

The Catskill Canister

The Catskill 3500 Club — Steward of the Catskills



July—September 2015

www.catskill-3500-club.org

Volume 48 Number 3

Trail Mix:

News & Notes From The Club

Canisters Removed...Temporarily

The canisters make our club unique in the hiking world and when we were notified by the local DEC Ranger on Friday, May 1st that the canisters on Rusk, Sherrill, South West Hunter, and Halcott had been removed for “lack of maintenance,” we took it very seriously. The 3500 Club has had an Adopt A Natural Resource (AANR) agreement with the DEC since 1999, clearly stating what color, how they are to be mounted, and how problems and concerns by both sides are addressed. A tally is made each year, by the canister maintainer, reporting monthly usage for each of the canistered peaks, and submitted to the DEC Region 3 and 4 Foresters. This AANR is reviewed and updated every 5 years. Changes are made at that time, which is how the red canisters in Region 4 became gray 4 years ago.

We, and the DEC have always complied with the terms of the AANR, and until May 1st there had never been a complaint.

A message was left over the weekend of May 2nd with the Region 3 Senior Forester, who had written the last AANR, and on Monday morning, May 4th, I received a phone call from the Senior Foresters in Region 3 and Region 4 (where the canisters were located). Both Foresters assured me that they were unaware of any problems and had not authorized the removal of any canister and knew nothing about any removal, which was contrary to the terms set forth in the AANR.

As a result, DEC crews will be returning the canisters to the summits after they are repaired by the DEC Region 4 Maintenance Department in Stamford, where they are now.

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Views from the Top

The President's Column

This is my first attempt at writing a column and I would like to dedicate it to the memory of Helene Weissman, my friend and fellow hiker, who passed away recently.

Let me introduce myself. I am Connie Sciutto, your newest President. I would like to thank all of you for giving me this opportunity to serve the 3500 Club. We, the executive board and I, will do our best to carry on the work in the Catskills. We all have the same goal, to enhance and preserve the mountains for generations to come.

A little background information; I have lived my entire life in Saugerties and presently work as a School Nurse in the Saugerties School District. I started hiking regularly in 1998, finishing both the regular and winter patch requirements. I have since gone on to complete *the GRID* twice with no intentions of doing it again unless we can clear North Dome and Sherrill of nettles. I have also enjoyed volunteering for trail maintenance, litter pick up and many special work projects. The last several years I have had the pleasure of working as a Balsam Lake fire tower volunteer which affords me the pleasure of spending a weekend as a summit steward. I encourage all to get involved, the rewards you reap will far exceed your effort.

As I type this the weather is warming and most of our snow is gone. It's been a tough winter and those of you that got out there and worked on your patch are to be applauded. Congratulations to all.

A tidbit for those of you that are new to hiking and some seasoned hikers as well. I have been asked on many occasions what the different colored trail markers mean. The red are for trails going east and west, blue marking north and south while the yellow is for connecting and side trails to views.

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The Catskill Canister

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

Views from the Top: continued from page 1

Again thank you all. The board and I look forward to serving you.

Happy hiking,


Connie Sciutto - President 

Conservation Corner

A Note from our Conservation Chair, Carol White

We need to protect all our waters from plastic pollution. A new abrasive used in over 100 soaps, shampoos, facial scrubs, and toothpastes contains tiny plastic microbeads that range in size from one millimeter to a grain of sand. When microbeads go down the drain, they pass through sewage treatment plants not designed to remove such tiny particles. Microplastic particles are now in every estuary, bay, gulf, lake and ocean—up to 1.1 million plastic particles per square kilometer! They attract and accumulate toxic chemicals. When small fish and aquatic life consume them, these chemicals are passed up the food chain to larger fish, wildlife, and ultimately humans.

As consumers, look for safer, non-polluting alternatives such as apricot shells and ground cocoa beans in our personal care products instead of plastic microbeads. Deep Clean contains microbeads, for example, whereas Burt's Bees Deep Pore Scrub does not. Visit www.citizenscampaign.org for information.

