

The Catskill Canister
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October - December 2022



Belleayre lean-to. Photo by Ralph Ryndak #1186 W451

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Dry Brook bog Cottongrass (*Eriophorum*) Fen. Photo by David Turan

Summit Views

The President's Column by Lisa Gizzarelli-Drago

Soon after I started my new role as president of the club, we received the exciting news that our request to become an official 501c3 tax-exempt non-profit organization has been approved! This is something to celebrate and is the result of many, many hours of hard work and dedication by our former president and the entire governance committee that worked to rewrite the Club's bylaws to conform with non-profit protocol.



When the Club was founded in 1962, it was set up as a social club (501c7), but with the huge increase in use the Catskills has seen over the last several years (especially the last few), this just doesn't seem responsible to have this status any longer, despite all of the stewardship activities we already participate in and support financially. Our patches encourage more and more folks to hike these mountains and it is so important for us to do everything we can to balance that impact and keep the hiking challenges sustainable. The Club has been involved in stewardship activities for over 50 years now and we have been expanding our outreach for the last several years.

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H I K E S

An innovation to our outing activity will be reflected by the inclusion of trail clean-up work. Here is the simple way to express concern for the once-pristine CATSKILLS. As a starter this spring, the aim will be to unlitter the trail from Woodland Valley to the summit of Wittenberg, including the area around Terrace lean-to. Lots of hands will be needed. John Burroughs will beam at us from the other world as we lug out sacks of junk. For this day bags will be furnished, and a shuttle service for them will be arranged between the trail-head and a suitable deposit point. Please notify the leader in advance if you can join in on this day.

June 19 WITTENBERG CLEAN-UP

Leader: Spiro Kavarnos, 43 S. Highland Ave., Ossining (914-762-0559)
Meeting Place: Village Bake Shop, Phoenicia, at 9:00 a.m.

Inaugural trail maintenance announcement in Summer 1972 edition of The Canister.

In the spring of 1971, the Club started pursuing trail clean-up initiatives, with Wittenberg as its inaugural event. Later that fall, the Club led clean-up trips of several trails and lean-tos. It was 50 years ago when the Club adopted part of the Long Path along the Table-Peekamoose Trail, that we still maintain to this day. In addition to the trail maintenance activities, the Club currently has a search and rescue team (Catskill Mountain Search and Rescue), provides a trailhead steward at Slide Mountain to educate hikers, has adopted a two-mile section of highway along Route 214, works with the NYSDEC and NYNJTC on bigger trail and structure maintenance projects, helps provide data with our canisters to support the DEC with their trailless peaks sustainability research, and is a member of the Catskill Park Advisory Committee. We collaborate with other local organizations on environmental issues and contribute money in support. This year, our search and rescue team (CMSAR) members are also providing Wilderness First Aid training for our hike leaders and our members.

This new tax-exempt status will allow us to be even more successful in our stewardship mission.

I am starting my position as President as the Club is embarking on forward progress. These are new beginnings and exciting times for both of us! I have so much to learn about non-profit, tax-exempt status and am excited to continue the vision of the Club as being responsible caretakers of the mountains as well as celebrating our member accomplishments. Please help us work together to be responsible stewards, while cheering on our finishers. You can join our new Facebook group ([Official Catskill 3500 Club Community](#)) and share your 3500 Club journey, build community with our members, and seek out volunteer opportunities to give back to the mountains. If you are not able to give back by physically volunteering, donations are now tax-deductible (employers can now offer matching incentives for their employees) and will allow us to fund more stewardship missions in these mountains that are so special to us all.



Blackheads reflection. Photo by Steve Aaron #3199



Trail Mix: News and Notes from the Club



IRS Grants The Catskill 3500 Club the 501c3 Status!



It's official!! The Catskill 3500 Club is now a 501c3! It did take longer than any of us on the board expected but we just received the IRS notification letter and are now approved.

For those who are new to the story, the Club has been a 501c7 since its inception, which is the official designation of a social club, not the usual nonprofit that most of us are familiar with. At the time of the formation of the Club that made more sense, but with our increased stewardship activities over the years, it became clear it was time to make a change to the more appropriate 501c3.

We will continue all the stewardship activities we currently do: trailhead stewarding, maintenance, Search and Rescue, etc., but this allows us to fundraise more easily, do matching grants, provide tax deductions to donors and consequently give back even more to the Catskills. With the 3500 Club's new 501c3 status, all life memberships and donations are tax deductible.

Many thanks to the governance committee who put so much time into this navigating the minutia and rabbit holes of the process: Maria Bedo-Calhoun (#1851 W760), Joe Bogardus (#1399 W588), Jim Bouton (#1539 W614), Jon Gordon (#2816 W1252), Yanina Levchinsky-Grimmond (#2814 W1222), Charlie Lutomski (#786 W629) and Matt Smith (#889 W309).



Dues News



Dues for calendar year 2022 are overdue as of January 1st. Those of you who receive the emailed quarterly link from us also get a dues reminder. Members and Aspirants who joined after the middle of the year may renew at a half-year rate to get back to "calendar-year renewal." Contact [David White](#), [Chris Adams](#) or [Jake Haisley](#) to confirm your status. Forms and rates are on the [membership page](#) of the Club website. You may now use PayPal at the [Club site](#) or renew by mail and/or order additional member items using [this form](#). Please make checks payable to the Catskill 3500 Club.

Note: The Board has decided to move to renewing on an anniversary date. It was felt that a calendar year renewal put it at a busy time of the year. We will work with you all individually if you want to choose a month you would like to renew in. Eventually, we hope that reminders will be sent automatically prior to your chosen date.

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

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

Note: With the 3500 Club's new 501c3 status, all life memberships and donations are tax deductible.

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



3500 Club's Fifty Sixth Annual Dinner Recap



The Club's Annual Dinner was held at The Ashokan Center on Saturday, July 9, 2022. The attendance was close to 200 with many new members and stalwarts making appearances. Voting for Board Members and new Officers took place with ballots provided at check-in.

This year we had hors d'oeuvres along with a cash bar during the afternoon. Fred Gillen, Jr., as well as Sharon Klein, Deb Martin and Lauren Tully of MartinTullyKlein performed for us as a special treat. Fred is a new member (#3928) and Sharon is a member (#3364) and a hike leader. Fred provided a sound system.

Outgoing Club President Maria Bedo-Calhoun made remarks and conducted the Business Meeting. McCrea Burnham, DEC Catskill Coordinator, presented information about the DEC studies about the 3500 trailless peaks. A very special presentation was made to Carol White for her service as Conservation Chair. David White presented certificates to many excited new members of the regular 3500, as well as the Winter 3500. The Club thanked Margaret McGrath and Terri Baker for their wonderful service as merchandise mavens and presented appreciation plaques. Michael D'Angelo was awarded Hike Leader of the Year. Eric Adams (not the mayor of New York) took photos again this year (be sure to view them and tag yourself on our [Facebook post!](#)). Margaret McGrath, Sara Chapman and Meg Lachmann offered Club Merch.

David and Carol White offered their wonderful books and Club patches at a table. Alan Via had a table with his books and the CMSAR Team had a table. A lovely mountain-themed quilt made by Emily Oakhill was raffled off to benefit the CMSAR Team, and the quilt was won by Tracy Rakin (#3961). The meeting and awards were followed by a buffet dinner and much camaraderie.

I'd like to especially thank the Dinner Committee, Co-Chair Mike Doehring, Linda Van Steenburg and Bill Chriswell.

By: Michael Bongar, Vice President and Annual Dinner Co-Chair



Catskill 3500 Club Welcomes New Board Members



The Catskill 3500 Club Board wants to extend a very warm welcome to the new Board members:

Michael Bongar #2173 W994 (Vice President)

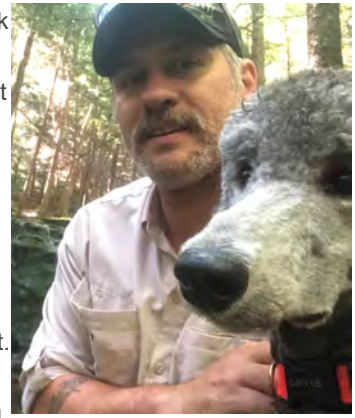
After attending Antioch College and majoring in theatre, Michael ran off to join Ringling Bros. Barnum and Bailey Clown College. Michael has been a clown; actor; producer in theater; television; and film; and owner (along with his wife Tina Volz Bongar) of his own live entertainment company ever since. BONGARBIZ produces live entertainment and special events for Fortune 500 companies, destination retail, film and television, too.

Traveling with his family to National Parks during his youth, Michael always wanted to get as far as he could on any trail, before being called back to the family for dinner. Michael and Tina have hiked and backpacked on the East Coast and in the Sierras. Even though Michael's been hiking and climbing in the Catskills since the 1970s, it wasn't until he climbed Mt. Marcy, with his son Brad on his 60th birthday, that he decided to complete the 3500. The Club's winter requirements inspired Michael and Brad to climb Mt. Rainier in 2017. Michael is a dedicated hike leader and loves meeting aspirants and club members along the way.



Chris Adams #2710 (Director)

Chris joined the board as an assistant to the membership chair in 2020 and recently took on coordination of the Club Service Award. Chris is a lifelong outdoor enthusiast. It was immediately apparent during his first visit to Devil's Tombstone Campground in 1996 that the Catskills were a special place that would have to be a part of his life. Growing up in Central Pennsylvania, he was always out in the woods with his dad and his friends, whether it was hunting, fishing, hiking, biking, camping, exploring, sledding, or finding a great spot to take a nap.



Chris was almost through with his first round of climbs of the 3500 peaks when he decided to join a Club-led hike to see what the Club element of this challenge was about. The people he met and the conversations that he had that day up Rusk, East Rusk, Hunter, and Southwest Hunter enriched what started as a personal challenge by gaining insight into the bigger picture of the Catskill 3500 Club, its members, and the conservational and educational work in which the Club participates. These days, Chris can most often be found hiking in the Catskills, Hudson Highlands, or the Alleghenies of his childhood—partly because all that he wants to clean at the end of his days in the woods is his Camelbak. Chris lives in Hastings-on-Hudson and Phoenicia, NY, with his wife, son, daughter, cat, and his main hiking partner, Rosie the standard poodle.

Colleen Hardcastle #2990 W1416 (Director)

Colleen grew up in Kentucky, canoeing, swimming, and skiing. Colleen's passion for trail maintenance was apparent when she, as a child, brought a broom to the woods behind her house to tidy-up the area where she and her neighborhood friends played house. She has degrees in Mathematics and Economics, from Vanderbilt University in Nashville, Tennessee, and spent her spring breaks hiking in the Smoky Mountains. Her career as a technology manager in the Financial Services industry brought her to New Jersey. She is the co-chair of the Trailhead Steward Program and serves on the Club Audit and Stewardship Committees. Colleen earned the Club Service Award, and is Wilderness First Aid certified. Colleen maintains a trail near her home in New Jersey, coaches for Girls on the Run, and kayaks.



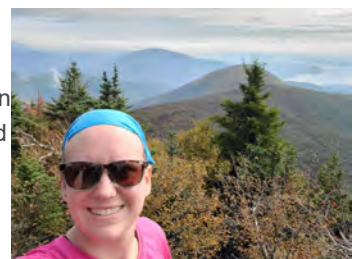
Lynn Houston #3578 W1406 (Director)

Lynn Houston is from a family of school teachers in Newburgh, New York. While growing up, she would help her parents navigate the increasingly complex world of computers and social media, so it was only natural that she found her way into a career in internet technology, after teaching college English for over a decade and running a small literary press. She has since developed a specialty in information privacy (minimizing agencies' collection of citizens' personal information) and has worked for the Environmental Protection Agency and the Pandemic Response Accountability Committee under the Council of Inspector Generals. She recently bought a house along the Rondout Creek in Kingston to be closer to hiking in the Catskills and Adirondacks. An avid Catskill hiker and lifetime member of the Catskill 3500 Club, she is now half way through completing the Northeast Ultra 8.



Sara Chapman (Merchandise Coordinator)

Sara Chapman is originally from Poughkeepsie, NY. After more than a decade working in the NYC nonprofit sector, Sara is relocating to the Catskills this fall to start a new life and finish hiking the high peaks to become a full member. Sara has a BA in Spanish and political science and an MA in political science. In addition to hiking, Sara also enjoys camping, swimming and traveling near and far.



