

The Catskill Canister

The Catskill 3500 Club — Steward of the Catskills

October—December 2014

www.catskill-3500-club.org

Volume 47 Number 4

Trail Mix: News & Notes From The Club

Save the Date!!

The Farmer's Almanac is saying we are going to have a real winter this year, so be sure to mark your calendars for the annual *Catskill 3500 Club Winter Weekend January 23 - 25, 2015*. As in the past few years, we will be at the Frost Valley YMCA and we will offer a variety of excursions, from easier ones for those new to winter hiking or more challenging adventures for experienced members. Details will be on the website soon or contact Maria Bedo (winterweekend@catskill-3500-club.org) or (917) 881-9272.

Spotted in "Peeks" Magazine

The opening story by Maria Bedo #1851 with a picture also of Joe Bogardus #1399 taken by Jay Hui
Continued on page 3...

Electronic Canister Project Update:

In the previous issue of The Catskill Canister we asked for email address updates. Using the addresses we had, a link to the Canister was emailed to all current and life members and aspirants. Many addresses "bounced" and we tried to contact the member for an update. If you didn't receive an email from us, please submit one. Remember, the Yahoo Group is separate; receiving posts from the group does not mean that we have your email in our database.

Thanks,

Dave and Mike 

Views from the Top

The President's Column

As I write this, we've had a cool summer, with sporadic, but often heavy, rain fall. The Catskills are very dry now. If you go camping, please be very careful. Since it has not been too hot, maybe this was a boon to summer hiking. How many peaks did you climb?

Fall is fast approaching, and this means even cooler temperatures. Make sure you start bringing warmer layers.

I'll just mention that The Lark In The Park, which is an ongoing celebration of the Centennial of the Catskill Park, takes place in September and October. Find out more at <http://catskillslark.org/>

We will again be holding Winter Preparation classes. Also, we will be offering a new class on Map Reading. This class will start out assuming you are a complete beginner to Maps and compasses. Check the Schedule for details.

I am married to a hunter, and we hike/hunt throughout hunting season(s). The club has an informal policy that does not allow official hikes during big game season. Would you go hiking in the Catskills during this time, if it were offered? (I once saw a sign in NY State that said that a particular area was off limits to hikers during hunting season. Aren't hunters hiking?!)

Finally, it's still a ways off, but Winter Weekend will be held again next January at Frost Valley. The club will try to cover all 4 required winter peaks that weekend, on both days, plus others. See "Save the Date" in Trail Mix to contact Maria for lodging and meal details.

How am I doing? Let me know if you have questions, comments, or suggestions.

Tom Rankin - President 

The Catskill Canister

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

Conservation Corner

A Note from our Conservation Chair, Carol White

Beautiful monarch butterflies are endangered. Only 3% of migrating monarch butterflies remain due to the vast loss of milkweed, the only plant where monarchs lay their eggs. Milkweed loss is caused by the use of the herbicide Roundup (glyphosate) used by state and local governments to manage vegetation along highways. The National Resources Defense Council (NRDC) envisions a nationwide planting of milkweed along roadsides. State and local authorities do react to public opinion, so we are asked to find out whether our local roadsides are being doused with herbicides and to urge practices to promote milkweed growth. NRDC has partnered with Monarch Watch to help plant milkweed at schools and other nonprofit properties nationwide, but we'll need a radical change in roadside management. As Adopt-a-Highway sponsors, the Catskill 3500 Club can have clout regarding this issue.

