pack on your next winter adventure.

Hiking Food Ideas

- Hard boiled eggs
- Cheese sticks
- Chocolate covered raisins
- Beef jerky
- Nuts/seeds/trail mix
- Granola packet
- Applesauce/pureed fruit packets
- Energy gels/honey packets
- Energy bar of your choice
- Peanut butter and jelly on whole grain bread
- Whole grain bagel and cream cheese or peanut butter
- Vegetable/lentil soup with instant rice (pre-heated and poured into a thermos)
- Beef stew with vegetables and potatoes (pre-heated and poured into a thermos)
- Hummus and whole wheat pita wrap
- [Peanut butter chocolate chip protein cookies](#)
- [Peanut butter chocolate chip bites](#)
- [Oatmeal chocolate chip peanut butter bars](#)

Jen is a Registered Dietitian and an avid hiker, runner and cyclist. She completed the 46 Adirondack High Peaks in 2016 and now is an aspirant of the Catskill 3500 Club. She blogs about her outdoor adventures at <http:// CairnsandCarrots.com>.



Viewpoint on Balsam. Photo by Margaret McGrath #2009 W939

Hiking With Littles: Reflections From Our Family's Mountain Adventures

Text and photos by: Ali Kralick #3347

“Now I see the secret of making the best person: it is to grow in the open air and to eat and sleep with the earth.”

Walt Whitman

Children will change your life, but they don't have to significantly alter your lifestyle. Before our now 5-year-old twins were born, my husband and I decided we wouldn't let the fact we had kids change our lifestyle (well, too much). As Army officers and veterans of the special operations community, spending time outdoors doing challenging things was a big part of our lives, and even in our free time, you could find us hiking, backpacking, climbing, and traveling to find new adventures. Now that we have kids, we've continued with our adventures, and they just come right along with us. Of course, hiking and backpacking as a family takes much more patience, logistical planning, and preparation, but taking on these challenges together affords a much richer experience. We are forced to slow down and soak it all in, we have to work together as a team, and the time together forges common memories that will last forever. Along the way, we've discovered that children, when prepared, are far more resilient and capable than we give them credit for. And as parents, we can still keep our hobbies and maintain our identity while growing the next generation of outdoor enthusiasts and caretakers.



As a military family, we've lived in three states since our twins were born. As difficult as a transient military life can be, we consider it a privilege to be able to introduce our children to many different places and the adventures they offer. On our early cross-country and international trips, hikes, and urban explorations, my husband and I each wore a baby in a backpack until the twins summarily refused the carriers around age 2. As they gained strength and confidence exploring on their own, we learned to follow their lead when it came to how far and how hard to push. We never told them they couldn't do something; if they wanted to, and were interested in learning, we felt that our role was to find a safe way for them to do it. When the twins were 2.5, we took them on their first big camping trip to Yosemite and Sequoia National Parks. On that trip, they experienced technical climbing at the base of El Capitan, they hiked the Mist Trail to Vernal Falls, and completed a nine-mile hike through magical Redwoods and Giant Sequoia trees, only for us to discover that no amount of hiking tires them out such that they go to bed on time. A few months later, for their 3rd birthday, we traveled to the Grand Canyon, and they went on their first backpacking trip to Indian Gardens via the Bright Angel Trail. For us, parenting like this was intuitive: we knew outside time was the best time in terms of child development, and we wanted to develop their appreciation for the outdoors early on.

Last year, the military brought us to upstate New York, and we began exploring the Catskills and Adirondacks. We added another member to our family, but we didn't let that slow us down. As soon as I was medically cleared, the baby joined us on our hikes, going on her first at six weeks and riding along to summit her first Catskills high peak at nine weeks old.



By hiking the Catskill high peaks, we introduced the boys to hiking in the rugged terrain of the Appalachian Mountains. Additionally, we were all introduced to winter hiking—we were happy to get out of our comfort zones and try new equipment! We completed the hikes to the 35+4 peaks necessary to become members of the 3500 Club together as a family, on our own. Since we had not hiked these mountains before, it was a challenge for all of us to learn, be flexible, and adapt to the unknown. Each hike truly felt like an adventure. Before every hike, I did a lot of research, route planning, weather stalking, and scouring the trail reports to make sure we were prepared. We planned to put in full days every time we went out to give us flexibility and allow the twins to lead and learn. We often backpacked with overnight gear in case of emergencies or we underestimated how fast we would be moving. My husband carried ropes on every hike, and though we probably only needed them a handful of times in the winter and for the Cornell Crack, we put the boys in their harnesses and allowed them to repel and climb some of the ledges just for fun. Despite their young age, their years of experience on challenging trails have allowed them to hone their balance and climbing skills, and they developed an understanding about when they need to ask for help. One of the twins earned his trail nickname “Scramble” the day we summited Sugarloaf’s west side, taking less than an hour from the col to the summit, passing breathless and wide-eyed adults with ease. His brother earned his trail nickname “Bear Bell” while summiting one of our final Catskills high peaks as we realized that in all those miles we’d never actually seen a bear, most likely attributed to the constant barrage of questions and stories we endured along the way from one preschooler in particular.



Among the most memorable hikes of our journey, we completed “The 6” from Moon Haw to Denning, the Burroughs Range Traverse, the Blackhead Range Traverse, and the Spruceton Loop in winter — all as single-day hikes. Since finishing our requirements for the 3500 Club, we traversed the Devil’s Path and Escarpment Trail, each in two-day, overnight backpacking trips. We also have 22 of 46 summits complete for our Adirondack 46ers and for the twins’ 5th birthday, we summited Mount Marcy, Skylight, Gray, and Phelps in a multi-day backpacking trip. As a family, we’ve built up to a single-day’s distance of 15.5 miles and a single day’s elevation gain of about 6,000 feet. I hope that our example shows others that it is possible to have fulfilling, challenging adventures with your children. Here are a few of our observations from hiking with littles and backpacking with babies:

Start them young. Raising little hikers doesn't happen overnight. It's a process. We got all of our kids out early and continue to get them out often. Before they could walk, they rode in carriers while we hiked and explored. We talked to them about what we were seeing and what we were doing and included them in all our adventures. Once they could walk with decent balance, we'd let them hike around local, mostly flat parks and nature trails, taking it very slowly and stopping to explore everything they wanted to. During this time, we progressively built distance and then started adding elevation. We've found that distance, more so than the elevation, is more challenging for the littlest ones, because they find the steep sections fun and motivating. We also built routines into our hikes — what to pack, how to pack, what to do when we stop moving. Early on, we also got out multiple times a week so that hiking and exploring outdoor spaces became routine. Like her older brothers, the baby is more content in the backpack carrier than she is anywhere else.

Equip them (with the right gear but also with knowledge). The twins have always carried their own stuff. They know we don't—and won't—carry it for them. We started them off with tiny backpacks and carrying only their snacks, so they understood that was just part of what we do when we hike. As they grew, we progressively got them larger backpacks and gradually took their stuff out of our packs and added it to theirs. Now, they carry all their stuff and even some communal gear on our backpacking trips. We also make sure they have gear for all conditions to keep them comfortable and happy.