Meg Lachmann #3465 (Merchandise Coordinator)

Meg Lachmann, lives in Saugerties, NY with her husband Bob (#3466). She has two children, both grown and on their own. She started seriously hiking in the Catskills during Covid, when there was nothing else to do, and finished her 3500 peaks on Jan 1, 2021, along with Bob. She works for AMETEK Dynamic Fluid Solutions in Kent, OH, as a Technical Sales Engineer for the Northeast region. Besides hiking, she likes to kayak, travel, swim, cook, drink wine, read, and spend time with family and friends. She and Bob are currently working on their winter round and the four seasons.



Julie McGuire #3500 (Social Media Committee Co-Chair)

Julie McGuire is a high school English teacher and lifelong dual resident of the Catskills and NYC. Skiing and hiking has allowed her to gain insights into life, which she often shares in her blogs (along with her favorite Catskills IPA selections). Since 2018, she has become Catskill 3500 Club member #3500, has done major ski tours on four continents including the Haute Route Alps, and loves showing people that the Catskills should not be underestimated in what they can offer skiers and mountaineers. She is currently working on a project to ski all the Catskills high peaks, and is passionate about teaching others the healing power that the mountains have to offer.



The Club Extends Appreciation to the Departing Board Members

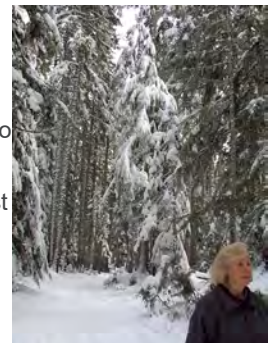


At the Annual Dinner, the Club Board said goodbye to several Board members who have given so much of their time and talents to the 3500 Club. We deeply appreciate all their work, efforts and dedication that they shared during their years on the Board.

Carol Stone White #860 W310

Carol White served the Board as a Conservation Chair for nearly 20 years, joining us in 2003.

Carol has been passionately engaged in conservation in the Catskill region during her tenure. Just some of her work while on the Board includes working with the Adirondack Mountain Club to force a significant reduction in a major resort's ill-considered plans for Belleayre Mountain and helping to stop the installation of the largest Mesonet observation tower in the heart of the Forest Preserve through environmental considerations now incorporated in law. Other initiatives included reducing noise pollution from construction and working with other area organizations to prevent the flooding of areas for a proposed hydroelectric project near the Ashokan Reservoir. Carol is also known most for her wonderful books about both the Catskills and the Adirondacks, including *Catskill Peak Experiences*, *Women with Altitude* and *Catskill Day Hikes*, to name a few. Scroll down for an [exclusive interview](#) with Carol!



Charlie Lutomski #786 W629

We would like to thank Charlie for his dedicated service over the past five years as a 2nd and 1st Vice President. His energy and enthusiasm during that time is much appreciated and we know he will stay involved with the Club in other ways. Charlie has come to the realization that he has too much on his plate with his work as the Overlook Fire Tower coordinator to also be the Club President and has decided not to move forward in that position. Charlie was very engaged in the Club stewardship initiatives, advising on the initiation of the Trailhead Steward Program, creating a car pooling guide for the Club and sharing his many years of experience hiking here in the Catskills.



David Bunde #2269 W925

We also are saying goodbye to David Bunde, Digital Content Chair. David did yeoman work on the first upgrade of our website and has been supporting our content for many years. David's dedication to the Club also involves serving as a Trail Maintenance Chair and leading hikes. He is now doing more exploring across the world and we thank him for his service and wish him all the best in his journeys. David remains serving the CMSAR team as an officer.



Margaret McGrath (#2009 W939) and Terri Baker (#1955 W888)

Margaret McGrath and Terri Baker are stepping down from the Merchandise Committee as the Club begins to move merchandise to an online store. During their time running the committee, they added many items to our inventory and updated processes but the time has come to be more automated. We are grateful to them for allowing the merchandise store to run out of their homes!!



Merchandise Update



The Catskill 3500 Club is thrilled to announce that we are moving to a new platform for merchandise. When the new store is launched, we will feature an extensive catalog of 3500 Club-branded merchandise, including performance T-shirts, beanies (hot orange, just in time for hunting season!), water bottles and more. We will begin accepting online orders, and merchandise will be shipped directly to you, hot off the presses. The new online store will roll out with our brand new website in the fall. **During this transition, we are unable to fulfill new orders.** We appreciate your patience as we work hard to get the new website and online store up and running.

Stay tuned for the announcement when the store goes live!

By: Sara Chapman and Meg Lachmann, Merchandise Coordinators



Save the Date for Fall Trail Maintenance and Adopt-A-Highway Events



PEEKAMOOSSE-TABLE TRAIL MAINTENANCE

Join us for our Club trail maintenance outing on Saturday, September 17th, 2022. Please help us keep the Peekamoosse-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 information: open; to sign up, please contact [Lourdes Sonera](#).

ADOPT-A-HIGHWAY CLEAN-UP

Join us on Sunday, October 16th, 2022 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 and the environment and keeps the Catskills beautiful! Registration information: open; to sign up, please contact [Lourdes Sonera](#).

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

By: Lourdes Sonera, Trail Maintenance Chair



Save the Date for Winter Weekend



With the severity of COVID-19 waning, it looks as though we are safe to again schedule a social gathering for our Winter Weekend. Plans are initiated and updates will be forthcoming on our Facebook page. For now save the weekend of January 20-21, 2023 and watch for updates!

By: Bill Criswell, Winter Weekend Chair



Search and Rescue Update



Many thanks to Emily Oakhill, who donated a hand made quilt as a raffle item at the recent 3500 Club dinner. We were able to raise \$355 for the CMSAR team. Thanks to all who bought a raffle ticket and admired the quilt, which had a topographic map border, lines of granite in between the trees and skies of the differing seasons. It was a work of art. For those who didn't win, Emily has graciously offered to donate another quilt for next year's dinner!

The WFA course for October is currently full. We do have a waitlist in case of cancellations. If you would like to be placed on the waitlist, please email [Anmarie Spiciarich](#). We are tentatively looking at scheduling another class in 2023; times and dates to be announced. Club members get a 10% discount on the course cost.

By: Anmarie Spiciarich, SAR Committee Chair

Editor's Note: In the last issue, it was inadvertently noted that the Wilderness First Aid Course offered by The Catskill 3500 Club would be SOLO certified, rather than ASHI certified.



Congratulations to Michael D'Angelo



It is with honor and appreciation that the Catskill 3500 Club presents the Hike Leader of the Year Award for 2021 to Michael D'Angelo (#2910 W1168).



Michael started hiking in his late 20s, beginning with short local hikes. His first Catskill High Peak was Balsam Lake in May 2013. His second Catskill hike was on Memorial Day 2013, which was particularly memorable because it had snowed! After several winter hikes in 2014 and 2015, he fell in love with winter hiking, and decided to complete his 3500 Club member requirements with only winter hikes, finishing in February 2018. It wasn't until 2019 that Michael started

joining club hikes, where he met many new friends and started hiking much more frequently. As a hike leader, Michael enjoys meeting new people who share his joy of hiking, and watching them experience the comradery that he had found. Michael believes that 3500 Club hikes are truly special.

Thank you, Michael!

By: Marv Freedman, Outings Chair



New Facebook Group - Official Catskill 3500 Club Community



The Catskill 3500 Club is excited to announce the launch of our new Facebook group the "[Official Catskill 3500 Club Community](#)." The Facebook page that we have had is not very interactive and only announces important news or information. The purpose of this new platform is also to share information, but in addition will provide a way to build a sense of community with aspiring and current members. This group is an inclusive place to facilitate dialogue between Catskill hikers on their journey and have their questions answered by the 3500 Club. Additionally, the Club will routinely share relevant information to support its mission. We would love for you to participate! Here are some of the things this group can be used for:

- Share your journey to your Catskill 3500 Club patches
- Share your experiences and your hiking journey growth
- Post questions
- Meet prospective hiking and/or carpooling partners
- Promote volunteer opportunities and stewardship
- Promote the regular hikes led by the Catskill 3500 Club



New Website Update



As the new Digital Content Chair, I am happy to report that we are making good progress on a new website that will help alleviate the burden on some of our volunteers related to keeping merchandise inventory and also related to manual data entry for our membership applications and dues. Sara Chapman and I are moving forward on a site design and layout after many discussions with the Technology Committee. We want to thank everyone for their input. We are now working on various automations to modernize and partially automate our processes, such as hike event scheduling and membership subscriptions. We are confident that the new site will be very user-friendly and will preserve all of the important content from the previous website. Please contact us at Catskill3500webmaster@gmail.com with any suggestions.

By Lynn Houston, Digital Content Chair



Upcoming Races Alert



The 8th Edition of the Cat's Tail Trail Marathon will be held on Saturday, October 1st. As have all of the past races, this year's race will start at the "crack of dawn" in the Slide Mountain Wilderness Area. Cat's Tail goes over four of the 3500 peaks. Beginning at the Fox Hollow Trailhead, runners will go over Panther, then Slide, Cornell and Wittenberg and will be descending via the Cross Mountain Trail to Lane Street and finishing at the Parrish Hall in Phoenicia.

The course records are held by Steve Lange (4 hours 13 minutes set in 2021) and Kehr Davis who set the women's fastest time in 2016 finishing in 5 hours 14 minutes 42 seconds.

The field is selected so that runners are expected to finish in the 10 hour time limit with things wrapping up at 5 p.m. in Phoenicia.

By: Dick Vincent, NY-NJ Trail Conference Representative



A Word From the Can-Man



Since 1999, the Catskill 3500 Club has had an agreement with NYSDEC to keep and maintain canisters on the “trail less” high peaks of the Catskills. The most recent Volunteer Service Agreement (VSA), states that the canisters will be painted orange. This change to orange from the traditional gray was to make the canisters more visible and to lessen the impact of hikers searching for the canister.

The VSA also states there will be no writing or markings on the outside of the canister. So please don't do everyone a favor by writing the name of the mountain on the canister. You found it, I'm sure the next person can too. If you are unsure of where you are, lift the lid and the name will be there, or look at the book.



A couple of the canisters still have the brass name plates, but most have been stolen, and when they are gone, that will be the end of an era.

As I have asked in the past, please don't leave anything more than your signature, and if you wish, a short note on your journey or impressions of the hike. I do collect and read them all.

By: Jim Bouton, Canisters Chair



New York- New Jersey Trail Conference News



Congratulations and a big thank you to Pete France who is retiring as Trail Maintenance Supervisor. Pete has volunteered for the Trail Conference for 27 years and has decided to step down this year. The NY-NJ Trail Conference is still looking for a volunteer to take the reins from Pete in the Dry Brook Ridge section.

The Catskills have 27 lean-tos spread throughout the park and that makes it difficult for one person to oversee all of the lean-tos, something that Snapper Petta has been doing for some time. The lean-tos will now be divided between region 3 and region 4 with a supervisor and an assistant in charge of getting volunteers to adopt a lean-to and oversee maintenance. Snapper will stay on as an assistant and will report on Region 4. The new Lean-to Chair will be Sam Litton and he will report on Region 3.

By: Dick Vincent, NY-NJ Trail Conference Representative



Current Directors, Board Members and Contacts



With the recent change of slate of the elected officers and directors, new committee assignments, departures and

introductions, we think that it is also a good opportunity to list all the Club Board members for those who may not know who they are. This is our first year with our revised board structure which moves to Officers and Directors. More information on our restructuring is [here](#). Please say hello on the trails!



The Club Board at the Annual Dinner. Missing: Marv Freedman and Lynn Houston.

