

The Catskill Canister

The Catskill 3500 Club — Steward of the Catskills

April—June 2015

www.catskill-3500-club.org

Volume 48 Number 2

Trail Mix:

News & Notes From The Club

Wilderness First Aid

The Catskill 3500 Club will be running its usual Wilderness First Aid Course (SOLO Certified) this spring on Saturday and Sunday, May 30th and 31st at the Catskill Center in Arkville. This is a valuable course for both hike leaders and regular hikers and we are lucky that John Kascenska can instruct again. You can see his considerable experience at <http://www.kamountainguides.com/about.html>. More information on what the class involves is at <http://soloschools.com/wilderness-first-aid-wfa/>

We will give first priority to current and potential hike leaders and then any extra room will be opened up to club members or aspirants. For those considering leading for the club, we are offering an incentive: 75% of the class costs will be refundable after you have been approved for leading and have led 4 hikes in 2 years.

Please contact Maria Bedo (maria1bedo@gmail.com) or Heather Rolland (haliagrace@hotmail.com) for further information or to register.

National Trails Day June 6, 2015

American Hiking Society's National Trails Day is a celebration of America's Trails. In the Catskills we
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The Future is Here!
Now you can renew your membership with PayPal!
New members must still [submit a written application.](#)



Views from the Top

The President's Column

By the time you get this, the Annual dinner will be very close at hand. If you have not already made plans to attend, please consider doing so (assuming there is room). The dinner is always a lot of fun, and a great way to meet like minded hikers.

The club recently joined the 'hikeSafe' (sic) movement. In summary, we are promoting the following 6 points:

Prepared with knowledge and gear, leave plans for someone else, stay together, turn back when necessary, know how to handle emergencies, and pass these guidelines along to others. See the club web page, or <http://hikesafe.com> for more information.

You may have noticed that we had a photo contest recently. The theme was Catskill summits. The 4 photos with the most Facebook 'Likes' were selected to appear on Facebook, the club web page, and Yahoo. If you have ideas for a future photo contest, let us know.

Welcome to the executive board David Bunde who is the new Trail Maintenance Chair. He succeeds Cathy O'Neill who has stepped down after several years of service. Thanks again Cathy!

As of this writing we are still looking for a volunteer to be 2nd Vice President. The duties of this position are light but eventually you will succeed to the President's chair. Is anyone willing to help the club by serving in this position?

I usually sign off with 'How am I doing? Let me know if you have questions, comments, or suggestions', but this is my last column. I have mostly enjoyed being president, but now it is time to turn the club leadership over to Connie Sciutto, who will (if she is elected) be writing this column for the next 2 years. Good luck Connie!

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

Renewable New York

To achieve a transition to 100% renewable energy in New York State by 2050, *Renewable NY* is providing local organizations with technical and financial support to expand renewable energy locally and statewide. *Renewable NY Southeast* is a partnership between Catskill Mountainkeeper, Sustainable Hudson Valley, and other groups to increase solar penetration in Ulster, Delaware, Schuyler, Sullivan, Dutchess, Orange, Rockland, and Putnam counties. The project throughout the state will facilitate community bulk purchasing, remove market barriers, and raise public awareness. By encouraging hundreds of sign-ups for solar installations in a short time frame, the cost can be lowered from \$20,000 to \$4,000. New York's solar industry and work force development system have created a solid foundation for training, certification and professional development of solar installers, in close partnership with SUNY community colleges; the Clean Energy Technology Training Consortium involves SUNY Ulster (lead), Dutchess, Orange, Rockland, and Sullivan counties, plus students from SUNY Binghamton and Delhi. **For more information, contact info@renewableny.com.** 



Trail Mix, continued from page 1

have an extensive trail system. National Trails Day gives us an opportunity to showcase and introduce persons to these trails. AHS suggests that “trails allow us access to the natural world for recreation, education, exploration, solitude, inspiration, and much more. Trails give us a means to support good physical and mental health; they provide us with a chance to breathe fresh air, get our hearts pumping, and escape from our stresses.” The 3500 Club couldn’t agree more.