On another issue, ADK is very concerned about the proposed Canadian Pacific rail transport of Alberta Tar Sand bitumen—heavy crude oil—along the shores of Lake Champlain. Light crude oil is now transported and while an accident would be terrible, it can be cleaned up with current technology. Heavy crude cannot. Canadian Pacific is asking the DEC for a permit to construct an advanced heating unit in Albany that will facilitate transport of heavy crude oil onto barges and tankers to refineries. Lake Champlain is the drinking water supply for a quarter-million people and has great ecological, fishery and aquatic habitat value. Because of risk of accidents and derailments—such as the Kalamazoo River spill where 180,000 gallons of Tar Sand oil still exist in spite of a four-year billion-dollar cleanup—ADK wants EPA and DEC to ask the U.S. Department of Transportation to evaluate safer routes of heavy crude transport. ADK also asks EPA to create a Geographic Response Plan for Lake Champlain that addresses how to deal with a possible heavy crude spill into Lake Champlain. 



A handful of Canadian oil sands/Source: Suncor

New Members

2278	Emil Calderon	03/15/14
2279	David Lucander	03/23/14
2280	Ursula Lucander	03/23/14
2281	Jeremy Preston	04/12/14
2282	Stephen Russell	04/11/14
2283	David C Larson	03/29/14
2284	Jean-Francois Lebeau	01/05/13
2285	Melanie Bergeron	01/05/13
2286	Karin Constant	03/27/78
2287	Yong Soo Kim	05/04/14
2288	Young Hee Lee	05/04/14
2289	Jason Del Nero	01/19/14
2290	Andrea Ward	05/24/14
2291	John R Slosson	05/31/14
2292	Mark Haugli	05/14/14
2293	Matthew Heckler	04/09/14
2294	Levi Rupp	06/01/14
2295	Kyle Meredith	05/27/14
2296	Jon Meredith	05/27/14
2297	Sandra Foley	06/15/14
2298	David Chun	
2299	Kimberly Cuozzo	06/17/14
2300	Darren Sinnott	06/18/14
2301	Barbara Ann Place	12/31/13
2302	Danielle DeGraw	06/14/14
2303	Nancy Buckley	06/29/14
2304	Robert Buckley	06/29/14
2305	Stefan Lisowski	07/26/14
2306	Guncel Karadogan	08/02/14

New Winter Members

0934	Emil Calderon	2278	03/15/14
0935	Melissa Martinko	2267	03/16/14
0936	David Chun	2298	
0937	Barbara Ann Place	2301	03/21/14

New Life Members

2298 David Chun

The club welcomes David Chun as a Life Member, as well as regular and winter. As the leader of NY Sansaram, a Korean hiking group, David has led members twice a week for 20 years. The tally sheet usually records the first time each peak was climbed. These dates were unavailable.

In Memoriam

Ruth M. Robinson, Life member #88,
winter #231, 9/28/13 46er

Toshiko d'Elia, member #113,
winter #30, 2/19/14, 46er 765

Robert A. Veino, member #513, 5/01/14,
46er 2041W

Anthony N Roscigno, member #526, 6/29/13,
46er 1746. 

Trail Mix, continued from page 1

#1546. The back cover was Doug Garrity #1757 and Suzanne Provenzano #1968. Fran Shumway #2049 had an article on trail maintenance. Peter Nye #2107 had a bushwhacking article (without the rewards of a canister!) Many, many, members were mentioned as trail work participants; we all have an opportunity to do that closer to “home” – hint, hint. Our club’s “requirement” to hike the four winter peaks introduces our members to the beauty of winter hiking and many go on to pursue our winter patch; some become winter 46ers and were listed in the latest issue. Throughout the magazine were members: Terri Maxymillian, Mark Atchinson, Bud Barner, Chris & Janine Baker, Mark Epstein, Carol Nestor, John Sasso and others, we are sure. Neil Woodworth, the executive director of the Adirondack Mountain Club, has been our advocate for the Catskill Forest Preserve in Albany and reports to us annually at the club dinner each spring. His wife Holly was “not going to be a 46er like my husband” until she “changed her mind.” Our mountains have a way of doing that to us! (*Note: Peeks is the magazine of the ADK 46ers, and Adirondac that of the Adirondack Mountain Club—You can find “Peek Magazine” on the web at: http://adk46er.org/about/peeks_magazine.html—Ed.*)

New Trail Conference Program

Starting this July, a new partnership between the New York-New Jersey Trail Conference (Trail Conference) and the New York State Department of Environmental

Continued on page 7...

