

The Catskill Canister

Volume 51 Number 4



Burroughs Range from Giant Ledge. Photo by Lori Beer

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Note from the Editor

By Yana Levchinsky-Grimmond

Dear fellow club members and aspirants – I would like to briefly introduce myself as a new editor of the Catskill Canister, taking over from the interim editor and the club president, Heather Rolland, who not only did an outstanding job as an editor, but also was responsible for the most recent formatting and distribution update to the Canister. I am honored to be appointed to this role and I am looking forward to serving the organization! My goal is to continue to uphold the tradition of the Canister having relevant and interesting content about the woods and the mountains that we love, and being a useful resource to the members, who I hope will be active contributors as well.

I hope you are enjoying the new format of the Canister and would consider contributing to future editions with short (and not so short) stories or pictures from your hikes. Please send your submissions to editor@catskill-3500-club.org.

Sincerely, Yana

Spathe and Spadix

The President's Column

It happened again. An enthusiastic new hiker announced that their first 3500 footer was reached via the “Vly Mountain Trail.” Those of you who have been reading my columns for the past year or so will recognize my reaction to this gaffe as all too familiar. It was an innocent mistake to confuse a herd path with a marked trail, and easy to do – especially on poor Vly, the trailless peak that consistently sees the heaviest usage. I’m sure it felt like a trail and hiked like a trail.

However, I lament the lost history, the lost understanding of trailed versus trailless. Sure, that’s an intangible loss, and perhaps it’s countered by a gain (with a well-developed herd path the hike is now easier), but it’s also the loss of a certain romance and adventure of seeking and finding that I feel so sharply. The irreversible loss of true bushwacking on some of our untrailed peaks has already happened, but I still feel that pang of sadness and nostalgia each time an offhand comment brings that loss into high relief.

More to the point -- hiking a trailless peak without knowing that’s what you’re doing is dangerous. That heavily trodden herd path may have led to the summit, but it also may not have. When bushwacking, having even rudimentary navigation skills and a clear understanding that you’re not on a trail is a safety issue.



Way too often I read about hikes gone wrong on social media, here in the Catskills and elsewhere. Not understanding what’s involved, and allowing enthusiasm to trump information is a way to end up in trouble. Getting lost can be an inconvenience; it can also be life threatening. Being physically fit is not the same as being ready for a multi-peak hike. Being comfortable walking a well-marked trail in a county park is not the same as being ready to take on the Burroughs Range. The challenges our little mountains toss in hikers’ paths are consistently underrated and underestimated. The results can be catastrophic.

I know I hammer on the Leave No Trace (LNT) guidelines, but they are not only a great way to share the forest with other inhabitants and hikers, minimizing negative impacts on both, but they also help to keep us safe. The first principle suggests that we should plan ahead and prepare. A key aspect to this preparation includes understanding where we’ll be hiking. When you bring a new friend into the Catskill Forest Preserve, orient them a bit first. Take a careful look at the updated map of the area. Point out alternative routes and bail out points, and discuss “what ifs.”

Each time you head out, be prepared for two very unlikely scenarios: 1) an unexpected overnight in the woods and 2) ending up “solo.” Twisted ankles are common hiking injuries (hopefully some of them will be prevented after reading Caitlin’s article) and the slow and painful march out can end up necessitating an unexpected overnight in the woods. Make sure you carry everything you need to survive, from extra clothing, food, and water, to fire starters and a headlamp (and extra batteries!). And if you hike with a friend or a group, just remember that getting separated does happen. Carry your own map and compass and know how to use them. Don’t panic if you get separated, but stay focused on getting back to the parking area safely. Be sure you are ready to be self-sufficient if you must. If you need assistance, stay where you are and call for assistance. The DEC Ranger dispatch number should be in your phone and in your pack: 518-408-5850.



The 3500 Club created a Search and Rescue (SAR) team earlier this year. Our team boasts 21 members, and we meet and drill monthly. Later this fall, upon completion of preliminary requirements for joining the NYS Federation of Search and Rescue teams, we will be ready to assist the rangers on searches and rescues. Recently, our team was chosen as the recipient for memorial donations for Ryan Levesque. Ryan was a 3500 club member, and a passionate fan of Catskill hiking. He passed away on July 28, 2018 while backpacking in the Slide Mountain Wilderness Area. He was 39 years old, and leaves behind a family who miss him deeply.

Ryan's mourners were invited to make contributions to the club to support our SAR team. To date over 40 individuals, families, and businesses have contributed in excess of \$4000. I speak for the board of the 3500 Club, the SAR Chair, and from my own heart, when I acknowledge these gifts. We are blessed and humbled by the generosity of Ryan's friends and family, and we feel this loss even as we gratefully acknowledge the bittersweet blessing we've been given in the form of these contributions. We are profoundly moved by the outpouring of love, grief, and support we have witnessed. The gifts made in Ryan's name inspire our team to serve the Catskill hiking community with the utmost professionalism and all the grace we can muster.

Thank you, and please be safe out there,
Heather

Photos of the Catskill Mountain SAR July drill by Stash Rusin

Membership Notification

By: Maria Bedo-Calhoun, 3500 Club 1st Vice President



Per the Catskill 3500 Club by-laws (below), we are alerting members to a vote at the next annual meeting on April 13th, 2019, to add a Digital Content Chair to the Club's Executive Committee.

ARTICLE XI-AMENDMENTS AND REVISIONS

Section 1. Proposals may be submitted at any time, by members in good-standing, to the Executive Committee to amend, alter, repeal or replace any portion of these By-laws. The Executive Committee shall review and evaluate all proposals at the next scheduled committee meeting. Proposals shall be published in The Canister and placed upon the agenda of the next Annual Meeting following such publication for a general membership vote. All voting will be conducted as outlined in Section 2 below.

Section 2. These By-laws may be amended, altered, repealed or replaced at any annual membership meeting by majority vote of the members in good standing who are present.

The 3500 Club was created over fifty years ago and, as times have changed, the Board feels that the permanent addition of this position is important for the future and development of the organization. The duties of the Digital Chair are detailed below, many of which have been unofficially filled for the past several years.

Digital Content Chair

The Digital Content Chair is responsible for:

1. maintaining and updating the Catskill 3500 Club website. This includes updating regular event information, the hike schedule (provided by the Outings Chair), the membership roster (provided by the Membership Chair), posting the new Canister online (and archiving the old) and any other routine updates. This will be done quarterly at a minimum. The domain name records and other account information related to the website must also be kept up to date.