National Trails Day is also a day to highlight and recognize the volunteers who keep your Catskill trails well maintained. The 3500 Club has maintained the trail segment over Peekamoose and Table mountains for a number of years. Many of our members maintain individual sections of trails. Hours and hours of dedication go into the maintenance of these trails, with the 3500 Club member volunteers covering the most mileage of any single organization in the Catskills. As AHS states “trails do not just magically appear for our enjoyment.” Take time to thank a volunteer when you see them out there working! Consider becoming a volunteer.

What better way to introduce persons to Catskill trails, than to invite the youngest! See our hike schedule for June 6th for details. Visit <http://www.nationaltrailsday.org/> for additional information.

New Trail Maintenance Chair

We are pleased to announce David Bunde as the new Trail Maintenance Chair.

David has worked with Cathy O’Neill in the past and we are confident he will do a great job.

Thanks to Cathy for all her years of service!



hikeSafe


This fall the 3500 club signed a memorandum of agreement with hikeSafe. HikeSafe is an organization

created in 2003 to educate hikers about the steps they should take to be safe while hiking in the White Mountains of New Hampshire. The program was so successful that it has expanded nationwide. While our Catskills may not be as high in elevation as the White’s, they are still a great place to visit. The 3500 club is dedicated to making certain your visit is a safe and enjoyable outdoor experience! While the club offers group hikes every weekend, we also realize that we cannot accommodate all who are interested in hiking each weekend. By adopting the hikeSafe Hiker Responsibility Code, each of you can have that safe, enjoyable outdoor experience with us or on your own! Remember these tips should be followed for each and every hike, there and back. Additional information can be found on their website: hikesafe.com.

THE HIKER RESPONSIBILITY CODE

*YOU ARE RESPONSIBLE FOR YOURSELF,
SO BE PREPARED:*

- With knowledge and gear. Become self reliant by learning about the terrain, conditions, local weather and your equipment before you start.
- To leave your plans. Tell someone where you are going, the trails you are hiking, when you will return and your emergency plans.
- To stay together. When you start as a group, hike as a group, end as a group. Pace your hike to the slowest person.
- To turn back. Weather changes quickly in the mountains. Fatigue and unexpected conditions can also affect your hike. Know your limitations and when to postpone your hike. The mountains will be there another day.
- For emergencies. Even if you are headed out for just an hour, an injury, severe weather or a wrong turn could become life threatening. Don’t assume you will be rescued; know how to rescue yourself.
- To share the hiker code with others.

The Hiker Responsibility Code was developed and is endorsed by the White Mountain National Forest and New Hampshire Fish And Game. New Hampshire Fish & Game is the owner of the hikeSafe logo and program and has received trademark and copyright protection. 

Rambles and Brambles: Hike Schedule April — June 2015

Assumed Risk: Hiking involves certain inherent risks and persons participating do so at their own risk. In cool weather, hike participants should avoid cotton clothing, as it retains dampness and the resulting chill can result in hypothermia, *which can lead to death*. Instead, wear (and have available in your pack) garments of wool or fleece. Silk or polypropylene make the best base layers, as they tend to wick moisture away from the body. Hats, gloves, and a headlamp must be part of the standard early spring kit. Ice and snow can still be found unexpectedly in these peaks. In early spring, if there is any doubt about the conditions that may be encountered, each hiker is strongly advised to **bring snowshoes and full crampons to the trailhead**; the leader may advise that these do not have to be taken on the hike, but be aware that while there may be bare ground at the trailhead, there is often very significant ice and snow as the elevation increases, which could result in those improperly prepared being sent back. Anyone not properly equipped may be refused permission to participate, at the leader's absolute discretion. Don't be seduced by buds on the trees at the trailhead, *early spring in the Catskills is not to be treated lightly*.

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

Sat April 4 – FRIDAY & BALSAM CAP

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

Strenuous bushwhack to two remote peaks.