Rambles and Brambles: Hike Schedule October — December 2014

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

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.

Volunteer to Lead: If you are a member of the Club please consider becoming a hike leader. Just contact Manuel Peraza [outings@catskill-3500-club.org ; 718-698-4422 (7 p.m.-9 p.m.)], and he will arrange to add you to the low-volume private Yahoo list through which hikes are coordinated. You will be contacted via this means when hikes are needed.

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. If in doubt, please contact the leader.

Sat. Oct. 4 -- PEEKAMOOSE & TABLE TRAIL MAINTENANCE

Come join us for our annual fall maintenance day. Bring work gloves and tools if you have ones you like to use: loppers or hand clippers, garden hoe, hand saw. If you don't have tools, the Club will supply them. Climb two peaks and do something for the Catskills at the same time. This event is work but it is fun as well. Refreshments at end of day.

Leaders: Cathy O'Neill and Phil Knudson. Contact: Cathy O'Neill: cathyon1@gmail.com (preferred), or 914-737-4990 H 914-772-7423 C

Sun., Oct. 5 – LONE & ROCKY

Distance: 11 mi. Ascent: 2000', Elev. 3721', 3508'
A very difficult, long and strenuous bushwhack to the most remote peaks. Well behaved dogs welcome.
Registration Period: Oct. 1st and Oct. 2nd
Leader: Doug Garrity #1757; garrid0@lycos.com



Sat., Oct. 11 – PLATEAU TO INDIAN HEAD TRAVERSE

Even though a trail (the Devil's Path) runs through the summits of all four of these Catskill 3500 peaks, the rugged terrain and significant accumulated elevation gain make this a hike that should be attempted only by those with substantial recent hiking experience.

Distance: 9.5 mi. Ascent: 4,060' Elev. 3840'/3800'/3640'/3573'

Registration Period: Oct. 2nd to Oct. 9th

Leader: Hans Schick #1853, W759; Hans.W.Schick@gmail.com (preferred); (845) 896-6454 (7 to 10 PM)

Sun., Oct. 12 – WESTKILL MT.

Distance: 6.4/7.75 mi. Ascent: 1800'/2100' Elev: 3880'
An easy to moderately paced trail hike. Shuttled required for one of two possible routes.
Registration Period: By Sat. 10/11/14 at noon.
Leader: Wanda Davenport #523; c3500c@verizon.net

Sun., Oct. 12 – HALCOTT MT.

Distance: 3.2 mi. Ascent: 1570', Elev. 3520'
Slow-paced bushwhack. All weather hike.
Registration Period: Oct. 6th through Oct. 11th (email preferred)
Leader: Richard Williams #2175 #899; rwilliams22@nycap.rr.com (518) 294-6406

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

Sat. Oct.18 -WITTENBERG, CORNELL AND SLIDE.

Distance: 10 mi. Ascent: 2230', Elev. 3940', 3660', 4180'
A moderate paced hike. Rain cancels.
Registration Period: Oct.13 through 16th after 7:00pm.
Leader: Suzanne Knabe #1326; suzkna@msn.com;
718 435-3092 after 7:00pm

Sun., Oct. 19 – BIG INDIAN AND FIR

Distance: 9.9 mi. Ascent:2450' Elev. 3700' 3610'
Slow-paced bushwhack all weather hike.
Registration Period: Oct. 13th through Oct.18th (email preferred)
Leader: Richard Williams #2175 #899: rwilliams22@nycap.rr.com (518) 294-6406

Sat., Oct. 25 – HUNTER & SW HUNTER

Distance: 10 mi. Ascent: 2225' Elev. 4040', 3740'
A moderately paced trail hike.
Registration Period: by Oct. 23rd.
Leader: Carol Nestor, #1325. 914-683-3858. NCA 9 pm