The New York State Assembly passed a ban on products containing microbeads; the Senate majority supports it but the Senate bill was rewritten by Conservation Chairman Tom O'Mara, R-Big Flats, to include language about 'biodegradable' plastic microbeads; but 'biodegradable plastic' does not degrade in natural conditions—'biodegradability' is defined in terms of industrial composting facilities with temperatures of more than 120° and specific conditions of pH and humidity. Dissimilar legislation must be reconciled and the legislature soon adjourns; industry lobbyists do not want regulations by next January and seek to delay passage. 

Click here =>
to renew your
3500 Club Dues.



Trail Mix, continued from page 1

We have always had a good working relationship with the DEC and this incident in no way alters this relationship.

The DEC has had a busy May fire season, and returning the canisters has not been “high priority.”

For those of you who climbed the summits and found no canister to sign, don’t worry, those peaks count. Just let David White know when you submit your list.

Updates on Club Maintenance Activity:

A huge thank you goes out to all those who helped clean up the Club’s stretch of Rte. 214 and maintain the Peekamoose-Table Trail this past spring! We got a lot accomplished and had fun doing it. And one final thank you to Cathy O’Neill and Phil Knudson for all their hard work these past years and for creating such a seamless transition for me.

We had a large turn out once again for our Adopt-A-Highway Clean-Up on May 3, leaving the road through Stony Clove Notch looking great, and in record time. The following helped with this: Tom Martone, Rick Taylor, Steve Emanuel, Tom Rankin, Laurie Rankin, Connie Sciutto, Wendy Backus, Larry Leslie, Carol White, Dave White, Pamela Martin, Audrey Taylor, Berns Rothchild and Paul Pilmanis.



The Adopt-a-Highway Crew

Continued on page 8...

In Memoriam

Helene Weissman passed away on April 16th, 2015. Helene, member #1756 and W#740, was an artist, dancer, a hiker and my friend. Helene and I hiked hundreds of Catskill miles together through all seasons and all kinds of weather. She loved nature, outdoors, and adventure. Many of her paintings reflected the Catskill mountain experience. She was always fiercely independent and was never one to give up.


Helene, my friend, you have left a lasting memory. I will always remember your art, your dedication to dance, and especially the great times we had exploring the Catskills. I will miss you, my friend. It was a great adventure. OOX. —Edna Blanchfield \$1245, W#505

C Basil Dearborn Jr. passed away on Jan 20, 2015 at the age of 97. He was member #108. He was also 46’er #508 and a member of ADK, AMC and NYNJ/TC. He was a regular at our club’s annual dinner.

Gerhard “Gary” Klee Sr. #29, W#16, has returned to the Earth. Born and raised in the flatlands of NYC in Canarsie, NY... he fell in love with the Catskills after graduating from Cornell as a Soil Conservationist in 1959.

Gary finished his last peak with Bruce Clark in 1966... just missing out on becoming charter members. Since Gary was the senior of the two, it was decided after celebrating with a few adult beverages on the mountaintop that he would finish first, with Bruce (#30) coming in next. The bushwhack going down was then much harder than it was going up.

For his son’s 6th birthday, Gary took Gary Jr. up Slide Mountain. He then hiked all the peaks again as his son became member #160 on his 12th birthday... and the youngest ever to complete at the time. (Note... I still think I hold the record of climbing all the peaks without ever carrying a backpack.)

While Gary was also an Adirondack 46’er, he loved the beauty and lush greenery of the Catskills. While he lived in Walton, NY... he felt “going into the woods is going home!” He will be missed by his family, but old Conservationists don’t die... they just erode away. 

Rambles and Brambles: Hike Schedule July — September 2015

Assumed Risk: Hiking involves certain inherent risks and persons participating do so at their own risk. In cool weather, hike participants should avoid cotton clothing, as it retains dampness and the resulting chill can result in hypothermia, *which can lead to death*. In summer participants should have available in their pack garments of wool or fleece and a headlamp, should one have to unexpectedly spend the night in the mountains. Anyone not properly equipped may be refused permission to participate, at the leader's absolute discretion.