2. creating and editing email addresses associated with the Club (board members, information, etc). This includes creating new addresses as needed and revising current addresses (change forwards etc).
3. assisting in the maintenance the Club's social media accounts.
4. assisting in the maintenance of a discussion group for the Club.
5. advising on the Club's digital assets (archives, creative/graphical assets, membership database, newsletter distribution, mailing lists, etc).

The Digital Content Chair is expected to have a working knowledge of basic web design and development. The addition of this position will be voted on at the Annual Membership dinner in April. Please contact Maria Bedo-Calhoun at firstvp@catskill-3500-club.org or (917) 881-9272 with any questions or concerns.

Catskill Map Set 2018 Update: New Summit Elevations

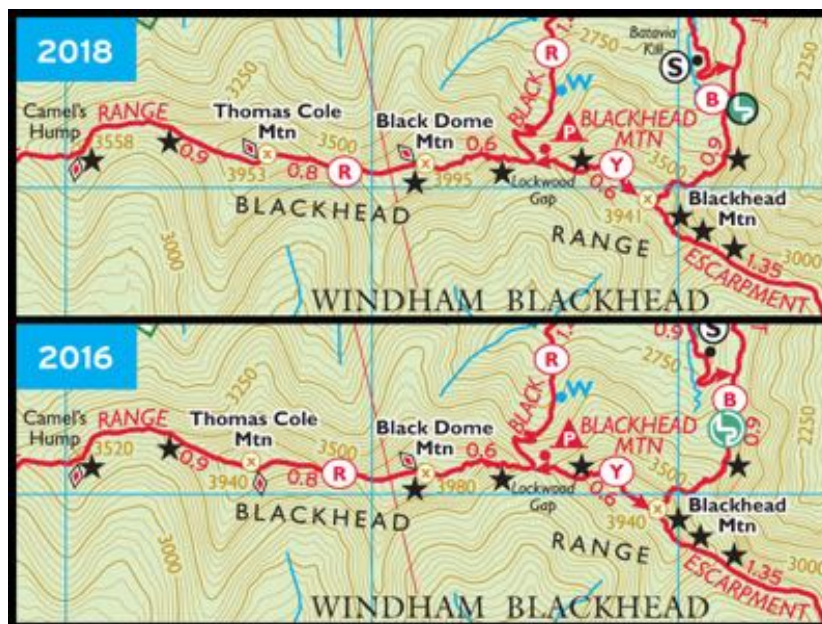


By: Jeremy Apgar, Cartographer at NY-NJ Trail Conference

Covering more than 400 miles of trails, the revised 12th edition of our **Catskill Trails** map set will be our best map yet for exploring the vast wilderness of the Catskills when it arrives this Fall. This edition features several trail updates and additions, new high-detail elevation information, improvements to the North/South Lake area inset map including an upgrade to 20-foot contours and a detailed map of Kaaterskill Falls, up-to-date New York City watershed recreation lands, and many other adjustments.

The most significant update to the new maps is the incorporation of new detailed elevation datasets from USGS and New York State to create improved contour lines and establish new summit elevations. The new datasets from the USGS and New York State are derived from LiDAR elevation data. LiDAR stands for “Light Detection and Ranging” and is a method for creating accurate 3-D models of natural and man-made environments using laser pulses from survey aircraft, and this kind of elevation data is being used by USGS and many others to provide more accurate depictions of the landscape. The datasets covering the complex terrain of the Catskills are much better than previous elevation datasets at capturing cliffs and ravines, even under thick forest canopy. Thus, we revised all 50-foot elevation contour lines to new contour lines that allow finer details to be revealed, including many ravines and cliffs that were previously smoothed out.

While updating the contours, it became obvious that several existing summits were not quite right, either in terms of not being located at the highest point or having an elevation value that didn't match the contours. We researched the accuracy of the new elevation datasets, inaccuracies related to existing summit elevations, and the acceptance of these LiDAR-derived elevations by organizations like the USGS and National Park Service, and ultimately realized the opportunity to provide more accurate summit elevations throughout the maps. All told, nearly 300 summit locations were checked to confirm their actual highest point and derive a new accurate and consistent elevation value. In some cases, the new elevations are the same or differ by only a couple feet, but in several instances, the new elevations differ significantly from the existing elevations.



Specifically concerning the peaks of the Catskill 3500 Club, new elevation values were derived using the raw elevation data as well as custom-created 1-foot contour lines. For 19 of the peaks that previously only had the nearest 20-foot contour line to estimate an elevation value, these new elevations provide an actual summit elevation value. The new elevation values do greatly affect the order of peaks, with 8 peaks moving up 1 or 2 spots and 8 peaks moving down 1 or 2 spots. Perhaps most importantly, the new summit elevation value of Rocky is 3,487', putting it 13 feet below the 3,500' threshold and 21 feet lower than the previous USGS spot elevation value.

It is important to note that our maps make no claim that the new summit elevation values are "official" in any way. While researching these changes, I also found a statement from the USGS that discusses giving official status to summit elevations: "Elevations are scientific measurements that vary with methods and technology. In some high-profile cases an elevation measured with state-of-the-art methods, and appropriately peer reviewed, might be referred to as "official" (Denali, for example), but in general spot elevations have no official status."

So be on the lookout for these great new maps this Fall. As always, the maps will be available in print format on our waterproof, tear-resistant Tyvek, or in digital format through the *Avenza Maps* app.

Special thanks to all the volunteers and partners who helped produce this map revision, including several Catskill 3500 Club members! Map corrections or suggestions are always welcome, so feel free to send any general feedback, or questions/comments about this article, to Jeremy at apgar@nynjtc.org.

Note from the Editor: As per the section 2 of ARTICLE XI-AMENDMENTS AND REVISIONS of the Club by-laws ("Because the elevations and order of the peaks in the Official List (Article III, Section 5) are derived solely from the most recent U.S. Geological Survey maps, there need be no vote of the membership to amend the By-laws when updates to the maps dictate changes to the elevations or order of the summits on the Official List"), the official list will remain unchanged.

