

The Catskill Canister
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View from Twin. Photo by Jason Pelton, #3013 W1211

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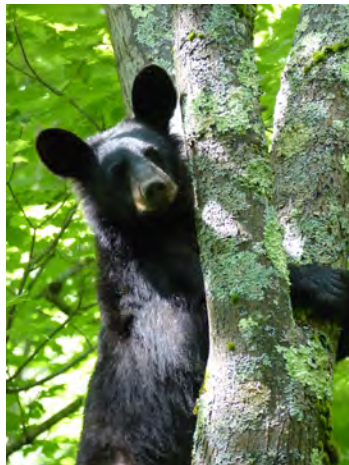
Spathe and Spadix

The President's Column by Heather Rolland

When the Catskill 3500 Club was created, our mission – to promote hiking the high peaks of the Catskills, to promote social interaction among Catskill high peak hikers, and to support conservation of these places – filled a void. In a world with no internet and thus no social media, helping hikers connect with each other was a valued and needed service. Because if there's one thing I've learned in my decade or so of involvement with this club, it's that the only thing hikers enjoy more than hiking is talking about hiking! Sharing war stories, trading bushwhack routes, and waxing euphoric about views... hikers, it would seem to me, love the replay with the like-minded as much as they love the adventure itself.

But things have changed, and now that camaraderie is available in spades via social media. Leave No Trace is a national not-for-profit environmental organization on the frontlines of dealing with the good, the bad, and the ugly of managing the immense current upsurge in popularity of hiking and outdoor recreation. This organization is the well-accepted leader in figuring out how large numbers of people can enjoy the tight quarters of popular places from national parks to the Blue Hole. Leave No Trace recently released an exciting set of new guidelines regarding the role of social media, and how to leave no trace when you post.

Social media has gotten a bad name among some folks, seen as a hotbed of mundane and inconsequential preening and strutting. But here's why I find Leave No Trace's new guidelines positively exciting: they are a recognition of the role social media posts have in degrading and damaging natural areas. A viral post might be as damaging as an illegal fire. Perhaps even more damaging than a pile of litter. LNT has recognized that social media can be a real problem. That's exciting because when we acknowledge a problem, we open up the possibility for addressing it.



LNT's new social media guidelines can be found in detail on their [website](#). Here's the reader's digest version:

- Don't tag places with specific location information. Ask yourself "would this place be the same if 100 people were here with me? How about 1000?" Tagging a specific location can have unintended consequences. Be vague and general (Catskill Forest Preserve is one tag I use, Catskill 3500 Club is another) and don't geotag at all.
- Consider what your photo shows – if it shows people engaged in illegal or unethical behavior, don't post it. Post photos that show hikers making safe and wise choices, like wearing or using appropriate gear or clothing, and NOT trespassing or ignoring regulations.
- Promote good stewardship by getting involved – with our own 3500 Club efforts or with others. Post photos of volunteers taking care of wild places, not simply selfie-ing in them.
- And use your posts as a way to promote ethical outdoorspersonship: remind folks to leave no trace in every way.

Want to go a little deeper? Ask yourself with every photo "Why am I posting this? Who is this for? What am I trying to say or accomplish by posting this photo?" And the hardest question of all for those of us that love to share photos on social media – "would I enjoy my experience just as much if I didn't post a single photo?" Which is the experience you enjoy – the hike? Or the social media attention after the fact? It's ok to admit to enjoying both! Seeking like-minded souls with whom you share your accomplishments – well, that's what the Club was created to do! The fact that many of us do it on social media is not a condemnation of social media, nor is it a character flaw. It's just a natural human desire to share our experience.

For some people, licensed guides, among others, posting enticing views and scenes on social media is critical to generating clients. Doing so in a way that protects the natural places from overuse is a fine line to walk, but it is possible to refrain from geotagging and advertising specific places, while still promoting guiding services or other commercial efforts.

Some examples of Instagram accounts that do a nice job of following these guidelines while also posting gorgeous content? Check out [@newyorktrails](#). Most of the posts are accompanied by a caption that begins "If

this post has inspired you to get out there and see it yourself, great!" and goes on to outline important LNT guidelines. Local hiker @wanderingdamsel also does a lovely job of posting dramatic Catskill landscapes that speak for themselves... with no geotagging and no captions. By leaving those words out, she challenges the viewer to simply be with the image and enjoy the beauty. She elevates the hiker snapshot to fine art while adhering to LNT guidelines.

But I'm not out to spoil all your social media fun – no way! There are loads of small businesses across the Catskills that would be delighted to share in the social media love! Did you stop for ice cream? Grab a souvenir someplace? Tag away! After your hike, geotag your dinner location. Do those check ins (you can wait until you're back home if you prefer), photograph the food, the beer, the company, the logo, the menu, and your awesome hiker pals... and trust that you will have positive impact by doing so. While wild places might not be able to handle an increase in traffic, many local businesses would be thrilled to receive such a boost.

Hike safely, and see you at the annual dinner!



View off Peekamoose facing east. Photo by Stash Rusin, #2829

Trail Mix: News and Notes from the Club



2018 Club-sponsored hikes in review



Our Catskill 3500 Club Hike Leaders are the backbone of our club. Hike leaders help make sure our members stay together and stay safe on our group hikes. 2018 was another successful year for the club in terms of the number of organized hikes and member participation. Thank you to our leaders, dedicating time, effort and energy. The club had sponsored a total of 135 hikes/events, with the number of participating hikers (including the leaders) being 858.

By: Bill Winterbottom, Outings Chair and Leadership Development

Winter Preparedness class recap



For the past several years, Tom and Laurie Rankin have lead a "Winter Preparedness" Class. The Rankins lead hikes for the club year round and have done the Winter 35 multiple times. This year, the class was held at Morgan Outdoors, an outfitter in Livingston Manor. The weather called for freezing rain, so the number of participants was lower than planned, but that just meant more snacks for the people who showed up. (As it turned out, the temperature never dropped down to freezing, so the roads were just wet). In addition to Tom and Laurie, NYS DEC Forest Rangers Howard Kreft and Callee Baker were on hand and offered their perspectives on Winter Hiking.

The class is geared towards beginner and novice hikers who want to complete the Winter requirements for the Club, or go on to complete the Winter 35. The attendees learned about fitness, logistics, gear, nutrition, and heard numerous hints and tips that Tom and Laurie have learned over many years of Winter Hiking, some of them the hard way! The participants asked a lot of questions and Tom and Laurie both reported that

they learned a few things too, especially from the Rangers. The Club thanks these dedicated public servants for showing up on a cold and rainy Saturday night to assist with the class. And thanks to Lisa Lyons, owner of Morgan Outdoors, for providing the venue free of charge, and promoting the event.

By: Tom Rankin #1503 W627

Save the date for Trail Maintenance and Adopt-the-Highway events!



ADOPT-A-HIGHWAY CLEAN-UP

Join us on Sunday, May 5th, 2019 for the Route 214 clean up. Bring work gloves and a great attitude – all else will be provided, including refreshments afterward. Your participation helps the Club, the environment, and keeps the Catskills beautiful!

PEEKAMOOSE-TABLE TRAIL MAINTENANCE

Join us for our club trail maintenance outing on Sunday, May 26th, 2019. Please help us keep the Peekamoose-Table Trail clear and safe for the enjoyment of all. Bring work gloves and your favorite trail maintenance tools (the Club will also have tools available). It's fun work and a great way to help the Club and the hiking community. Refreshments will be provided afterwards. Please be sure to sign up so we know who's coming. We still need extra hands!

See the schedule listing below for the registration information.

By: Lourdes Sonera, Trail Maintenance Chair

Dues News



Dues for calendar year 2019 are now due. 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 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.

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

Ongoing generosity



We have again this year received significant donations from groups in NY SanSaram totaling \$550, many by individuals who are already Life Members. In addition, another Life Member has donated a second \$300 with her winter application. These funds, and a portion of the annual dues paid by members who accept the electronic *Canister*, are put to good use (see the update from the Treasurer below).

By: Dave White, Membership Chair

New York-New Jersey Trail Conference Summit Steward Program



We have heard from the New York-New Jersey Trail Conference that they intend to run their Summit Steward Program in the Catskills again this year. For the past few years, from May until October, they have (with financial support from our club, among others) placed stewards at some of the high peaks locations which are experiencing the heaviest usage by hikers, in order to curtail misuse, promote proper wilderness behavior on the trails, and conduct and oversee clean-ups.

This year, the TC, in order to broaden the reach of the program and increase steward presence at the various locations, will be seeking volunteers to assist with this work. The official announcement with the dates and

details of this year's program will be posted on their page under the [volunteering opportunities](#). Stay tuned for further info if you might be interested in joining the effort and we'll make an announcement on our club [Facebook page](#) when we have more details.

By: Richard Barr, NY-NJ TC Representative

Update from the Treasurer

The club ended 2018 with a very healthy \$32,798.44 in our bank account. Given that the club is trying to expand its outreach and donations, the club continues to be on the receiving side of many generous members. In 2018, the club received a total of \$8167 worth of donations. Some were substantial donations but many of it is from folks that add a few extra dollars appended to dues. To this the club is forever thankful for your generosity. None of this would be possible without your support. Some of the organizations our club has donated to last year are the summit steward program with the NYNJTC, as well as continued support of the ADK pro trail crew and the CCCD and the Catskill Heritage Alliance. In 2019, we hope to continue to support the local trails and donate to more worthy causes.

By: Jay Hui, Treasurer

Save the date: Wilderness First Aid Course

The Catskill 3500 Club will be running its annual Wilderness First Aid Course (SOLO Certified) this spring on Saturday and Sunday, May 4th and 5th, at the Catskill Center in Arkville (8:30 a.m. – 5:00 p.m. both days). This is a valuable course for both hike leaders and regular hikers and we are lucky that John Kascenska can instruct again. You can see his considerable experience at <http://www.kamountainguides.com/about.html>.

This two-day course includes a combination of lectures and hands-on, practical wilderness first aid simulations. More information on what the class involves can be found [here](#) as well as on the [Club site](#).

The fee for the training course is \$175 per person. Participants completing the course will receive SOLO certifications in WFA, as well as Adult & Child CPR.

For those considering leading for the club, we are offering an incentive: 75% of the class costs will be refundable after you have been approved for leading and have led 4 hikes in 2 years. Please contact [Maria Bedo-Calhoun](#) for further information or to register.