ELECTED OFFICERS	
PRESIDENT Lisa Gizzarelli-Drago	
VICE PRESIDENT Michael Bongar	
SECRETARY Linda VanSteenburg	
TREASURER Jay Hui	
DIRECTORS AND COMMITTEE ASSIGNMENTS	
MEMBERSHIP CHAIR David White	NYNJTC REPRESENTATIVE Dick Vincent
ASSISTANT TO THE MEMBERSHIP CHAIR Chris Adams	TRAILHEAD STEWARD PROGRAM CO-CHAIR Colleen Hardcastle
THE CANISTER EDITOR Yana Levchinsky-Grimmond	DIGITAL CONTENT CHAIR AND WEBMASTER Lynn Houston
OUTINGS CHAIR Marv Freedman	CANISTERS CHAIR and STEWARDSHIP COMMITTEE CHAIR Jim Bouton
TRAIL MAINTENANCE CHAIR Lourdes Sonera	ASPIRANTS CHAIR Jake Haisley
SAR COMMITTEE CHAIR Annmarie Spiciarich	ANNUAL DINNER CHAIR Mike Doehring
CONSERVATION CHAIR Maria Bedo-Calhoun	WINTER WEEKEND CHAIR Bill Chriswell
NON-VOTING BOARD POSITIONS	
ARCHIVIST Jeff Glans	MERCHANDISE COORDINATORS Sara Chapman and Meg Lachmann
ANNUAL DINNER CO-CHAIR and DIRECTOR EMIRITUS Mike Doehring	ASSISTANT TO THE OUTINGS CHAIR Amy Holiday
SOCIAL MEDIA COMMITTEE CO-CHAIR Julie McGuire	ASSISTANT WEBMASTERS Bill Roehrig and Sara Chapman



Delaware County bald eagle. Photo by Tony Versandi #1488 W637

Catskill 3500 Club Trailhead Program 2022 Season Update

Text by: Lourdes Sonera #2525 W1075 and Colleen Hardcastle #2990 W1416

The 3500 Trailhead Steward Program at Slide Mountain is currently in our second season. This initiative still feels fresh and new but our amazing stewards have already volunteered 1,045 hours this season and interacted with 1,214 hikers. Everyday at the trailhead is a different adventure and stewards have figured out how to flex and maximize their efforts to enhance the visitors' hiking experience.

We appreciate the commitment and dedication of our volunteers as we continue to work on growing our stewardship efforts. This will ensure that visitors in the Catskill Park are equipped with the information they need to hike safely BEFORE hitting the trail. The stewards have done a phenomenal job ensuring hikers have the basic backcountry knowledge to safely summit Slide Mountain while having a positive experience practicing [Leave No Trace](#) and minimizing the impact on natural resources.



To continue making this program successful for the remainder of the season and in looking ahead to the 2023, we are calling upon our members to share their knowledge and experience by becoming trailhead stewards. The LNT and safety

training is an eight hour self-guided overview that can be completed independently and online. Volunteers should commit to at least two days during the season. These days can be consecutive days, or they can be single days on different weekends. And, of course, you can volunteer as many days as you like! Trailhead Steward volunteer days count towards the Club Service Award.

Are you ready to give back and improve the hiking experience for all? Please email the Club's Trailhead coordinators Lourdes Sonera and/or Colleen Hardcastle for training materials, and you can sign up [here](#) (we still have open dates for the season!).

Remember the brain teaser mentioned in the Trailhead Program update in the last edition of *The Canister*? Your wait is over! See the [article below!](#)



Cloud Inversion on Overlook. Photo by Stash Rusin #2829

Only We Can Prevent Forest Fires

Text and Photos by: Jim Bouton, Stewardship Committee Chair

As the drought continues, so increases the danger of fire in the back country. The first defense for fire reporting and control used to be the many fire towers that monitored the region. Basically, an observer would scan the area with binoculars for any sign of smoke, then call to other observers in nearby towers, who would then triangulate with the first spotter to pin point the area of the suspected fire. The ranger or fire warden for the area would be contacted and he would drive to the reported area to investigate or commence a fire attack. It sounds complicated, but it worked, and worked well.



When the state began decommissioning the towers in the 1970s, they relied on planes to spot and report the fires. The

towers fell into disrepair or were taken down. There were no longer observers in the back country.

The Catskills are ancient mountains. 12 thousand years ago they were covered by glaciers, except for the top of Slide Mt. The soil is thin, composed mainly of organic duff. Bedrock can be a few inches below the surface. A fire can burn below the surface for days in this organic material, killing roots as it travels. The trees soon die. A ledge on the Indian Head summit area is an example of this. A small campfire burned below the surface, killing trees and vegetation, burning away the thin organic layer, which took several thousand years to accumulate. There is now a large, south facing flat rock area. It collects the sun's energy and heats the rock, drying out more duff and expanding every season. I have seen traces of fires on every one of the 3500' peaks above the 3500' level.



Indian Head ledge

Unfortunately, the 3500' fire regulation does not take into account that the Boreal Zone often extends below this elevation on many peaks. This is because of past logging, moisture, temperatures, exposure, wind, rain and snow. Sometimes Boreal conditions can be found as low as 3000'. It may not be considered true Boreal, but soil conditions, plants and animals are similar.

What can you do?

Without an official prevention presence in the back country, it is hard to quickly and accurately report fires. This is where we, as hikers, campers, hunters, fisherman and everyone else using the back country can play a part in reporting and preventing fires. If possible, put the contact information of the local ranger in your phone. This is the person who best knows the area. This should be on the kiosk at the trail head or available on line, along with the DEC statewide reporting system number. If you don't have that, you can call 911. These numbers are for any emergency in the back country. You don't need to call for every fire you see, some are legal. If you come across a smoldering, abandoned campfire, put it out if you can. I have "requisitioned" water from passing hikers to do this. It makes for a thirsty hike out, but is well worth it.



Remains of a recent fire left smoldering at Rocky viewpoint

If you see someone with an illegal fire above 3500', or within 150' of a trail, water or parking area, your response should be different. We, as a Club, usually encourage hikers to try and educate others in the field when it comes to doing unsafe, unprepared or damaging activities to the environment. However, in the case of illegal fires, cutting or other questionable behavior we urge you to consider your own safety first. The ranger I talked with stressed this also. Educate don't agitate! Don't confront the person or persons unless you feel confident and have some training. Some people just

don't know, but others are aware they are committing a crime and don't care. Alcohol and or drugs can be a factor. If you at first get a negative reaction, leave immediately. For most of us not trained, it's best not to confront at all. Get as much info as you can as to what they are doing, how many, how dressed, physical appearance, without being obvious. If you can take a picture great, but this could trigger a response, so use caution. As soon as possible and when you are in a safe spot, call. You may be asked to sign a deposition, or file a report. A ranger may not be available to respond immediately, but at least they will be made aware of the situation and can plan accordingly.

The fire danger could end with a single storm, but the need to protect the environment remains. By being the eyes and ears of the forest and mountains, we can help preserve our wilderness for generations to come.



Viewpoint off Ticetonyk. Photo by Steve Normann #3312

Revised Catskill Maps Coming Soon from the Trail Conference

Text by: Jeremy Apgar, Cartographer at NY-NJ Trail Conference



Last updated in 2018, our **Catskill Trails** map set has continued to be a popular go-to resource for exploring the Catskills, and we have been hard at work on a revised 13th edition that will be available this fall. The maps include several trail updates and new trails, adjustments to viewpoint stars throughout the region, newly-protected lands, and many other adjustments and corrections to make this as up-to-date as possible.



These new maps will be available in both print and digital formats, but initially the maps will be available only digitally through the Avenza Maps app. The Trail Conference has been printing our maps on waterproof and tear-resistant Tyvek for nearly 50 years, and currently this material is in extremely limited supply and we have unfortunately been unable to obtain enough for the printing of these Catskill maps as of the time of this writing in August. We continue to be in contact with multiple suppliers to secure enough Tyvek to get these maps printed, so the printing is delayed without a clear timeframe of expected availability. The reason for the Tyvek shortage is that DuPont, who manufactures Tyvek, has shifted their production of this material toward their healthcare and PPE products to meet the need of the global pandemic, and global supply chain issues have only heightened the uncertainty of when supplies may increase.

Among the most significant changes to the maps are:

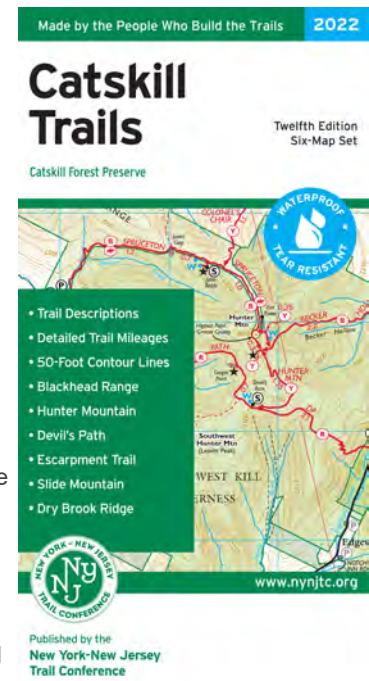
- New trails added, including the Red Hill Fire Tower Trail and trails within Bluestone Wild Forest
- Several trail lines updated with newer, more accurate GPS data

- Addition of several viewpoint stars, as well as the removal of some stars at overgrown locations
- Adjustments and alerts near Doubletop and Graham Mountains
- Adjustments to trail mileage numbers and updates to trail descriptions included on the backs of the maps
- Inclusion of a portion of the Ashokan Rail Trail on the print maps
- Several newly-protected NYC DEP, NYS DEC, and Open Space Institute lands
- Fixed location and access to Halcott Lean-To.

As with the previous 2018 edition, the digital offerings on Avenza Maps will include a combined and expanded map of the Catskills. In addition to the changes noted above, this expanded map will include all of the Ashokan Rail Trail, the new trail on Ticetonyk Mountain, the Ashokan Quarry Trail, and updates to several trails maintained by the Catskill Mountain Club northwest of the Catskill Blue Line. If you are currently using the previous 2018 “Catskill Combined Map” edition of this app map, you should see an “update available” notice within the app once the new maps are available, and you will have the option to download these latest 2022 maps at a discount.

So be on the lookout for the arrival of this map, first digitally through Avenza Maps and eventually printed on Tyvek, and check out the latest status updates at

<https://www.nynjtc.org/maps/catskill-trails-map>.



Jeremy Apgar has been the cartographer for the New York-New Jersey Trail Conference for 15 years, creating maps to assist with all aspects of building, maintaining and educating people about trails and the protected lands they traverse. He aims to produce trail maps that are simplistic in design, yet are detailed, accurate, and attractive.

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 map fixes to Jeremy at apgar@nynjtc.org.



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

Interview with Carol Stone White

Text by: Maria Bedo-Calhoun, Conservation Chair, #1851 W760

My first introduction to Carol White was reading her wonderful book *Women with Altitude*. Carol pulled together some incredibly inspiring stories of women hiking the 46 in winter and the challenges, camaraderie and lessons learned in their quests. Though I was only working on my regular season of the 46, the strength of that earlier era of hikers, who hiked with none of the technology our generation has available, awed and inspired me. It was several years later, after joining the Catskill 3500 Club Board and now, in conducting this interview, that I am awed again by all that Carol has done and given back to the Catskills and in other areas of her life.



Carol joined the Club Board as Conservation Chair in 2003 and stepped down this summer, but her work has been so impactful we wanted to celebrate her time with the Club through an in-depth feature.

Just a few highlights of the major initiatives she led or participated in during her Club tenure were:

- Working to prevent mountain bike trails on Windham High Peak. Instead, a separate area for mountain biking was created.
- Advocating designating the former Hunter Mountain Wild Forest as Wilderness, and it became the Hunter-West Kill Mountain Wilderness.
- Advocated for full funding for the Environmental Protection Fund (EPF), provided from the Real Estate Transfer Tax. Catskill Regional Invasive Species Partnership (CRISP) is one of eight Partnerships for Invasive Species Management in New York funded by the Environmental Protection Fund to promote prevention, early detection, and rapid response to eliminate invasive species.
- Warned that allowing a large-scale Belleayre Resort in the Catskill Forest Preserve would be a dangerous precedent in a constitutionally protected “Forever Wild” area. The plan imperiled the New York City Watershed and was reduced.
- Placed 3500 Club observers at six locations and involved ADK’s legal counsel, who testified at the Town of Hunter hearing opposing the construction a 102-foot weather observation tower, the highest such tower in the state, on DEP property in full view of Devil’s Path overlooks; NYS Mesonet withdrew its application.