They are also equipped with knowledge about what the goal is for the day, and we get their buy-in before every hike. We show them the map, where we start, where we want to go, where each snack stop will be, and some of the interesting “milestones” along the way. For our hiking challenges, we also set up something visual at home so they can track their progress. For the 3500 Club, we had a poster board map of all the high peaks with red and blue (winter) pushpins. When they summited a peak, they got to switch out the pin for a green one. It allowed them to see all that they had done, what they had left to do, and allowed them to help us plan our next trip. While on the trail, we talk to them constantly about leave no trace principles and how to be good stewards of our natural resources. They now point out “traces,” and they were just as excited to pack a soggy pillow off their finishing mountain (Twin) as they were to actually finish the challenge. We recently adopted a section of the Devil's Path as a family and the boys are so proud of their section. They've already learned so much and take their jobs as Trail Maintainers very seriously.



Baby logistics. Because we hike as a family, the baby comes along on all our adventures. Until she was 6-months-old (and for close bushwhacks), she rode inward-facing on my front in a soft carrier. In those early days, she slept most of the hikes, only waking to eat and be changed. She was small, but perfectly resilient and content to be snuggled next to me, even on winter hikes. Once she was sitting on her own, we transitioned her to the Osprey Poco backpack carrier, which she absolutely loves. She is awake for most of our hikes now and loves to look around at everything. When she's ready to nap, she falls asleep right where she is in the pack without a fuss. The Poco has enough storage for her stuff and mine (even for overnights, minus a few cross-loaded things my husband carries). We keep her dressed in layers, and she generally wears a layer more than us at all times since she isn't moving. She's breastfed, so it's been easy to feed her without having to pack the extra weight in food. Now that she's eating more solids, we bring along purees in small pouches. For backcountry camping, we bring gear to ensure warm, safe sleeping.

Motivating littles to go further, faster. We don't bribe the twins to keep them walking, but we do often appeal to food for motivation when they start asking “how much longer?” by reminding them when and where we will take the next snack or meal break. We plan many more food stops than adults would ever need to help break up the trip. We generally always have some sort of summit celebration (or destination celebration) on each hike. In the winter, we have hot chocolate along with our summit treat.

For other means of motivation, you have to know thy kids. Ours love to “be leaders” so they are usually up front. We ask them to help

us navigate: “Can you help us read that sign?” “Find the intersection?” “Can you hear the waterfall yet?” We ask them to help find the easiest way for Mommy and baby sister to navigate obstacles. We choose hikes with big payoffs that they will be interested in seeing: waterfalls, beaver dams, caves, wildlife, big views, etc. Currently, the twins are way into the hiking challenges, along with scrambling, which is why we are focused on high peaks right now. They also love to camp, so we plan multi-day trips to camp in the backcountry or at campgrounds near the trailheads. We also take every opportunity to teach them about all sorts of things: how to purify water, which berries are edible, how to read the map. We don’t rush on the trails, and plan to stay out all day in the event a side excursion presents itself.

We also try to stay as positive as we can in the way we talk to them on the trails. We tell them how proud we are of their ability to lead, encourage their help on the trail, and remind them how strong and capable their bodies are. We say, “we like to do hard things.” We emphasize that they are part of our team. And honestly, they feel such joy when they stand on the summit of a mountain they’ve conquered on their own that it doesn’t take much to get them excited for the next hike.

Ali is a lawyer, veteran, adventure enthusiast, mom of three and a military spouse. You can find more tips and advice about hiking with little kids and a baby, as well as more details about our family’s journey to become members of the Catskill 3500 Club on [Instagram](#).



Eastern Devil’s Path from Overlook. Photo by Julie Chevalier #2127

The 35

Text and photos by: Michael Kucinski #3210

There are many times in life where we tend to exaggerate our claims. You might say, “that was the best movie I have ever seen,” or maybe “this is the worst headache I’ve ever had.” But these things are very rarely true. However, I can say with complete confidence that my first Catskill hike was the hardest hike I have ever done, that visiting these particular mountains has given me a passion for nature like nothing else has, and that finishing the 35 High Peaks to become a member of the Catskill 3500 Club was one of the most rewarding challenges of my life.

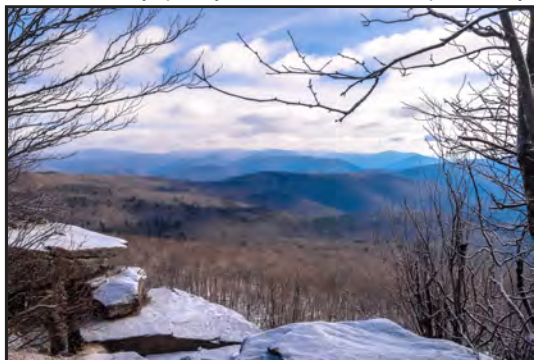
I didn’t set out with the objective to finish all 35 peaks. In fact, I had no idea the list even existed until May 28th, 2017, when I first visited the park. The weather was humid and gloomy, with low-hanging clouds in the sky and the distinct smell of rain in the air as my friends and I arrived on Prediger Road. We summited four Catskills mountains that day: Indian Head, Twin, Sugarloaf, and Plateau. The route we took was the 13-mile northeastern section of the notorious Devil’s Path — a rugged trail that will offer you outstanding views and diverse terrain in exchange for about 9,000 feet of elevation gain should you succumb to its temptations and choose to complete it. Legend says that the devil himself built the trail so he



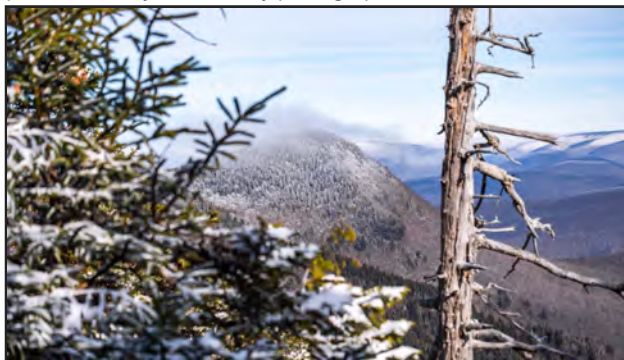
alone could climb the mountains to retreat from the world of men. I like to think that on his last journey across the range he came to his eternal rest at Devil's Tombstone (where we ended our hike) and reflected back on the torment his works had brought to man.

On the drive home that day, I remember thinking that I would never set foot in the Catskills again. I thought they were far too difficult for me, and that I better stick to the New Jersey Highlands, which were more my speed because they didn't leave me feeling like I was run over by both a bus and a train. As we crossed back over the state line and exited the thruway, one of my friends told me that we had only climbed four of the 35 possible mountains and that there are people who seek to summit them all. "I would never do that — I could never do that," I had replied.