By: Maria Bedo-Calhoun, First Vice President



View off the southeastern shoulder of Indian Head. Photo by Rob Stewart, #2186 W1036

2019 Winter Weekend Recap

Text by: Jim Gebhard, Winter Weekend Chair and Maria Bedo-Calhoun, 1st Vice President



Our 2019 Winter Weekend was held this year at the Catskill Seasons Inn in Shandaken, New York. This was a change from our previous years outings at The Alpine Inn. Due to the sad passing of Edna Griesser, "matriarch of The Inn," the Inn had to be shuttered and is set to be sold. Edna had done much to help the 3500 Club on our past adventures and we will miss her.

However, the Catskill Seasons Inn, under owner David Moller, did everything he could to see that "WE THE HIKERS" were fed, housed, and comfortable in these our new settings. He had options for some rooms that were even less expensive than in prior years. Our hikers felt the atmosphere at the bar, in the restaurant and in their rooms were pleasant. The Inn's close location to our scheduled hikes was very convenient. Many felt that the food was quite tasty and the beverage selections were great...although, they did run out (much too soon) on the local brews during our happy hour re-hydration session. And, we had a bonfire outside...two members have already volunteered service on the s'mores committee for next year.

The service and response to requests were met in a timely manner by both David and Josie, his assistant. Yana gave me an example on this point..."at the dinner service the chicken came out first and some schnitzel people had to wait a really long time to get theirs. This should definitely be improved. Having said this, the food was delicious and they offered a drink to each person that had to wait for their schnitzel. Cheers."

We sold out all the rooms, dinner as well. Happy Hour was jumping and, I almost forgot, every one of our ten hikes were booked and safely completed with over 100 hikers participating in the outdoor adventures.



Photos from the Club-lead hike over to Sugarloaf (Left - photo by Ion Dulca pictured (L to R): Mary Lou Recor, Jess Prekel, Kathryn Park, David Bunde; Right - photo by Jess Prekel)



Five of the Club's former presidents, as well as the current president were in attendance at the dinner. From L-R: Geoff Hoderath, Tom Rankin, Heather Rolland, Connie Scitutto, Jeff Glans, Joe Bogardus. Photo by Jim Bouton.

A Road Less Traveled...The Catskill 200

Text and Photos by: James Hopson, #1813 W782

The Second Hundred. There was a certain inevitability in putting these mountains on yet another bucket list. The summits that measure between 2480 and 2975 feet make up the Catskills' second hundred highest peaks and as such, became my next hiking goal.

I was bitten, hard, by the Catskill love-bug after my first visit to the Blackhead Range in 2007. Weekly visits became the norm...until the 35 high summits (winter included), then the 100 highest, were successfully put "in the bag."

I don't need to reiterate, to the Canister readers, the draw the Catskills have for those who love them. The

steep-craggy eastern spires, the hazy ridges, and the long plateaus all pull at the heartstrings and make the Cats, what one friend described, as my "go-to mountains." After completion of the top 100, I needed a new "list."

Once I obtained the elusive 200 highest register, I was on a single-minded mission to locate, obtain permission for, and finally ascend these unfrequented acres of elevation. I was looking to continue the adventures started on the 35 and 100 highest...more plateaus, more sandstone ledges, more rock walls...but via lower climbs.

What I was not expecting were the real challenges of the Catskill 200: struggling through miles of sharp, eye-high berry briars, and calling on a seemingly endless roster of unsuspecting property owners for their kind permission to access their private lands for my mountain indulgence.

Aside from those arduous drawbacks, the second hundred have been delightful. And yes, there are climbing challenges. After struggling up 2885 foot Samuels Point from Traver Hollow in 3 feet of fresh snow, hiking buddy Jim Spinner said it was "the toughest climbing I've done." My first route up 2500 foot Ticeteneck was a nasty battle with woody tendrils of Mountain Laurel, and the ascent of 2883 foot South Sherrill was also a steep go.



View from Cabot Mt. looking at Little Pond with Mongaup and Beech Mountains on horizon

But for all the challenges there were also many locations of unspoiled and perfect beauty. Hidden high meadows, miles of rock walls, and cave-like rock grottos abound. The vistas from the summits of Ticeteneck and Samuels Point, or from various openings on 2500 foot "Bedell," 2568 foot Breath Hill, 2640 foot "Scutt," and from the now trailed summit of 2817 foot Bramley Mountain...are all superb. Add to those gems, the now logged slopes of 2660 foot High Knob in the northeastern Cats, for what is arguably the nicest view of the northern escarpment, and I would be remiss in leaving out the spectacular lookouts on Huckleberry Point and Mount Tremper, which most readers of this summary have already summited.

As my friend Shawn Puzio helped me conclude this journey in December on Cabot and Touchmenot Mountains, I couldn't help but look back with a sense of regret. With the hidden treasures of lost bogs, rustic rock walls, and remote summits now in the rear view mirror, my sights will have to be set for a new, as yet undefined, Catskill horizon. What lies beyond that next ridge?



Shawn Puzio (left) and Jim Hopson at summit of Touchmenot Mt. completion of Jim's 200

Note: Summit names in quotations are provisional, unofficial designations for peaks which are not currently marked on maps. Privately owned peaks have deliberately been omitted from this account.

Camping with Children

Text and Photo by: David Alan Lane

You may be thinking about bringing your child(ren) camping overnight or even a week-long adventure and you have concerns and apprehensions. I recommend that you allow and encourage them to go. You won't regret the decision and by arming yourself with information and activities, it can be a life changing and enriching experience as you explore the world together.

My counsel would be to go for it, as it could be an amazing and life changing experience for yourselves and the child(ren). Here's some suggestions I've thought of to get your children ready for and keep them happy and engaged while out in the woods.

☆ Be aware that it can be scary and there's a lot of unknowns involved in getting out and camping and it's important to address your children's fears and apprehension in a positive and encouraging manner. Discuss them without making fun of them and then do your best to dispel their fears with reason. Share how you overcame your fears and offer encouragement for every act of bravery in facing and overcoming their fears.

☆ Model good behavior and be a good and responsible model for Leave No Trace LNT by not littering, picking up trash and leaving things better than when you found them. Your children will learn to model their actions on yours, so be that good role model for your children and others who are watching. Your children do pay attention and will imitate you, whether for good or bad. The choice is yours.

☆ Take the kids out camping to get them outside and away from video games and television. Let your toddlers play in the grass and get used to fresh air, the sounds and smells of nature with plenty of supervision and interaction. Chase and watch butterflies and fireflies together! Look at the stars on a beautiful night! Lie on the ground and find incredible figures in the clouds up in the sky! Let your inner child come out and play!

The sooner you introduce them to the great outdoors, it will feel like home and not seem so strange or scary as they get older.

☆ Take age appropriate classes together like first aid, compass reading, map reading and navigation classes, beginner camping and backpacking classes at places like REI. Take adventure trips at your local parks to learn about bugs, plants, animals and geology.

☆ Start by taking your kids on fun day hikes and get them interested in nature and hiking in general. Start with



a single overnight camping trip and increase the length and difficulty level as time goes by. Get them used to carrying their own gear and slowly build up the weight that they carry on the camping trip.

☆ You may be on a schedule but learn your child's pace and don't push them too hard or they will cease to have fun, and you will too as a result. Stop for frequent breaks to smell the roses and examine the bugs on the way to the campsite. Remember that you are hiking THEIR hike and will be answering a gazillion questions about everything under the sun or moon so pack your patience! (The more you know, the more you can teach them!)

☆ Get apps or lightweight books about how to identify plants, animals, geology and constellations. Make everything a learning experience and make games of identification of these things to make camping fun and engaging for them. The more involved and invested you and your child(ren) are, the more you will all enjoy the trek. Make your own bingo cards and have them marked with animals, plants, insects and such, then when they spot something on their bingo cards they can call it out, identify it for the others and mark that spot off on their bingo card. Offer fun prizes for the winners to make it exciting!

☆ I suggest that you equip yourselves and your children with some form of mp3 players and then buy or borrow audio books online or from your local library. Together pick and listen to the same book, and then discuss them together to challenge and sharpen their intellect and keep their minds growing.

☆ Someone reminded me that geocaching is a fun diversion to participate in along the way as a form of "treasure hunting" as they have to use navigation skills, and solve clues to find the treasure! Just remember to replace the treasure with something for the next treasure hunter to discover!

☆ Ask thru-hikers and other experienced hikers and campers to share stories about their positive experiences. Most of us are happy to do so. The hard thing sometimes is to get us to stop!

☆ As soon as they can write have them start journaling their adventures and drawing pictures about what they have seen and experienced.

There are many ways to keep them interested and engaged so that they will enjoy their time with you. By taking your child(ren) on a day, weekend or long-distance camping trip, you are giving your children the best gift a parent could give their children - the gift of quality time with you and a love of the outdoors. These are the memories that will last a lifetime!

I could picture you taking your kids to the section of the mountains to stay in the Devil's Kitchen, Mink Hollow or the Terrace Mountain shelters and maybe be adventurous enough to climb one of the firetowers to enjoy the magnificent views afforded by the effort.

Your kids will learn important life lessons and meet great people and that will positively improve them from that point on. Even better, they may take up the camping and hiking lifestyle as a hobby, which will help keep them happy and healthy for the rest of their lives. People who love nature will be more likely to seek its protection.

Taking your kids camping and hiking is one of the things that makes you an awesome parent! Hike on!



Awakening woods in the mist along Roaring Brook. Photos by John Fellows, #2153 W882

Did you know? The Catskill Adventure Patch

Text by: Yana Levchinsky-Grimmond

You may already be aware of a number of hiking challenges that have popped up recently all over the Adirondacks that are family friendly and are perfect for young explorers, but did you know that DEC has a Catskills-themed hiking challenge designed specifically for families with children?



The requirements for the "Catskill Adventure" challenge are outlined on the [DEC site](#), and upon the completion one can receive this handsome patch! The challenge lists 22 adventures of various difficulty levels across the Green, Ulster, Sullivan and Delaware counties of the park and one needs to complete only 6 outings to earn the patch. Some of the hikes include everyone's favorites such as Giant Ledge, Diamond Notch Falls, Rochester Hollow, Overlook Mountain, Balsam Lake Mountain, Frick Pond and many others. Besides hiking, optional adventure on the Ontario Lake also includes paddling.

What a great way to spark an interest in your little one(s) in the outdoors, and in pursuing bigger hiking adventures!

Photo by: Jason Pelton #3013 W1211, the patch is courtesy of his 4-year old daughter Luna Pelton



Red eft. Photo by Stefan Lisowski, #2305

Catskill Park Day 2019

Text and photo by: Stash Rusin, #2829

Catskill Park Day is an annual event where Catskill lovers like me go to the state capital to explain to law makers why the state should allocate money from the state budget into the Catskill Park. This year Catskill Park Day was held on February 5, 2019 and focused on preservation. There is no doubt that the Catskills are receiving more and more visitation. While there are valid concerns about this increase – littering, damage, and overuse of trails, it's also a good thing. More tourism may lead to more jobs within the park.