Carol compiled four hiking anthologies, three mentioned in this article, and also *Peak Experiences*, published by the University Press of New England. She and David, our membership chair, measured all 350 miles of Catskill Park trails with a surveying wheel to edit *Catskill Trails* after writing *Catskill Day Hikes for All Seasons*, both published by the Adirondack Mountain Club. The National Geographic Catskill Park Trails Map is packaged with *Catskill Trails*.

She received the Susan B. Anthony Legacy Award in 2007 with two other recipients. They discussed the theme, “Daring the Impossible: Strong Women Take on the World,” on how they draw attention to causes larger than their own ambitions. She has also served from 2003-2007 on the 46ers Executive Committee.

Carol became the first woman to complete the Catskills “All Trails” challenge—hiking all trails in the Catskill Forest Preserve. Dave and Carol are 3500 Club winter finishers # 310 and 311 and learned enough to complete the Winter 46 and the Winter 48 in the White Mountains. They participated in trail maintenance, led hikes, helped restore lean-tos, wrote hiking columns, and led three classes in hiking for the Mohawk Valley Institute for Learning in Retirement.



Below are a few questions to add even more perspective to her biography.

1. Where did your love for nature and conservation come from? Did it evolve from childhood or later in life?

My love of nature evolved in my earliest years. Our street dead-ended at the Cortland, NY, Waterworks. A footbridge crossed the Tioughnioga River and nearby was an artificial waterway where I played at a small waterfall catching minnows, pollywogs, and salamanders and letting them go. This waterway drained a pond featuring swans, ducks, and large fish; tame deer wandered the grounds. Nearby was a wading pool with a big spraying fountain and a swimming pool. Life was outdoors in all seasons. My aunt lived near a marvelous place to spend the day, much like Vernoo Falls in the Catskills.

My father developed chronic asthma so we moved to Florida on a doctor's advice to swim in the ocean daily; he improved. We'd swim far out—every day the ocean was different and wonderful. One day you'd ride large waves or float on completely calm days; there might be great swells to float over. Sometimes a magical sandbar formed far out, and you could stand ankle-deep. There were treacherous days with riptides and undertows that pulled you under and out. A municipal saltwater swimming pool was across the street.

A paradise? Yes, for white people. This was 70 years ago when life there was strictly segregated. No black person ventured into white territory except to clean homes and care for lawns. They could not swim in the ocean or pool. They lived in poverty. Juniors at my college conducted sit-ins in first attempts to integrate lunch-counters and went to jail.

2. What prompted your start into expressing your love for nature and hiking in literary form? What was the first book you wrote?

Backpacker magazine urged people to send stories on the theme "Miles from Nowhere." I wrote about Winter 46ing and this made me think that many women must have similar misadventures and challenges. I learned that I was the 20th woman to have completed this and drove four times to the New York State Library Archives where letters written to the 46er historian, Grace Hudowalski, are stored. I asked the women sixteen questions and fascinating replies came in, which became my first book, *Women with Altitude: Challenging the Adirondack High Peaks in Winter*.

The University of Rochester asked me to be on a panel in October 2007 called the [Stanton/Anthony Conversations](#) along with International Swimming Hall of Fame member Lynne Cox and National Women's Hall of Fame member polar explorer Ann Bancroft. They feature local and nationally known women. The panel discussed "how women have used their physical strength, tenacity, and courage to draw attention to causes larger than their own ambitions," and we received the Susan B. Anthony Legacy award.

Our first hiking guide, *Catskill Day Hikes for All Seasons*, was published by the Adirondack Mountain Club in 2002. Former 3500 Club president, Wanda Davenport, asked Dave and me to interview the Club's co-founder, Bill Spangenberg—he was 99 years old! His treasure trove of experiences must not be lost to posterity. In 2005 we had a long conversation with Bill and his wife, Kay, also 99 years old. His story, "The Birth of a Hiking Club," appears in *Catskill*

Peak Experiences: Mountaineering Tales of Endurance, Survival, Exploration and Adventure from the Catskill 3500 Club, 100 favorite hiking stories by 3500 Club members. I read all Catskill Canisters produced since the Club's inception and found very interesting insights about hiking many decades ago, such as climbing the escarpment from Palenville before a road was constructed, and how people could stay overnight in a barn and be offered bacon and eggs for dinner and for breakfast. Bill Spangenberg was 102 when *Catskill Peak Experiences* came out, delighted to have the first copy; his wife lived to 101. Hiking is good for us! Black Dome Press later published *Adirondack Peak Experiences*.

The Adirondack Mountain Club asked us to take over the editorship of *Catskill Trails* and gave us a surveying wheel in October 2001 to measure every trail in the Catskill Forest Preserve. This increased our knowledge about all regions of the Catskill Park and was an excellent experience for understanding conservation issues. It was also wonderful to have the opportunity to prove that many trail signs were incorrect, as I'd suspected. ADK told us that signs are changed less than guidebook revisions, and trailheads are moved; the sign to Wittenberg said "3.4 miles" instead of 3.9 miles because the original trail began in Woodland Valley and went past the lean-to (now off-trail by 0.9 miles.) I shared our measurements with the New York-New Jersey Trail Conference from 2001 to 2004 to update mileages on their maps. We've seen some sign updates, which is gratifying.



3. How did you meet Dave White (the Club Membership Chair and a legend in his own right) and was your first date a hike?

Dave and I worked at the exact same intersection in New York City, Fifth Avenue at 56th Street, he at IBM stockholder relations and I with Bonwit

Teller, later torn down to build Trump Tower. We met at the New School for Social Research on West 12th Street, where I was studying while pursuing a Master's Degree at Teachers College at Columbia University. We hadn't yet discovered our mutual passion for hiking, but always had similar interests such as playing bridge.

4. Describe your introduction to the Catskills and then the Catskill 3500 Club. Any memories, stories would be wonderful. What is your favorite hike?

A bridge partner asked us if we'd like to climb Mount Marcy with their group. We learned about "the 46" staying at Johns Brook Lodge, finished them in 15 months and started climbing lower peaks. How lucky we were to meet a couple on Pitchoff Mountain who told us about great hiking in the Catskills! We began by climbing Balsam Lake Mountain from the south and completed all those peaks in two years. While measuring all 350 miles we encountered several bears, occasionally with cubs, and in winter we saw odd prints in the snow. "These look like *horse* prints," said Dave. And we came upon a horse at 3400 feet at the junction of the Dry Brook Ridge Trail and the Huckleberry Loop Trail to Ploutz Road. We tried to lure it down with us, but no luck; we reported our sighting at a nearby farm and the following week, we learned that the horse was found three days later.

We're forever grateful for the Catskill 3500 Club's requirement to climb four of the peaks in winter; otherwise, we might not have experienced the joys of climbing significant peaks in that season. We practiced climbing with crampons and started on a sparkling -16 °F day, soon learning not to overdress

5. What was the latest book you published and what drew you to that story?

A Taste of Heaven on Earth: Harnessing the Energies of Love was published in 2020, a story about the utopian Oneida Community where 300 people were married to each other! Known as Complex Marriage, my book includes excerpts from my great grandmother's journal about her six loves. Considered one great family, they shared all income from their industries and played, prayed, studied and made music together from 1848-1880. I'm a great granddaughter of Oneida Community's founder and my grandfather was the historian of this 19th-Century experiment where everyone also shared their deepest thoughts, feelings, challenges, and increasing spiritual growth. The Oneida Community Mansion House is a

museum where I'm a tour guide; this unique community evolved into the 20th century Oneida Ltd., a corporation that was as enlightened as the Community was—providing basic needs, financial help, recreation areas, and small shops for its employees for over 100 years.

6. Any plans for all the time you now will have not being on the Club Board?

I'm secretary of our area League of Women Voters, lead their book club, and volunteer for a Fair Trade shop. I'm working on another book dealing with why our institutions of law and democracy have not made our promise of "justice for all" a reality, and that this will require actively implementing the Golden Rule and many other high ideals of humanity. We'll discover that any differences among us are enriching, interesting, worthy of respect, and that maybe loving our neighbor as ourselves will become a reality—Utopia regained.

Photo credits: Maria's photo is by Yana Levchinsky-Grimmond, #2814 W1222, Carol's photo is by Dave White, #859 W311, photo of Carol and Maria is by Eric Adams.



Huntersfield viewpoint. Photo by Yana Levchinsky-Grimmond #2814 W1222

Brain Teaser: Slide Mountain Ascent, From Slide Trailhead

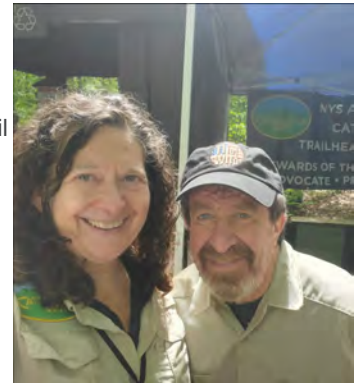
Text and Photo by: Jeff Schoenfeld and Colleen Hardcastle #2990 W1416

How do you assess the difficulty of a hike? One item you may consider is the elevation gain, but is a longer trail with, for example, 2000 feet of elevation gain as steep as a shorter one? All other things being equal, which is harder?

Want a way to rank hikes based on elevation gain relative to distance? Brush off your math skills, and compare trails, routes, and route segments using the unit rate of ascent or degree of the slope!

Here's how to calculate the unit rate of ascent for any peak, using Slide as an example.

To start, we need the starting and ending elevations, expressed here in feet, and the trail distance, expressed in miles. We're estimating, assuming the trail is a steady ascent. For comparison of routes and mountains, this should be helpful, but some trails have more ups and downs along the way than others.



Slide Summit Elevation: 4,184 feet

Slide Trailhead Elevation: 1,641 feet

Slide trail PA to summit distance, via Phoenicia East Branch and Wittenberg Cornell

Slide trails : 2.8 miles

Slide trail PA to summit distance, via Phoenicia East Branch, Curtis-Ormsbee, and Wittenberg Cornell Slide trails: 3.9 miles

First, calculate the net elevation gain, by subtracting the trailhead elevation from the summit elevation: $4,184 - 1,641 = 2,543$ feet

Next, calculate the rate of ascent, in feet per mile, by dividing the net elevation by the trail distance.

Unit rate of ascent via PEB & WCS: $2,543 / 2.8 = 908$ feet per mile

Unit rate of ascent via PEB, CO, & WCS: $2,543 / 3.9 = 652$ feet per mile

For extra credit, for math nerds like us, let's calculate the angle of ascent, in degrees, using trigonometry.

We need to convert the trail distance to the same unit of measurement as the elevation, using the number of feet per mile: 5,280.

Thus, the PEB to WCS route in feet: $2.8 \times 5,280 = 14,784$ feet and PE, CO, WCS route in feet: $3.9 \times 5,280 = 20,592$ feet.

If the angle of ascent is θ , $\sin \theta = \text{elevation gain} / \text{trail distance}$, expressed in radians, or, solving for angle of ascent, $\theta = \text{inverse sine}(\text{gain}/\text{trail})$. Inverse sine is also written as arcsin.

Since most people think of the angle in degrees, not radians, the formula for conversion of radians to degrees: $1 \text{ radian} \times 180/\pi = 57.296^\circ$.

Using an online (or physical) trigonometric function calculator, or a slide rule if you're old school:

The angle of ascent PEB to WCS in radians : $\arcsin(2543 / 14,784) = 0.17287$ radians

The angle of ascent PEB to WCS in degrees: $0.17287 \times 180/\pi = 9.9^\circ$

For the longer PEB to CO to WCS route, the angle of ascent in radians : $\arcsin(2543 / 20,592) = 0.123810636$ radians

The angle of ascent PEB - CO - WCS in degrees: $0.123810636 \times 180/\pi = 7.1^\circ$

Please note that all figures are approximations and/or averages, assuming trail is only ascending versus some ups and downs.

We hope this helps you to compare trails and routes, or even trail segments, based on the steepness!



Colleen is a Trailhead Steward Program co-chair (see her bio in Trail Mix). Jeff is a recently retired middle school math teacher. He is an aspirant, Catskill 3500 Club Trailhead Steward and Trail Maintainer. Both [Colleen](#) and [Jeff](#) can be reached by email.