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

Sat. July 11 - PANTHER

Distance: 10 mi. Ascent: 2500', Elev: 3720'

A relaxed-pace trail hike with significant length and elevation gain.

Registration Period: July 2 – July 9

Leader: Hans Schick #1853, W759;

Hans.W.Schick@gmail.com (preferred);

(845) 518-7541 C (7:00 to 10:00 PM)

Sat. July 11 - SOUTH VLY (CHH)

Distance: 4.5 mi. Ascent: 1865' Elev: 3360'

Join us as we bushwhack to #50 of the Catskill Hundred Highest.

Registration Period: by July 8

Leaders: Peggy Wissler, #1499 / 612w and Yanny Hecht,

#1868 / 751w YannyHecht@gmail.com

Sun. July 12 - BEARPEN & VLY

Distance: 7 mi. Ascent: 2100', Elev. 3600', 3529'

Moderately paced bushwhack and trail hike.

Registration Period: June 29 – July 10

Leader: David Bunde #2269 W925;

david@dgbdesign.com

Sun. July 12 - WEST KILL

Distance: 7 mi. Ascent: 2000', Elev.: 3880'

A relaxed-pace trail hike.

Registration Period: July 3 – 10

Leader: Hans Schick #1853, W759;

Hans.W.Schick@gmail.com (preferred);

(845) 518-7541 C (7:00 to 10:00 PM)

Sat. July 18 - PEEKAMOOSE & TABLE

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

A relaxed paced trail hike. Well behaved dogs are welcome.

Registration Period: July 12 – 17

Leader: Erica Gelb #1903 EricaG@usdsoftware.com

Sun. July 19 - HUNTER & SW HUNTER

Distance: 10.2 mi. Ascent: 2300', Elev: 4040', 3740'

Loop Hike, up to the fire tower and SW Hunter, finally cooling off at the falls.

Joint with Mid-Hudson ADK.

Registration Period: July 10 – 17

Leaders: Joe Ferri newpaltz33@yahoo.com

(914) 489-1582,

Shari Aber shnaber@yahoo.com (914) 489-0654

Sat. July 25 - LONE & ROCKY

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

A very difficult, long and strenuous bushwhack to the most remote peaks. Well behaved dogs welcome.

Registration Period: July 11 – 22

Leaders: Doug Garrity, #1757, Suzanne Provenzano

#1968, garrid0@lycos.com

Sat. Aug. 1 - BALSAM LAKE & GRAHAM

Distance: 9 mi. Ascent: 2500' Elev: 3723', 3868'

Strenuous bushwhack to Graham and trailed hike to Balsam Lake.

Registration Period: July 23 – 31

Leader: Paul Pilmanis (#2002), 973-979-5044

ppilmanis@yahoo.com

Sat. Aug. 8 - HALCOTT

Distance: 4 mi. Ascent: 1720', Elev: 3520'

Moderately paced bushwhack.

Registration Period: July 27 – Aug. 7

Leader: David Bunde #2269 W925;

david@dgbdesign.com

Sun. Aug. 9 - ROCKY & LONE

Distance: 10.3 mi. Ascent: 2678', Elev: 3508', 3721'

Moderately paced, strenuous bushwhack to two remote peaks.

Registration Period: July 27 – Aug. 7

Leader: David Bunde #2269 W925;

david@dgbdesign.com

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

Sat. Aug. 15 - FRIDAY & BALSAM CAP

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

Strenuous bushwhack to two remote peaks.

Registration Period: Aug 9 – 14

Leader: Eric Hazard #2132; ehazard@yahoo.com

Sat. Aug. 15 -WITTENBERG, CORNELL & SLIDE

Distance: 10 miles. Ascent: 2230', Elev: 3940', 3660', 4180'

A moderate paced hike. Rain cancels.

Registration: Aug. 10 – 14 after 7:00 pm.