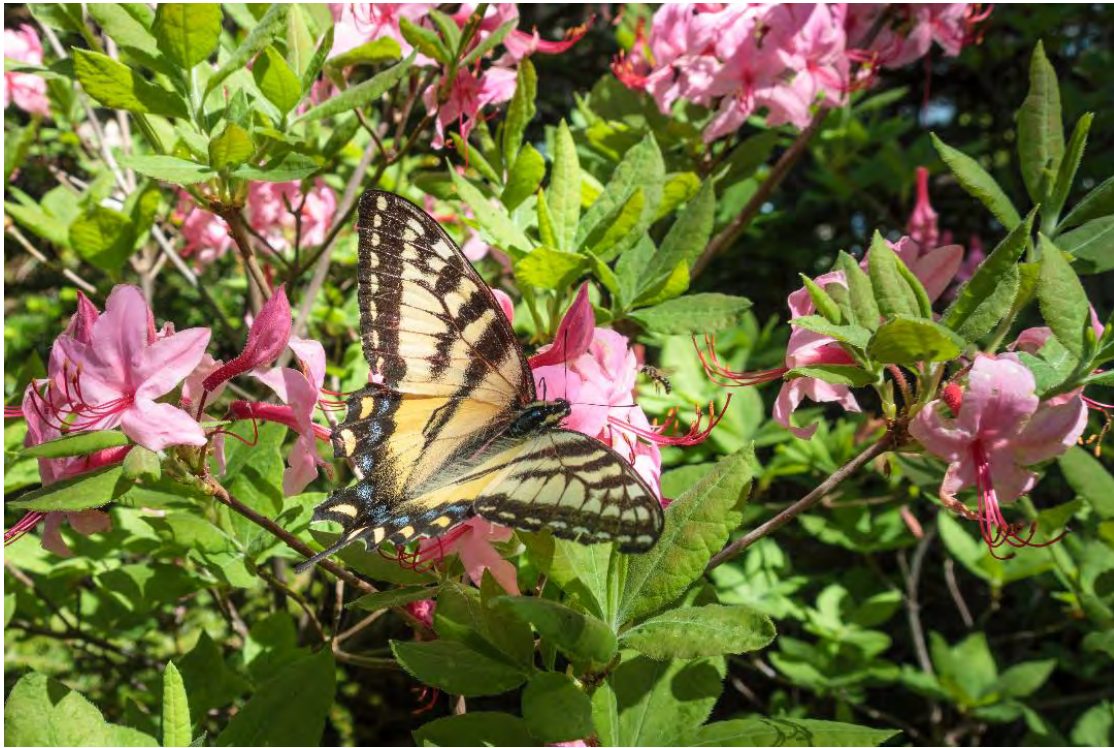
After the fall of the Borscht Belt back in the late 1960's, the Catskills saw a massive decline in tourism. Catskills villages were once thriving. Now, over 40 years later, with the help of social media, the Catskills are on the upswing with tourism and some areas are starting to show real recovery. However, increased tourism requires increased monitoring and maintenance.

One of the biggest requests in the Catskill Park Day package this year was for funding to support Catskill Park stewardship, education, improvements and infrastructure maintenance by the Department of Environmental Conservation. Those are very important for the preservation of our park. From more forest rangers to more stewards educating tourists at the popular places like Kaaterskill Falls, Giant Ledge and Overlook Mountain, to maintaining trails, restoring lean-tos and creating new parking lots, these new additions will help to mitigate the challenges that increased visitation brings.

Social media plays a major role in the increase of tourism. Adventurers see a picture of an amazing view or waterfall, find out where it is, then attempt to visit these areas with very little, if any, information about their destination. They might not know that their location is in the middle of nowhere and that there are only certain areas to park. They may not realize that they can't (or shouldn't) throw their trash to the side of the road or trail. The addition of more stewards, rangers, and foresters means a boost in teaching these tourists what to do when they get there. Hiking basics, including trail etiquette and Leave No Trace guidelines, can make a big difference in keeping the Catskill Park clean and wild. All of this together will help preserve our great and beloved Catskills.



Note from the Club: The Catskill Park Coalition is a group of Catskill-based organizations united in the effort to secure adequate funding for projects and improvements in the Catskill region. The Coalition was created by the Catskill Center for Conservation and Development and Catskill Mountainkeeper in 2013. With the might of approximately 30 member organizations, including the Catskill 3500 Club, the Coalition advocates for crucial cash from the state budget each year. The Coalition has an impressive record - many of the new parking areas and trails (Overlook and Jessup Road are two that spring to mind) were able to be created due to funding secured by the Coalition. For more information, [click here](#).



Butterfly and azaleas in bloom near the summit of Wittenberg. Photo by Sonja Rossi # 3023

A Year Spent Climbing

Photo and Text by: Sarah Lamond, #3032

I have always thought of the Catskills as a sacred, almost magical place. Growing up, my dad would take my brother and me to Cherry Ridge Wild Forest every year for our annual camping trip. As a kid, the woods seemed mystical, indefinitely expansive, terrifying, and alluring. I couldn't not think about it for weeks in advance, packing and preparing all of my clothing (dad took care of pretty much everything else), imagining how much wood we would collect for our fire, fantasizing about scrambling up the sides of hills. I was mesmerized for over a decade by just that one small area off of Russell Brook Road, and I never thought to expand my horizons beyond that, because, well, why did I need to?

And then I bought a National Geographic map of the Catskill Park. When I opened it for the first time and saw little Trout Pond and Mud Pond, with their relatively flat terrain, as a tiny network of trails in the lower left corner of an otherwise huge expanse of exploratory potential, I felt humbled. All of the trails and mountains and waterfalls on this map were taunting me, begging me to come find them, to come see them as more than just black dashed lines on a waterproof, tear-resistant page.

I don't remember how I first learned of the Catskill 3500 Club, but I remember thinking that it was a feat beyond my level of determination, patience and stamina. It sounded cool. It sounded like something I'd want to do if I was a more ambitious person. But deciding that I'm not, I started to explore my map in places like Acra Point, Overlook and Echo Lake. In June of 2015, my best friend Eric and I decided to go on a brief "tour of the Catskills," as I like to call it. Our intended path of travel was to hike the Escarpment Trail from Elm Ridge all the way down to North-South Lake Campground over the course of three days. Then, we'd head to Overlook, stay at Echo Lake, and then hang out at Devil's Kitchen lean-to before heading out of the woods at Platte Clove.

That was our *intended* path of travel. After summiting Windham High Peak on day one, however, we were beat, and decided to circumvent Blackhead and virtually the entire Escarpment trail thereafter by hiking out past Batavia Kill, and driving straight to North-South Lake Campground for a more relaxed day. That was my first 3500 peak.

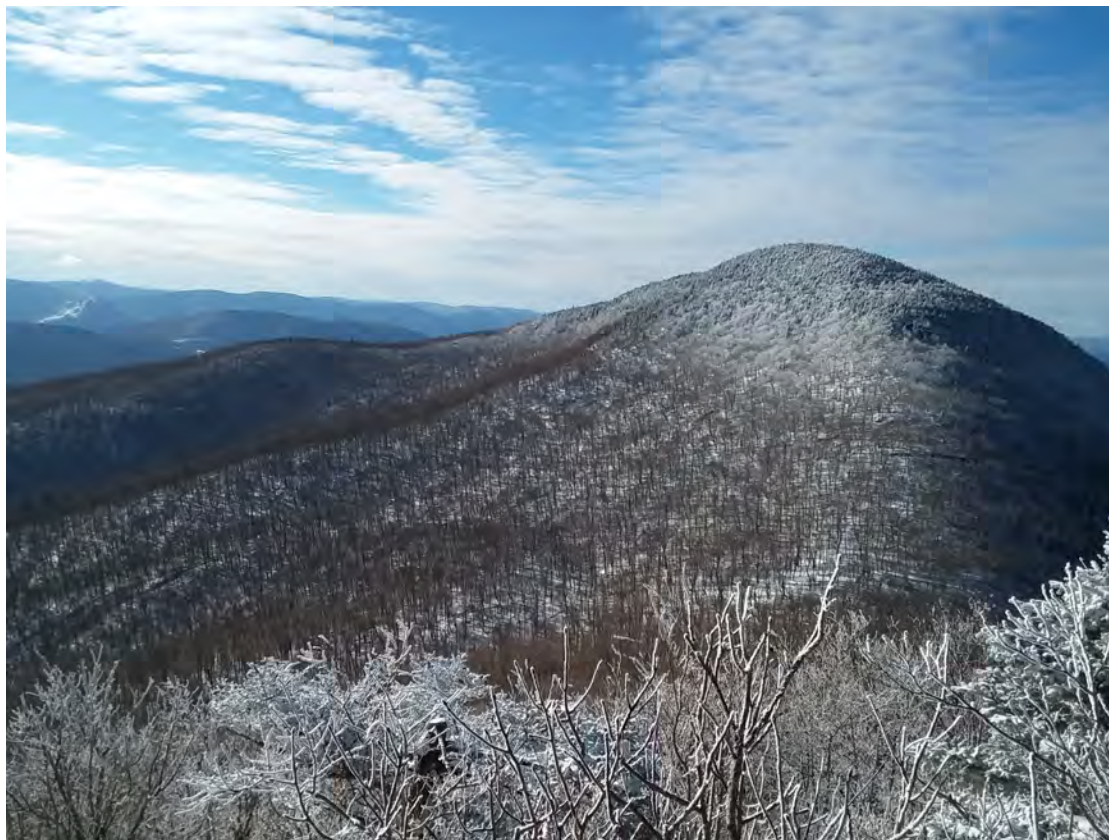
I hiked the Acra Point loop in December 2017, and I remember staring at Blackhead range as my hiking companions and I gave a champagne toast for one of their birthdays. I recall reading somewhere that this was a difficult climb, and a hiker needs to be in pretty decent shape to complete it. I set this as my next hiking goal.

After I did that one, I set Slide-Cornell-Wittenberg as my next goal. And after that, Bearpen and Vly. And soon enough, the number 35 dropped into the twenties, and then the teens. In July, Merylle (#3033) and I conquered Devil's Path, and in September, we set a personal record of four peaks in a day (Doubletop, Big Indian, Fir and Eagle).