Despite vowing to never return to the Catskills, as I made my way hiking across the Hudson Highlands, I would always see those northern mountains in the distance, standing tall and proud on the horizon — ever so prominent and ever so blue. My eye was drawn to the distinctive shape they made. Devil's Path features extremely dramatic cuts in the range, and Kaaterskill High Peak's slanted rise and position in the escarpment never failed to catch my eye. During most of my hikes, a glimpse of the Catskills would be the pinnacle, and they quickly became the backdrop to all my compositions. They became my photographic motif.



View off Giant Ledge



View of Wittenberg off Friday, the final hike (penultimate peak)

Weeks passed and my pain from Devil's Path was replaced by memories of the quality of the forest that had left a strong impression on me and slowly, I began to explore the peaks (one-by-one, this time). Scattered through the trails, you will find massive boulders that show the scars of millennia gone by, a record of the time that went into creating this region. The creeks and rivers of the area are picturesque, and their tireless flow form cloves, which are deep gorges that run straight through the mountains. The Catskills, in the summer, are a lush green landscape. Each rocky ledge encountered reveals an epic expanse of peaks teeming with life. As you climb to greater elevations, you will find yourself in a sea of mossy pine, which is evident by both the characteristic narrow trails and the strong scent of balsam sap. When winter's first frosty blanket arrives, there is a certain warmth it provides as it transforms the hills into a calm and gentle snowscape. These qualities would draw me back to summit six of the Catskill High Peaks before 2017 ended.

As the number of trailed mountains I climbed increased, I realized that I was getting closer to climbing all 35. I also realized that I was running out of trails to climb them on. I would have to start bushwhacking. While I was becoming more experienced as a hiker, I had no confidence that I could navigate the dense and remote forests alone. However, I was determined to find a way and I decided to see what information the Catskill 3500 Club offered to aid in navigation. I discovered that the Club organized group hikes to every summit, and all were welcome to join. My delight was immeasurable. Through the kindness of strangers, I was escorted up to Lone, Rocky, Balsam, Eagle, Rusk, East Rusk, and Southwest Hunter. The Club members, gathered from far and wide, taught me navigational skills, recounted fascinating snippets of local history, showed me the value of wearing ski-goggles while on bushwhacks and led me to ledges that I would have otherwise overlooked. Hiking the trailless mountains was no longer a chore — it was a treat.

There were 916 days between the first time I summited a Catskill High Peak and the day when I opened up the final canister to write my name into its logbook, thus qualifying for membership in the Catskill 3500 Club. I may have kept track of which mountains I have climbed, but I have never once counted the hours I spent traveling to reach them, nor the miles I walked once I was there. I never thought about how many times I would return to climb a particular peak again, nor did I think twice about what I would rather be doing.

I now accept that I can never truly encapsulate in one medium what I enjoyed over the past two-and-a-half years. So I encourage any aspirants to extend the boundaries of what you know as home and include in your new borders not only the places you find along the way but also the people. Those you meet will guide you, compass in hand, to heights you never thought you could reach.

Michael Kucinski is a programmer and photographer hailing from Northern New Jersey. When not photographing the night sky, he finds solace mountaineering the Northeast. You can view his work on his blog, [Michael Kucinski](#) or on [Instagram](#).



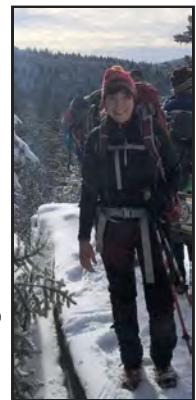
North Dome from Sherrill. Photo by Photo by Jim Hopson #1813 W782

The Peripatetic English Teacher

Text and Photos by: Annmarie Spiciarich #276

It was a dark and stormy night...well, no, actually it was a brilliantly beautiful winter day, bright blue sky reflecting off pristine white snow, copious sunshine belying the fact that it was frigidly cold. A perfect day to hike, led by our peripatetic English teacher, John Fish (charter member #27 and later to call himself John MacPherson after rediscovering his Scottish roots). We were part of the Red Hook Mountaineers, probably the only recognized high school sport of mountaineering in New York State. Founded by #27 in 1966, Red Hook High School recognized it as a sport, issued letters, both varsity and JV, and paid him a coaching fee. A close look at the early hundreds of Catskill 3500 Club members would probably reveal a great number of Red Hook Mountaineers.

On this particular day, #27 started our usual hike. He went up first with the fast climbers, with the moderates grouped together. I was usually assigned the sweep, or last position, as I had first aid training and he trusted me to make sure I was keeping an eye on everyone...and, I was also a slow hiker. There was no Nanny State in the Mountaineers, you were expected to take on your own responsibilities while looking out for others — and having fun while at it. We all grouped together at the top, reveling in the beautiful weather, lunch and a well-earned summit. Disaster occurred on the way down. One of our group, while billy goatting down some exposed rocks, crashed and broke his leg. A group of us, all teenagers (remember, those people who supposedly don't think straight until their 20s?) managed to splint his leg with belts and sticks, rig a makeshift litter out of clothing, and carry him down to the awaiting school bus in the bitter cold. So bitter, in fact, that after removing my gloves while working hard, I managed to frostbite three fingers that would blister for the next three months. I remembered our mountaineering adventure in our typing class (on manual typewriters) every time I painfully typed an a, s or d. Our injured group member was ensconced in the back of the school bus, #27 was briefed, and we were off — back to the high school, parents, and a waiting ER visit that resulted in a cast for our schoolmate.



It's hard to imagine such a scenario taking place today without an uproar. Injuries were taken as a matter of course in those days. The Red Hook Mountaineers continued on with nary a pause. Such was the pull of the sport for its members and such was the personality of #27 that there was never even any discussion about dismantling what could be a dangerous sport. Charismatic, crotchety at times, and very strong willed, #27 did not tolerate foolishness. As a teacher and a coach, he demanded a good performance from us all, while supporting our efforts, however weak they may have seemed to us. Slower hikers were never dissuaded from the Mountaineers. They learned to stick to a trail or stay as close as possible, while #27 would make periodic pauses to make sure we were OK. We were not coddled and were expected to use common sense. You would hear about it if you did not.

On another occasion, one of our classmates sprained an ankle. Another classmate and I went to help her down with the old "hop-along" technique while being supported on each side. It was slow, but we got down. All three of us were female. We knew #27 knew about it and would make sure the bus got to where we would pop out of the woods. However, we did not expect to encounter the drunken man who began following and harassing us. Pulling on our #27-honed skills of surviving, one of us pummeled him with a rock while we also cracked a stick over his head. He slunk off and we hobbled down the road until we found a campsite, some nice people who fed us, and someone to track down the bus to come pick us up. We were rattled by the incident and we were sure #27 would call the police. He got me outside the bus and began to explain why he did not think it was a good idea. It took me some time to see the wisdom of his decision. He knew my father would have never allowed me into the mountains again if he had heard of what had happened. Wisdom comes from odd experiences and, rather than the incident traumatizing us, he made us realize how strong we were in a time of crisis. It was, much as this word is overused, his way of empowering us in the way we defended ourselves.