Leader: Suzanne Knabe #1326; suzkna@msn.com;

718 435-3092 after 7:00 pm

Sun. Aug. 16 - WINDHAM & BURNT KNOB

Distance: 7 mi. Ascent: 1,700', Elev: 3,524', 3,180'

A relaxed-pace trail hike, with a very small amount of bushwhacking to reach Burnt Knob's true summit.

Registration Period: Aug. 7 – 14

Leader: Hans Schick #1853, W759;

Hans.W.Schick@gmail.com (preferred);

(845) 518-7541 C (7:00 to 10:00 PM)

Sun. Aug. 16 - INDIANHEAD & TWIN

Distance: 9 mi. Ascent: 2400', Elev: 3573', 3640'

Strenuous trail hike on the Devil's Path. Some difficult sections with scrambling.

Registration Period: by Aug. 1 – 12

Leaders: Ed Moran, #2007, Connie Duquette #2080;

edmoran@gmail.com, 631-724-4540

Sat. Aug. 22 - BIG INDIAN & FIR

Distance: 10.3 mi. Ascent: 2678', Elev: 3508', 3721'

Moderately paced, bushwhack and trail hike.

Registration Period: Aug. 10 – 21

Leader: David Bunde #2269 W925;

david@dgbdesign.com

Sun. Aug. 23 - RUSK & HALCOTT

Distance: 8 mi. Ascent: 3320', Elev: 3680', 3520'

Two easy to moderately paced bushwhacks

Registration Period: Aug. 17 – 22

Leader: Ed Gorczynski verticallyinclined1@live.com

Sun. Aug. 30th - NORTH DOME & SHERRILL

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

Moderately paced difficult bushwhack. Short car shuttle may be required. Well behaved dogs welcome.

Registration Period: Aug. 16 – 27

Leaders: Doug Garrity, #1757, Suzanne Provenzano

#1968, garrid0@lycos.com

Sat. Sept. 5 - DOUBLETOP

Distance: 5.5 mi. Ascent: 1900', Elev. 3860'

Moderately paced bushwhack.

Registration Period: Aug. 24 – Sept. 4th

Leader: David Bunde #2269 W925;

david@dgbdesign.com

Sat. Sept. 12 - THOMAS COLE, BLACK DOME, & BLACKHEAD

Distance: 7.1 mi. Ascent: 2700', Elev. 3940', 3980', & 3940'

A difficult and strenuous trail hike at a relaxed pace.

Registration Period: by Sept. 6th

Leader: Michele Corn Farrell; cornfarrell@hvc.rr.com

Sat. Sept. 12 - BALSAM & EAGLE

Distance: 9 miles Ascent: 2000', Elev: 3600'

A moderate paced hike.

Registration Period: Aug. 29 – Sept. 10

Leader: Michael Stallbohm #1826;

mstall0128@gmail.com

Sun. Set. 13 – NORTH DOME & SHERRILL

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

Moderately paced difficult bushwhack.

Registration Period: Sept 7 – 12

Leader: Eric Hazard #2132; ehazard@yahoo.com

Sat. Sep. 19 - SUGARLOAF & PLATEAU

Distance: 8 miles Ascent: 3100', Elev. 3800', 3840'

Moderately paced but strenuous trail hike on steep trails.

Well behaved dogs welcome.

Registration Period: Sept. 5 – 16

Leaders: Doug Garrity, #1757, Suzanne Provenzano

#1968, suzanne273@gmail.com

Sat. Sept. 19 – BIG INDIAN & FIR

Distance: 10 mi. Ascent: 2600', Elev: 3700', 3620'

We'll do a short navigation and planning session prior to hike. Starting at Biscuit Brook toward Big Indian, then bushwhack to Fir.

Joint with Mid-Hudson ADK.

Registration Period: Sept. 10 – 17

Leaders: Joe Ferri newpaltz33@yahoo.com

(914) 489-1582,

Shari Aber shnaber@yahoo.com (914) 489-0654

Rambles and Brambles: Hike Schedule continued...**Sat. Sept. 26 - KAATERSKILL HP**Distance: 8.1 mi. Ascent: 2200', Elev: 3655'

Moderately paced hike, part trail, part bushwhack.