NYNJTC - 2018 Catskill Maps - New Summit Elevations					
Summits are in descending order of new elevations.					
See associated PDF for description of these new elevations.					
August 2018					
Summit Name	Map	New Elev.	New Rank	Old Elevation	Old Rank
Slide	143	4184	1	4180	1
Hunter	141	4032	2	4040	2
Black Dome	141	3995	3	3980	3
Thomas Cole	141	3953	4	3940	4
Blackhead	141	3941	5	3940	5
West Kill	141	3898	6	3880	6
Doubletop	142	3875	7	3860	8
Graham	142	3869	8	3868	7
Cornell	143	3858	9	3860	9
Plateau	141	3836	10	3840	12
Table	143	3825	11	3847	10
Peekamoose	143	3819	12	3843	11
Sugarloaf	141	3784	13	3800	13
Wittenberg	143	3782	14	3780	14
SW Hunter	141	3755	15	3740	15
Balsam Lake	142	3729	16	3723	16
Panther	142	3726	17	3720	18
Lone	143	3700	18	3721	17
Big Indian	142	3699	19	3700	19
Friday	143	3692	20	3694	20
Rusk	141	3687	21	3680	21
High Peak	141	3653	22	3655	22
Twin	141	3653	23	3640	23
Fir	142	3630	24	3620	25
Balsam Cap	143	3608	25	3623	24
Balsam	142	3608	26	3600	28
North Dome	141	3606	27	3610	26
Bearpen	145	3587	28	3600	29
Eagle	142	3583	29	3600	27
Indian Head	141	3574	30	3573	30
Sherrill	141	3558	31	3540	31
Vly	145	3542	32	3529	33
Windham High Peak	141	3525	33	3524	34
Halcott	142	3510	34	3537	32
Rocky	143	3487	35	3508	35

THE MAN NEEDS ROCKY!

By: Richard Barr, Catskill 3500 Club NYNJTC representative

The news was forwarded to us before the recent Summer Board meeting of the 3500 Club: The New York-New Jersey Trail Conference is considering using new data in preparing the latest edition of their Catskills map set which could affect the listed elevations of some of the peaks.

The most "exciting" aspect of this, the forwarder of the TC's note wrote, is that Rocky (3,508') might be listed subsequently at a few feet under 3,500. For me, this news brought me way back to my initial pursuit of the 35 plus 4, when I was trying to become a member of this club. I was getting close, and, having already done Slide, Cornell and Wittenberg, had recently done Friday and Balsam Cap with the NY Ramblers, a down-state club for which I'm the delegate to the Trail Conference these days (as I am for the 3500 Club).

So when a Rambler leader scheduled a hike which would involve others of the nine peaks which encircle the East Branch of the Neversink, I jumped at the chance to perhaps finish this area. We started from Denning, went over Table, Peekamoose, and then over to Lone. That left Rocky, so close to Lone, and the furthest from a trailhead, as the only one of the 9 which I hadn't done. But then the leader said we were heading down from Lone to the East Branch and then up the other side to the col between Cornell and Slide, over Slide and then back to Denning.

I said, softly, but hopefully, to her that I needed Rocky and we were so close and could we do it first before descending? She shook her head "no". Whereupon a man whom I'd not met before and who was clearly the oldest person on the hike, overhearing this, said to her "The man needs Rocky". Again she shook her head "no". He repeated "BUT THE MAN NEEDS ROCKY!". Again the answer was no. So she began the descent, lost her way descending from Lone, and he, whose name was Franz Alt as I learned by then, had to take over leading the bushwhack back, with the leader taking over once we were back on the trail on Slide. Rocky would have to wait for

another time. Some time later, I had shared this tale with Phil Bates, another Rambler who'd co-led the Friday-Balsam Cap hike I'd been on previously, and he said that it's easier descending from Rocky and it should have been done that way after all.

Franz and I became good friends after that, and he and his wife Annice, who also needed just a few more peaks (I'm #604, she's #612, he'd finished years earlier) would make day trips from NYC to knock them off. He and I co-led hikes to 2 of the winter peaks for the 3500 Club.

Franz continued hiking into his late 90's, and at his memorial, after he passed away at 100, I recounted the "The Man Needs Rocky" story of how we'd met. (And by the way, the leader of that hike, whose name I've omitted here for obvious reasons, became a friend with whom I hiked many times in the years afterward).

So the news that they may want to pound poor little Rocky on its head to knock it down by 15 feet or so might be exciting to some people, but not to me.



Rocky from Table; Photo by James Hopson

The Catskills: A Love Story

Photo and text by Johnny Witter

What kind of a hiker are you? If you're a 3500 Club Member or Aspirant, there's a good chance you were or are a Peakbagger. I was. It's how many of us became obsessed with this hiking thing. Before the Catskills, I'd "hiked" sporadically, mostly walking carriage roads in the Gunks. But the day I hiked my first two 3500s, Vly & Bearpen, I was hooked. In Love. So, what do you hike after you've bagged them all? Complete the Winter 35? Many have. Then what? Some move immediately to the ADK 46, New Hampshire 48, etc. to finish the Northeast 111. Some pursue Catskill Ultras, attempting to traverse the Devils Path, or Catskill 9, or the Escarpment, or Five Fire Towers in a single day. Ultra, however, is not in my hiker's lexicon. Some are Social Hikers. As long as friends are going, it doesn't matter how many times you've hiked a trail you enjoy it. Some lead new hikers to the same peaks they were lead to by friends or volunteers. It's a great feeling, and many find joy doing it again and again. Bless them. And some explore.

Having come to this obsession at 65, I don't feel I have time to do the same hike over and over. Nor, to be honest, do I enjoy it. The exception is hiking with friends working on their 3500s. Joy is why I hike. I find the greatest joy exploring the unfamiliar, discovering the new. From the beginning, each time I rehiked a 3500, I'd take a trail I hadn't, go up a trail I'd descended and vice versa. You don't know a trail until you've hiked it both ways. First time I hiked Slide from the RT 47 trailhead, it was fun. Second time, in winter, it was beautiful. But going down was tedious. Had I not hiked the longer approach from the same trailhead, staying on the Phoenicia East Branch Trail to the Curtis-Ormsbee, I'd never have known it had such a terrific view of thunderstorms approaching from Table! It's simply a much more varied and interesting section of trail. Yet, I know 35ers who've never been on it.

Finishing the 3500 and Winter 35 in 6 months, and still rabid, I needed a new challenge. As if by magic, one appeared in my inbox: The Catskill All Trails. To those unfamiliar, you hike all 350 miles of trails in the Catskill Park,

aka Redlining. I spread out the NYNJTC maps, beheld miles of unhiked trails, added up those I'd hiked and... Why not? Without realizing it, I'd begun the transition from Peakbagger to Explorer.

Now, at this point, I'd heard of the Catskill 67, aka Highest 102, and seeing how many were on private land, swore I'd never attempt it. At the time I swore, I didn't know some of those peaks were right on trails or a short bushwhack off them. So I bagged them. When I finished the All Trails, I'd accumulated so many 67s I had no choice but to surrender to another challenge.