Rolling Hills of the Western Catskills. Photo by David Turan

Feeling the Catskills, One Step at a Time

Text and Photos by: Kenneth A. Posner #2573 W1108

On October 26, 2019, Steve Aaron and I stood on a vantage point near the summit of Balsam Mountain and celebrated his completion of the 35. We stared across the valley at pumpkin-colored ridges and frothy marshmallow-mist swirling beneath cerulean sky, while overhead the clouds spread out into a celestial ribcage (the scientific term is *cirrus vertebratus*) and I thought, how strange that the sky would celebrate Steve's accomplishment and then, wouldn't it be even stranger if this was all coincidence.



Moments earlier we'd been standing in the saddle between Balsam and Eagle, when a tall broad-shouldered man and a tiny child came striding toward us. The man introduced himself as Jason. His daughter was Luna. How old was she? Luna hugged her father's leg and silently raised four fingers. For a moment three generations of Catskill hikers stood and stared. I wondered what to say to someone so young, to offer encouragement without coming across as overbearing.

Upon hearing of Steve's accomplishment, Jason explained that Luna was working on the 35. We talked about mountains and people and various projects, and that's when Jason mentioned the All Trails Challenge.

I'd heard of the challenge, which is [administered by the Catskill Mountain Club](#) – it entails covering every mile of official hiking trail in the Catskill Park, of which there are 349.4. In early 2017 I'd downloaded the spreadsheet with all the trails and ticked off those I'd completed. My total was 140 miles, or 40% complete. And then I promptly forgot about the

Challenge. Until the chance meeting with Jason and Luna.

So now I gave this project some extra thought. It would be an alternative to more peak-bagging. A mellow activity compared to racing. And of course, another reason to visit the Catskills and explore. But for the next six months I did nothing — not with the mountains covered in snow and ice — since I'd decided to complete the Challenge barefoot.

My friend Kal Ghosh, who is a hard-core minimalist and among other things, an experienced barefoot runner, agreed to join me in May of 2020 for a barefoot hike from Alder Lake to Balsam Lake Mountain. At Beaver Pond we stood next to the lean-to and listened to a chorus of spring peepers, and I thought wouldn't it be nice to come back here and camp out with these frogs. And then, as we marched farther along the trail, the forest floor sparkled with a million points of light — spring beauties and trilliums and violets in yellow, blue, and white. On the descent from BLM, the trail was unbelievably rocky (I think I heard Kal groan with exasperation).

And suddenly 40% was 41%. Which seemed incredibly exciting.

Previously, I'd focused on the 3500 footers, which I'd climbed over and over again. The Challenge took me out to other places besides the high peaks. A new theme to my wanderings was *water*. After Beaver Pond I squelched around Mud Pond. Stared in fascination at Russell Brook Falls, where the water snakes through a gothic structure of sandstone strata, graced with cryptic hemlocks. Spent the night at Long Pond in a recently restored lean-to and next morning studied the play of sunlight on mist. Dragged myself to Kaaterskill Falls (dreading throngs of tourists) and was astonished.

I've read that the Native Americans of California believe spiritual power forms on mountain peaks, radiates outwards in concentric circles, and collects in water courses. Springs and ponds are thought to be guarded by water babies — unfriendly spirits that delight in tricking people and drowning them. I've generally stayed out of Catskill water bodies, and haven't encountered water babies, which is probably a good thing.



Russell Brook Falls



Vernoooy Kill Falls

By the end of 2020, my status was 225 miles complete, or 64%.

Once again I had to wait for snow to melt, but this time I was impatient. In late April, Steve and his young pup Lily met me in the Western Catskills on the Touch-Me-Not Trail. To my dismay, we found the steep path snow-covered. My feet stung, but I acted nonchalant, not wanting Steve or Lily to see me grimace, and soon the thin layer had melted and evaporated.

At this point in the Challenge, a patch of snow was the least of my problems. There were so many short trails that I'd previously ignored. The kind that take you to a vantage point, like Poet's Ledge or Sunset Rock. The problem being that typically it's 5 or 6 miles to reach the junction, which meant it often took me 12 or 13 miles (which is a full day's work at a slow barefoot pace) to bag one quarter mile. Soon 64% had rocketed to 64.1%.

Discovering new trails was great fun, although when barefoot, a pebble or acorn cap can sometimes be annoying, and so can sticks, beech husks, and conglomerate with embedded pebbles (like you find at the top of Slide or on the way to Eagle). But eventually you get a rhythm going and roll along. A day of this requires unremitting concentration, but it's immensely satisfying. In exactly the way that sitting at home and looking at pictures is not.

Why barefoot? In the words of [Thea Gavin](#), a self-professed barefoot running grandma and poet, who's crossed the Grand Canyon barefoot several times – "it's more fun." Not that every single step is more fun. But when you've been struggling with rock fragments and then reach cool black boreal mud, the contrast is amazing. After scattered gravel, a smooth sandstone slab feels polished underfoot. A bed of moss seems as luxurious as Persian carpet.

In September 2021 I was honored to join Jason, Luna, and friends for the final mile of Luna's All Trails Challenge. We celebrated at Huckleberry Point on a beautiful fall afternoon.



View from Huckleberry Point

2021 ended with 96% of my Challenge complete, and now I was in a rush to finish. In early April I raced out to Fox Hollow only to find Panther dappled in snow. This situation posed a dilemma – on the one hand, I still had a couple miles and 1,000+ feet of elevation gain, and cold-weather injuries are wicked painful and take forever to heal – but on the other hand, if I gave up and put on shoes, this hike wouldn't count toward my barefoot challenge, and I'd have to do it over. Common sense dictated the prudent choice, so I scrambled up an icy ledge and stepped through deepening accumulation using breathing techniques borrowed from Tibetan monks to direct warmth to my tingling toes – and when these techniques had no effect, I started shouting with fear and frustration. After an eternity of struggling and slipping, I stumbled onto the summit, flung my pack to the ground, yanked out my shoes, and stuffed nearly numb feet back into them and hoped, as I clumped all the way back down, that I hadn't done any damage.

I spent most of Spring 2022 stuck at 96%, because as I went back through my training log, I kept finding trail parts which I'd marked as complete, but later realized were done in shoes, so they had to be redone. Which meant yet another trip to the Catskills. Which was not a bad thing.

There's one thing I can absolutely guarantee – go barefoot, and *you will feel*. I'm thinking in particular of those rocky washed-out trails, which even the most rabid Catskill enthusiast would admit are in terrible condition, like Harding Road coming down from North-South Lake or the descent from Overlook – these are rock piles! Or how about Tremper Mountain Trail. By the time Kal and I reached the bottom, all I could say was – "Well, that was f***ing tedious."

The trick to walking barefoot on rocks? Don't rush. Ralph Waldo Emerson wrote, "Leave this military hurry and adopt the pace of nature – her secret is patience."

Barefoot is a great way to experience the wilderness. By feeling the ground as well as seeing it, you become a part of the forest, instead of merely passing through. And at a slower pace, you have more opportunity to observe. It's the perfect antidote for modern life, which is full of hyper-energized activity and distraction. Modern life is work. Barefoot in the mountains is play.

To complete the challenge, my final hike would be an 0.8-mile sliver of the Phoenicia East Branch Trail lying between the base of the Wittenberg-Cornell-Slide Trail and the Curtis-Ormsbee Trail. I was delighted that Jason, Luna, Steve, and a couple of other friends could join me. Upon arriving, we found Jim Bouton acting as volunteer trailhead steward. Once I

couple of other hikers could join me. Upon arriving, we found Jim Bouton acting as volunteer trailhead steward. Once I ran into Jim on the unmarked path to Southwest Hunter, and I remember how he held up a finger and counseled, “there’s no rush.” And how later I opened the canister on Rocky and discovered that he had just finished grid number three.

Once I’d taken my final official step, Luna presented me with a certificate of completion, and then our small group tramped up the Curtis-Ormsbee trail to the summit of Slide Mountain. For Steve’s 35 completion, the Catskill spirits had arranged a strange celestial display. For me, waiting on the summit of Slide was a cloud of biting flies. The group let Luna have a snack and then fled, leaving the single barefooter lagging far behind. So I accelerated – yes, you can run barefoot on rocky Catskill trails if you place your feet with care – and caught up. And decided that one-quarter mile was enough barefoot running for today. Steve kept me company on the remaining descent, as he doesn’t mind a leisurely pace (gives him a chance to look around and make pictures). The two of us picked our way downhill, trying to avoid the ankle-busters, which look so stable – until you trust your weight to them. I can recall doing battle with this trail on many an occasion, and it never seemed to matter what I wore or didn’t.

By the time we reached the trailhead, I think Steve and I were equally happy to put those rocks behind us. And go back home and deal with other tasks. Like staring at the calendar and coming up with reasons to return for more. More Catskills. More wildness. More experiences and feelings.

Kenneth Posner is a lifetime Catskill 3500 Club member, board member and volunteer with the New York-New Jersey Trail Conference, and race director for the SRT Run. He has completed the Catskills Grid and the ADK 46 and has set fastest known time records thru-running the Long Path and the Badwater Double. You can follow him on Twitter @Long_Brown_Path and on his blog at www.thelongbrownpath.com.

Author’s note: this is a version of a post originally published on Ken Posner’s [blog](#), and specially revised for *The Canister*.



Ashokan High Point from Little Ashokan. Photo by Tony Versandi #1488 W637

The Accidental Dog-ist

Text and Photos by: Bruce Collins

I've never owned or cared for a dog. I like dogs fine, but I've never considered myself much of a "dog-whisperer," and I never took one on a long walk ... until May 25th, 2022.

All by myself that morning, I set out to "bag" North Dome and Mt. Sherrill, two trailless peaks, via a bushwhack from the Devil's Path. Not far up that trail I met a maniac who was trying to set a trail-running record for the whole Devil's Path (well named: 20-plus miles up and down all the mountains!). Two minutes behind him a dog came running down the trail and stopped to check me out. Assuming he belonged to the trail-runner, I told him: "Go, go, go down and follow the guy." So he did, and I thought "fine" and went on my way. But next thing I knew, here was the pooch, following me again!



I tried again to get him to go back down the trail, but no luck. I checked his collar and it had a tag on it saying "Uh-oh, I'm lost, please call my Daddy at (845)-etc." The trouble was, there was no cell phone service in this section of the Catskill Wilderness, so I didn't have much choice but to let the dog follow me.

So I struggled up a very steep bushwhack on the eastern flank of North Dome. With four legs, the dog had little trouble, except when going up and down very large rocks, then two long legs beat the four short ones. He got a little impatient when I stopped to eat my lunch, especially when I didn't give him anything to eat, but he kept faithfully following me.

I was getting concerned not only about how to get the dog back to his owner, but also about how to give him water. It was a warm day and he was panting heavily. It was getting to be a moral dilemma, such as "Am I my brother's keeper? Is a **dog** my brother?!?" Back home, my wife is always praying that *I* don't get lost, so when I got cell service I texted her "This time I have a dog who's **already** lost, and he's going to need water - Pray!"



Finally we found the canister at the top of North Dome, which was a miracle itself, but also the chain that held the top on it was broken, so the top made a perfect water dish for the dog! What are the chances of that?

Eventually I also bagged Mt. Sherrill, the dog still following me. Finally, I got a call from the owner, who had driven to an area with cell service. It turned out he was not the trail-runner, he was a normal hiker going west along the Devil's Path, far behind the runner and the dog, so that's why there was no scent of him for the dog to follow back.



The dog and I got along famously all day; he only growled at me a bit when late in a tough hike I broke out a Cliff Bar and didn't share any with him. And late in the afternoon the dog was reunited with his joyful owner. Actually the owner seemed more joyful than the dog, who seemed to have more of a cat attitude: "OK, I'll come home with you, but it was just as much fun to hike with this total stranger."

I also learned that his name was "Zeppelin," and that he's a 3-year-old American terrier-pit bull blend. No wonder he had such an advantage over a 70-year-old human!

Bruce is a 3500 Club aspirant, and an aspiring 46er. Bruce hopes that at the press time, he would only need the required winter peaks to become a 3500 Club member. Hiking is a rather late-in-life passion for Bruce. He is retired from the New York City subway, and still lived in the City, so his "supply lines" are kind of long. Bruce can be reached via [email](#).