At the time, we were just young kids out in the woods and having fun. We learned how to sled downhill on leather-bound snowshoes, annoying #27 to no end when we discovered the best way to stop was to crash into a tree. We learned how painful it is to hold down a dog while #27 yanked out porcupine quills with a pair of pliers. I don't think we really realized all the important things he was instilling in us through his love for the woods and teaching. We learned self-reliance, the ability to think, and to look out for others even if they were annoying us and we normally didn't get along. We learned to be prepared and to suffer the consequences when we were not. We were not bailed out from our mistakes, but supported in learning how to get out of them...and not to repeat them.



All of this was not done by way of lectures or speeches. Indeed, I learned more from that man just by his actions. At the time I was in high school, he was probably in his forties and had bone-on-bone arthritis in both knees. This was prior to the advent of NSAIDS, so the only pain treatment at the time was aspirin. In the case of someone with bad arthritis, this often led to bleeding ulcers due to the dosages and the constant need for use. Common medical advice at that time was to rest, yet, in the words of #27, "If I stop moving, I'll rust up like the Tin Man." He was ahead of the medical field by decades. There was never a word of complaint; for him it was just one more challenge to be conquered. Indeed, he had both knees replaced and was still climbing late into his seventies.

There's a saying that a person never truly dies until his name is never spoken again. So, Mr. Fish/MacPherson, I will say your name in stories again and again with love and pride for all you accomplished in life. You touched and changed more lives than you will ever know, both through your teaching and your coaching. For me, I never would have attempted Kilimanjaro or become a member of the Catskill 3500 Club Search and Rescue Team without his introduction to the world of hiking. I am quite sure there

are many more "Mr. Fish" stories out there to hear, and I would love to hear them all.

Annamarie is a former paramedic/retired cop/inveterate world traveler who is currently working on her first book (and procrastinating mightily while doing so). She is a proud member of the Catskill Mountain Search and Rescue and is happiest out in nature. Annmarie can be contacted by [email](#).

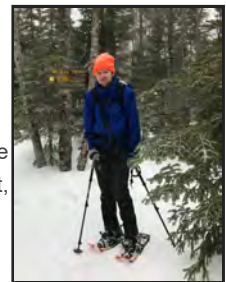


Indian Head, Twin and Sugarloaf from Hurricane Ledge. Photo by Josh Gorsch #3009

Celebrating the 20th Anniversary of a Masterwork of Catskills History

Text by: Jake Haisley #2488 W1065

You just returned from hiking Windham High Peak on a beautiful fall afternoon. Along your route, you passed through the remnants of extensive hillside pastures cleared by settlers in the early nineteenth century; a series of striking Norway Spruce reforestation areas planted after the state bought the land in the late 1930s; a high elevation tract of northern hardwood forest that has never been cleared, burned, or logged by humans (first-growth forest); and a small knob, today dominated by red oak, that burned sometime before 1880. On your drive home, you passed a furniture factory from 1837, a tannery owned by the illustrious hemlock-baron Zadock Pratt, and a series of old sawmills along the Batavia Kill. Perhaps unwittingly, you have just taken a tour through the great museum of natural history that is Catskills.



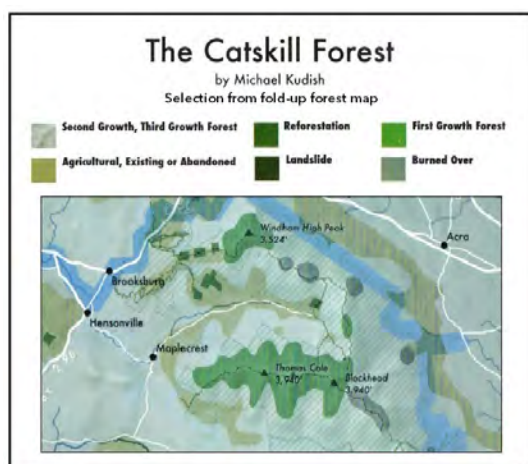
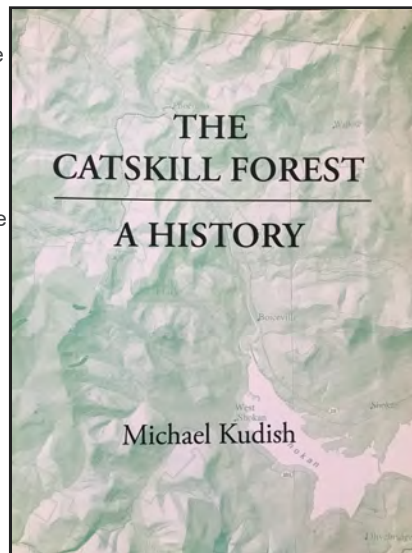
That history can be elusive to us hikers, particularly if we don't yet have the detective skills to tie what we're seeing into the bigger environmental and social narratives of the ever-changing landscape. Fortunately, our Catskills have received the devotion of historians and naturalists alike and, if we choose to, we can enter this forested museum with an interpretive guide that will provide us with viewpoints through time that enrich our view of the landscape, as well as an assortment of skills that make us better at reading it ourselves.

The man who best fits the bill is Dr. Michael Kudish, whose *The Catskill Forest: A History* is the indispensable guide to understanding the natural history of the region. Published by Purple Mountain Press in 2000, it is a culmination of decades of inquiry that began in the mid-1960s when, as a young hiker, Kudish began asking himself why some Catskill summits are dominated by ridge hardwoods such as yellow birch and black cherry, others by spruce and fir, and others by oaks. Kudish pursued his Ph.D. in botany and his 1971 dissertation is the core around which he has continuously acquired new data and honed his understanding of forest history. That work continues to this day, given new life by his realization in 1994 that radiocarbon dating of tree fossils from peat bogs can provide a picture of forest composition that goes back as many years as the bogs themselves — in some cases almost 8,000 years!

The Catskill Forest is roughly divided into two sections. The first describes the distribution of key tree species within an historical account from the last glacial period up through the period of settlement and state conservation, and is illustrated with dozens of maps and tables that make the information easily accessible. The second catalogues specific natural and manmade features for each of the different mountain ranges. An included two-sided foldup map shows the locations of known tracts of first-growth forest, pastureland,

burns, ski slopes, and landslides, as well as many of the industries — quarries, tanneries, sawmills, etc. — that flourished in the nineteenth century. Nearly 30 pages at the end of the book provide a legend to the map, with detailed information about each site gleaned from the historical record.

Animated by a detective's approach to solving the mysteries of the past, Kudish's writing is formal but never dry or overly technical. The amount of data included is astonishing, but the book is well organized and as readable as it is usable. A hiker preparing to visit Windham High Peak might look through chapter 32, The Escarpment Range, in which Kudish comments on the small tract of first growth on the summit, the extensive pasturelands, and the reforestation zones. Kudish remarks, "a pasture reaches its upper limit here at 2,846 feet (only a short distance above the highest Norway Spruce plantation) and immediately the trail climbs into first growth. There is no forestry zone, no logged tract, between the agricultural zone and the first growth as there is everywhere else in the Catskills!" For context, the reader can then refer to the individual 'lessons' in the first section. After consulting chapter 11, with tips on recognizing abandoned pastures, and chapter 20, with descriptions of first growth, the reader will be prepared to locate that sudden forest transition as they hike up Windham from Elm Ridge.