The year 2018 has been especially difficult for me; I have lost more than a fair share of loved ones in a year, and I am experiencing a one-third/mid-life/identity crisis of sorts. The Catskill peaks have given me a focus and an escape. Attaining them has taught me how resilient I am. Driving west on Route 28 at dawn for the millionth time has shown me that I *am* determined when I want to be, and that it's easier to look at a huge challenge as a series of small challenges, both on the trail and off.

After I attained all 35 peaks, I waited for winter to approach, and I planned my remaining four climbs deliberately. It would be uncharacteristic of me not to allow myself a dramatic, romantic ultimate conquest. And so, after climbing many of the peaks with Merylle, we agreed to climb our final one together as well. The last peak: Blackhead – that monster in the distance looking out from Acra Point, where this all started.

Happy Trails!



View from Sarah's 39th peak, Blackhead, looking at Black Dome

Remembering Father Ray Donahue (#23 W1)

Father Ray Donahue passed away shortly before the Winter edition of the newsletter went to print. He was charter member #23 and winter #1 and served as the President of the 3500 Club (1969-1970), as well as the Chair of Conservation through 1994. He created the original list of 98 Catskill peaks over 3000' (first published in 1975).

In the last issue, we asked for member input with the memory submissions.

Laurie Rankin (#1337 W531) recalls: A man with a perpetual smiling and always moving. My Dad was the Observer at Balsam Lake Fire Tower at the time the 3500 Club was formed and as a founding member, Father Donahue was always out hiking. A tall man, he would glide out of the woods, greet my Dad, briefly enjoy the view from the tower and disappear, all in just moments. My Dad said he had already been to Doubletop and Graham, stopped at the tower then was headed back across the ridge to Margaretville. A quick hike of about 20 miles.

Mary Sive (#595 W234) wrote: Ray Donohue was as well-known and appreciated in the hiking community as in the Albany Episcopal Diocese and in Delaware County. Not many people have as many friends and admirers in as many different places as did Father Ray. His congregations in Downsville and Margaretville may have been tiny, but I am certain that his sermons were worth listening to and reflected a worldview that was all-encompassing. In retirement, Ray took a milking course at Cornell Cooperative Extension, and

worked at a farm for several years. Having only seen him in jeans and a work shirt in those years, I find it difficult to imagine him in vestments, but someone who occasionally attended his services confirms that he made everyone present feel welcomed and loved and that his sermons reflected a deep understanding of the Christian faith and the place of faith in one's daily life. He lived out the Gospel in his own life. His faith was clearly connected to his sincere interest in meeting new people and making friends. He showed no partiality, looking for the opportunity to join in goodwill and love with others wherever it might be found. There was not a topic or a person not of interest to him, and his love extended to all of humanity and all of our natural world.

Marty Cohen (#728 W330) recalled how back in 2005, when Marty was an editor of the Canister, he was approached by Father Ray with a treasure trove of files from the early days of the Club. Bill Spangenberg had designated Father Ray as the safe keeper of his files on the beginnings of the Club when he was moving from his house in Woodstock. Father Ray indicated that these files were "more valuable than anything he had."

Editor's note: these files have been preserved with the Club's archivist, Jeff Glans.

Dave White (Member Chair) was delighted to uncover Father Ray's tally sheet that was submitted to the Club as part of his membership application. We apologize for the less than optimal resolution but we thought that readers will appreciate seeing it for a number of reasons.

Climbs of Father P. L. Donahue
 on
 the Catskill Peaks over 3500 feet

23

SUMMER PEAKS (Red underlining indicates the signing of the register on trailless peaks.)

Nov 5, '65

1. Slide Summer '56; Aug. 26, '59; Aug 16, '61; Aug 17, '62; Aug 14, '63; Aug 4, '64; July 26, '65; Aug 9, '65; Oct 23, '65
2. Hunter Oct 17, '55; July 4, '58; June 15, '65; Sept 5, '65
3. Black Dome Aug 31, '63; Sept 6, '65
4. Thomas Cole Aug 31, '63; Sept. 6, '65
5. Blackhead Aug 4, '65; Oct 16, '65
6. Westkill June 26, '65
7. Doubstop Sept. 16, '63; Sept 4, '65
8. Graham Sept. 16, '63; Sept 4, '65
9. Cornell Summer '56; Aug 16, '61; Aug 17, '62; Aug 14, '63; Aug 4, '64; Aug 9, '65; Sept. 25, '65
10. ile Sept 18, '65
11. Beekamoose Sept. 18, '65
12. Plateau Aug 31, '63
13. Sugarloaf Summer 1959; Sept. 3, '63
14. Wittenberg Summer 1956; Aug 15, '61; Aug 16, '62; Aug 13, '63; Aug 4, '64; Aug 9, '65; Sept. 25, '65
15. Balsam Lake Sept 3, '56; Sept 15, '63; Apr. 27, '64; Nov 6, '65
16. Lone Sept 18, '65
17. Panther Sept 1, '68; Aug 8, '63
18. Friday Sept. 18, '65; Sept 25, '65
19. Big Indian Sept 23, '63; July 31, '65; Oct 30, '65
20. Rock July 24, '65
21. Peak Sept 1, '63
22. Twin Sept 3, '63
23. Air July 31, '65
24. Balsam Cap Sept. 18, '65; Sept 25, '65
25. North Dome June 12, '65

16. Lone	<u>Sept. 18, '65</u>
17. Panther	Sept 1, '68 ; Aug 8, '63
18. Friday	<u>Sept. 18, '65</u> ; <u>Sept 25, '65</u>
19. Big Indian	Sept 23, '69 ; <u>July 31, '65</u> ; <u>Oct 30, '65</u>
20. Rock	<u>July 29, '65</u>
- i Peak	Sept 1, '63
22. Twin	Sept 3, '63
23. Air	<u>July 31, '65</u>
24. Balsam Cap	<u>Sept. 18, '65</u> ; <u>Sept 25, '65</u>
25. North Dome	<u>June 12, '65</u>
26. Eagle	May 10, '65 ; Oct 30, '65
27. Balsam	Aug 6, '63 ; Aug 10, '65
28. Bearpen	June 2, '64
29. Indian Head	Sept 2, '63 ; Sept 3, '63
30. Mt. Sherill	<u>July 28, '65</u>
31. Vly	June 6, '65 ; Sept 9, '65 ; <u>Dec. 22, '65</u>
32. Windham H. Gk.	June 5, '65 ; Oct 16, '65
33. Halcott	<u>July 24, '65</u>
34. Rucky	<u>Sept. 18, '65</u>
<u>WINTER PEAKS</u>	
1. Slide ✓	Dec. 23, '65
2. Chhead	Dec. 28, '64
3. Panther	Dec. 21, '65
4. Balsam	Dec. 22, '65

Editor's note: Father Ray was a contributor of two fantastic stories in *Catskill Peak Experiences* (edited by our very own Carol White, the Conservation Chair). In Section III, "Wildlife," his story #18 is "Two Bears" and in Section IV, "Wild Weather," it is story #32: "Something Happened In The Mountains."



Sunset over Hudson and the Great Wall of Manitou. Photo by John Fellows, #2153 W882

Wildflowers: Catskill hikers share their favorite spots

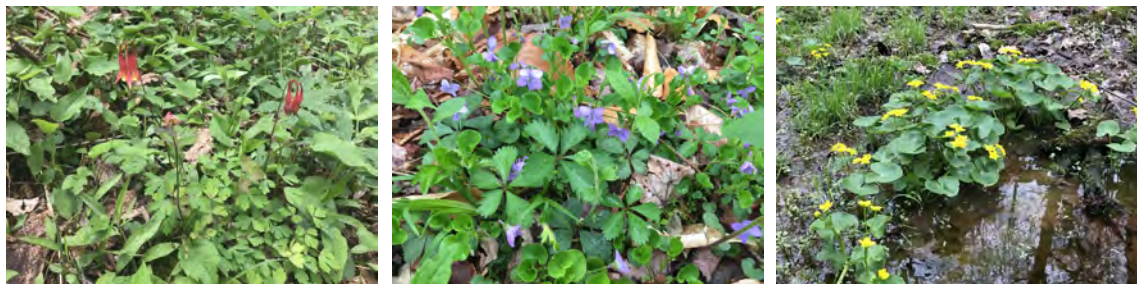
Text and Photos by: Yana Levchinsky-Grimmond, #2814



April showers bring May flowers (and of course, the nettles!), and almost everyone seems to have a favorite spot to admire the wildflowers in the Catskills. Although several bushwhacking hikes are well known for lush carpets of red and painted trillium, and never-ending blazing yellow fields of trout lilies, we wanted to assemble a list of easily accessible trails that anyone could visit. The following suggestions were submitted to the editor:

- Blackhead Range (Lockwood Gap to Blackhead in particular)
- The Escarpment Trail between Windham High Peak and Acra Point
- Rochester Hollow
- Kelly Hollow (be on the lookout for the CMC sponsored wildflower ID hike)
- Frick Pond (Willowemoc Wild Forest)
- German Hollow
- Peekamoose-Table Trail from Denning to Table
- Thorn Preserve (town of Woodstock)
- Millbrook Ridge Trail between Alder Lake and Balsam Lake Mountain
- Bearpen summit
- Pisgah State Forest – Jenny Notch, Ginseng Mountain and Balrow Notch (Long Path north of Windham High Peak)
- Huckleberry Loop

- South Escarpment



Wildflowers that could be spotted along these trails include painted, white and red trillium; yellow trout lilies, dutchmen's breeches, wild red columbine, spring beauties, marsh marigolds, meadow rue and so many others.

As always, please observe and be an ambassador of [leave no trace](#) principles, and avoid stomping on the protected plants when going off-trail. The DEC categorizes the [protected native plants](#) as rare, endangered, threatened and exploitably vulnerable. For example, both white and painted trillium plants are on the exploitably vulnerable native plants list. As per the DEC 6 CRR-NY 193.3: "it is a violation for any person, anywhere in the State, to pick, pluck, sever, remove, damage by the application of herbicides or defoliant, or carry away, without the consent of the owner, any protected plant. Each protected plant so picked, plucked, severed, removed, damaged or carried away shall constitute a separate violation."

We invite the readers to send their favorite wildflower photos for the submission for the summer Canister issue! Please email your finds to the [editor](#) (high resolution please).

Fond memories of the Otis Elevator Race

Text and Photos by: [Dick Vincent](#), #3055

When it comes to wish lists for trails to be made or added to the Catskill Trail System, many of us have our favorites. It doesn't matter if they are practical or not, in our mind's eye we can envision a well-maintained trail creating a little piece of Nirvana. One of these for me is the Old Otis Elevator Railway from Bogart Road in Palenville, to North Lake. Aside from the historical value, let me tell you how this trail came to be a heart throb (both literally and figuratively) for me.