Registration Period: Sept. 14 – 25Leader: David Bunde #2269 W925;david@dgbdesign.com**Sun. Sept. 27 - FRIDAY & BALSAM CAP**Distance: 6 mi. Ascent: 2700', Elev: 3694', 3623'

Strenuous bushwhack to two remote peaks.

Registration Period: Sept 21 – 25Leader: Bill Winterbottom #1904Billw@usdsoftware.com


New Members

2379	Sharon Blabac	10/11/14
2380	Nicholas Blassman	03/01/15
2381	Mark Petrie	02/22/15
2382	Jesse Connor	02/21/15
2383	Brian Cotcamp	03/02/15
2384	Alexander Smith	02/08/15
2385	Stephen Rombach	03/07/15
2386	Amir Barghi	03/07/15
2387	Jane Bannon	03/07/15
2388	Kim-Chi Nguyen	12/28/14
2389	Malgorzata Pikulska	03/01/15
2390	Antonio Aurora	01/17/15
2391	Renuka Kumar	03/07/15
2392	Richard E Cronk	03/13/15
2393	Lori A Beer	03/08/15
2394	Gregory Markowicz	03/07/15
2395	Randolph F Knarr	03/21/15
2396	Tim Adams	03/21/15
2397	Debbie Shemella	03/24/15
2398	Edward Gorczynski	03/16/15
2399	Marta Nowak	03/21/15
2400	Johnny Witter	03/21/15

New Winter Members

0954	Peter Dvorak	2137	02/28/15
0955	Janel Modoski	2349	02/28/15
0956	Sara Gulbrandsen	2376	03/07/15
0957	J Edward Smith	2364	03/07/15
0958	Amir Barghi	2386	03/07/15
0959	Mark Renner	2019	03/08/15
0960	Malgorzata Pikulska	2389	03/01/15

0961	Brent Horine	2237	03/07/15
0962	Jamie Kennard	1889	02/25/15
0963	Sol Ham	2206	02/18/15
0964	Rich (Yong Dae) Park	2214	03/08/15
0965	James E Close	2061	03/11/15
0966	Eric Sawchuk	2327	03/16/15
0967	Darlene Tenhagen	2326	03/16/15
0968	Linda VanSteenburg	2274	03/15/15
0969	Lori A Beer	2393	03/15/15
0970	Grace Gargiulo	2363	03/15/15
0971	Charles Stumpf	2374	03/15/15
0972	Minhua Lu	2252	03/15/15
0973	Jay Armour	2355	03/16/15
0974	Randolph Knarr	2395	03/21/15
0975	Monique Lamb	2209	03/19/15
0976	Joe Dorohovech	1948	03/20/15
0977	Mark Atchinson	2041	03/20/15
0978	Beth McDonald	2373	03/21/15
0979	Marta Nowak	2399	03/21/15
0980	Johnny Witter	2400	03/21/15

New Life Members

0235	Michael Barrett
1725	James Reggio
1912	Ian Dunn
2206	Sol Ham
2214	Rich (Yong Dae) Park
2380	Nicholas H Blassman
2414	Chuck Nieder
2415	Dana Nieder

Note: The lists of members in this issue of the Canister (and the preceding three) comprise those who received their certificates at the annual dinner. Those who submitted tally sheets later will be listed in the next issue. The totals of new members are 123 regular and 47 winter. While these numbers are down slightly from the last two years, we already have 17 and 5 for next year.

This year's dinner was the 50th and was attended by a charter member and five very early members. The facility was being remodeled and the space for our social hour was smaller; also there were fewer bathrooms. (Unfortunately, the articles included in this issue had not yet been published.) We look forward to this being resolved before next year.

If you have not renewed for 2015, you are past due. 

Care to Volunteer?

by Heather Rolland


It may be early in the season but the Catskill Conservation Corps volunteers have already made a real difference so far this year! Several projects have been completed and many more are on deck. What's that? You haven't heard of the CCC? No worries – we're a relatively new addition to the array of Catskills volunteer opportunities.