Dr. Kudish continues to work in the Catskills, always with the goal of developing a more complete and more detailed portrait of the ever-changing forest. His final volume in a series on New York's mountain railroads, *Where Did the Tracks Go in the Catskills*, was published in 2011 by Purple Mountain Press, with an addendum in 2017. These geographic historic atlases show not only where rail services ran, but where the key industries were located, a body of knowledge that is integral to the understanding of the natural forest as well as the people who lived and worked there.

Both *Where Did the Tracks Go in the Catskills* and *The Catskill Forest* provide two invaluable resources to the reader and explorer: The presentation of Dr. Kudish's scientific observations from decades of study and thousands of miles walking through the thick vegetation of Catskills ridges and valleys, and the painstaking retrieval and organization of geographic data from the historical record. For Kudish, this lifelong project is

part of a much larger human undertaking of recovering the past from the obscuring power of time and ensuring that subsequent generations have access to that body of knowledge and the tools to keep developing it. As lovers of the peaks and forests, we owe him a debt of gratitude for all he has done to illuminate the resilient traces of the past that enrich our experience of nature. And as students of our environment, both professional and amateur, we owe it to Dr. Kudish to stay curious and persist in filling in the gaps that remain in our knowledge of the Catskills.

Jake Haisley (#2488 W1065) is an avid hiker and amateur natural historian from Kingston, New York. He is the Aspirant Chair of the 3500 Club, and a proud member of Catskill Mountain Search and Rescue. You can reach him at aspirants@catskill-3500-club.org.

Dr. Kudish can be contacted via email. *The Catskill Forest* and *Where Did the Tracks Go in the Catskills* books are on sale at numerous places and are published by the [Purple Mountain Press](http://PurpleMountainPress.com). The books may be ordered from the publisher directly at purple@catskill.net or by phone weekdays from 9:00-10:00, 800-325-2665. As of January 2021, the books may be ordered at info@nysbooks.com, www.nysbooks.com.

Map scan of Windham High Peak and the Blackheads (sampled from the fold-up map included with the book) reproduced with permission from Dr. Kudish and the publisher.

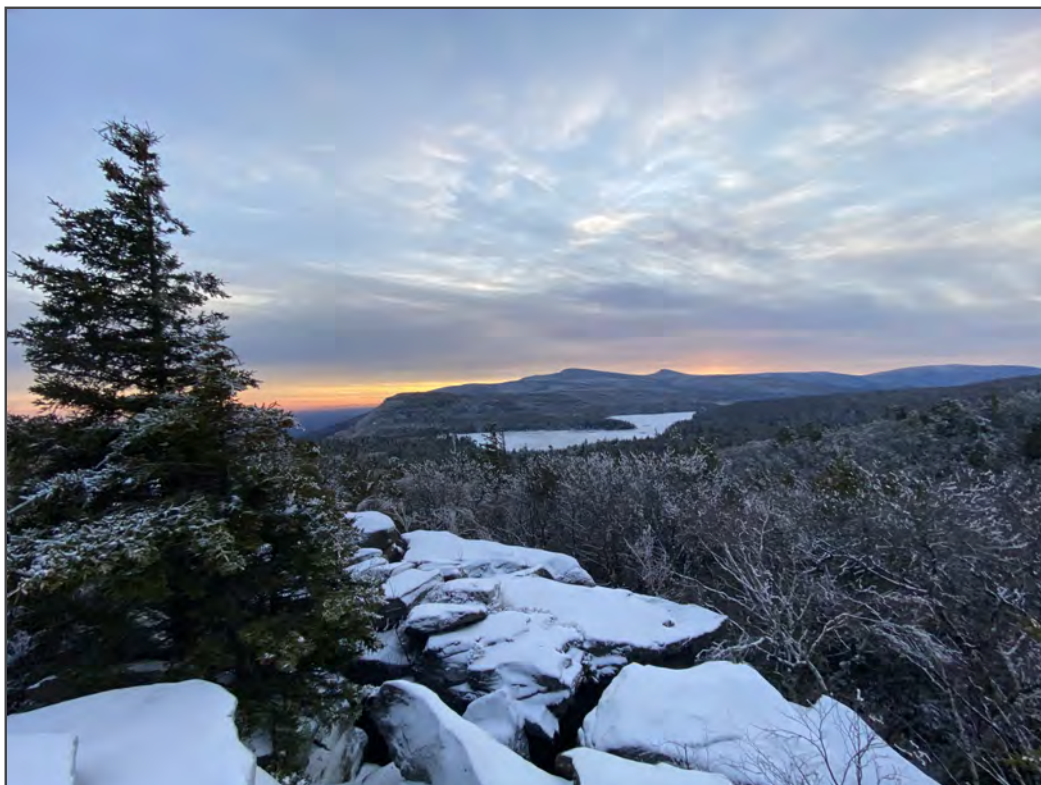
The photos are by Yana Levchinsky-Grimmond, *The Canister* Editor.



View from Buck Ridge (West Kill). Photo by Philip Vondra #3088 W1284

IN MEMORIAM

Jacqueline Bave, #1866, of Saratoga Springs, NY, passed away on Saturday, July 18, 2020 at age 72. In her early 30s, she discovered joy in experiencing the natural world, which led to many memorable hiking and paddling adventures. She was involved in conservation efforts to give back to places she loved. Jacki and her twin sister, Barbara Bave Myers, #1865, became members of the Catskill 3500 Club in July 2010, finishing on Sugarloaf Mountain. Jacki climbed the 46 Adirondack High Peaks in summer and winter and with her twin sister climbed the Northeast 115 (becoming members #611 and 610, respectively), making long-lasting friends including Daniel Dolan, who became her loving partner of 16 years.



Sunset at Sunset Rock under the first quarter moon. Photo by Sierra Archer

Rambles and Brambles
Hike Schedule
January - March 2021

Familiarize yourself with the seven [Leave No Trace](#) Principles for all your hikes:

1. Plan Ahead and Prepare;
2. Travel and Camp on Durable Surfaces;
3. Dispose of Waste Properly;
4. Leave What You Find;
5. Minimize Campfire Impacts;
6. Respect Wildlife;
7. Be Considerate of Other Visitors

The Catskill 3500 Club's hiking credo includes three basic principles:

1. Follow the rules
2. Use your map and compass
3. Know your limitations.

The Club also promotes the adherence to the [hikeSafe](#) hiker responsibility code. [hikeSafe](#) encourages hikers to be prepared:

- with knowledge and gear
- to leave your plans
- to stay together
- to turn back for emergencies
- to share the hiker responsibility code with others.

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.