Well behaved dogs are welcome.

Registration Period: March 30 – April 3

Leaders: Doug Garrity, #1757, Suzanne Provenzano #1968, garrid0@lycos.com

Sun. April 5 – HALCOTT & SLEEPING LION

Distance: 5 mi. Ascent: 2235' Elev: 3520', 3410'

Moderately paced, sometimes steep bushwhack to a Catskill High Peak and one of the Hundred Highest.

Registration Period: March 20 – April 3

Leader: David Bunde #2269 W925;

david@dgbdesign.com

Sat. April 11 Field Exercises as follow up to Map and Compass Class done 12-2014.

Preference will be given to those who already have some basic map and compass skills.

Contact hike leaders to register between April 4th & 10th.

Leaders: Tom & Laurie Rankin #1503, 1337

laurierankin@hvc.rr.com (preferred) 845-926-2182

Sun. April 19 –WEST KILL

Distance: 7 mi. Ascent: 1800' Elev: 3880'

A relaxed-pace trail hike.

Registration Period: April 9 – 16

Leader: Hans Schick #1853, W759

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

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

Sun. April 19 – GIANT LEDGE & PANTHER

Distance: 6.8 mi. Ascent: 2100' Elev: 3720'

This relaxed paced trail hike offers good views of Slide and Wittenberg Mountains and the valley below. Joint hike with Mid-Hudson ADK.

Registration Period: April 10 – 17

Leaders: Joe Ferri, #2223 newpaltz33@yahoo.com

(914) 489-1582 Shari Aber, #2224 shnaber@yahoo.com

(914) 489-0654

Sat. April 25 – RUSK

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

An easy to moderately paced trail and bushwhack hike.

Heavy rain cancels.

Registration Period: April 20 – 24

Leader: Michael L. "Mick" Dunn, Jr. #1,272

mickfords@gmail.com (603) 809-0348

Sun. April 26 – KAATERSKILL HIGH PEAK

Distance: 8 mi. Ascent: 1900' Elev: 3655'

An easy to moderately paced trail hike.

Heavy rain cancels.

Registration Period: April 20 – 24

Leader: Michael L. "Mick" Dunn, Jr. #1,272

mickfords@gmail.com (603) 809-0348



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

Sat. May 2 – NORTH DOME & SHERRILL

Distance: 6.5 miles Ascent: 2700' Elev: 3610', 3540'

A relaxed pace bushwhack that may require a car shuttle.

Registration Period: April 26 – May 1

Leaders: Tom & Laurie Rankin #1503, 1337

laurierankin@hvc.rr.com (preferred) 845-926-2182

Sun. May 3 – ADOPT-A-HIGHWAY CLEAN-UP

Please join us for a few hours cleaning up the Club's section of Rte. 214. Bring work gloves and a great attitude – all else will be provided, including refreshments afterwards. Your participation helps the Club, the environment, and keeps the Catskills beautiful!

Registration Period: Open

Leader: David Bunde #2269 W925;

david@dgbdesign.com

Sat. May 9 – FIR

Distance: 7 mi. Ascent: 1700' Elev: 3620'

An easy to moderately paced trail and bushwhack hike. Heavy rain cancels.

Registration Period: May 4 – 8

Leader: Michael L. "Mick" Dunn, Jr. #1,272

mickfords@gmail.com (603) 809-0348

Sun. May 10 – EAGLE

Distance: 8 mi. Ascent: 1700' Elev: 3600'

An easy to moderately paced trail hike. Heavy rain cancels.

Registration Period: May 4 – 8

Leader: Michael L. "Mick" Dunn, Jr. #1,272

mickfords@gmail.com (603) 809-0348

Sat. May 16 – PEEKAMOOSE-TABLE TRAIL MAINTENANCE

It's our spring trail maintenance day! Please help us keep the Peekamoose-Table Trail clear and safe for the enjoyment of all. Bring work gloves and your favorite trail maintenance tools (the Club will also have tools available). It's fun work and a great way to help the Club and the hiking community. Refreshments will be provided afterwards.