Sun., Oct. 26 – SUGARLOAF

Distance: 8 mi. Ascent: 1800', Elev. 3800'.
A Kid's hike to Sugarloaf. While short and steep, the kids will love the rock scrambles!
Registration Period: Between Oct. 19th through Oct.24th.
Leaders: Tom and Laurie Rankin #'s 1503, 1337;
laurierankin@hvc.rr.com (preferred); 845-926-2182

Sat., Nov. 1 – TABLE & PEEKAMOOSE

Distance: 10 mi. Ascent: 2700'. Elev. 3843', 3847'
A long, moderately paced trail hike with views.
Registration Period: Oct. 25 through Oct. 31.
Leader: Al Davis # 2192; ad322@freeelectron.net;
518-947-6407.

Sun., Nov. 2 – DOUBLETOP

Distance: 5.9 mi. Ascent: 1874' Elev. 3860'.
Slow-Paced bushwhack. All weather hike.
Registration Period: Oct. 27th – Nov. 1st
Leader: Richard Williams #2175; #899; rwilliams22@nycap.rr.com (preferred) (518) 294-6406

**Sat., Nov. 8 – ADOPT-A-HIGHWAY CLEAN-UP**

As part of the state-wide, Adopt-a-Highway program, please join us to help clean up the Club's segment of Rt. 214. Bring work gloves and a great attitude. All else will be provided, including refreshments at end. It only takes a few hours, you'll have the rest of the day to yourself and have done a good thing for the Catskills.
Leader: Contact: Cathy O'Neill: cathyon1@gmail.com (preferred), or 914-737-4990 H, 914-772-7423 C

Sat., Nov. 8 – NORTH DOME & SHERRILL

Distance: 6.5 mi. Ascent: 2700' Elev. 3610' & 3540'
A relaxed-pace bushwhack that requires a car-shuttle
Registration Period: Oct. 30th through Nov. 6th
Leader: Hans Schick #1853, W759
Hans.W.Schick@gmail.com (preferred); (845) 896-6454 (7 to 10 PM)

Sun., Nov. 9 – GRAHAM & BALSAM LAKE

Distance: 8 mi. Ascent:2040', Elev. 3723', 3868'
A moderately paced trail hike and bushwhack. Well behaved dogs welcome.
Registration Period: Oct. 26th and Nov. 6th to register.
Leader: Douglas Garrity #1757 and Suzanne Provenzano #1968, suzanne273@gmail.com

Sat., Nov. 15 – HUNTING SEASON BEGINS – NO HIKING SCHEDULED.**Sun., Nov. 16 – NO HIKING SCHEDULED.****Sat., Nov. 22 – NO HIKING SCHEDULED****Sun., Nov. 23 – NO HIKING SCHEDULED****Sat., Nov. 29 – NO HIKING SCHEDULED****Sun., Nov. 30 – NO HIKING SCHEDULED****Fri., Dec. 5 – WINTER HIKING PRIMER**

While the Catskills are sometimes seen as 'easy' peaks, they can present formidable challenges to the Winter hiker. Tom and Laurie Rankin have climbed all of the Catskill 3500 peaks at least twice in Winter, as well as all the 4000'+ peaks in the North East. They will share their winter mountaineering skills, learned over many years, during an early evening indoor presentation. Bring your gear! This would be a great way to help get ready for winter weekend!

continued on page 6

Hike Schedule Continued...

Leaders: Tom & Laurie Rankin #s 1503, 1337,
laurierankin@hvc.rr.com (preferred), 845-926-2182.

Location: Catskill Center for Conservation &
Development Time: 6:30 pm to 8:30 pm

Sat., Dec. 6 - THE FREEDOM OF MAP READING

Ever want to go there? Have you simply picked a place on a map and wonder how do I get there? We'll start with the basics and end by helping you successfully plan a trip to anywhere! Compass basics included, so bring one if you own one. Classroom only, no field exercises for this basic class.