Club hikes may be canceled at the hike leader's discretion if dangerous weather conditions exist. When in doubt (heavy rain, high winds, or other serious weather conditions), please contact your hike leader.

Group Size: Please note that the Club has reduced group size to conform with the social distancing requirements; a mask may be required for situations when social distancing is not possible. Refer to the current group size guidance as posted on the Club's [schedule](#) page.

The hikes listed here and on the [online events calendar](#) are official Catskill 3500 Club hikes. Any other advertised hikes to the 3500 peaks are private hikes and, while they can count for membership to the Club, the Club is not affiliated with those hikes.

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. Access to [Graham](#) and [Doubletop](#) will be closed to all hikers from November 8th to December 26th for private use during hunting season and outside of that window, requires a prior permission from the caretaker. See Club's website for the [latest guidance](#) on the access and the [contact info](#), as well as the [Catskill 3500 Club Hiking & Private Property guide](#).

Not all parking areas are open in winter and, of those that are, not all are plowed in a timely manner. Always have a shovel in your car and consult this [list](#) for winter parking guidelines.



Snow drift pattern on Peekamoose. Photo by David Hultgren #1860 W1314

The calendar of the current hike schedule can also be found on the [Club site](#).

Club hiking schedule is subject to change. The Club has reduced group size to conform with the social distancing requirements; a mask may be required for situations when social distancing is not possible.

Mon. Dec. 21 - BLACKHEAD (Weekday)

Distance: 5.2 mi. Ascent: 1720', Elev: 3940'

Moderate pace with Winter hiking instruction.

Registration Period: Dec. 12 - 19

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

Joseph Ferri #2223 W945 newpaltz33@yahoo.com



Tue. Dec. 22 - PANTHER via GIANT LEDGE (Sunrise, Weekday)

Distance: 6.6 mi. Ascent: 1785', Elev: 3724'

Sunrise from Giant Ledge. Moderate pace. Beginners welcome.

Registration Period: Dec. 1 - 17

Leader: Russell Ley #2927 W1262

russell.buildingscience@gmail.com (518) 370-3600

Sun. Dec. 27 - SLIDE

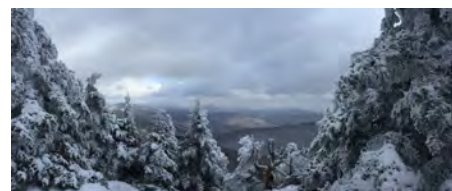
Distance: 5.6 mi. Ascent: 1740', Elev: 4184'

Moderate pace. Beginners welcome.

Registration Period: Dec. 1 - 21

Leader: Russell Ley #2927 W1262

russell.buildingscience@gmail.com (518) 370-3600



Sun. Dec. 27 - WEST KILL

Distance 6.8 mi. Ascent: 1900', Elev: 3898'

Relaxed-moderate pace.

Registration period: Dec. 20 - 25

Leader: Lyn W. #2865 W1312

catskill35r@gmail.com

Fri. Jan. 1 - BALSAM (Weekday)

Distance: 5.15 mi. Ascent: 1610', Elev: 3607'

Relaxed pace with periods of silent hiking. Beginners welcome.

Registration period: by Dec. 25

Leader: Sharon Klein #3364

MusicWithoutWalls@gmail.com

Fri. Jan. 1 - PANTHER & GIANT LEDGE (Sunrise, Weekday)

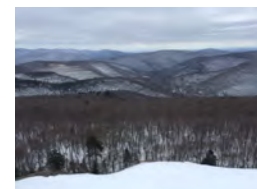
Distance: 6.6 mi. Ascent: 1785', Elev: 3724'

Moderate pace.

Registration Period: Dec. 23 - 30

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

Joseph Ferri #2223 W945 newpaltz33@yahoo.com



Sat. Jan. 2 - WEST KILL, SW HUNTER & HUNTER

Distance: 15.5 mi. Ascent: 4100', Elevs: 3898', 3753', 4030'

Moderate pace.

Registration Period: Open

Leader: Marv Freedman #2242 W951

marvfreedman@gmail.com

Sat. Jan. 9 - BALSAM

Distance: 5.6 mi. Ascent: 1960', Elev: 3607'

Moderate pace with Winter instruction. Beginners welcome.

Registration Period: Dec. 15 - Jan. 5

Leader: Russell Ley #2927 W1262

russell.buildingscience@gmail.com (518) 370-3600



Wed. Jan. 13 - SLIDE (Weekday)

Distance: 5.6 mi. Ascent: 1740', Elev: 4184'

Moderate pace.

Registration Period: Jan. 4 - 11

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

Joseph Ferri #2223 W945 newpaltz33@yahoo.com

Sat. Jan. 16 - FIR, BIG INDIAN, EAGLE & BALSAM

Distance: 13 mi. Ascent: 4180', Elevs: 3629', 3699', 3583', 3607'

Long, challenging bushwhack and trail traverse hike from Rt.47 to Rider Hollow at a moderate pace.

Registration Period: Open

Leader: Marv Freedman #2242 W951

marvfreedman@gmail.com



Sat. Jan. 23 (WW) - BLACKHEAD

Distance: 5.2 mi. Ascent: 1720' Elev: 3940'

Moderate pace with Winter instruction. Beginners welcome.

Registration Period: Jan. 15 - 19

Leader: Russell Ley #2927 W1262

russell.buildingscience@gmail.com (518) 370-3600

Sat. Jan. 23 (WW) - KAATERSKILL HIGH PEAK

Distance: 6 mi. Ascent 1700', Elev: 3652'

Moderate pace bushwhack and trail traverse hike from Byrne Rd to Huckleberry Point parking area.

Fun scrambles, spectacular views and 2 plane crash sites.

Registration Period: Open

Leader: Marv Freedman #2242 W951

marvfreedman@gmail.com



Sat. Jan. 23 (WW) - MILLBROOK RIDGE & BALSAM LAKE

Distance: 8 mi. Ascent: 2000', Elevs: 3465', 3729'

Moderately paced trail hike with a short shuttle.

Millbrook Ridge is a temporary substitute for Graham. That may change by Jan.

Registration Period: Jan. 15 - 21

Leader: Michael Bongar #2173 W997

michael@bongarbiz.com

Sat. Jan. 23 (WW) - NORTH DOME & SHERRILL

Distance: 9 mi. Ascent: 3700', Elevs: 3605', 3558'

Moderate pace bushwhack.

Registration Period: by Jan. 20

Leader: Bill Winterbottom #1904 W858

billw@usdsoftware.com



Sat. Jan. 23 (WW) - WINDHAM HIGH PEAK

Distance: 4 mi. Ascent: 1600', Elev: 3525'

Relaxed pace bushwhack with Winter instruction.

Registration Period: Open

Leader: Al Davis #2192 W1082

ad322@freeelectron.net (518) 947-6407

Sun. Jan. 24 (WW) - BALSAM

Distance: 5.6 mi. Ascent: 1960', Elev: 3607'

Moderate pace.