Registration Period: Open

Leaders: David Bunde #2269 W925, Tom Martone;

david@dgbdesign.com

Sun. May 17 – SLIDE, CORNELL & WITTENBERG

Distance: 10 mi. Ascent: 2800' Elev: 4180', 3860', 3780'

Strenuous through-hike at moderate pace from Oliverrea Road to Woodland Valley – exceptional views. Joint hike with Mid-Hudson ADK.

Registration Period: May 8 – 15

Leaders: Joe Ferri, #2223 newpaltz33@yahoo.com

(914) 489-1582 Shari Aber, #2224 shnaber@yahoo.com

(914) 489-0654

Sat. May 23 – SW HUNTER & HUNTER

Distance: 10 mi. Ascent: 2250' Elev: 3740' & 4040'

A relaxed-pace hike mostly along trails, but also with some bushwhacking. Minor car shuttling required.

Registration Period: May 14 – 21

Leader: Hans Schick #1853, W759

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

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

Sun. May 24 – GRAHAM

Distance: 3.5 mi. Ascent: 1850' Elev: 3868'

A moderately paced hike and bushwhack. Rain cancels.

Registration Period: May 18 – 22

Leader: Bill Winterbottom #1904

Billw@usdsoftware.com

Sat. & Sun. May 30 & 31 – Wilderness First Aid Course (SOLO Certified)

To be held at the Catskill Center in Arkville. More information on what the class involves is at <http://soloschools.com/wilderness-first-aid-wfa/>

We will give first priority to current and potential hike leaders and then any extra room will be opened up to club members or aspirants. For those considering leading for the club, we are offering an incentive: 75% of the class costs will be refundable after you have been approved for leading and have led 4 hikes in 2 years.

Please contact Maria Bedo, marialbedo@gmail.com or Heather Rolland, haligrace@hotmail.com for further information or to register.

Rambles & Brambles Hike Schedule continued on page 6



Rambles and Brambles: Hike Schedule April — June 2015**Sat. May 30 – BLACKHEAD, BLACK DOME AND THOMAS COLE**

Distance: 8 mi. Ascent: 2745' Elev: 3940', 3980', 3940'

Moderately paced, sometimes steep traverse across the Blackhead Range. Well behaved dogs welcome.

Registration Period: May 15 – 29

Leader: David Bunde #2269 W925;

david@dgbdesign.com

Sun. May 31 – ROCKY & LONE

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

Moderately paced, strenuous bushwhack to two remote peaks.

Registration Period: May 15 – 29

Leader: David Bunde #2269 W925;

david@dgbdesign.com

Sat. – June 6 National Trails Day Children's Event

Distance: 4 miles Ascent: 1800' Elev: 3800'

A kid's hike to Sugarloaf. While short and steep, the kids will love the rock scrambles to this peak! NTD patches for each child who attends! Children under 18 must be accompanied by parent or guardian.

Registration Period: May 31 – June 5

Leaders: Tom & Laurie Rankin #1503, 1337

laurierankin@hvc.rr.com (preferred) 845-926-2182

Sat. – Sun. June 6 –7 SLIDE, CORNELL & WITTENBERG (Backpacking)

Distance: 10 miles. Ascent: 4000' Elev: 4180', 3860', 3780'

A one night, moderately paced backpack. Rain cancels.

Registration Period: June 1 – 5

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

718 435-3092 after 7:00 PM.

Sun. June 7 – DOUBLETOP

Distance: 5.7mi. Ascent: 1970' Elev: 3860'

Moderately paced bushwhack from Seager Road preceded by short review of navigational skills. Joint hike with Mid-Hudson ADK.

Registration Period: May 8 – 15

Leaders: Joe Ferri, #2223 newpaltz33@yahoo.com

(914) 489-1582 Shari Aber, #2224 shnaber@yahoo.com

(914) 489-0654

Sat. June 13 - BEARPEN & VLY

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

A relaxed-pace hike mostly along old roads, snowmobile trails, and herd paths.