Fern glades on Winnisook. Photo by Alan Via #429 W174

A November Backpack 1983

Text by: Pete Ricci #475 W171

Charlie Goodrich (#477 W170) and I are to embark on an ambitious backpack. Our route would go over Table and Peekamoose Mountains, then back to Table to start our bushwhack of Lone, Rocky, Balsam Cap and Friday Mountains. From Friday we would head down to the Neversink Valley and follow the old Fishermen's Path back to Denning Lean-to and then Phoenicia East Branch Trail back the trailhead. We planned one night out on this trip.



We just left the trailhead on the Phoenicia East Branch Trail, hiking on hardened ground as winter's icy grip was beginning to take over from the fall's cool climate. Fallen leaves that had once shown brilliance now laid to rest in decay, but the landscape revealed a more open expanse of hills and ridges. Dark and bare limbs from the trees presented a stark contrast as they reached out to the flat grey sky.

We soon arrived at the turn-off for Denning Lean-to where a short descent brought us down to the Neversink Valley. Crossing the East Branch of the Neversink on a 20 foot long, 10-12 inch diameter log chiseled flat on top for traction but had enough ice to made it rather tedious. Although we made it across and the water level was somewhat low, it would not be the way to start a trip with wet boots in November. There was no snow so there would be good hiking on bare ground.

About 45 minutes later we topped out on a shoulder of Table to a nice viewpoint looking south across the Catskill Divide to Van Wyck Mountain and in the distance the ascending ridges leading up to Peekamoose Mountain.

With heavy packs we kept our pace slow and easy, often stopping to drink and snack. We soon crossed a sag and started the steep climb of Table. Looking across the valley we saw Slide Mountain, the crown of the Catskills, standing guard; like the shepherd over his sheep. Later as we gained the top of a network of small ledges, we looked high up to see a stunning view of Table Mountain, a plateau shrouded in heavy frost over its summit. The frost level reached down 200-300 feet below the summit. The dark trees and the burnished ground cover revealed a definitive frost line as though the upper most part of white had been stroked by a brush. As we climbed to the summit, we entered what seemed like

the pearly gates. The rays of sunlight that ignited the ice crystals set the summit glistening like white lights on a Christmas Tree. Hiking over the summit was surreal as we gawked in the wonder of these woods.

We soon came upon the summit canister, the only mountain peak with a trail that had a register. We signed our names, took a break to snack and drink, and soon hoisted our packs to be on our way. The summit plateau is about ¼ mile in length and we soon arrived at the southern side of Table where we had a good viewpoint of our objective, Lone, Rocky and the shoulder of Balsam Cap Mountains. We dropped our packs to climb over to Peekamoose, with the out and back was uneventful. We retrieved our packs and headed for our first round of trail-less peaks. We had taken an E-SE bearing towards Lone and worked our way far enough east where we gained Lone's gentle north slope. We made good time and we were on the summit by early afternoon.

A few years later from Table we climbed Lone up the west side, totally different, twice as difficult.

After we finished our lunch and signed the canister, we took a bee-line course towards Rocky. When we arrived at the col, things started to change drastically. From your normal open hardwoods, the terrain changed to a chaotic pile of downed trees that interlock together as though they slid down from a huge avalanche. Working our way through this obstacle with full packs was grueling, requiring a vast amount of energy. I didn't think our feet ever touched the bare ground through this thick pile of haystack. We kept fighting our way through and wondering if this never-ending torture would subside.

With much relief, we finally stumbled upon an opening and lo, and behold, the canister. We dropped our packs to take a long well-deserved break. Having some salami and cheese, we compared our battle-worn faces of scratch marks and tears in our clothing. Feeling somewhat refreshed but realizing twilight was approaching, we hoisted our packs for the final stretch of the day's journey.

As we made our way down to the Rocky-Balsam Cap col, we came upon a steep ledge and there was no way around but straight down. To do this with our packs would be cumbersome and dangerous. Fortunately, Charley had a length of rope, and we were able to tie and lower our packs down to the bottom and then we were able to safely descend.

Once in the col, we started our search and found a level spot to set up camp. Fortunately, we were able to find water from a nearby depression that had ample water. After we ate, we were in our sleeping bags discussing the highs and lows of the day's hike. After 20 minutes our minds became weary and began to fade along with the intellect of our conversation, and we soon succumbed to sleep.

The following morning we awoke to a typical brisk fall day, blue skies with billowy clouds parading by, indicating that our day may be blustery. We had an early start knowing we'd be in for a full day of hiking and climbing. Temperatures were in the 20s; as proof, icicles were beginning to accumulate on some of the ledges.

We gained the northeast side of Balsam Cap trying to avoid the thick span of spruce between Friday and Balsam Cap. With good progress we soon arrived at the canister. The climb seemed easy compared to yesterday's obstacle. Five down and one to go. After a short break, we took a heading for Friday and begun our descent. I recently read from *The Catskill Canister* where a group of 12 people had covered the whole area encompassing the top of Friday for two hours and were unable to find the canister. As we entered the grove of thick spruce, that thought festered in my mind, wondering whether we would find that elusive canister or not. It always seems to be that the last one is the toughest.

As we pushed our way through thick spruce, our packs seemed to be grabbed by finger-like branches that were pulling us back and negating any forward progress. This struggle in futility went on and on until we entered the col with more open woods. We soon saw a network of ledges that envelope the west side of Friday. It looked rather intimidating but once we started picking our way around, we found the ledges a little exposed but plenty of shelves made it not difficult.

Checking out the map, the summit looked to be on the southeast corner of the mountain. The top is somewhat flat, so we spread out a little but kept within eyesight of one another and headed towards a general SE direction. The woods were fairly open where we could discern a slight rise in terrain that may lead us to the summit. We stayed this general course and within 15 minutes we found the canister. Thinking back to that dozen hikers and us being able find it in such short time was very fortuitous.

We signed the canister, had our lunch and took a long break. At 2 p.m. we hoisted our packs and rallied ourselves for the long trek out. We carefully descended and picked our way down towards the Neversink Valley. Fatigue from a long day was beginning to set in, making us to move slowly over uneven steep terrain. Occasionally we grabbed on to small trees for stability as we didn't have any trekking poles. At times the ground seemed to level out until we come to a top of a ledge only to see the slope drop down as far as the eye could see. Disheartened we continued down wondering when this descent would ever end.

As we finally reached the valley floor on tired and trembling knees, we began searching for a safe crossing of the Neversink. Once across, we dropped our packs for that much needed break. As we laid down, our overworked bodies seemed to melt into the ground and our wearied minds got so easily mesmerized by the sounds of babbling water, we momentarily dozed. Charley nudged me back to reality, otherwise I would have been at this spot come morning. We reluctantly commandeered ourselves to saddle up to complete our trip. We were hoping the old fishermen's path would be easy to follow as darkness was beginning to take hold. The path at times was difficult to decipher but keeping the stream on our left within sight and sound, we were able to stay on the general course. Soon the shelter materialized out of the twilight and we were both glad to be back on the trail. By the time the trail turned on to the jeep road, it was dark. After a strenuous day we were so beat, with no vitality left in our legs, that we just shuffled back to the trailhead.

We finally arrived at the trailhead at 7:30 p.m., and we had a long two-hour drive home, and I also had a midnight shift to work in five hours. This trip was unforgettable in more ways than one.

Pete Ricci lived in NY for 50 years, moved to TX due to a job transfer and then retired in Bardstown KY. Pete hiked and backpacked the whole Appalachian and Northville-Placid Trails, hiked out West, and climbed in the Bolivian and Ecuadorean Andes. He can be reached via [email](#).



Burroughs Range from Twin. Photo by Dan Mish

IN MEMORIAM

Robert Y. Fox, #100 died on December 11, 2019. Before back problems developed in the late 1990s, Bob was an avid hiker, wilderness backpacker (California Sierras), and enjoyed downhill and cross-country skiing and snowshoeing. He and his wife Kathy loved barred owls and were supporters, in particular, of VINS' Center for Wild Bird Rehabilitation. Thank you to John Reilly (#102 W52) for informing the 3500 Club of Robert's passing.

Dean Gletsos, #1128 W444 of Pomona, NY, passed away on July 1, 2020. Being transferred to Plattsburgh, NY, in 1990 for his work, he discovered a lifelong love of the mountains and hiking and became an avid hiker for the rest

of his days. His hiking accomplishments included completing the 46 high peaks in the Adirondack Mountains twice—once in summer and once in winter—115 highest peaks in the Northeastern U.S., and the complete Appalachian Trail.

Isaac “Ike” Siskind, #311 passed away in his sleep on November 6, 2021, after a long illness. He was 93.



Thomas Cole from Camel's Hump. Photo by Steve Aaron #3199.

Rambles and Brambles [Hike Schedule](#) October - December 2022

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

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

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

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

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

- with knowledge and gear
- to leave your plans
- to stay together
- to turn back for emergencies

- to share the hiker responsibility code with others.

Assumed Risk: Hiking involves certain inherent risks and persons participating do so at their own risk. In cold weather, hike participants should avoid cotton clothing, as it retains dampness and the resulting chill can result in hypothermia, **which can lead to death**. Instead, wear (and have available in your pack) garments of wool or fleece. Silk or polypropylene make the best base layers, as they tend to wick moisture away from the body. Hats, gloves and a headlamp must be part of the standard fall kit. Ice and snow can come early and unexpectedly to these peaks; 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. **Fall in the Catskills is not to be treated lightly.**

Rating System: Please be advised that the hikes listed herein would most likely be rated more difficult by clubs who hike in non-mountainous terrains.

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

Group Size: 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.

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

Private Property: All Catskill 3500 Club hikes respect "No Trespassing" signs and the owners' wishes in such regards; leaders shall obtain permission to cross private property when so required. See Club's website the [Catskill 3500 Club Hiking & Private Property guide](#).

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!.



Coykendall Lodge. Photo by Lisa Gizzarelli-Drago #1368 W1063

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

Club hiking schedule is subject to change.

Sat. Oct. 1 - BALSAM LAKE

Distance: 4 mi. Ascent: 1600', Elev: 3729'

Relaxed pace bushwhack with map and compass instruction.

Beginners welcome.

Registration Period: Open

Leader: Al Davis #2192 W1082

ad322@freeelectron.net 518-947-6407

Sat. Oct 1 - INDIAN HEAD, TWIN, SUGARLOAF, PLATEAU

Distance: 12 mi. Ascent: 4700'+, Elevs: 3573', 3650', 3783', 3835'

Long, challenging Eastern Devil's Path traverse at a brisk pace. Shuttle required.

Registration Period: Sep. 25 - 29

Leader: Jake Haisley #2488 W1065

jacobhaisley@gmail.com

Sun. Oct. 2 - BLACKHEAD, BLACK DOME & THOMAS COLE

Distance: 7.2 mi. Ascent: 2600' Elevs: 3940', 3994', 3953'

Moderate pace trail hike.

Registration Period: Open

Leaders: Peggy Wissler #1499 W612

Yanny Hecht #1868 W751

YannyHecht@gmail.com

Sun. Oct 2 - WEST KILL, NORTH DOME & SHERRILL

Distance: 10+ mi. Ascent: 3853', Elevs: 3898', 3605' 3558'

Strenuous bushwhack and trail hike at a moderate pace. Shuttle required.

Registration Period: Open

Leader: Michael D'Angelo #2910 W1168

nmdange@live.com

Fri. Oct. 7 - WITTENBERG, CORNELL & SLIDE

Distance: 10 mi. Ascent: 3600', Elevs: 3782', 3857', 4184'

Moderate pace trail hike with challenging scrambles. Shuttle required.

Registration Period: Open

Leader: Christopher Leon Garibian #3881 W1474

christophergaribian@gmail.com 201-669-9361

Sat. Oct 8 - FRIDAY, BALSAM CAP, ROCKY, LONE, TABLE & PEEKAMOOSE

Distance: 12 mi. Ascent: 5000', Elevs: 3692', 3608', 3487', 3700', 3825', 3819'

Long, challenging bushwhack and trail hike at a moderate pace. Shuttle required.