Registration Period: by Jan. 14 - 21

Leaders: Peggy Wissler #1499 W612 pwissler115@gmail.com

Yanny Hecht #1868 W751 yannyhecht@gmail.com



Sun. Jan. 24 (WW) - HALCOTT

Distance: 3.2 mi. Ascent: 1690', Elev: 3509'
Moderate pace, short but steep bushwhack.
Registration Period: Open
Leader: Harold Oakhill #283 W1244
hoakhill@gmail.com

Sun. Jan. 24 (WW) - PANTHER

Distance: 7 mi. Ascent: 1800', Elev: 3724'
Relaxed-moderate pace.
Registration Period: Jan. 18 - 23
Leader: Jake Haisley #2488 W1065
jacobhaisley@gmail.com

Sun. Jan. 24 (WW) - SOUTH DOUBLETOP

Distance: 8.5 mi. Ascent: 1800', Elev: 3848'
South Doubletop is a temporary alternative to Doubletop.
Moderate pace bushwhack from Frost Valley YMCA.
** Donation to Frost Valley YMCA Requested **
Registration Period: Jan. 17 -23
Leaders: Maria Bedo-Calhoun #1851 W760
Lisa Gizzarelli-Drago #1368 W1063
lgizz@hotmail.com (845) 532-3922

Sat. Jan. 30 - HALCOTT

Distance: 3.7 mi. Ascent: 1690', Elev: 3509'
Moderate pace bushwhack.
Registration Period: Jan. 23 - 29
Leader: Lisa Gizzarelli-Drago #1368 W1063
lgizz@hotmail.com (845) 532-3922

Wed. Feb. 3 - BALSAM (Weekday)

Distance: 5.25 mi. Ascent: 1610', Elev: 3607'
Moderate pace.
Registration Period: Jan. 25 - Feb. 1
Leaders: Shari Aber #2224 W944 shnaber@yahoo.com
Joseph Ferri #2223 W945 newpaltz33@yahoo.com

Sat. Feb. 6 - SOUTH DOUBLETOP, BIG INDIAN & FIR

Distance: 13+ mi. Ascent: 2900', Elevs: 3848', 3699', 3629'
South Doubletop is a temporary alternative to Doubletop.
Long, strenuous bushwhack over very difficult terrain at a moderate pace.
Registration Period: Open
Leader: Marv Freedman #2242 W951
marvfreedman@gmail.com

Sat. Feb. 6 - VLY

Distance: 3.6 mi. Ascent: 1252', Elev: 3541'
Moderate pace trail hike and bushwhack.
Registration Period: Jan. 30 - Feb. 5
Leader: Lisa Gizzarelli-Drago #1368 W1063
lgizz@hotmail.com (845) 532-3922

Fri. Feb. 12 - BALSAM CAP & FRIDAY (Weekday)

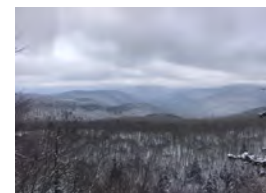
Distance: 7.69 mi. Ascent: 2813', Elevs: 3608', 3692'
Moderate pace bushwhack.
Registration Period: Feb. 5 - 11
Leader: Michael Bongar #2173 W997
michael@bongarbiz.com

Sat. Feb. 13 - WINDHAM HIGH PEAK, BLACKHEAD, BLACK DOME & THOMAS COLE

Distance: 14.5 mi. Ascent: 4500', Elevs: 3525', 3940', 3994', 3953'
From Peck Rd. to Barnum Rd. at a moderate pace.
Registration Period: Open
Leader: Marv Freedman #2242 W951
marvfreedman@gmail.com

Sun. Feb. 14 - FIR & BIG INDIAN

Distance: 7 mi. Ascent: 2528', Elevs: 3629', 3699'
Moderate pace bushwhack.
Registration Period: Open
Leader: Harold Oakhill #283 W1244
hoakhill@gmail.com



Mon. Feb. 15 - SLIDE (Weekday)

Distance 6.7 mi. Ascent: 1740', Elev: 4184'
Relaxed-moderate pace.
Registration period: Feb. 8 - 13
Leader: Lyn W. #2865 W1312
catskill35r@gmail.com

Sun. Feb. 21 - RUSK

Distance: 4 mi. Ascent: 1580', Elev: 3686'
Relaxed pace bushwhack. Beginners welcome.
Registration Period: Open
Leader: Al Davis #2192 W1082
ad322@freeelectron.net (518) 947-6407

Wed. Feb. 24 - WINDHAM HIGH PEAK (Weekday)

Distance: 6.2 mi. Ascent: 1412', Elev: 3525'
Moderate pace.
Registration Period: Feb. 15 - 22
Leaders: Shari Aber #2224 W944 shnaber@yahoo.com
Joseph Ferri #2223 W945 newpaltz33@yahoo.com

Sat. Feb. 27 - SLIDE, CORNELL & WITTENBERG (Sunrise)

Distance: 10 mi. Ascent: 3000', Elevs: 4184', 3857', 3782'
Moderate pace traverse with full moon start, and sunrise from Slide.
Registration Period: Feb. 1 - 21
Leader: Russell Ley #2927 W1262
russell.buildingscience@gmail.com (518) 370-3600

Sat. Mar. 6 - PLATEAU, SUGARLOAF, TWIN & INDIAN HEAD

Distance: 10 mi. Ascent: 4350', Elevs: 3835', 3783', 3650', 3575'
Moderate pace traverse.
Registration Period: Open
Leader: Marv Freedman #2242 W951
marvfreedman@gmail.com

Wed. Mar. 10 - BLACKHEAD (Weekday)

Distance: 5.2 mi. Ascent: 1720' Elev: 3940'
Moderate pace.
Registration Period: Mar. 1 - 8
Leaders: Shari Aber #2224 W944 shnaber@yahoo.com
Joseph Ferri #2223 W945 newpaltz33@yahoo.com

Fri. Mar. 12 - SOUTH DOUBLETOP (Weekday)

Distance: 10 mi. Ascent: 2000', Elev: 3848'
South Doubletop is a temporary alternative to Doubletop.
Moderate pace bushwhack from Biscuit Brook.
Registration Period: Mar. 5 - 11
Leader: Michael Bongar #2173 W997
michael@bongarbiz.com

Sat. Mar. 13 - WEST KILL, SW HUNTER, HUNTER & RUSK

Distance: 17 mi. Ascent: 5150', Elevs: 3898', 3753', 4030', 3686'
Moderate pace.
Registration Period: Open
Leader: Marv Freedman #2242 W951
marvfreedman@gmail.com

Sat. Mar. 20 - BEARPEN & VLY

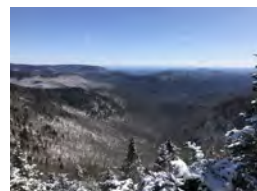
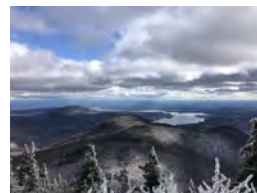
Distance: 6.5 mi. Ascent: 2078', Elevs: 3587', 3541'
Easy, moderate pace bushwhack and trail hike.
Registration Period: Open
Leader: Harold Oakhill #283 W1244
hoakhill@gmail.com