The CCC is headed up by Heather Rolland, 1st Vice President of the 3500 Club, and assistant program coordinator for the NYNJTC. The CCC was created via a contract with the Department of Environmental Conservation (DEC) and charged with managing all volunteer activity on state land in the Catskills. The CCC's role in volunteer coordination is simple – it's our job to recruit, supervise, manage, incent, reward, and inspire volunteers inside the blue line and a little bit beyond! In addition to projects we create, we also act as a portal for volunteers, receiving requests from individuals and directing those requests to any existing organizations that are already doing that sort of work in the Catskills. For example, if someone contacts the CCC looking to get involved with invasive species mitigation, we connect that individual with the good folks over at CRISP. If someone contacts the CCC seeking to volunteer at a fire tower, we connect that prospective fire tower steward with the CCCD. For trail maintenance, we connect that person with the appropriate person at the trail conference.

We work closely with DEC staff on projects – both in planning them and seeing them through. DEC's foresters spent countless hours and emails over the winter working with CCC staff on a list of projects to complete. On May 20, CCC volunteers from the 3500 Club and the Catskill Mountain Club joined NYS DEC Ranger Jeff Breigle and NYS certified sawyer Shawn Smith atop Huntersfield Mountain where three vistas were restored. Ranger Breigle and Mr. Smith handled all the chain saw work and volunteers acted as swamper. There is nothing quite like watching a view being cut – the photos just don't do it justice. More than once spontaneous cheers erupted as each breathtaking vista was revealed.

On May 21, CCC volunteers once again joined forces with DEC staff to tidy up the Spruceton Trail. Ranger Christine Nelson gave the volunteers a ride up the trail to help us work as efficiently as possible removing brush from the sides of the trail. It was a grubby, tough job – dragging cut branches and small trees left over from the FEMA road improvement project back into the woods and out of sight – but CCC volunteers are a hardy bunch! Besides, we chose to start our efforts at the summit and ran into some birders up there that heard a Bicknell's Thrush! A ride in the ranger truck + an endangered species + a great upper body workout = a great day!

What's coming up? A quick and dirty litter pick up on Overlook Mountain on Father's Day, June 21 – bring Dad for a bonding experience picking up trash! Another litter pick up is scheduled for Lake Ontario on July 5, and a third near the Peekamoose Parking Area on Labor Day weekend. Other upcoming work trips will include tradition trail work (water bar clearing and cutting back branches) on the Warner Creek trail and Ashokan High Point, as well as more sophisticated work on tread improvement on the Devil's Path. Many other lean tos will get stained, and a couple will get new privies. It's going to be a wonderfully busy and productive work season!

Get involved! Join the fun! Fill out the volunteer contact form at catskillconservationcorps.org/volunteer/ to get the ball rolling 



Catskill Mountain House

3500 CLUB FUNDS STEWARDSHIP AT SUMMIT OF SLIDE

The Catskill 3500 Club is funding, with a grant of \$5,000, a pilot Catskill Summit Stewardship Program on Slide Mountain between now and Columbus Day, which will be implemented in partnership with the NYNJ Trail Conference and the NYS DEC. We feel that the Summit of Slide, the Catskills highest peak, is in need of protection and preservation due to overuse and frequent misuse, and having a steward's presence there will help to accomplish those goals in many ways, not least of which is through educating the visiting hikers about taking proper care of the fragile environment.

We take our role as a hiking group devoted not only to visiting, but also protecting the Catskills summits very seriously. The DEC and the TC were prepared to conduct such a program but were in need of a funding source to get it underway. It is hoped that if this pilot program -- which will involve stewards spending summer weekends on the summit and trails of Slide -- is successful, additional funding from a variety of sources will be forthcoming to duplicate this effort on additional Catskill summits going forward.