Registration Period: Open

Leader: Michael D'Angelo #2910 W1168

nmdange@live.com

Sat. Oct. 8 - KAATERSKILL

Distance: 7 mi. Ascent: 1900', Elev: 3652'

Moderate pace bushwhack & trail hike. Fun scrambles, plane crashes & great views.

Shuttle required.

Registration Period: Open

Leader: Marv Freedman #2242 W951

marvfreedman@gmail.com

Sun. Oct 9 - SLIDE

Distance: 6.7 mi. Ascent: 1684', Elev: 4184'

Relaxed pace trail hike. Beginners welcome.

Registration Period: Open

Leader: Sharon Klein #3364

CatsNGunks@gmail.com

Tue. Oct. 11 - HALCOTT

Distance: 4 mi. Ascent: 1800', Elev: 3509'

Short, steep bushwhack at a moderate pace.

Registration period: Open

Leader: Erica Pellegrino #3463 W1390

ericapellegrino71@gmail.com

Sat. Oct. 15 - BALSAM LAKE

Distance: 5.8 mi. Ascent: 1147', Elev: 3729'

Moderate pace with a short yoga session at the summit.

Registration Period: Oct. 1 -14

Leader: Pamela Martin #2102

pamelamartininc@gmail.com

Sat. Oct. 15 - BALSAM CAP & FRIDAY

Distance: 7 mi. Ascent: 2800', Elevs: 3608', 3692'

Moderately paced but strenuous bushwhack.

Registration Period: Oct. 6 - 13

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

Joseph Ferri #2223 W945 newpaltz33@yahoo.com

Sat. Oct. 15 - NORTH DOME & SHERRILL

Distance: 6+ mi. Ascent: 2450', Elevs: 3605', 3558'

Moderate pace bushwhack with steep climbs. Shuttle required.

Registration Period: Open

Leader: Joe Chenier #2233 W1138

jchenier1073@gmail.com

Sat. Oct. 15 - SW HUNTER & HUNTER

Distance: 9.2 mi. Ascent: 2100', Elevs: 3753', 4030'

Relaxed-moderate pace.

Registration period: Oct. 8 - 13

Leader: Lyn W. #2865 W1312

catskill35r@gmail.com

Sun. Oct 16 - 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 W1075

L_Sonera@outlook.com

Sat. Oct. 22 - MILL BROOK RIDGE & CRADLE ROCK RIDGE

Distance: 9 mi. Ascent: 1675', Elevs: 3465', 3157'

#33 and #66 of the Catskill Hundred Highest from Adler Lake.

Moderate pace trail hike and short bushwhack to Cradle Rock.

Registration Period: Open

Leader: Russell Ley #2927 W1262

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

Sun. Oct. 23 - WITTENBERG, CORNELL & SLIDE

Distance: 10 mi. Ascent: 3600', Elevs: 3782', 3857', 4184'

Trail hike with challenging scrambles at a moderate pace. Shuttle required.

Registration Period: Open

Leader: Michael D'Angelo #2910 W1168

nmdange@live.com

Sun. Oct. 23 - INDIAN HEAD & TWIN

Distance: 7.5 mi. Ascent: 2320', Elevs: 3573', 3650'

Moderate pace trail hike.

Registration Period: Oct. 9 - 14

Leader: Tonda Highley #1944 W857

Thighley1944@gmail.com

Sat. Oct. 29 - SW HUNTER, HUNTER, & RUSK

Distance: 12 mi. Ascent: 3200', Elevs: 3753', 4030', 3686'

Long bushwhack and trail hike at a moderate pace.

Registration Period: Open

Leader: Michael D'Angelo #2910 W1168
nmdange@live.com

Sat. Oct. 29 - VLY & BEARPEN am / HALCOT pm

Distance: 6.5 mi. Ascent: 2100', Elevs: 3541', 3587' (Vly & Bearpen)
Distance: 3.5 mi. Ascent: 1700', Elev: 3509' (Halcott)
Moderate trail hike in the morning, followed by short, steep bushwhack in the afternoon.
Registration Period: Open
Leader: Marv Freedman #2242 W951
marvfreedman@gmail.com

Sun. Oct. 30 - INDIAN HEAD, TWIN, SUGARLOAF & PLATEAU

Distance: 13 mi. Ascent: 4700'+, Elevs: 3573', 3650', 3783', 3835'
Long, challenging Eastern Devil's Path traverse at a moderate, steady pace. Shuttle required.
Registration Period: Open
Leader: Christopher Leon Garibian #3881 W1474
christophergaribian@gmail.com 201-669-9361

Sat. Nov. 5 - FIR, BIG INDIAN, EAGLE & BALSAM

Distance: 14 mi. Ascent: 3700', Elevs: 3629', 3699', 3583', 3607'
Long, challenging bushwhack and trail hike from Biscuit Brook to McKenley Hollow at a moderate pace.
Shuttle required.
Registration Period: Open
Leader: Michael D'Angelo #2910 W1168
nmdange@live.com

Sat. Nov. 5 - HUNTER

Distance: 6.3 mi. Ascent: 2080', Elev: 4030'
Moderate pace trail hike.
Registration Period: Open
Leader: Amy Holiday #3831
aholiday@gmail.com

Sat. Nov. 5 - KAATERSKILL

Distance 7.3 mi. Ascent: 1810', Elev: 3652'
Moderate pace trail and bushwhack. Beginners welcome. Learn map & compass skills.
Registration Period: Oct. 15 - Nov. 1
Leader: Lisa Gizzarelli-Drago #1368 W1063
lgizz@hotmail.com 845-532-3922

Sat. Nov. 5 - RUSK, E RUSK, HUNTER & SW HUNTER

Distance: 10.6 mi. Ascent: 3050', Elevs: 3686', 3628', 4030', 3753'
Moderately paced but strenuous bushwhack and trail hike.
Registration Period: Oct. 27 - Nov. 3
Leaders: Shari Aber #2224 W944 shnaber@yahoo.com
Joseph Ferri #2223 W945 newpaltz33@yahoo.com

Sat. Nov. 5 - SLIDE, CORNELL & WITTENBERG

Distance: 9+ mi. Ascent: 2500', Elevs: 4184', 3857', 3782'
Moderate pace. Shuttle required.
Registration Period: Oct. 17 - 31
Leader: Conor Gillis #3340
conor.gillis32@gmail.com

Sun. Nov. 6 - NORTH DOME & SHERRILL

Distance: 6+ mi. Ascent: 2450', Elevs: 3605', 3558'
Moderate pace bushwhack with some very steep climbs. Shuttle required.
Registration Period: Open
Leader: Christopher Leon Garibian #3881 W1474
christophergaribian@gmail.com 201-669-9361

Sat. Nov. 12 - BALSAM LAKE & MILL BROOK RIDGE

Distance: 8 mi. Ascent: 1500', Elev 3729', 3465'
Trail hike of Balsam Lake and Mill Brook Ridge, ending at Alder Lake.
Moderate pace. Shuttle required.
Registration Period: Open

Leader: Michael D'Angelo #2910 W1168
nmdange@live.com

Sat. Nov. 12 - RUSK, HUNTER & SW HUNTER

Distance: 12 mi. Ascent: 3200', Elevs: 3686', 4030', 3753'
Long bushwhack and trail hike at a moderate pace.
Registration Period: Open
Leader: Christopher Leon Garibian #3881 W1474
christophergaribian@gmail.com 201-669-9361

Sat. Nov. 12 - WINDHAM, BLACKHEAD, BLACK DOME & THOMAS COLE

Distance: 14.5 mi. Ascent: 4700', Elevs: 3525', 3940', 3994', 3953'
Long trail hike from Peck Road to Barnum Road at a moderate pace. Shuttle Required.
Registration Period: Open
Leader: Marv Freedman #2242 W951
marvfreedman@gmail.com

Sat. Nov. 13 - PEEKAMOOSE & TABLE

Distance: 9 mi. Ascent: 2700', Elevs: 3819', 3825'
Moderate pace trail hike.
Registration Period: Nov. 6 - 10
Leader: Tonda Highley #1944 W857
Thighley1944@gmail.com

Tue. Nov. 15 - PLATEAU, SUGARLOAF, TWIN & INDIAN HEAD

Distance: 10 mi. Ascent: 4350', Elevs: 3835', 3783', 3650', 3573'
Moderate pace trail hike with challenging scrambles & great views. Shuttle required.
Registration Period: Open
Leader: Erica Pellegrino #3463 W1390
ericapellegrino71@gmail.com

Sat. Nov. 19 - INDIAN HEAD & TWIN

Distance: 7.5 mi. Ascent: 2320', Elevs: 3573', 3650'
Moderate pace
Registration Period: Nov. 1 - 14
Leader: Conor Gillis #3340
conor.gillis32@gmail.com

Sat. Nov. 19 – WEST KILL & ST. ANNE'S

Distance: 7.95 mi. Ascent: 2148', Elevs: 3898', 3423'
Relaxed pace trail hike. Shuttle required.
Registration Period: Open
Leader: Sharon Klein #3364 CatsNGunks@gmail.com

Sat. Nov. 19 - WITTENBERG, CORNELL & SLIDE

Distance: 10 mi. Ascent: 3600', Elevs: 3782', 3857', 4184'
Moderate pace trail hike with challenging scrambles. Shuttle required.
Registration Period: Open
Leader: Marv Freedman #2242 W951
marvfreedman@gmail.com

Sun. Nov. 20 - SUGARLOAF

Distance: 7 mi. Ascent: 2150', Elev: 3783'
Relaxed-Moderate pace.
Registration period: Nov. 13 - 18
Leader: Lyn W. #2865 W1312
catskill35r@gmail.com

Sun. Nov. 20 - VLY & BEARPEN

Distance: 6.5 mi. Ascent: 2100', Elevs: 3541', 3587'
Moderate pace unmarked trail hike.
Registration Period: Open
Leaders: Peggy Wissler #1499 W612
Yanny Hecht #1868 W751
YannyHecht@gmail.com

Sat. Nov. 26 - INDIAN HEAD, TWIN, SUGARLOAF & PLATEAU

Distance: 13 mi. Ascent: 4700'+, Elevs: 3573', 3650', 3783', 3835'

Long, challenging Eastern Devil's Path traverse at a moderate, steady pace. Shuttle required.

Registration Period: Open

Leader: Marv Freedman #2242 W951

marvfreedman@gmail.com

Sun. Nov. 27 - HALCOT am / VLY & BEARPEN pm

Distance: 3.5 mi. Ascent: 1700', Elev: 3509' (Halcott)

Distance: 6.5 mi. Ascent: 2100', Elevs: 3541', 3587' (Vly & Bearpen)

Short, steep bushwhack followed by moderate trail hike. Hike one or both.

Registration Period: Open

Leader: Michael D'Angelo #2910 W1168

nmdange@live.com

Sat. Dec. 3 - PANTHER

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

Moderate pace trail hike via Giant Ledge. Beginners welcome.

Registration Period: Nov. 12 - Nov. 29

Leader: Lisa Gizzarelli-Drago #1368 W1063

lgizz@hotmail.com 845-532-3922

Sat. Dec. 3 - PEEKAMOOSE & TABLE

Distance: 9 mi. Ascent: 2700', Elevs: 3819', 3825'

Out and back trail hike at a moderate pace.

Registration Period: Open

Leader: Christopher Leon Garibian #3881 W1474

christophergaribian@gmail.com 201-669-9361

Sat. Dec. 3 - RUSK, HUNTER & SW HUNTER

Distance: 12 mi. Ascent: 3200', Elevs: 3686', 4030', 3753'

Long bushwhack and trail hike at a moderate pace.

Registration Period: Open

Leader: Marv Freedman #2242 W951

marvfreedman@gmail.com

Sat. Dec. 3 - SLIDE, CORNELL & WITTENBERG

Distance: 10 mi. Ascent: 2700', Elevs: 4184', 3857', 3782'

Moderate pace with challenging scrambles. Shuttle required.

Registration Period: Open

Leader: Joe Chenier #2233 W1138

jchenier1073@gmail.com

Sat. Dec. 3 - SUGARLOAF & PLATEAU

Distance: 5.5 mi. Ascent: 2770', Elevs: 3783', 3835'

Moderated pace trail hike.