By that point, though, it was not the list that drew me. It was the desire to explore more of the Catskills, in and outside the Blue Line. Doing the All Trails was a revelation of how little I knew the Cats. For example. Huckleberry Loop takes you over Dry Brook Ridge overlooking the Pepacton Reservoir. Pepacton Reservoir? Never knew it existed! I remember a very early drive from New Paltz past Margaretville to Rt 30 on way to a trailhead. The Pepacton, on my left, seemed to go on forever, and not another car on the road! Yup. Not all amazing Catskill views are on summits or trails.

Completing All Trails was a ton of driving and sometimes hitching back to my car. But those roads led me to valleys, hamlets, creeks, views I would have never otherwise encountered. Ever been to Lew Beach on the Beaverkill? A church, a store, a firehouse, a few houses. Shangri-La. Nearby Shin Creek Road? Cyclists take note.

Driving home from those southwestern trails, I'd stop at high points in the middle of nowhere and watch stars appear in late winter silence, to a chorus of spring peepers, or summer's symphony of crickets, cicadas and bullfrogs. Or the time I stopped at the Rockland House in Roscoe for a beer and realized, as it filled up, it was the day before trout season opens. Ha!

Kelly Hollow? I have to hike that? Isn't that just a trail for x-country skiers? Begrudgingly, I drove 66 miles expecting nada and discovered the sweetest little trails in the Catskills. Water gurgling everywhere. A pond and lean-to waiting at the trails southwest corner. And, at trails end, a graveyard where Civil War soldiers rest, complete with a creaking tree for added effect. Familiar to Catskill locals? A new world to me!

I hiked most of those trails solo and loved it. But, when I needed a car spot in some sparsely traveled area, my buddy, Jake Haisley, an insatiable peakbagger, was kind enough to join me. Luckily, I met another crazed hiker, George Gryzb, who'd already completed the All Trails and was working on The Catskill 67. While researching tax maps for the private peaks, my luck continued when a new hiking friend informed me that she lived in Roxbury and knew some of the folks who owned them. So, off George and I went to Roxbury, New Kingston, Hardscrabble, West Settlement and Stamford, and I fell in love with the Catskills yet again. It was there, hiking raspberry cane fortified peaks, I admitted: I am a Bushwhacko.

We finished on Utsayantha, an easy hike up a road to a fire tower with a picnic area for our celebration. Brilliant idea, George! In my opinion, it has the best sunset views from the Cats. And I believe it's the highest prominence at that latitude until you hit the Rockies!

Feeling I had truly embraced the Catskills, I headed north to explore the Adirondacks. I've since completed a number of ADK challenges, taking the same approach I succumb to in the Cats. I want to know more than just the 46. For me, the biggest challenge is the distance to just get there. So, when I can't, there are other closer unknowns to explore, including more of the Cats. Recently, while hiking the Long Path, I discovered that the Escarpment Trail continues north and west of Windham High Peak. I plan to return when the leaves are off the trees to enjoy views I missed.

Every time I crossed a creek while hiking a 3500, I wondered what it would be like to follow it, instead of the trail, to its source and summit from there. Last spring I got that chance on a Blueline Hike lead by Wae Davis up Bear Hole Creek. Amazing! I'm making a list.

Meanwhile, when our schedules align, Jake (closing in on his NE111) and I are working on our own challenge: Bushwhacking all 3500 peaks with trails. Why? I'd look at Indian Head from Overlook Fire Tower and wonder what it would be like to climb that intriguing southern shoulder. Or going up toward Pecoy Notch, I'd look to my right and wonder what was that mysterious hump blocking my view of Sugarloaf? I wanted to *know* it. And so I became intimate with what previously had been only familiar. It was a revelation.

Which brings me back to my first 3500, first bushwhack, Vly. Yes, there is a well-trod herd path to the canister, but Polly Armour and I missed it. Passed the hunters cabin and took a right onto the woods road off Rt 3. Not finding a herd path, we eventually just headed up through late September growth, denser than most of the Catskill 67 I would later hike. I had not been wandering through woods like that since I was a kid, and I was having the time of my life!

Without joining the Catskill 3500 Club, this Love Story may have never blossomed. And the pursuit of that List generated more lists, some established, some invented and one completely unexpected that that continues to grow:

the dear friends discovered hiking the Catskills and beyond.



View from Woodhull looking toward Van Wyck, Lone, Table and Peekamoose

A Guide to Hiking Injury Prevention

By: Caitlin Moeller, MSc, LAT, ATC, your friendly Catskill Mountain native Athletic Trainer

The mountains and trails call to us all. Panoramic views, waterfalls, rock climbing, camping, semi-dangerous wildlife encounters - the works. Sometimes, our bodies can't keep up. Hiking injuries can range from chronic overuse injuries to those caused by an accident. While we can't prevent every bit of shenanigans on the trail, we can do our best to prepare our bodies, and keep ourselves safe.

A quick aside: what is an Athletic Trainer (AT) and what is my knowledge base? As per the National Athletic Trainers' Association: Athletic Trainers are "health care professionals who render service or treatment, under the direction of or in collaboration with a physician, in accordance with their education and training and the states' statutes, rules and regulations. As a part of the health care team, services provided by ATs include injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis, therapeutic intervention, and rehabilitation of injuries and medical conditions." Despite the name, we are found in many places besides the sideline of a sports field. Personally, I enjoy being in the trenches at the collegiate level, but ATs are also employed in high schools, physical therapy/orthopedic clinics, hospitals, industrial clinics, and other emerging settings.

Let's start with some chronic injury prevention. Tendonitis: a dreaded word we hear all too often. It is not a matter of if, but of when you will suffer from something in this realm. Some areas very commonly affected in hikers are patellar and achilles tendonitis. Part of why this is such a huge problem is the positioning of our ankles and knees while we hike. Heading up an incline causes ankle dorsiflexion, putting an eccentric load on the achilles tendon. It also causes the knee to become hyperflexed, forcing your quadriceps muscles and patellar tendon to do more work to extend your knee. You can also thank this positioning for those burning thighs on every hike. Fortunately, there is much we can do when the mountains force us into some bad positioning.