Stewards will meet and interact with hikers, sharing information about safety, hiking routes, and proper trail and wilderness etiquette. As a result, it is hoped that hikers will not only enjoy their experience more, but also better preserve and protect the fragile surroundings. Slide has suffered substantial degradation from overuse and carelessness in recent years. The stewards will be hired and managed by the Trail Conference and will interact with DEC Forest Rangers, helping them respond to area emergencies.

The TC will also offer interested individuals the opportunity to become volunteer summit stewards supporting the seasonal staff. Those interested in this opportunity may visit the Catskill Conservation Corps web site at www.catskillconservationcorps.org.

—*The Summit Stewardship Committee: Jim Bouton, Chair, Maria Bedo, Jean Taylor, Laurie Rankin, Heather Rolland and Richard Barr*

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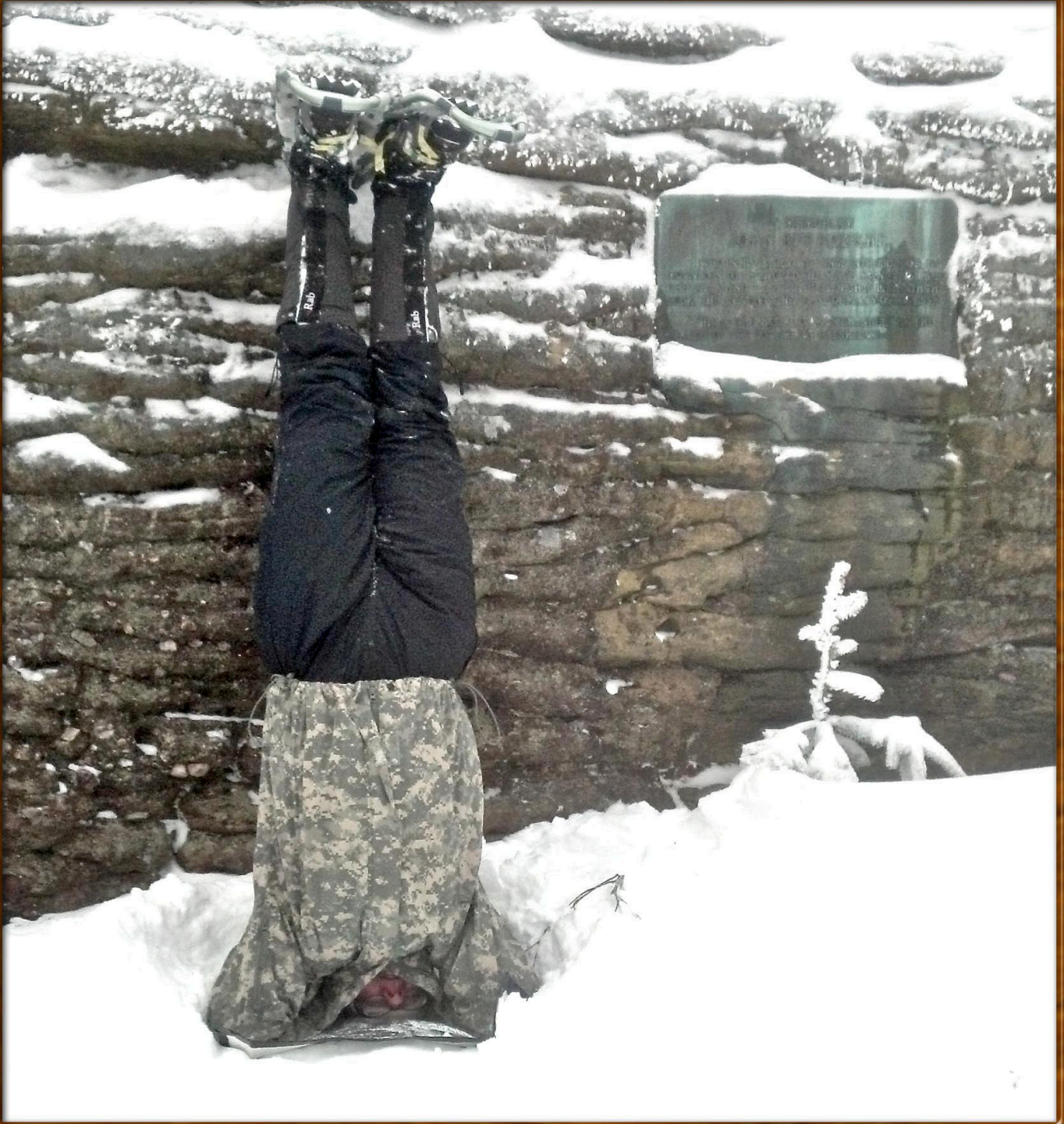
The Peekamoose Trail Maintenance Crew