Registration Period: Nov. 21 - 30

Leader: Conor Gillis #3340

conor.gillis32@gmail.com

Sat. Dec. 3 - WINDHAM

Distance: 6.2 mi. Ascent: 1575', Elev: 3525'

Moderate pace trail hike.

Registration Period: Nov. 27 - Dec. 1

Leader: Tonda Highley #1944 W857

Thighley1944@gmail.com

Sun. Dec. 4 - INDIAN HEAD, TWIN, SUGARLOAF & PLATEAU

Distance: 12 mi. Ascent: 4700'+, Elevs: 3573', 3650', 3783', 3835'

Long, challenging Eastern Devil's Path traverse at a moderate pace. Shuttle required.

Registration Period: Nov. 20 - Dec. 2

Leaders: Jon Gordon #2816 W1252 & Ben Gordon #2817 W1251

jonathan.gordon@gmail.com

Sun. Dec 4 - ROCKY & LONE

Distance: 9.8 mi. Ascent: 2040', Elevs: 3487', 3700'

Bushwhack at moderate pace.
Registration Period: Nov. 28 - Dec. 2
Leader: Jake Haisley #2488 W1065
jacobhaisley@gmail.com

Sun. Dec. 4 - WINDHAM, BLACKHEAD, BLACK DOME & THOMAS COLE

Distance: 13 mi. Ascent: 4300', Elevs: 3525', 3940', 3994', 3953'
Challenging bushwhack & trail loop from Big Hollow Rd at a moderate pace.
Registration Period: Open
Leader: Michael D'Angelo #2910 W1168
nmdange@live.com

Tue. Dec. 6 - FRIDAY, BALSAM CAP, ROCKY, LONE, TABLE & PEEKAMOOSIE

Distance: 12 mi. Ascent: 5000', Elevs: 3692', 3608', 3487', 3700', 3825', 3819'
Long, challenging bushwhack and trail hike at a moderate pace. Shuttle required.
Registration Period: Open
Leaders: Erica Pellegrino #3463 W1390 & Marv Freedman #2242 W951
ericapellegrino71@gmail.com

Sat. Dec. 10 - BIG INDIAN & FIR

Distance: 10.5 mi. Ascent: 2078', Elevs: 3699', 3629'
Out and back trail hike and bushwhack from Biscuit Brook at a moderate pace.
Registration Period: Open
Leader: Christopher Leon Garibian #3881 W1474
christophergaribian@gmail.com 201-669-9361

Sat. Dec. 10 - PLATEAU, SUGARLOAF, TWIN & INDIAN HEAD

Distance: 9.5 mi. Ascent: 4300', Elevs: 3835', 3783', 3650', 3573'
Trailed hike of 4 peaks of the Devil's path at a moderate pace. Shuttle required.
Registration Period: Open
Leader: Michael D'Angelo #2910 W1168
nmdange@live.com

Sat. Dec. 10 - WINDHAM

Distance: 6.2 mi. Ascent: 1575', Elev: 3525'
Moderate pace trail hike.
Registration Period: Open
Leader: Amy Holiday #3831
aholiday@gmail.com

Sat. Dec. 17 - FIR, BIG INDIAN, EAGLE & BALSAM

Distance: 12.5 mi. Ascent: 3900', Elevs: 3629', 3699', 3583', 3607'
Long, challenging bushwhack and trail hike at a moderate pace.
Shuttle required.
Registration Period: Open
Leader: Marv Freedman #2242 W951
marvfreedman@gmail.com

Sat. Dec. 17 - HUNTER

Distance: 8.2 mi. Ascent: 1898', Elev: 4030'
Moderate pace loop.
Registration Period: Dec. 5 - 13
Leaders: Ira Orenstein #415 W777 and Karen Bloom #1733 W776
ksbiho@aol.com (preferred) 914-262-5816

Sat. Dec. 17 - VLY & BEARPEN

Distance: 6.5 mi. Ascent: 2000' Elevs: 3541', 3587'
Moderate pace snowmobile trail and unmarked trail hike.
Registration Period: Nov. 26 - Dec. 13
Leader: Lisa Gizzarelli-Drago #1368 W1063
lgizz@hotmail.com 845-532-3922

Thu. Dec. 22 - BLACKHEAD, BLACK DOME & THOMAS COLE

Distance: 7.8 mi. Ascent: 2600', Elevs: 3940', 3994', 3953'
Moderate pace trail hike with winter instruction.
Registration Period: Dec. 5 - 16

Leader: Russell Ley #2927 W1262
russell.buildingscience@gmail.com 518-370-3600

Fri. Dec. 23 - PANTHER

Distance: 6.6 mi. Ascent: 1800', Elev: 3724'
Moderate pace trail hike to required Winter peak Panther with great views at Giant Ledge. Beginners welcome.
Registration Period: Open
Leader: Michael D'Angelo #2910 W1168
nmdange@live.com

Wed. Dec. 28 - FRIDAY & BALSAM CAP

Distance: 7.5mi. Ascent: 3000', Elevs: 3692', 3608'
Steep bushwhack at a moderate pace.
Registration Period: Open
Leader: Michael D'Angelo #2910 W1168
nmdange@live.com

Sat. Dec. 31 - BALSAM & EAGLE

Distance: 7.4 mi. Ascent: 2580', Elevs: 3607, 3583'
Moderate pace trail hike with winter instruction.
Registration Period: Dec. 5 - 26
Leader: Russell Ley #2927 W1262
russell.buildingscience@gmail.com 518-370-3600



Burroughs Range from Diamond Notch. Photo by Harold Oakhill #283 W1244

NEW MEMBERS

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

New Lifetime Members:

Number	Name
1750	Mary Wellington
1751	Robert W Pavelka

1926	Valerie Wallace
3685	Sharon Lee Burns-Leader
3985	Brittany Ferencik
3996	Mindy Oberoi
3999	Ashok Krish
4004	Christopher Zunner
4010	Dan Broom
4025	Rajshree Banerjee
4027	Karen S Van Wie
Asp	Sean Hawk
Asp	Mikey Siatkowski
Asp	Sean Gelston
Asp	Brian M Polkowski

New Members:

Number	Name	Date of Finish	Final Peak
3943	Mike Klussman	2/23/2022	Kaaterskill
3944	Judy Klussman	2/23/2022	Kaaterskill
3945	Jarrod Briley	5/1/2022	Wittenberg
3946	Suzanne Holt	5/1/2022	Fir
3947	Victor "Chip" Nippert	4/23/2022	Wittenberg
3948	John H Eley	3/10/2022	Balsam
3949	Radu D Galis	5/1/2022	Rusk
3950	Sheryl Goffman	5/7/2022	Panther
3951	Christina DePinto	5/7/2022	Panther
3952	Danielle Fried	5/7/2022	Sherrill
3953	Noel P Russ	5/10/2022	Big Indian
3954	Anagha Yerande	5/1/2022	Windham
3955	Ryan Plut	2/20/2022	West Kill
3956	Linda Francois	5/11/2022	Sugarloaf
3957	Christopher James Botham	5/14/2022	Hunter
3958	Heather Lerner-Hopper	5/19/2022	Blackhead
3959	Orion Whitney	5/14/2022	Plateau
3960	Michael Rea	5/15/2022	Rocky
3961	Tracy Rakin	5/20/2022	Lone
3962	Alex Hadjiloukas	5/21/2022	Slide
3963	Elizabeth Muoio	5/21/2022	Kaaterskill
3964	Meredith Bennett	5/21/2022	Big Indian
3965	Devon Branagan	5/22/2022	Balsam Lake
3966	Cameron Flynn	5/7/2022	Fir
3967	Ellen K Pitt	5/25/2022	Cornell
3968	Bill Hains	5/25/2022	Cornell
3969	Denise Hains	5/25/2022	Cornell
3970	Joseph N Raguzin	5/18/2022	Rocky
3971	Joshua Greenough	5/22/2022	SW Hunter
3972	Brian Simon	5/27/2022	Sherrill
3973	Percy Bright	5/29/2022	Balsam Lake
3974	Gregory Borek	5/30/2022	Panther
3975	Zoeann Murphy	4/30/2022	Sherrill
3976	Olivia Everett	5/28/2022	Eagle
3977	Lars Andersson	6/3/2022	North Dome
3978	Conner Chargois	6/2/2022	Panther

3979	Richard Cushing	5/21/2022	West Kill
3980	Sean Kramer	5/30/2022	Rocky
3981	Scott Fitterman	6/4/2022	Panther
3982	Emily Fitterman	6/4/2022	Panther
3983	Sara Brasseur	6/4/2022	Fir
3984	Tony Fletcher	6/4/2022	Lone
3985	Brittany Ferencik	2/26/2022	Rusk
3986	Lynda Shenkman	6/1/2022	Rocky
3987	Dave Banask	6/6/2022	Rocky
3988	Matthew Seiffert	6/9/2022	Eagle
3989	Rachel Levy	6/10/2022	Rocky
3990	Raymond Ross	6/10/2022	Lone
3991	John Garesche	2/3/2018	Panther
3992	Paresh Patel	2/20/2022	Slide
3993	Parul Patel	2/20/2022	Slide
3994	Dave MacEntee	5/29/2022	Wittenberg
3995	Ben Rich	5/22/2022	Sherrill
3996	Harmohinder K (Mindy) Oberoi	6/4/2022	Halcott
3997	Dawn Rivera Dontas	6/18/2022	Wittenberg
3998	Francis Lora	6/18/2022	Wittenberg
3999	Ashok Krish	3/20/2022	Panther
4000	Zoe H Dunn	6/18/2022	Wittenberg
4001	John Rushman	6/20/2022	Balsam
4002	Glenn H Gross	6/20/2022	Balsam
4003	Rick Inzerillo	6/25/2022	West Kill
4004	Christopher Zunner	6/26/2022	Sherrill
4005	Frank Vigna	6/26/2022	Fir
4006	Mark Miller	6/26/2022	Big Indian
4007	Christopher J Chimento	6/25/2022	West Kill
4008	Harrison Feuer	7/1/2022	Big Indian
4009	Clare Detko	6/20/2022	Big Indian
4010	Dan Broom	7/2/2022	Rocky
4011	Jordan Katz	7/9/2022	Thomas Cole
4012	Christina Spaulding	5/22/2022	West Kill
4013	Reyna Prosnitz	7/9/2022	Rusk
4014	Victoria Ferreira	7/15/2022	Wittenberg
4015	Joby Joseph	7/9/2022	Panther
4016	Satyajit S. Ranade	7/9/2022	Panther
4017	Karolina Perino	7/23/2022	Halcott
4018	Anthony D'Amico	1/2/2021	Sherrill
4019	Emilson H Francisco	1/2/2021	Sherrill
4020	Julie Clas	8/4/2022	Balsam Lake
4021	Joe Verbanic	8/2/2022	Peekamoose
4022	Samuel Harris	7/17/2022	Panther
4023	Eric J Berger	8/3/2022	Cornell
4024	Bhakti Perez	4/24/2021	Kaaterskill
4025	Rajshree Banerjee	5/23/2022	Cornell
4026	Kelly Scotto	8/13/2022	Panther
4027	Karen S Van Wie	8/16/2022	Cornell
4028	Hudson Costas	8/14/2022	Big Indian
4029	Timothy Weiss	8/13/2022	Panther
4030	Sally Rothchild	8/25/2022	Cornell

4031	Christine Saturno	8/27/2022	Cornell
4032	Joanna Nadoolman	08/27/22	Balsam Cap
4033	John Zuwasti Curran	7/31/2022	Thomas Cole
4034	Story Zuwasti Curran	7/31/2022	Thomas Cole

Winter Members:

Winter Number	Name	Number	Date of Finish	Final Peak
1528	Jared Brown	3671	3/19/2022	Wittenberg
1529	David Perez	2634	3/16/2019	Rocky
1530	David Lucander	2279	2/2/2020	Lone



View from John Robb Lean-to. Photo by Siu Samantha Yuen #2894 W1311

Editor's Notes

By Yana Levchinsky-Grimmond



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

Please note: the newsletter will print best if downloaded as a pdf file directly from the [Club's site](#).



Sunset on Overlook. Photo by Tony Versandi #1488 W637

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Windham High Peak and Burnt Knob from Camel's Hump. Photo by Steve Aaron #3199