Leaders: Tom & Laurie Rankin #s 1503, 1337,
laurierankin@hvc.rr.com (preferred), 845-926-2182.

Location: Catskill Center for Conservation &
Development Time: 6:30 pm to 8:00 pm

Sun., Dec. 7 – HUNTING SEASON ENDS – NO HIKING SCHEDULED.**Sat., Dec. 13 – KAATERSKILL H.P.**

Distance: 7.8 mi. Ascent: 1951' Elev. 3655'

Slow-paced trail hike All weather hike.

Registration Period: Dec. 7th through Dec. 12th

Leader: Richard Williams #2175 #899: rwilliams22@nycap.rr.com (preferred) (518) 294-6406

Sun., Dec. 14 – PANTHER VIA FOX HOLLOW

Distance: 9 mi. Ascent: 2850', Elev. 3720'

Moderately paced trail hike. Well behaved dogs welcome.

Registration Period: Nov. 30 through Dec. 11th

Leaders: Doug Garrity, #1757, Suzanne Provenzano #1968, suzanne273@gmail.com

Sat., Dec. 20 - VLY & BEARPEN

Distance: 7.0 mi. Ascent: 2100' Elev. 3529' & 3600'

A relaxed-pace hike along old roads, herd paths, and snow-mobile trails.

Registration Period: Dec. 11th through Dec. 18th

Leader: Hans Schick #1853, W759

Hans.W.Schick@gmail.com (preferred); (845) 896-6454 (7 to 10 PM)

**Sun., Dec. 21 – FRIDAY & BALSAM CAP**

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

Strenuous bushwhack to two remote peaks.

Well behaved dogs welcome.

Registration Period: Dec. 15 – Dec. 19

Leader: Bill Winterbottom #1904; Billw@usdsoftware.com; 973-222-1077.

Sun., Dec. 21 – RUSK

Distance: 4 mi. Ascent: 1600' Elev: 3680'

A relaxed-paced bushwhack.

A short bushwhack for the shortest day.

Registration Period: Dec. 13 through Dec. 20.

Leader: Al Davis # 2192; ad322@freeelectron.net; 518-947-6407

Sat., Dec. 27 – WINDHAM

Distance: 7 mi. Ascent: 1800', Elev. 3524'

A leisurely paced trail hike along the Escarpment Trail.

Registration Period: By Dec. 24.

Leader: Sue Kenyon #1774; snowsusie88@yahoo.com; 917-613-2042.

Sun., Dec. 28 – BALSAM AND EAGLE

Distance: 8.8 mi. Ascent: 2910' Elev. 3600' and 3600'

Moderately paced trail hike. Steep in sections.

Registration: Dec. 11th through Dec. 26th

Leader: Ryan Sloan #2212; ryan.sloan@bbh.com; 201-956-0371



Hunter Mountain Fire Tower by David White

Trail Mix, continued from page 3

Conservation (DEC) is working to increase the number of volunteers working across the Catskill Park and the Catskill Mountains region. The Catskill Conservation Corps (CCC), based on the Trail Conference’s existing model of volunteer management and development which they currently maintain 200 miles of trails and 30 backcountry shelters in the Catskills, will promote and manage volunteer resources and opportunities to help New York State and the DEC preserve and protect the natural resources of the Catskills.

Through the Catskill Conservation Corps, the Trail Conference will recruit and supervise volunteers to perform various stewardship tasks in conjunction with DEC’s efforts in the Catskills. The two-year contract is funded through the Environmental Protection Fund (EPF), with an option to extend the agreement for an additional three years. DEC will identify specific needs and the Trail Conference will recruit, train and supervise volunteers working on specific projects across multiple DEC divisions and at various sites in the Catskills. Project may include trail construction and maintenance, fish sampling, invasive species control, research and monitoring of State Lands, and a broad range of other activities.