The winter of 1980 was a XC skiers and snowshoers nightmare as there was virtually no natural snow cover in the Catskills. I had been looking forward to XC skiing at my go-to venue, North/South Lake and the fabled Pine Orchard (the nickname of the land on South Mountain surrounding North Lake and the Catskill Mountain House). Wally Weatherman would predict a huge Nor'easter but without fail, they would pummel the mid-Atlantic states and then blow out to sea. The storms coming from the Midwest would drift north, giving the Adirondacks a good punch, but leaving the Catskills high and dry.

I am an avid trail runner and in summer I would often take a 20-mile run from my home on Under-hill Road in Catskill to North Lake and back via the Mountain Turnpike Trail. On one of the runs during this winter of 1980 something else caught my attention: the clear swath of land that the old Otis Elevator Railway once used. In 1892 an elevated railway was constructed to bring guests of the Catskill Mountain House from Palenville to the resort, without having to take the old coach road. The coach road was difficult for guests even in horse drawn carriages, as guests sometimes had to get out and walk so to lessen the load for horses towing the coach. In 1918 Otis was permanently closed and scrapped for its materials needed for WWI. Since then, a utility right-of-way with poles carrying wires up the defunct railway helped keep it clear of trees and a seldom used path meandered to the summit.

Checking my running log, it was January 26th of 1980 that Martin "Bubby" Kittell and I took our first run up the Otis. We did a shorter version of the normal run, parking near the old rail station on Bogart Rd and running up the incline, which included a good deal of power hiking. Although the maximum grade for the railway was 32%, we didn't follow the cut through the upper section (full of debris, rocks, and muck) but went off to the left up a last climb what I call Cling On Rock, as you had to cling to it for dear life. That section was even steeper. Finishing near North Lake, we would double over, hands on knees, searching for our first comfortable breath. Then we would return down Mountain Turnpike and to where we parked.

According to the maps in the NYDEC Office (in the now defunct office in Catskill), the segment we ran was just under 1600 feet of elevation gained over 0.95 miles. It was a killer! My friends and I would often run this short loop, or occasionally doing the long loop from my home on Under-hill Road. At some point it became an official "running race." It is difficult to say when exactly it became official as when my running pals and I would run up Otis, we always remembered our times. But at some point, it became more than a workout and we put out notice that we were going to do it. By 1983 it became part of the Onteora Runners Club Wednesday Night Series with a regular date on the calendar. We kept official results, interest grew, and one June evening, 90 runners arrived to experience this sadistic version of systematic suffocation.

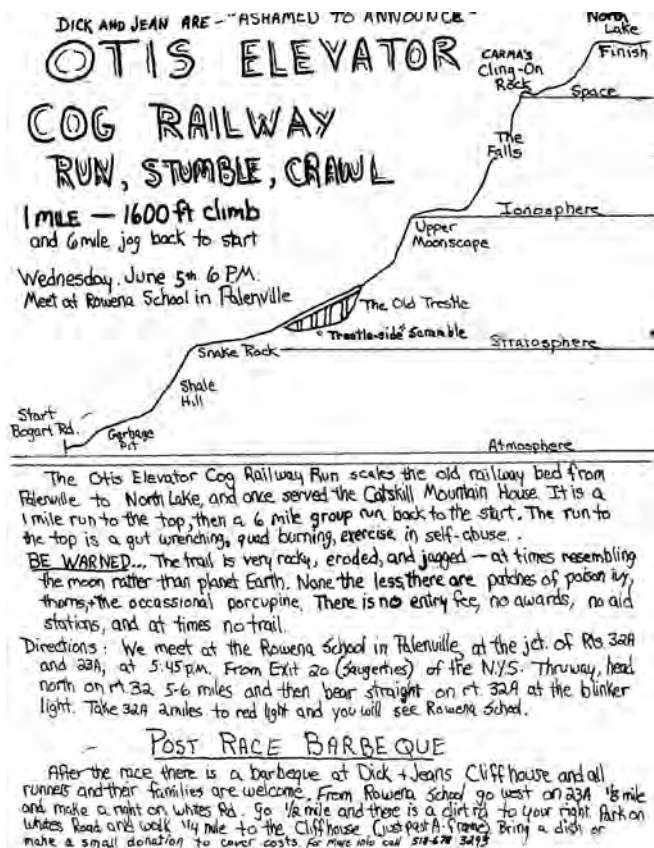


Start of a race (undated). The author is the runner on the right checking his watch.

The grunt up Otis was part run and part a power hike. Once I managed to run every step and it wasn't close to my fastest time. It remains the hardest short race I have ever run, always gasping for every available molecule of oxygen, quads on fire, and leaving a faint taste of blood in my mouth at every finish. My best friend, the late, great, Mike Kelly described the effort best: "Otis is analogous to running your fastest mile race ever and then hanging on for 15 minutes more." During the years we ran Otis, just over a handful of people broke 20 minutes on the ascent and that includes our unofficial runs/contests.

We would park at the old Rowena School in Palenville and jog to the start on the northwest side of Bogart road. At the shout of GO, we would run like hell through a back yard, then the "dump" of broken glass and rusty cans, and then onto the primitive path into the late afternoon sun. For the first few years we negotiated the old trestle which consisted of 3 concrete beams spanning a 75 meter gorge. Tip toeing over chunks of rotten railroad ties, the occasional metal bolt, and a crumbling surface, while suffering acute oxygen debt, made balancing on the beams at full steam tricky. The trestle was about ½ way to the top of the Escarpment, so everyone was in a state of "maximus extremis." Leading the hounds one year, staring down to find a good place for my foot, breathing so hard that I sounded like a vacuum cleaner with a plastic bag stuck in the nozzle, I looked up quickly, and there 4 feet in front of me was a porcupine, quills up, ready for battle. Instantly adrenaline shot through my body, and I stood frozen trying to maintain balance. From that year onward, we bushwhacked around the trestle. It would only be a matter of time before someone fell during the event, so the trestle crossing was eliminated. The new trestle-side scramble needed a rope to insure people could climb up it, but there wasn't that risk of falling 20 feet onto rocks.

Once at the top, we all waited for the last runner to finish. Then we would jog down Mountain Turnpike together, sharing the joy and the stories of a job well done. By then I had moved to Palenville and we would go to my home after to enjoy a pot luck feast on the deck.



A copy of the old entry form

In the mid 90's a landowner who had a plot of property adjacent to Otis Elevator got grumpy with the event and the expiration date of the race was reached. After failed negotiations with him, we decided on a new trail to run from my house in Palenville and Otis is now a distant memory. The power-line right-of-way still exists, and the utility company keeps it clear of trees. However, the brush and weeds have grown tall and thick. One day, I hope to go back and grapple with the Spirit of Otis again. With so many wonderful places to hike and run in the Catskills, I can find a lot of worthy distractions to keep me busy. But I dream how wonderful it would be if somehow, some way, Otis Elevator could be added to the Catskill Mountain Trail System. I know someone who would be willing to be the trail maintainer.

Nettles - A forager's delight

Text and Photo by: Yana Levchinsky-Grimmond, #2814

Most of us who hike in the Catskills have a tale or two to share about some unfortunate run-ins with the nettles (*Urtica dioica*). The nettles tend to inspire such strong emotions that some hikers will go as far as avoiding certain areas during the nettle-growing season or would only go to such areas dressed in gortex from head to toe. When the trail conditions are discussed with friends, the descriptive such as "knee tall nettles" and "chest deep nettles" are used as routinely as the depth of snow would be used in the winter.

Who can blame them for such behavior? It is a known fact that the nettles sting, and the post sting itching can be rather unbearable, especially if one was wearing shorts. A few immediate, in-the field remedies are available (such as rubbing the broadleaf plantain plant or the jewelweed plant on your skin following the contact with nettles), but these are not always in season or nearby.

Personally, I have a love-hate relationship with the nettles. I am certainly not a fan of the tall and stinging kind that I come across in the travels in the woods, but the first spring growth makes me fairly excited. The reason for my giddiness is that the nettles, when harvested at the appropriate time, are delicious and nutritious. Nettles can be made into salads, soups, "pesto" (especially with the addition of garlic mustard), added to stir-fries and can be dried for making tea infusions.



Nettles are best harvested when young and tender (under 18" tall). When the plants are taller than 18" (but haven't flowered yet), they can be used for tea. I happen to have my own patch in our backyard and I use gloves and scissors to harvest, but out in the wild, this may not always be practical. Thus, when out in the woods, either harvest the most tender shoots, or bring a pair of gloves. It should be noted that it is not recommended to consume nettle plants once they start flowering; and the plant's top four leaves are the most desirable.

To prep the nettles for cooking, I recommend washing the leaves under cold water to remove any dirt and potential bugs, and then to soak them in cold water for another 10 min or so. Remove the nettles from the cold water, rinse with fresh water and then blanch them with boiling water. Blanching reduces any potential stinging and you are ready to start cooking!

I encourage you to google for various recipes and uses, but I wanted to share with you my favorite nettles soup recipe:

Ingredients:

- 0.5 lbs nettles
- 2L of either water or broth
- 5 med size potatoes
- other greens to taste (such as dill, parsley, scallions)
- Salt to taste
- 4 boiled eggs and sour cream (to serve)

Directions:

- Bring water to a boil
- Peel the potatoes and cube into small pieces; add to boiling water (or broth). Reduce heat to medium, cover the pot and cook the potatoes until soft (~15 min)
- Prepare nettles as described above. Wash the optional greens.
- Chop the nettles and the greens; add to the pot; salt to taste and cook another 5 min
- To serve, add chopped boiled eggs and a spoon of sour cream. Bon appetite!

A note about responsible and ethical foraging: As always, please forage responsibly: learn how to identify properly, take only what you will use, leave plenty for the wildlife; wash and prepare your wild food properly prior to eating; know local regulations for [protected native plants](#), know when and how to harvest; don't disturb the root system. Although it may seem that there's a never ending supply of nettles in the wild (especially in the vicinity of North Dome and Halcott!), unless you are harvesting anywhere other than on your own property, you just never know how many foragers were there before you.

Want to know more about the nettles? Look no further than our very own [Canister](#) publication from 2012, "Nettlesome Encounters" by Rachael Shenyo, #1701.



View from the Hurricane Ledge off Kaaterskill High Peak facing the Eastern Devil's Path. Photo by Stash Rusin, #2829

CONSERVATION CORNER



Text by: Carol White, Conservation Chair

Excellent Conservation News!