Sun. Mar. 21 - MILLBROOK RIDGE, WOODPECKER RIDGE & BALSAM LAKE

Distance: 10 mi. Ascent: 2900', Elevs: 3465', 3435', 3729'
Millbrook is a temporary alternative to Graham.
Relaxed pace trail hike with short bushwhacks, and a short shuttle.
Registration Period: Open
Leader: Al Davis #2192 W1082
ad322@freeelectron.net (518) 947-6407

Sat. Mar. 27 - HALCOTT

Distance: 3.7 mi. Ascent: 1690', Elev: 3509'
Moderate pace bushwhack.
Registration Period: Mar. 20 - 26



Leader: Lisa Gizzarelli-Drago #1368 W1063
lgizz@hotmail.com (845) 532-3922

Sun. Mar. 28 - VLY & BEARPEN

Distance: 6.5 mi. Ascent: 2000', Elevs: 3541', 3587'
Moderate pace snowmobile trail hike and bushwhack.
Registration Period: March 21 - 27
Leader: Lisa Gizzarelli-Drago #1368 W1063
lgizz@hotmail.com (845) 532-3922



Photos used in this section are by Yana Levchinsky-Grimmond, *The Canister* Editor.



West Cave, Rusk, West Kill, Lexington Range, North Dome and Sherrill from S. Mountain State Forest.
Photo by Laurie Hladik #2416 W1059

NEW MEMBERS

Members listed are as of the publication; more recent finishers will be listed next quarter.

New Lifetime Members:

Number	Name
784	Kristen Sheau
1535	Albert J Thompson IV
2910	Michael D'Angelo
3132	Elizabeth Harris
3150	James Scott Merrill
3433	Philip John Flynn
IMO	Jennifer M Levesque
Asp	Daniel Pratt
	IMO Ryan Levesque #2263

Winter Number	Name	Number	Date of Finish	Final Peak
1337	Richard Bergsma	3089	2/22/2020	Slide
1338	Joseph R Murphy	3425	3/18/2020	Cornell

New Members:

Number	Name	Date of Finish	Final Peak
3377	Katie Greaves	8/31/2020	Graham
3378	Alexander Perfect	8/31/2020	Graham
3379	Steven Ahladas	9/4/2020	Graham
3380	Peter T Paluch	9/6/2020	Plateau
3381	Alessandra Taddeucci	9/7/2020	Kaaterskill
3382	Colin M DeVries	9/12/2020	Rocky
3383	Roseann Amato	9/5/2020	Windham
3384	Corey Herzlich	9/5/2020	Windham
3385	Robert C Bond	9/16/2020	Graham
3386	Raeann Bond	9/16/2020	Graham
3387	Renae Walsh	8/30/2020	Balsam
3388	Christopher Higgins	9/19/2020	Kaaterskill
3389	Devin O'Connor	9/19/2020	Halcott
3390	Nicholas Scaramuzzo	9/19/2020	Kaaterskill
3391	Charlie Scheu	9/22/2020	Panther
3392	Amanda Kaplon	8/31/2020	Sherrill
3393	W.C. Dauster	9/26/2020	Rocky
3394	Mitch Mancivalano	10/1/2020	Wittenberg
3395	Megan Albert	10/1/2020	Wittenberg
3396	Veena Nithoo	10/5/2020	Balsam Lake
3397	Katelyn Pugliese	10/9/2020	Sugarloaf
3398	Greg Wolf	10/10/2020	Fir
3399	Michael Lyons	10/23/2020	Panther
3400	Joseph Wolff	10/3/2020	Kaaterskill
3401	Andrea Ehrets	10/18/2020	Cornell
3402	Josef Ehrets	10/18/2020	Cornell
3403	Judy MacNaught	10/4/2020	Graham
3404	Nicholas Lenzi	10/25/2020	Millbrook Ridge
3405	Jean Tanis	10/15/2020	Peekamoose
3406	Rahul Gopalakrishnan	10/26/2020	Doubletop
3407	Greg Streblow	10/27/2020	South Doubletop
3408	Jennifer Yates	10/28/2020	Balsam Cap
3409	Stephen Dempsey	10/31/2020	Slide
3410	Lorraine Brink	10/27/2020	Doubletop
3411	Lindsay N Hill	10/25/2020	Doubletop
3412	Patrick Teora	10/31/2020	Millbrook Ridge
3413	Amanda Carpenter	10/31/2020	Millbrook Ridge
3414	Zachary Stufflebeam	10/31/2020	South Doubletop
3415	Ja Hee Heo	9/16/2020	Halcott
3416	Badari Ambatti	10/31/2020	Millbrook Ridge
3417	Ed Michalowski	11/6/2020	Millbrook Ridge
3418	Dhiraj R Duraiswami	11/7/2020	South Doubletop
3419	Gayle Schutte	11/7/2020	South Doubletop
3420	Tia M Schiavoni	11/7/2020	South Doubletop
3421	Tim Rodrigue	11/7/2020	South Doubletop
3422	Matt Mackie	11/10/2020	Balsam Lake
3423	Hunter Mullane	11/9/2020	Balsam Lake
3424	Ryan Farley	11/15/2020	Twin
3425	Joseph R Murphy	11/14/2020	Panther
3426	Ray O'Conor	11/14/2020	Panther
3427	Colin Stackhouse	11/14/2020	South Doubletop
3428	Bill Medeot	9/12/2020	Lone
3429	Geoffrey Sheau	10/24/2020	Balsam Cap
3430	Kestrel Sheau	10/24/2020	Balsam Cap
3431	Sylvan Sheau	10/24/2020	Balsam Cap

3432	Alexander Johnson	11/12/2020	Fir
3433	Philip John Flynn	11/21/2020	Panther
3434	Brian R Pollock	11/21/2020	Balsam Lake
3435	Greg Govan	11/15/2020	Millbrook Ridge



Balsam Firs on Slide. Photo by Elihu Mazo #3155

Editor's Notes

By Yana Levchinsky-Grimmond



I hope you are continuing to enjoy *The Canister*, and I thank each and every one of you who has reached out with feedback, suggestions and of course, with submissions. Feedback, as well as content contributions to future editions and ideas are very much welcomed and appreciated. Submissions on the topics of hiking with kids, pushing your limits, exploring something new and exciting, history of the Catskills, ecology, wildlife and geology, your personal experiences, advice, etc. are just some of the examples of what we would love to include in the next issue of *The Canister*! For photo submissions, please ensure the photos are high resolution (several MB at a min) and the landscape format is preferred. We would love to see your photos of foliage, geological oddities, waterfalls, wildlife, views, flora, sunsets and sunrises. Please contact me at editor@catskill-3500-club.org.

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Welcoming warm winds in late winter on Sugarloaf. Photo by Siu Samantha Yuen #2894 W1311

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