To learn more about the Catskill Conservation Corps and how you can get involved with stewardship activities in the Catskills, please visit:

www.catskillconservationcorps.org



View of Black Dome from Black Head by Tom Rankin



View of Cornell and Wittenburg from Balsam Cap by J.R. Slosson



View of Twin from Sugarloaf by Steve Smith



View of Peekamoose from Lone by John Barringer

Ham Radio and Hiking

By Kevin Morgan, AB2ZI, #2032

One of the things so often stressed among hikers and hiking groups is to be prepared for the worst. Whether it's carrying first aid supplies, a space blanket, extra food and water or some sort of shelter, the idea is that should something unexpected happen and you find yourself (or others) stranded or injured, you'll be in much better shape to get through it if you're properly equipped.

One item that just about everyone carries these days is a cell phone. We can hardly live without them and I can't count the number of times I've stopped for a break to check out a view and invariably out come the cell phones to check messages, send photos or texts, or just to call home to say "hey honey, I'm still alive." The problem with cell phones is that they are small, low power line-of-sight radios that need to connect to their network, usually via a cell tower, in order to work. At the least most require a wi-fi connection to the internet in order to send out a text message. Personally I have an iPhone with AT&T so I can't make a phone call in the middle of Manhattan standing right next to a cell site! So what other options are available to you?

Well, you could carry a personal locator beacon. These are becoming more and more popular especially among solo hikers in heavy wilderness areas. These will run you between \$140 and \$400 or so and some have some pretty neat features like 2-way messaging. Some also require a subscription to their service for some features.

Another option is amateur, aka "ham," radio. There's a saying among hams that *when all else fails, ham radio works!* Ham radio also has a lot in common with hikers. Hikers bag peaks and so do hams! There's an international group called *Summits on the Air (SOTA—see <http://www.sota.org.uk/>)* that encourages radio operators to climb to the summits of mountains, set up radio stations and make contact with other hams around the world. Hams also collect contacts with fire towers, just like hikers.

Something else that is available to hams are what are called *repeaters* which allow small low power walkie-talkies (usually about 5 watts) to be relayed through high power transmitters located in geographically desirable locations, that is, high on top of a mountain, tower or building. There are lots of times when I have no cell service in the Catskills but am able to reach local repeaters and find people to talk to. In fact, on many of

the Catskills peaks I've been able to talk to repeaters all the way back on Long Island. That's about 35 miles per watt! Not only that, but nowadays many repeaters have connections to the internet and make use of *VOIP (voice over internet protocol)* to connect repeaters all over the world. With these linked repeaters I can be talking on top of Slide Mountain and be simultaneously heard on Long Island, in Maine, Florida, California and any country who has a repeater connected to the same link.

There are many stories out there of hams helping to rescue stranded hikers, a quick Google search with the words, "ham radio hiker rescue" will turn up several pages.

Getting your ham radio license is easy, too. There are 3 levels of licensing. The entry level is called the *Technician License* and gives licensees privileges on mostly VHF and UHF (very- and ultra-high frequencies). These are the frequencies you get with most walkie-talkies and are the ones most repeaters work with. Oh, and before I forget, you have to study and take a test for these licenses. The Technician and General licenses are 35 question multiple choice exams, and the highest license, *Amateur Extra*, is 50 questions. Besides requiring a license to prove you know how to operate properly, your FCC license gives you the authority to repair, modify and build your own equipment—provided you stay within the regulations concerning power output and proper signal forming. You can get more information about ham radio and find out where you can get study materials and take the test at the American Radio Relay League's website:

<http://www.arrl.org/licensing-education-training>

You can also feel free to contact me directly with any questions you may have at kmorgan6@optonline.net. Oh, and my friend and I are planning on setting up on top of Slide Mountain either Saturday, September 13th or that Sunday, weather permitting. I'll have both VHF/UHF radios and an HF radio and will be making contacts for the North America SOTA weekend event. 📶



Here's me and a friend on top of Windham H.P. trying to talk to a ham radio satellite.