The [Land and Water Conservation Fund](#) expands national parks, preserves pristine landscapes, creates trails, acquires public land, protects wildlife, preserves historical sites, develops close-to-home public parks, and more.¹ This fund, created in 1964, required periodic renewal, however. Recently there have been attempts to divert its funding. It is funded by fees and royalties paid by oil and gas companies that drill in federal waters; there is no cost to taxpayers. It is authorized up to \$900 million annually, and fully funding the program would comprise only 11.5% of all oil and gas revenues,² but appropriations have been in a meager range of \$149-\$573 million since 1999. The LWCF expired on September 30, 2018 and was not renewed. On February 12, 2019, this important fund was reauthorized *permanently* by the U.S. Senate, 92-8, and is supported by the House of Representatives. After 55 years, this overwhelmingly bipartisan vote “ends the uncertainty that has plagued America’s best conservation program,” said a Nature Conservancy spokesman.

¹ <https://www.lwcfcoalition.com/> showcases LWCF success stories in each state. The fund has invested \$336 million in New York to protect forests, wildlife refuges, and increase recreation access. New York’s \$41.8 billion outdoor recreation industry annually supports 313,000 jobs that generate \$14 billion in wages and salaries producing \$3.6 billion in state and local tax revenue.

² https://www.nps.gov/subjects/lwcf/upload/LWCF_Appropriations1965-2010.pdf — 1965-2010 appropriations and expenditures.





Awakening forest in spring. Images from a rainy whack in the Blackhead range by Stefan Lisowski, #2305

FIFTY-FOURTH ANNUAL DINNER ANNOUNCEMENT

Mike Doehring, Annual Dinner Chair



Members and aspirants are cordially invited to attend the upcoming 54th annual dinner, to be held at the Chateau in Kingston, NY, on April 13th, 2019.

Please **RSVP by March 25, 2019** by mailing the invitation form to Mike at the address provided. The invitation will print best if [downloaded](#) directly from the club site.

Club related merchandise will again be available for purchase and Joe of Dorohovech Designs will be back with his trail signs (new this year: summit signs!).

Jeremy Apgar will be this dinner's featured speaker and he will be presenting: "Trail Maps in the Catskills, Then & Now." Jeremy Apgar has been the cartographer for the New York-New Jersey Trail Conference for more than 10 years, creating maps to assist with all aspects of building, maintaining, and educating people about trails. His first Catskill High Peak hike, with an ascent up Blackhead Mountain's northeast slope, remains one of his favorite hikes. The New York-New Jersey Trail Conference is known in part for their high-quality trail maps. You will learn about the history of trail mapping in the Catskills over the past 100+ years and how the Trail Conference's latest edition of their Catskill Trails map set was produced.

NOTE: Whoops! Our apologies; we goofed when we had previously announced the dinner in our December issue. When selecting your meal, this year's beef option is rib eye steak (same as last year), NOT prime rib. If you order the beef, you will receive a delightful rib eye steak. Sorry. Enjoy the dinner as usual. If you want to change your order to either Lasagna or Chicken, please let Mike Doehring know as soon as possible (tigermath@aol.com). The form on the club site has been updated accordingly.

Members and aspirants are cordially invited to attend the

FIFTY-FOURTH ANNUAL DINNER MEETING

Saturday, April 13, 2019

Location:

LOCATION: THE CHATEAU

RT 32

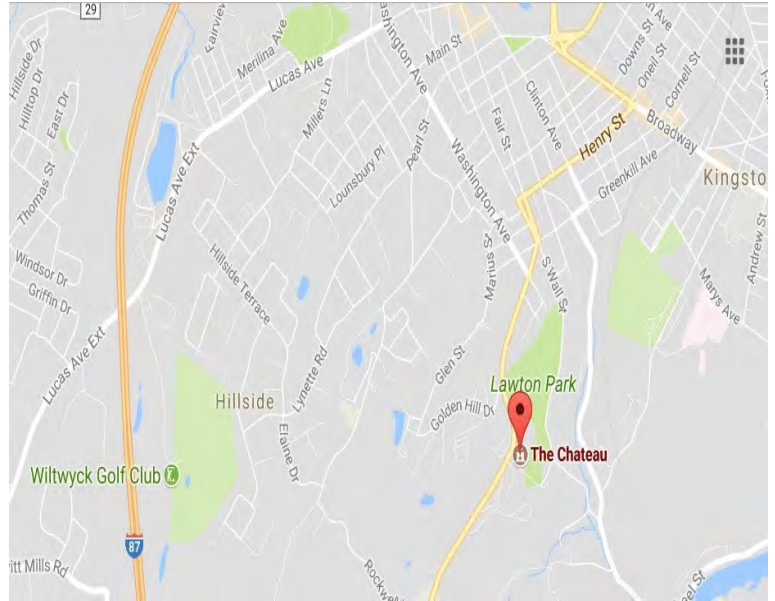
KINGSTON, NY 12401 (845) 331-4386

SOCIAL HOUR: 3:30-5:00 PM

CASH BAR, HORS D'OEUVRES SERVED

DINNER 5:15 PM

GUEST SPEAKER: The speaker for this year's dinner is Jeremy Apgar of NY-NJ Trail Conference, and he will be presenting "Trail Maps in the Catskills, Then & Now."



Please detach and mail to:

Michael Doehring

7 Cloverdale Avenue

White Plains, NY 10603

tigermath@aol.com (preferred)

Reservations: \$45.00 per person

Amount of check: \$ _____

Checks made payable to "The Chateau" but mailed to Michael Doehring

Please Circle Choice of Entrée

Name: _____ Rib Eye Steak Chicken Française Mixed Veg. Lasagna

Reg# _____ Winter# _____

Name: _____ Rib Eye Steak Chicken Française Mixed Veg. Lasagna

Reg# _____ Winter# _____

If you intend to sit with a large group, print the names of the people you would like seated at your table, and please verify that they plan to attend and wish to sit with you.

SPACE IS LIMITED SO RESERVE EARLY—CHECKS WILL BE DEPOSITED AFTER THE DINNER—THERE IS NO VALET PARKING.

PLEASE CHECK HERE IF YOU NEED ASSISTANCE _____

DEADLINE IS MARCH 25, 2019



Waterfall along the Pecoy Notch trail. Photo by Rob Stewart, #2186 W1036

Rambles and Brambles Hike Schedule April - June 2019

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 3 basic principles:

1. Follow the rule
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 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**. 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 early spring kit. Ice and snow can still be found unexpectedly in these peaks. In early spring, if there is any doubt about the conditions that may be encountered, each hiker is strongly **advised to 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. Don't be seduced by buds on the trees at the trailhead; **early spring 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.

Blaze orange alert: The turkey hunting season is coming May 1st! Refer to this [DEC link](#) for the season info, including the hunting hours and the special youth hunt weekends dates in April. Wear orange, avoid red, blue, white and black and remember the same for your four-legged hiking companions!

Wildlife alert: Spring is also the fawn season; please be alert and keep your dogs leashed.

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: 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.

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.



Sea of nettles on the shoulder of St. Anne's. Photo by Yana Levchinsky-Grimmond, #2814

Sat. Apr. 6 - NORTH DOME & SHERRILL

Distance: 6.5 mi. Ascent: 2700' Elevs: 3610', 3540'

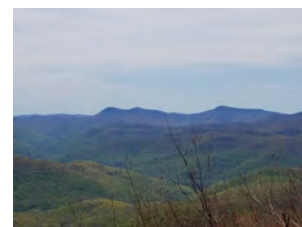
Strenuous bushwhack to two remote peaks.

Well behaved dogs are welcome.

Registration Period: Apr. 1 - 5

Leaders: Doug Garrity #1757 W701, Suzanne Garrity #1968 W846

garrido@lycos.com



Sun. Apr. 7 - BIG INDIAN & FIR

Distance: 10.5 mi. Ascent: 2678', Elevs: 3700', 3620'

Moderately paced trail hike and bushwhack.
Registration Period: Mar. 31 - Apr. 6
Leader: Lisa Gizzarelli-Drago #1368 W1063
lgizz@hotmail.com (845)-532-3922

Sun. Apr. 7 - VLY & BEARPEN

Distance: 6.5 mi. Ascent: 2000', Elevs: 3529', 3600'
Relaxed paced bushwhack and trail hike.
Registration Period: Mar. 30 - Apr. 6
Leader: Al Davis #2192 W1082
ad322@freelectron.net (518)947-6407



Fri April 12 – BALSAM & EAGLE (Weekday)

Distance 9.8 mi, Ascent 2500', Elevs: 3600', 3600'
Relaxed-moderate pace.
Registration Period: Apr. 4 - 11
Leader Lyn W. #2865, Co-leader Marv Freedman #2242 W951
hikebuddy@gmail.com

Sat. Apr. 13 - WINDHAM HIGH PEAK (Pre-Club Dinner)

Distance: 7 mi. Ascent:1800', Elev: 3524'
Moderately quick-paced trail hike.
Registration Period: Apr. 1 - 12
Leader: David Bunde #2269 W925
david@dgbdesign.com



Sat. Apr. 13 - HALCOTT (Pre-Club Dinner)

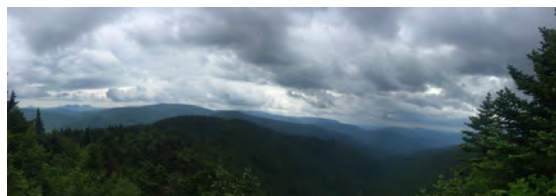
Distance: 3.7 mi. Ascent: 1726', Elev: 3537'
Bushwhack, sometimes steep.
Registration Period: Apr. 4 - 11
Leader: Ted Shemella #1550 W789
tshemella@yahoo.com

Sat. Apr. 13 - RUSK (Pre - Club Dinner)

Distance: 3.6 mi. Ascent: 1580', Elev: 3680'
Moderately paced bushwhack.
Registration Period: Apr. 2 - 12
Leader: Michael Bongar #2173 W997
michael@bongarbiz.com

Sat. Apr. 13 – WEST KILL (Pre- Club Dinner)

Distance: 6.4 mi. Ascent: 1900', Elev: 3898'
Steep trail hike with some scrambles. Great views.
Registration Period: Apr. 8 - 11
Leader: Tom Martone #2454 W1010
tom.martone.cmc@gmail.com



Sun. Apr. 14 - BLACKHEAD, BLACK DOME & THOMAS COLE

Distance: 9 mi. Ascent: 2668', Elevs: 3940', 3980', 3940'
Moderately quick-paced trail hike.
Registration Period: Apr. 1 - 12
Leader: David Bunde #2269 W925
david@dgbdesign.com

Fri. Apr. 19 – FRIDAY & BALSAM CAP (Weekday)