Registration Period: June 4 – 11

Leader: Hans Schick #1853, W759;

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

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

Sat. June 20 – “THE SIX” (FRIDAY, BALSAM CAP, ROCKY, LONE, TABLE, PEEKAMOOSIE)

Distance: 12 mi. Total Ascent: 4175' Elev: 3694', 3623', 3508', 3721', 3847', 3843'

A difficult, long and strenuous bushwhack/trail hike to some of the most remote peaks.

Experienced hikers only.

Registration Period: June 1 – 18

Leaders: Eric Hazard #2132, David Bunde #2269;

david@dgbdesign.com

New Members

2334	Kimberly Costello	11/02/14
2335	Jenna Siegrist	11/02/14
2336	Jeffrey Oliveri	10/11/14
2337	Tom Rennard	07/12/14
2338	Robert J Rock	11/29/14
2339	Peter G Evans	11/23/14
2340	Kimberly Robinson	12/22/14
2341	T.J. Robinson	12/22/14
2342	Justin Robinson	12/22/14
2343	Thomas Robinson	12/22/14
2344	Steven Yansick	12/21/14
2345	Christopher Fisher	12/21/14
2346	Wendy Porter	12/21/14
2347	Gloria Matveev	12/22/14
2348	Mona Wachtel	12/22/14
2349	Janel Modoski	12/21/14
2350	Valerie Keen	12/20/14
2351	Cynthia FS Chan	12/27/14
2352	John Fallucca	12/28/14
2353	Ginnet Orjuela	12/28/14
2354	Polly Armour	12/28/14
2355	Jay Armour	12/29/14
2356	Vivien Eng	12/28/14
2357	Rita M Carter	12/28/14
2358	Nick Lanzillo	12/31/14
2359	Stephanie Hutchins	01/10/15

2360	David Oliver	01/09/15
2361	Jay Kliphouse	01/10/15
2362	David Houston	01/10/15
2363	Grace Gargiulo	01/11/15
2364	J Edward Smith	01/11/15
2365	Elba Cruz	12/21/14
2366	Michael D Kessler	01/09/15
2367	Jeffrey Patterson	01/19/15
2368	Mike Trimble	01/18/15
2369	William A Brizzell Jr	12/31/14
2370	Karen Glemming	01/25/15
2371	Halley Rogers	01/25/15
2372	Brendan Rogers	01/25/15
2373	Elizabeth McDonald	01/31/15
2374	Charles F Stumpf	02/01/15
2375	Thomas Keegan	02/01/15
2376	Sara Gilbrandsen	02/01/15
2377	John R LaGraff	02/08/15
2378	Albert Purdy	02/01/15

New Winter Members

0939	Margaret McGrath	2009	12/26/14
0940	Doug Kennard	2259	12/21/14
0941	Brandon Spang	1994	12/27/14
0942	Keith Spang	1997	12/27/14
0943	Erica Gelb	1903	01/03/15
0944	Shari Aber	2224	01/11/15
0945	Joseph Ferri	2223	01/11/15
0946	David Larson	2283	01/11/15
0947	Keith Starlin	2213	01/24/15
0948	Steven Yansick	2344	01/25/15
0949	Mark Woodard	2218	01/29/15
0950	Edward Moran	2007	01/31/15
0951	Marv Freedman	2242	01/31/15
0952	Mark L Jones	2182	02/07/15
0953	J Ryan Sloan	2212	02/16/15

New Life Members

1907	Patricia A Wachter
1993	Patsy Wooters
2085	Jeremy McKeon
2132	Eric Hazard
2223	Joseph Ferri
2224	Shari Aber
Asp.	Sang Y Lee
Asp.	David Baker

In Memoriam

Joseph C. Gardner Jr. died on Sept. 19, 2014 at the age of 89. He was member #572 and W#244. Joe was also a 46er and very active in the Sierra Club.