The secret? Take time for a warm-up coupled with stretching either prior to starting your hike, or after about a quarter mile in. Ideally, warm up and stretch these muscles/tendons prior to hitting any incline. This can be anything from jogging for five minutes around the parking lot, to chasing after your dog (any fellow Belgian Malinois owners out there?), to a few sets of jumping jacks (20-40 reps each set). After you feel a little warm, time to do some dynamic stretching of the achilles and patellar tendons. For the achilles/calves, double leg calf raises (raise up on your toes as high as you can), followed by some small bunny hops (heels just leaving the ground, think like when you use a jump rope) are great simple exercises. To warm up your quadriceps and patellar tendon, some simple body weight squats will get the job done. Just be sure to get as low as when you sit on a chair. For each of these, I find it easiest to simply set a timer for 30 seconds per exercise. Much easier than trying to count reps at 6:00 am when you're half asleep. Even a small warm-up routine like this can make a huge improvement in the elasticity of your tendons; decreasing the incidence of tendonitis development.

Acute injuries (accidents) are an inevitable part of any exercise. While they are impossible to completely prevent, it is very possible for you to be well prepared enough to reduce your chances for acute injuries. Proper supportive hiking footwear can make a world of difference in your coordination over rough terrain. Hiking is not the time to be wearing your flashy Nike Frees, sandals, etc. Another simple thing that can make a world of difference when you're out in the wilderness is a well-stocked first aid kit. Here are six basic supplies that can control most wounds: gauze, non-adherent pads, Powerflex tape, steri-strips (wound closure), saline wound wash, and a 15-inch SAM splint. I have no affiliations with any specific brands, these are simply products I use almost daily in my work that I love. Powerflex tape is stretchy and cloth-like, allowing it to stick only to itself, and not your skin. It is perfect for securing gauze and non-adherent pads to control bleeding, or the splint to your ankle, arm, etc. There are some other brands out there, but this is the basic material type you want. When it comes to splints, SAM splints are light, flexible, and game changing in the event of sprains and minor fractures. 15-inch is an ideal length for both the upper and lower extremity. A splint can be too short, but not too long, as you can simply fold it down if need be.

Something else to consider is pursuit of a wilderness first aid certification; such as Wilderness First Aid (WFA) or the more advanced Wilderness First Responder (WFR). The best way to be safe is to arm yourself with this knowledge, or pick a hiking partner with this background.

As we all know, it's all too often than an acute injury occurs when you're miles away and out of cell phone service from help. Your best offense is an excellent defense. Stay healthy, happy, and enjoy the adventure out there.



View from the Buck Ridge on Westkill. Photo by Ashley Yarkin

CONSERVATION CORNER

By: Carol White, Conservation Chair



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1. Letters with questions concerning environmental and conservation topics for NY State Assembly Districts 102 & 103, NY Senate District 46, and Congressional District 19 candidates were sent in early August, asking for their answers by Sept. 7th so they should be posted on our [website](#) around the time you receive this newsletter.
 2. New DEC Regulations: Regulations passed on August 15th apply to Kaaterskill Falls, Rt. 23A along Kaaterskill Clove to the State Land boundary in Palenville; and along Platte Clove, Greene County Rt. 16, to West Saugerties; and at the Colgate Lake area. **Please read carefully the DEC [press release Section 190.36](#), the**

Northern Catskill Riparian Areas: “In the Kaaterskill Falls area, no person shall enter the area located within six feet of cliff edges, except on marked trails including the man-made stone staircase and the trail leading to the mid-pool; and when engaged in ice climbing or rappelling by rope; or by authorized permit issued by the department. No person shall enter the water, wade, or swim within 150 feet upstream of Kaaterskill Falls.” The DEC created a massive stone staircase from the base of the falls, a sturdy bridge over the creek above the falls, a trail from the end of Laurel House Road to a fenced viewing platform, warning signs, and partial fencing. People still venture to the edge of the falls and the creek, not aware of how especially slippery Catskill sedimentary rock is—when wet or moist, which it usually is, it is extremely slippery! Signs should be dramatic: that many people have died here, that going off-trail is deadly, and that people who do so will be fined. Stay on the trail and wear appropriate footwear; do not wear flip flops! People are charged large amounts for rescues in other regions.

Additional regulations include the following bans: use of glass containers, consumption of alcohol, fires, playing audible devices, use of portable generators and parking between sunset and sunrise. Read [article link](#) above for the additional details.



Fall colors on Giant Ledge in October; Photo by Yana Levchinsky-Grimmond

STEWARDSHIP UPDATE

By: Jim Bouton, Stewardship Committee Chair



As many of you know, one of the key objectives of the 3500 Club is Stewardship, and as the Chairman of the Stewardship Committee I take this seriously. As stated in [our new brochure](#), we encourage those hiking in the mountains to follow a few simple guidelines to keep the mountains in pristine conditions and ensure they do this safely. Our Club principles of 1) Following the rules, 2) Use map and compass, and 3) Know your limitations, form the basis for this stewardship.

Following the rules is simply obeying and observing the regulations set forth by the NYSDEC. The rules are posted at the beginning of many trails, usually on a white metal sign. Fires above 3500' can destroy the fragile ecosystem, as does camping in this zone. We strongly urge keeping group sizes down to 12 or fewer, both on and off trail, using a map and compass off trail so hikers are simply not following a pre-determined track which can hasten the formation of herd paths and giving the hiker a chance to “earn the peak”, and gaining confidence and back country skills by doing

this. Don't get me wrong, a GPS is a valuable tool, and there is no reason not to carry one. Knowing your limitations means knowing your fitness level, carrying sufficient food and water, and supplies to survive an unexpected overnight in the woods. These are all part of knowing yourself and what you can do before you even go into the woods.

For the past 10 years, usage in the Catskills and other areas of the country has been rapidly increasing, putting great strain on trails, personnel, and wilderness areas. Many of the summits were being trampled, illegally camped on, trees cut and campfires started. The untrailed summits were not exempt. About 5 years ago the 3500 Club supported putting stewards on some of the 3500 summits, and the current Catskill Steward Program was formed. This is a partnership between the NYNJTC, the NYSDEC and the 3500 Club and some other groups. We provided the startup money and have contributed a major share each year since.

This year stewards have been on Slide, Giant Ledge/Panther, and alternating between North Point and Blackhead. The stewards are present weekends and holidays from Memorial Day until Columbus Day. The most popular peak is Giant Ledge, followed by Slide, North Point and Blackhead. Over 2000 visitors were logged on Giant Ledge from Memorial Day to the end of July. The stewards have assisted many hikers, by answering questions and pointing them in the right direction. They also aid lost hikers (yes, people get "lost" on these popular, trailed peaks). They even recommend not hiking or continuing further on these trails to ill-prepared hikers. The illegal camping and activities are logged, the offenders are spoken to about the rules and LNT and why it's illegal, and if needed, the rangers are notified. Stewards are not law enforcement; they are there to help, observe and teach. They are trained to use radios, which are provided by the DEC. Training is provided by the DEC, the NYNJTC and they even have the opportunity to train with the ADK Steward Program, so they are well prepared to deal with many situations.