Distance: 7 mi. Ascent: 2200', Elevs: 3694', 3623'
Relaxed non-marathon paced bushwhack.
Registration Period: Apr. 14 - 18
Leader: Moe Lemire #2921
hikeonguides@gmail.com

Sun. Apr. 21 – KAATERSKILL HIGH PEAK

Distance: 7+ mi. Ascent 1755', Elev: 3655'
Bushwhack & trail hike with scrambles, great views & 2 plane crash sites. Moderate pace.
Registration Period: Open

Leader: Marv Freedman #2242 W951
marvfreedman@gmail.com

Sat. Apr. 27 - TWIN

Distance: 6.8 mi. Ascent 1631', Elev: 3640'
Moderate paced trail hike.
Registration Period: Mar. 25 - Apr. 25
Leader: Carl Geiger #3017
cwg0072@gmail.com



Sat. Apr. 27 - HUNTER

Distance: 7.7 mi. Ascent 2040', Elev: 4040'
Moderate paced trail hike.
Registration Period: Apr. 19 - 26
Leader: Sue Hall #2460 W1091
shall@catskill.net

Sun. Apr. 28 - RUSK & E. RUSK

Distance: 5.2 mi. Ascent: 1600' Elevs: 3680', 3640'
Moderately paced bushwhack and trail hike.
Registration Period: Apr. 19 - 26
Leaders: Joe Ferri #2223 W945 newpaltz33@yahoo.com
Shari Aber #2224 W944 shnaber@yahoo.com

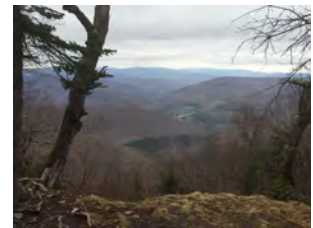


Fri. May 3 - BLACKHEAD, BLACK DOME & THOMAS COLE (Weekday)

Distance: 6.3 mi. Ascent: 2648', Elevs: 3940', 3980', 3940'
Relaxed non-marathon paced thru-hike. Car shuttle needed.
Registration Period: Apr. 28 - May 2
Leader: Moe Lemire #2921
hikeonguides@gmail.com

Sat. May 4 - BALSAM

Distance: 6.4 mi. Ascent: 2230', Elev: 3600'
Trail hike with a nice viewpoint.
Registration Period: Apr. 25 - May 2
Leader: Ted Shemella #1550 W789
tshemella@yahoo.com



Sat. May 4 - GRAHAM & BALSAM LAKE

Distance: 8 mi. Ascent: 1650', Elevs: 3868', 3723'
Moderately quick-paced bushwhack and trail hike.
Registration Period: Apr. 22 - May 3
Leader: David Bunde #2269 W925
david@dgbdesign.com

Sun. May 5 - PANTHER via FOX HOLLOW

Distance: 9.8 mi. Ascent: 2900', Elev: 3720'
Trail hike to Panther from Fox Hollow. After the Club's Adopt-a-Highway cleanup event.
Registration Period: Apr. 29 - May 2
Leader: Tom Martone #2454 W1010
tom.martone.cmc@gmail.com

Sun. May 5 - ADOPT-A-HIGHWAY CLEAN-UP

Route 214 Clean Up. Bring work gloves and a great attitude – all else will be provided, including Refreshments afterward. Your participation helps the Club, the environment, and keeps the Catskills beautiful!
Registration Period: Open
Leader: Lourdes Sonera #2525 W#1075
20ochu@gmail.com

Sun. May 5 - PLATEAU via Daley Ridge

Distance: 8.2 mi. Ascent: 2555', Elev: 3835'
Moderately paced trail hike, with car shuttle.
After the Club's Adopt-a-Highway cleanup event.
Registration Period: Apr. 29 - May 3

Leader: Keith Keator #1143 W1126
kvkeator@yahoo.com

Sat. May 11 - BALSAM CAP & FRIDAY

Distance: 7.69 mi. Ascent: 2813', Elevs: 3623', 3694'
Moderately paced bushwhack
Registration Period: May 1 - 10
Leader: Michael Bongar #2173, W997
michael@bongarbiz.com

Sat. May 11 - HUNTER & SW HUNTER

Distance 9 mi. Ascent: 2300', Elevs: 4040', 3740'
Moderately paced hike on challenging trails.
Registration Period: May 1 - 10
Leaders: Jon #2816 & Ben #2817 Gordon
jonathan.gordon@gmail.com



Sun. May 12 - SLIDE (YOGA)

Distance: 5.4 mi. Ascent: 1760', Elev: 4180'
Moderately paced trail hike.
Short yoga session at summit.
Registration Period: Apr. 27 - May 11
Leader: Pamela Martin #2102
Pamelamartininc@gmail.com

Sun May 12 - FIR

Distance 7 mi, Ascent 2,020' Elev: 3620'
Relaxed-moderate pace trail & bushwhack.
Registration Period: May 3 - 10
Leader Lyn W. #2865, Co-leader Marv Freedman #2242 W951
hikebuddy@gmail.com

Sun. May 12 - WINDHAM HIGH PEAK (Bushwhack)

Distance: 4 mi. Ascent: 1500', Elev: 3524'
Relaxed paced bushwhack with map and compass lesson.
Registration Period: May 5 - 11
Leader: Al Davis #2192 W1082
ad322@freeelectron.net (518)947-6407

Sat. May 18 - LONE & ROCKY

Distance: 11.0 mi. Ascent: 2400', Elevs: 3721', 3508'
Moderate paced, difficult bushwhack.
Registration Period: May 9 - 16
Leaders: Joe Ferri #2223 W945 newpaltz33@yahoo.com
Shari Aber #2224 W944 shnaber@yahoo.com



Sat. May 18 - BLACK DOME

Distance: 4.7 mi. Ascent 1780', Elev: 3980'
Moderate paced trail hike.
Registration Period: May 10 - 17
Leader: Sue Hall #2460 W1091
shall@catskill.net

Sun. May 19 - BALSAM CAP & FRIDAY

Distance: 7 mi. Ascent: 2200', Elevs: 3623', 3694'
Moderately paced bushwhack.
Registration Period: May 12 - 18
Leader: Lisa Gizzarelli-Drago #1368 W1063
lgizz@hotmail.com (845)532-3922

Sun. May 19 - SUGARLOAF (YOGA)

Distance: 6.8 mi. Ascent 1800', Elev: 3800'
Moderately paced hike; possible loop
Short yoga session at summit.
Registration Period: May 4 - 18

Leader: Pamela Martin #2102
Pamelamartininc@gmail.com

Sat. May 25 WITTENBERG, CORNELL, SLIDE

Distance: 10 mi. Ascent: 2230', Elev. 37800', 3860', 4180'
Jolly hikers welcomed.
Registration Period: May 19 - 24
Leader: Mike Stallbohm # 1826
mstallo128@gmail.com



Sat. May 25 - FRIDAY, BALSAM CAP, ROCKY, LONE, TABLE & PEEKAMOOSE

Distance: 12+ mi. Ascent: 4500', Elevs: 3694', 3623', 3508', 3721', 3847', 3843'
Long, challenging bushwhack and trail hike at a moderate pace.
Registration Period: Open
Leader: Marv Freedman #2242 W951
marvfreedman@gmail.com

Sun. May 26 - PEEKAMOOSE-TABLE TRAIL MAINTENANCE

Join us for our club trail maintenance outing. Please help us keep the Peekamoose-Table Trail clear and safe for the enjoyment of all. Bring work gloves and your favorite trail maintenance tools (the Club will also have tools available). It's fun work and a great way to help the Club and the hiking community. Refreshments will be provided afterwards. Please be sure to sign up so we know who's coming. We still need extra hands!
Registration Period: Open
Leader: Lourdes Sonera #2525 W#1075
20ochu@gmail.com

Sat. June 1 - WEST KILL & ST ANNE'S (National Trails Day)

Distance: 8.7 mi. Ascent: 2000', Elevs: 3880', 3420'
Moderately paced trail hike.
Registration Period: Apr. 20 - May 27
Leader: Chris Adams #2710
GetElevatedNY@gmail.com



Sat. June 1 - DOUBLETOP, GRAHAM & BALSAM LAKE

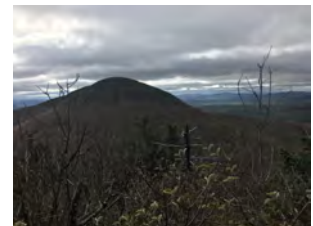
Distance: 12.5 mi. Ascent 3000', Elevs: 3860', 3868', 3723'
Long, challenging bushwhack and trail hike from the South. Moderate pace.
Registration Period: Open
Leader: Marv Freedman #2242 W951
marvfreedman@gmail.com

Sat. June 8 - GRAHAM

Distance: 7 mi. Ascent 1360 Elev: 3868'
Moderately paced bushwhack. Rain, inclement weather will cancel.
Registration Period: June 3 - 6
Leader: Suzanne Knabe#1326 W498
suzkna@msn.com; (718)435-3092 after 7:00 pm

Sat. June 8 - BLACKHEAD, BLACK DOME & THOMAS COLE

Distance: 7.8 mi. Ascent: 2500', Elevs: 3940', 3980', 3940'
Moderately paced trail hike, with car shuttle.
Registration Period: May 31 - June 6
Leaders: Joe Ferri #2223 W945 newpaltz33@yahoo.com
Shari Aber #2224 W944 shnaber@yahoo.com



Sat. June 8 - BALSAM LAKE

Distance: 4.3 mi. Ascent 1190', Elev: 3723'
Moderate paced trail hike.
Registration Period: June 1 - 7
Leader: Sue Hall #2460 W1091
shall@catskill.net

Sun. June 9 - NORTH DOME & SHERRILL

Distance: 6 mi. Ascent 2600', Elevs: 3610', 3540'

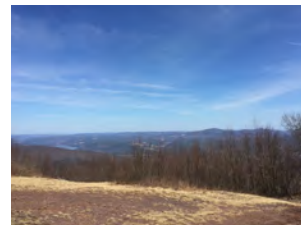
Bushwhack & trail hike at a moderate pace.
Registration Period: Open
Leader: Marv Freedman #2242 W951
marvfreedman@gmail.com

Fri. June 14 - SW HUNTER (Weekday)

Distance: 7 mi. Ascent: 1740', Elev: 3740'
Relaxed non-marathon paced hike. Trail & bushwhack.
Wear your Red, White and Blue - it's Flag day.
Registration Period: June 9 - 13
Leader: Moe Lemire #2921
hikeonguides@gmail.com