We also had a fine turnout for our Peekamoose-Table Trail maintenance on May 16. Tom Martone led Paul Pilmanis, Rick Taylor, Steve Emanuel and Larry Leslie up the Peekamoose side, while I led Jenn Staib, Pamela Martin and Doug Hamilton up Table. Once again, a special thank you to Doug for his attention on the shelter and getting the spring on Table re-piped and flowing freely. Thank you all.

—*David Bunde, Trail Maintenance Chair.* 



Morning, Looking East over the Hudson Valley from Catskill Mountains by Frederic Edwin Church (1848), of the Hudson River School



Polly Armour, member #2354, Celebrating her 50th Birthday on Slide



Let's Get Personal, Ladies!

by Laurie Rankin

As in personal hygiene on when you are in the woods. To keep things delicate, let us refer to liquid waste as Number 1, solid waste as Number 2, and Personal Hygiene Products as Number 3.

Number 1 seems pretty straight forward and the one that occurs the most often, right? You bring tissue or wipes with you, step away from others to a secluded spot behind a tree or rock and relieve yourself. Used tissue/wipes are placed in a Ziploc bag that is used for this purpose only (perhaps you prefer the black ones that keep the items discreetly hidden: <http://hucksterpackaging.com/black-ziplock-bags.htm>). And the bag is returned to your pack for disposal after the hike. Some prefer the “drip-dry” method where there is no need for tissues/wipes. In this case, it is not a bad idea to utilize a panty liner to protect your clothing. Others prefer to wear something like Depends that are absorbent, keep moisture away and you don't even have to stop!

Number 2 also seems straight forward and is generally avoided if possible. However, when it is necessary there is often a limited time to act. A friend of mine calls herself the “Poopsmith” and keeps her trowel on the outside of her pack with a biner. Here is one option that weighs just 3 ounces and costs less than \$5.00: <http://www.rei.com/product/799009/gsi-outdoors-cathole-sanitation-trowel>. She can get to it quickly and so can others in her hiking party if they need to. Again, step away from others to a secluded spot behind a tree or rock and dig a cat hole. You do not need to dig an entire outhouse hole – a small hole is sufficient and takes little time to dig. Tissues and wipes are disposed of as noted in Number 1 above in your Ziploc bag and the “material” is covered with dirt.

Number 3 is avoided by many, but hey if you like being out there, it will happen from time to time. For those who plan longer mountaineering trips, speaking with your doctor to obtain medication so this does not occur can happen. It is not always foolproof though, so plan accordingly. You would hate to be climbing Kilimanjaro and not have any of the needed items with you! Handle all used items as you would for number 1 above, placing them in your black Ziploc bag along with all product wrappers.

Wipes can do double duty to wipe your hands with or you can carry a small bottle of hand sanitizer.



Of special interest – location, location, location. If everyone uses trailheads, trail junctions and summits you soon have an outhouse rather than a nice trailhead, trail junction or summit. A little pre-planning can avoid the need. You know you are passing through the last town before the trailhead, make a pit stop. Still need to go when you get to the trailhead? Try to make it 7 or 8 minutes up the trail. You know you are getting close to the summit? Maybe like 10 or 15 minutes away – make a pit stop.

Thanks for taking time to consider the personal side of being out there, ladies. And thanks for not leaving anything behind in the woods except for that one item that is covered with dirt. It's as easy as 1, 2, 3! 