The program is working. The peaks are cleaner, camping and fire rings have diminished, countless hikers, many on their first wilderness trip, have had a steward answer their questions, direct them to a more suitable hike, advise them of what to expect ahead. These stewards have also aided in rescues, dismantled countless fire rings, brushed over campsites, carried out garbage left on the trails and summits and explained wilderness ethics, such as why camping above 3500' or within 150' of the trail or water is prohibited. Some spots that were without vegetation from illegal use or just overuse are now growing back, due to the work of these stewards. Teaching is the key word. The stewards have their work cut out; they are only a few, on just a few peaks, and have to leave before dark to be safely off the mountain. A certain few know this and simply wait to illegally camp, build their fires, toss out their garbage and leave early. So when you see a steward, remember you as a member of the Catskill 3500 Club have helped put this person there. We are helping to create a better informed, better educated, and more ethical hiker. There are plans to add volunteers when the program becomes more established, giving our members a chance to give back.

There are other things you can do to help with stewardship and make the mountains a better place- practice our principles, carpool, keep your pets under control and clean up after them, dismantle illegal fire pits, learn LNT, avoid walking in wet or sensitive areas like bogs and stream banks, pick up trash you find; simple things that add up. If you see illegal activity, report it. Sometimes it's just a lack of knowledge and some carefully spoken words can turn the situation around.

Respect the mountains and other hikers, this makes for a lasting and enjoyable wilderness experience for all.

Congratulations on a New Catskill 35 Direttissima "Speed Record"

By: Warren Wilhide Jr

Mike Siudy (#1728, W695), a local Catskills hiker and avid ultrarunner, completed all 35 mountains above 3,500 feet as one single end-to-end route spanning 144 miles in 57 hours and 16 minutes. Mike began his Catskill 35 Direttissima journey on Memorial Day weekend at the trailhead to Peekamoose and finished at the trailhead of Windham High Peak.

The month of May was critical to Mike for longer daylight, cooler temperatures and better visibility in the forest. The 144 miles included challenging terrain, bushwhacking 13 of the 35 mountains that do not have trails, running on the roads in between the mountains, and continuing to move forward with a headlamp at night. Mike was supported by his wife Tara, and around 20 of his friends that paced him at times, talked with him non-stop, and met him at various break points to bring him water, coffee, donuts, pizza or a sip of sunshine. Mike said that his team was key to his success and he could not let them down once they committed their weekend to this extreme adventure. But all of them said that they knew he could do it!

The previous record had been set by Ted "Cave Dog" Keizer in September of 2002. His time was 63 hours and 24 minutes, covering approximately 136 miles. Mike notified Ted of his plans prior to the journey and Mike stated that Ted was very supportive, and even offered to help provide input as needed. It's hard to imagine anyone ever coming close to this new record!

IN MEMORIAM

Michael DeLuca passed away on April 12th at the age of 91. He was Life Member #924. His daughter Diana writes: "Dad loved the Catskill mountains and was hiking pretty much until the end."

Elizabeth (Betty) Heald passed away on May 21st. She was member #305 and W#102. She was the 7th winter ADK 46er and the 2nd winter 111er. She was hiking until the age of 90.

Ryan Levesque, member #2263, passed away unexpectedly on July 28th while on a backpacking trip with his family. His wife Jennifer writes: "Ryan loved the Catskills and loved having our family be a part of that passion. In his memory we would like to have people make a donation to your organization in his name."

Rambles and Brambles **Hike Schedule**

October - December 2018

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

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

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.

Blaze orange alert: the hunting season is coming! Refer to this [DEC link](#) for the summary of hunting seasons. Wear orange, avoid white and remember the same for your four-legged hiking companions!

The Catskill 3500 Club's hiking credo includes 3 basic principles:

follow the rules
use your map and compass and
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.

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.

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



Rock wall on Round Top; Photo by James Hopson

SAVE THE DATE - WINTER WEEKEND

The 2019 Winter Weekend will take place the weekend of January 25th to the 27th. More information will be posted on the club website soon.

Sat. Oct. 6 - BLACKHEAD, BLACK DOME & THOMAS COLE

Distance: 9 mi. Ascent: 2668', Elevs: 3940', 3980', 3940'

Moderately paced trail hike with car shuttle.

Registration Period: Sept. 28 - Oct. 4

Leader: Michael Bongar #2173 W997

michael@bongarbiz.com

Sat. Oct. 6 - DOUBLETOP, GRAHAM & BALSAM LAKE

Distance: 11+ mi. Ascent: 3700', Elevs: 3860', 3868', 3723'

Moderately paced hike.

Registration Period: Sept. 28 - Oct. 4

Leader: Marv Freedman #2242 W951

marvfreedman@gmail.com

Sun. Oct. 7 - BEARPEN & VLY

Distance: 7 mi. Ascent: 2000', Elevs: 3600', 3529'

Moderately quick-paced bushwhack/trail hike.

Registration Period: Sept. 24 - Oct. 5

Leader: David Bunde #2269 W925

david@dgbdesign.com

Sun. Oct. 7 - SW HUNTER

Distance: 6.5 mi. Ascent: 1760', Elev: 3740'

Moderately paced trail hike & bushwhack.

Registration Sept. 28 - Oct. 5

Leaders: Margaret McGrath #2009 W939 and Jim Bouton #1539 W614



mmcgrath55@msn.com (email preferred), (845)-750-8671

Sat. Oct. 13 - ROCKY & LONE

Distance: 10.5 mi. Ascent: 2315', Elevs: 3508', 3721'
Long and sometimes thick bushwhack.
Registration Period: Oct. 4 - 11
Leader: Ted Shemella #1550 W789
tshemella@yahoo.com

Sat. Oct. 13 - HUNTER

Distance: 8.2 mi. Ascent: 1898', Elev: 4040'
Moderately paced hike with short yoga session at fire tower.
Registration Period: Oct. 1 - 12
Leader: Pamela Martin #2102
pamelamartininc@gmail.com

Sat. Oct. 13 - SLIDE, CORNELL, WITTENBERG LOOP

Distance: 16 mi. Ascent: 3900', Elevs: 4180', 3860', 3780'
Moderately paced, very strenuous hike & rock scrambling.
Inclement weather will cancel.
Registration Period: Oct. 8 - 11
Leader: Ira Orenstein #415 W777 & Karen Bloom #1733 W776
ksbiho@aol.com (preferred) (914) 262 5816