Sat. June 15 - BEARPEN & VLY

Distance: 7 mi. Ascent: 2000', Elevs: 3600', 3529'
Moderately paced bushwhack and herd path hike.
Registration Period: June 5 - 14
Leader: Michael Bongar #2173 W997
michael@bongarbiz.com



Sun. June 16 - PANTHER via FOX HOLLOW

Distance: 10 mi. Ascent: 2000', Elev: 3720'
Trail traverse over Panther and Giant Ledge. Car shuttle.
Relaxed paced trail hike with map and compass lesson.
Registration Period: June 8 - 15
Leader: Al Davis #2192 W1082
ad322@freeelectron.net (518)947-6407

Sat. June 22 - ROCKY & LONE

Distance: 10.9 mi. Ascent: 2385', Elevs: 3508', 3721'
Long and sometimes thick bushwhack.
Registration Period: June 13 - 20
Leader: Ted Shemella #1550 W789
tshemella@yahoo.com

Sat. June 22 - HUNTER (YOGA)

Distance: 8.2 mi. Ascent: 1898', Elev: 4040'
Moderately paced trail hike.
Short yoga session at fire tower.
Registration Period: June 7 - 21
Leader: Pamela Martin #2102
Pamelamartininc@gmail.com



Sat. June 22 - Devil's Path - INDIAN HEAD, TWIN, SUGARLOAF, PLATEAU & WEST KILL

Distance: 24.2 mi. Ascent: 9000', Elevs: 3573', 3640', 3800', 3840', 3880'
Famously one of the most difficult Catskill hikes. Limited to 24 hrs.
Shuttles & bailout points needed.
Registration Period: Apr. 1 - May 30
Leader: Michele Corn Farrell #2055 W848
cornfarrell@gmail.com

Sat. June 22 - VAN WYCK, TABLE & PEEKAMOOSE

Distance: 10+ mi. Ascent 3700', Elevs: 3206', 3847', 38143'
Long, challenging bushwhack & trail hike at a moderate pace.
Includes beautiful section of Bear Hole Brook, 2 plane crash sites,
bear holes, and great views.
Registration Period: Open
Leader: Marv Freedman #2242 W951
marvfreedman@gmail.com



Sun. June 23 - SLIDE, CORNELL & WITTENBERG

Distance: 10 mi. Ascent 3000', Elevs: 4180', 3860', 3780'
Moderately paced thru hike with shuttle.
Registration Period: June 13 - 21

Leaders: Margaret McGrath #2009 W939 & Jim Bouton #1539 W614
mmcgrath55@msn.com (email preferred) (845)750-8671

Sun. June 23 - Devil's Path East - INDIAN HEAD, TWIN, SUGARLOAF & PLATEAU

Distance: 13.8 mi. Ascent: 4270', Elevs: 3573', 3640', 3800', 3840'
Very strenuous, steep, moderately paced trail hike traverse.
Registration Period: June 10 - 21
Leader: David Bunde #2269 W925
david@dgbdesign.com



Sat. Jun. 29 - FIR, BIG INDIAN, EAGLE & BALSAM

Distance: 12+ mi. Ascent 3350', Elevs: 3620', 3700', 3600', 3600'
Long, challenging bushwhack & trail hike at a moderate pace
Registration Period: Open
Leader: Marv Freedman #2242 W951
marvfreedman@gmail.com

Sun. June 30 - RUSK & EAST RUSK

Distance: 5.5 mi. Ascent: 1800', Elevs: 3680' 3520'
Moderately paced, steep bushwhack.
Registration Period: May 25 - June 25
Leader: Chris Adams #2710
GetElevatedNY@gmail.com

Except for the the photo accompanying April 6th North Dome and Sherrill hike (photo by Stash Rusin #2829), all photos used in this section are by Yana Levchinsky-Grimmond, #2814.



In the col of North Dome and Sherrill. Photo by Yana Levchinsky-Grimmond, #2814

NEW MEMBERS:

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

New Lifetime Members:

Number	Name
64	Sebastian Eggert
2250	Laurence Fleischer
2408	Jaclyn Kline
2739	Tomasz Kowalczyk
3017	Carl Geiger
283	Harold Oakhill
2555	Thomas Keaveney
2805	Eve Proper
2829	Stanley Rusin
2864	Yong Ae Moehs
2922	Justin DiCesare
3044	Raymond Coletti
Asp	Patrick Linsey
Asp	Andre Pletch Kanasiro

New Members:

<u>Number</u>	<u>Name</u>	<u>Date of Finish</u>	<u>Final Peak</u>
3014	Chris Leggate	3/17/2018	Lone
3015	Matthew Tyler	8/19/2018	Windham
3016	Maureen Weakley	11/17/2018	SW Hunter
3017	Carl Geiger	12/8/2018	Windham
3018	Spencer Crispe	8/28/2015	Panther
3019	Renee Crispe	8/28/2015	Panther
3020	Christian Larson	7/25/2015	Friday
3021	Jonathan Harris	12/21/2018	Balsam
3022	James Giordano	12/23/2018	Blackhead
3023	Sonja C Rossi	12/23/2018	Panther
3024	Bobby Chung	12/26/2018	Slide
3025	Nina Chung	12/26/2018	Slide
3026	Scott Roser	1/1/2019	Panther
3027	Terri Lee	1/1/2019	Panther
3028	Tim Gardner	1/5/2019	Balsam
3029	Micah Gardner	1/5/2019	Balsam
3030	Kimberly Kim	1/6/2019	Halcott
3031	Terry M Ciccaglione	1/10/2019	Balsam Cap
3032	Sarah Lamond	1/12/2019	Blackhead
3033	Merylle Sakai	1/12/2019	Blackhead
3034	Michael Kramer	1/1/2019	Blackhead
3035	Barbara Nussbaum	1/12/2019	Peekamoose
3036	Benjamin Kujawski	12/22/2018	Slide
3037	Keith Robinson	7/17/2018	Kaaterskill
3038	Trudi Skinder	1/4/2019	Blackhead
3039	Nadee Ramdass	1/26/2019	Balsam
3040	Joseph Drago	1/27/2019	Kaaterskill
3041	Brandon Roman	12/31/2018	Kaaterskill
3042	Samantha Schulz	12/31/2018	Kaaterskill
3043	Donna Blondell	2/2/2019	Balsam Cap
3044	Raymond Coletti	4/9/2018	Rocky

3045	John Sandman	2/10/2019	Fir
3046	Andrew Cruz	2/10/2019	Kaaterskill
3047	Miyon Sung	2/3/2019	Slide
3048	Lauren Haufler	1/25/2019	Blackhead
3049	Nicole Haines	2/10/2019	Kaaterskill
3050	Susan Bickford-Martin	2/9/2019	Twin
3051	Mabel Sicoco	1/20/2018	Balsam
3052	Sarah A Bacon	2/20/2019	Panther
3053	Robert Morgan	11/25/2017	Cornell
3054	Jeffrey Parker	2/10/2019	Balsam Cap
3055	Dick Vincent	11/10/2018	Doubletop
3056	Christopher Reyling	2/16/2019	Blackhead
3057	David Booth	2/16/2019	Blackhead
3058	Andrew Amundsen	2/16/2019	Balsam Cap
3059	John S Phillips	2/17/2019	Rusk

New Winter Members:

<u>Winter Number</u>	<u>Name</u>	<u>Number</u>	<u>Date of Finish</u>	<u>Final Peak</u>
1194	Chris Leggate	3014	3/17/2018	Peekamoose
1195	Hannah Lanzillo	2697	12/29/2018	Peekamoose
1196	Christiane Mulvihill	1979	12/29/2018	Doubletop
1197	Bruce S Reynolds	2597	1/15/2019	Kaaterskill
1198	Kathryn Park	2924	12/27/2018	Sugarloaf
1199	Gil Jun Lee	2784	12/23/2018	Rocky
1200	Meyoung Lim	2793	2/4/2019	Doubletop
1201	Charles Britt	2465	2/3/2019	Bearpen
1202	Kevin Gough	2795	2/3/2019	Big Indian
1203	Susan Bickford-Martin	3050	2/9/2019	Twin
1204	Catherine Stallbohm	2833	2/16/2019	Kaaterskill
1205	Bea Swieton	2832	2/16/2019	Cornell
1206	Michael Coran	2556	2/16/2019	Doubletop
1207	Mabel Sicoco	3051	2/16/2019	Doubletop
1208	Nina Chung	3025	2/18/2019	Kaaterskill
1209	Bobby Chung	3024	2/18/2019	Kaaterskill
1210	Yong Ae Moehs	2864	2/18/2019	Kaaterskill
1211	Jason Pelton	3013	2/19/2019	Plateau
1212	Kris Waite	2992	2/23/2019	Kaaterskill
1213	John S Phillips	3059	2/17/2019	Rusk

Editor's Notes

By Yana Levchinsky-Grimmond



I hope you are continuing to enjoy this new format of the Canister, and I thank each and every one of you who has already reached out with feedback and suggestions. Feedback, as well as submissions to future editions are very much welcomed and appreciated. Contact me at editor@catskill-3500-club.org.

Saving and printing of the newsletter with directions on how to print the newsletter directly off your email were provided in the December 2018 issue. Some of the feedback we received since then indicates that this could be problematic with some email service providers. If the printing problems persist, we recommend to download the pdf file of the issue from the [Club's site](#).

Brant goose update: if you were curious about the fate of the goose that was rescued off West Kill (see "Goose in the Spruce: A Fowl Out on West Kill" in the 2019 Winter issue of the Canister), we are happy to update you that Friends of the Feathered and Furry Wildlife Center helped the lucky goose with the healing and the much needed weight gain before the bird was released mid-December.

The Catskill Canister

President

Heather Rolland

president@catskill-3500-club.org

Editor

Yana Levchinsky-Grimmond
editor@catskill-3500-club.org

Subscriptions/Aspirants

Jake Haisley
aspirants@catskill-3500-club.org
12 Stuyvesant St, apt 3
Kingston, NY 12401

Annual Dinner Chairman

Michael E. Doehring
tigermath@aol.com
7 Cloverdale Ave.
White Plains, NY 10603
(914) 761-7225

Outings

Bill Winterbottom
billw@usdsoftware.com

Membership

David White
members@catskill-3500-club.org
28 Mulberry St.
Clinton, NY 13323
(315) 853-1070

T-Shirt Coordinator

Ira Orenstein
ksbiho@aol.com
18 Interlaken Ave
New Rochelle, NY 10801-1102

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Previous issues can be downloaded [here](#).



The bridge above the Kaaterskill Falls
Photo by Sara Gulbrandsen, #2376 W956

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Our mailing address is:
Catskill 3500 Club
P.O. Box 504
Arkville, NY 12406