Sun. Oct. 14 - SHERRILL & NORTH DOME

Distance: 7 mi. Ascent: 2500', Elevs: 3540', 3610'
Challenging, bushwhack traverse with car shuttle.
Registration Period: Oct. 8 - 11
Leader: Tom Martone #2454 W1010
tom.martone.cmc@gmail.com

Sat. Oct. 20 - SUGARLOAF & PLATEAU

Distance: 8.8 mi. Ascent: 3000', Elevs: 3800', 3840'
Trail traverse with car shuttle.
Registration Period: Oct. 15 - 18
Leader: Tom Martone #2454 W1010
tom.martone.cmc@gmail.com

Sat. Oct. 20 - VAN WYCK, TABLE & PEEKAMOOSE

Distance: 10+ mi. Ascent 3700', Elevs: 3206', 3847', 3843'
Moderately paced bushwhack, trail, plane crash sites & bear holes.
Registration Period Oct. 5 - 14
Leader: Marv Freedman #2242 W951
marvfreedman@gmail.com

Sat. Oct. 20 - Devil's Path East - INDIAN HEAD, TWIN, SUGARLOAF & PLATEAU

Distance: 13.8 mi. Ascent: 4270', Elevs: 3573', 3640', 3800', 3840'
Very strenuous, often steep, moderately paced.
Registration Period: Oct 12 - 19
Leader: Sue Hall #2460 W1091
shall@catskill.net (607) 326 6245

Sun. Oct. 21 - ST. ANNE'S & WESTKILL

Distance: 7.75 mi. Ascent: 2300', Elevs: 3420', 3880'
Trail traverse with car shuttle.
Registration Period: Oct. 15 - 18
Leader: Tom Martone #2454 W1010
tom.martone.cmc@gmail.com

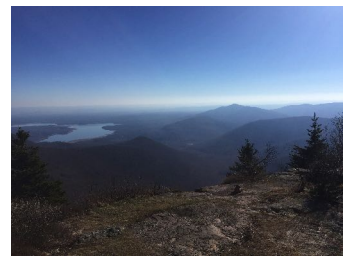
Sat. Oct 27 - WITTENBERG, CORNELL & SLIDE

Distance: 9.5 mi. Ascent: 3600', Elevs: 3780', 3860, 4180'
Moderately paced trail hike with car shuttle
Registration Period: Oct. 18 - 25
Leader: Joe Ferri #2223 W945
newpaltz33@yahoo.com, (914) 489 1582



Sun. Oct 28 - DRY BROOK RIDGE

Distance: 9.6 mi. Ascent: 2700', Elev: 3460'
Relaxed pace trail hike, bushwhack & car shuttle.
Registration Period: Oct 20 - 27
Leader: Jon #2816 & Ben Gordon #2817
jonathan.gordon@gmail.com



Sat. Nov. 3 - WINDHAM HIGH PEAK

Distance: 7 mi. Ascent: 1800', Elev: 3524'
Moderately paced hike with short yoga session at peak
Registration Period: Oct. 20 - Nov. 2
Leader: Pamela Martin #2102
pamelamartininc@gmail.com



Sat. Nov. 3 - NORTH DOME & SHERRILL

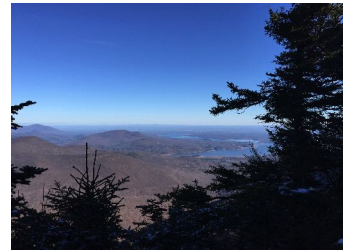
Distance: 6.5 mi. Ascent: 2500', Elevs: 3610', 3540'
Moderately paced, difficult bushwhack.
Registration Period: Oct. 25 - Nov. 1
Leader: Paul Swieton #1824 W729
swietp@gmail.com

Sat. Nov. 3 - BALSAM LAKE & GRAHAM

Distance: 9.8 mi. Ascent: 1650', Elevs: 3723', 3868'
Moderately paced bushwhack and trail hike.
Registration Period: Oct. 25 - Nov. 1
Leader: Ted Shemella #1550 W789
tshemella@yahoo.com

Sun. Nov. 4 - BALSAM CAP & FRIDAY

Distance: 7 mi. Ascent: 2200', Elevs: 3623', 3694'
Moderately quick-paced bushwhack.
Registration Period: Oct. 22 - Nov. 2
Leader: David Bunde #2269 W925
david@dgbdesign.com



Sat. Nov. 10 - FIR, BIG INDIAN, EAGLE & BALSAM

Distance: 14+ mi. Ascent: 3350', Elevs: 3620', 3700', 3600', 3600'
Moderately paced bushwhack and trail hike
Registration Period Oct. 19 - Nov. 4
Leader: Marv Freedman #2242 W951
marvfreedman@gmail.com

Sat. Nov. 10 - DOUBLETOP

Distance: 5 mi. Ascent: 1900', Elev: 3860'
Relaxed paced, bushwhack hike.
Registration Period: Nov. 5 - 9
Leader: Al Davis #2192 W1082
ad322@freeelectron.net (518)947-6407

Sun. Nov. 11 - BALSAM & EAGLE

Distance: 9 mi. Ascent: 2000', Elevs: 3600', 3600'
Moderately quick-paced trail hike.
Registration Period: Oct. 29 - Nov. 9
Leader: David Bunde #2269 W925
david@dgbdesign.com



Sun. Nov. 11 - BIG INDIAN & FIR

Distance: 10.5 mi. Ascent: 3153', Elevs: 3700', 3620'
Moderately paced bushwhack and trail hike
Registration Period: Nov. 5 - 10
Leader: Michael Bongar #2173 W997
michael@bongarbiz.com

Sun. Nov. 11 - NORTH DOME & SHERRILL

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

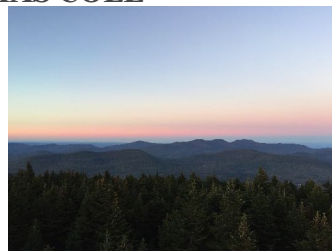
Moderately paced, difficult bushwhack.
Registration Period: Nov. 1 - 8
Leader: Joe Ferri #2223 W945
newpaltz33@yahoo.com(914) 489 1582

Sat. Nov. 17 - PANTHER

Distance: 8.0 mi. Ascent: 2394', Elev: 3720'
Visiting new lean-to and Car shuttle
Registration Period: Nov. 8 - 15
Leader: Ted Shemella #1550 W789
tshemella@yahoo.com

Sat. Nov. 24 - WINDHAM, BLACKHEAD, BLACK DOME & THOMAS COLE

Distance: 14+ mi. Ascent: 4000', Elevs: 3524', 3940', 3980', 3940'
Moderately paced & challenging hike.
Registration Period Nov. 9 - 18
Leader: Marv Freedman #2242 W951
marvfreedman@gmail.com



Sun. Nov. 25 - INDIAN HEAD & TWIN

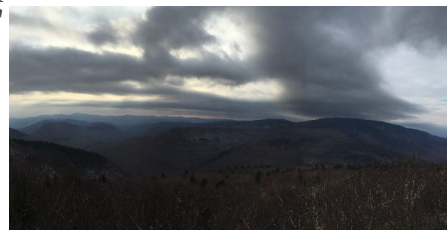
Distance: 7.2 mi. Ascent: 2200', Elevs: 3573', 3640'
Relaxed-paced trail hike.
Registration Period: Nov. 18 - 23
Leader: Al Davis #2192 W1082
ad322@freeelectron.net (518)947-6407

Sat. Dec. 8 - WINDHAM HIGH PEAK

Distance: 7 mi. Ascent: 1800', Elev: 3524'
Relaxed-paced trail hike.
Registration Period: Dec. 2 - 7
Leader: Al Davis #2192 W1082
ad322@freeelectron.net (518)947-6407

Sat. Dec. 15 - RUSK, E. RUSK, HUNTER & S.W. HUNTER

Distance: 12.5 mi. Ascent: 3150', Elevs: 3680', 3640', 4040', 3740'
Moderately paced bushwhack and trail hike.
Registration Period: Dec. 6 - 13
Leader: Joe Ferri #2223 W945
newpaltz33@yahoo.com (914) 489 1582



Sat. Dec. 15 - BALSAM CAP & FRIDAY

Distance: 7 mi. Ascent: 2200', Elev: 3623', 3694'
Moderately quick-paced bushwhack.
Registration Period: Dec. 3 - 14
Leader: David Bunde #2269 W925 david@dgbdesign.com

Sat. Dec. 15 - SLIDE

Distance: 7.7 mi. Ascent: 1750', Elev: 4180'
Scenic and historic Curtis Ormsbee trail hike.
Registration Period: Dec. 6 - 13
Leader: Ted Shemella #1550 W789
tshemella@yahoo.com

Sat. Dec. 22 – KAATERSKILL HIGH PEAK

Distance: 7+ mi. Ascent: 1755', Elev: 3655'
Moderate pace & 2 plane crash sites.
Registration Period Dec. 7 - 16
Leader: Marv Freedman #2242 W951
marvfreedman@gmail.com



Wed. Dec. 26 - ROCKY & LONE (Weekday)

Distance: 10.3 mi. Ascent: 2678', Elevs: 3508', 3721'
Moderately paced bushwhack and trail hike.
Registration Period: Dec. 17 - 24
Leader: Michael Bongar #2173 W997
michael@bongarbiz.com

All photos used in this section are by Yana Levchinsky-Grimmond, except for the photo accompanying October 6th Balsam Lake, Graham and Doubletop hike (photo by Kristen Taylor) and the photos accompanying October 14th Sherrill and North Dome and November 11th Balsam and Eagle hikes (photos by Rob Stewart).



Blackhead Range from Big Hollow. Photo by Linda Kukol

NEW MEMBERS:

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

New Lifetime Members:

1944 Tonda Highley
 2604 Monica Bethencourt
 Asp. Alan Gover

New Winter Members

W1193 William D'Angelo - 2095 3/19/2018 Friday

New Members

2943	Ron Johnson	5/1/2018	Slide
2944	Christine M Gerber	5/2/2018	Twin
2945	Hiroyuki Nishide	4/22/2018	Rocky
2946	Yukiko Nishide	4/22/2018	Rocky
2947	Jason Kinosh	5/18/2018	Balsam Cap
2948	Melvin Cooksey	5/20/2018	Kaaterskill
2949	Sean Iannucci	5/21/2018	Wittenberg
2950	Kristen Pratt	5/26/2018	Sherrill
2951	Daniel G Coughlin, Jr	5/26/2018	Kaaterskill
2952	Thomas Mercadante	5/29/2018	Kaaterskill
2953	Bill White	6/2/2018	Balsam Lake
2954	Matthew Dunham	2/24/2018	Panther
2955	Andrew Converse	5/21/2018	Balsam Cap
2956	Jonathan Bartlett	6/2/2018	Kaaterskill

2957	James E Graham	6/10/2018	Blackhead
2958	Brandon Maxwell	5/12/2018	Balsam
2959	Christina Belardo	6/16/2018	Big Indian
2960	Gardiner S Barone	6/17/2018	Wittenberg
2961	Gabriel Freiberg	6/23/2018	Windham
2962	Emma DeRosa	6/23/2018	North Dome
2963	Adam Zaranko	6/23/2018	Halcott
2964	Richard Erickson	6/26/2018	Sherrill
2965	David Lukes	6/23/2018	Doubletop
2966	Richard M Alessi	4/21/2018	Friday
2967	Rick Molongoski	7/8/2018	Rocky
2968	Venus Webb	7/8/2018	Rocky
2969	Steven Yeoum Hwa Sun	7/22/2018	Blackhead
2970	Matthew Donofrio	7/21/2018	Kaaterskill
2971	Gabrielle Sachse-Skidd	7/21/2018	Kaaterskill
2972	Alison Bach	11/17/2017	West Kill
2973	Chase Budell	11/17/2017	West Kill
2974	Peter Breitfeld	5/6/2018	Cornell
2975	Nancy Botting	7/18/2018	Kaaterskill
2976	Alex Kim	7/29/2018	Fir
2977	Emily Russo	10/21/2017	Eagle
2978	Christopher Russo	10/21/2017	Eagle
2979	Mary Windels	8/11/2018	Balsam Cap
2980	Kevin Windels	8/11/2018	Balsam Cap
2981	Stephen Aschkenes	8/26/2018	Panther
2982	Justin King	8/25/2018	Panther
2983	Warren Wilhide	8/25/2018	Blackhead
2984	Brian Shultis	8/18/2018	Plateau

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All material contained herein is copyrighted by the authors or by the Club.
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Previous issues can be downloaded [here](#).

DUES NEWS

Members and Aspirants

Dues for calendar year 2018 are now past due, if you have not already renewed. 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 Mike Dwyer to confirm your status. Forms and rates are on the [membership page](#) of the 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.



View from Lone towards Ashokan High Point and Little Rocky Mountain
Photo by Stash Rusin

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You are receiving this email as a benefit of being a member/aspirant in good standing of the Catskill 3500 Club .

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