Judith M. Weiner died in December 2014. She was member #1287 and W#491. When Cy Whitney stepped down as membership chairman in the summer of 2001, Judy became in charge of aspirants and Dave White in charge of members. Judy held that position for eight years until her job was to take her to France. That transfer never took place but she made it to Paris last fall for her 70th birthday. A lively conversationalist in French with Bernard Japy, member #900, she would also talk politics with one and all at club meetings and social activities.



Judy at WW - Hilltop Acres photo by Bernard Japy

MicaPie CrankyPaws, born 2001, died 12/23/14. Mica was member K9 of the Catskill 3500 Club. She came to hiking late in life, after spending her first 11 years chained in a backyard in Kentucky. She moved to the Catskills for foster care in 2012. In February 2013, she was diagnosed with stage 3 mast cell sarcoma. After surgery failed to get clear margins, her vet said “just take her home and make her happy.” So she began hiking the Catskill 35 in earnest, despite her advanced age, despite having stage 3 cancer, and despite having never hiked before in her life. Mica completed her 35 on Blackhead in February 2014. She was a brave and strong dog, and truly beat the odds. A frequent barker on Facebook, Mica made friends with hikers, dogs, and their humans all over the world. Her community rallied around her as her health declined and funded the creation of a short documentary film about her life and achievement, as well as rescue and adoption of senior dogs. Mica is missed by her human and canine family: Heather, Tom, Cinder, Iske, Lily and their little brother Hawkitt..



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to renew your
3500 Club Dues.*



How NOT to Hike with a GPS

By Kevin Morgan, #2032

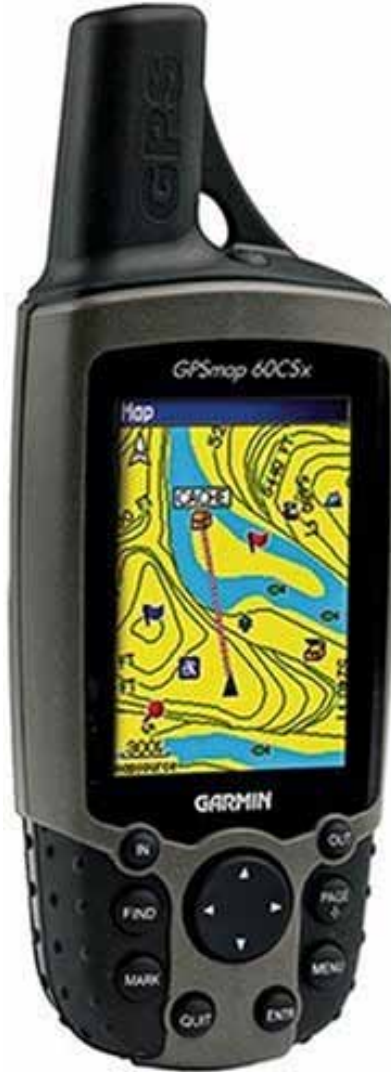
One of my pet peeves concerns people who hike, especially bushwhacking, with a GPS. I don't mean those who use their GPS to get a heading to an unseen peak or location, I'm talking about people who are actively walking through the brush with their head down staring at their GPS screen. This, in my opinion, is the same as people who text while driving or who you see on YouTube walking into fountains or off of balconies because they are distracted by their phone and not paying attention to their surroundings.

This lack of situational awareness could result in walking off a cliff or stepping into a hole. At minimum, you could twist an ankle; at the most you could end up dead or severely injured putting your life, and possibly the life of those with you, at risk, maybe even necessitating the need for rescuers to come to your aid. Of course, at least you *would* have GPS coordinates to provide to those who need to rescue you.

I've actually observed someone doing this on a hike. The hiker was relying on his GPS for directions, but was walking with his head down and staring intently at the screen. There were some treacherous cliffs in this particular location and I noticed him stumble several times due to lack of attention to his footing. He kept looking confused and seemed as though he was having a hard time determining which way he wanted to go. Soon he just got completely frustrated, sat down on a rock still looking intently at the GPS display and announced that he was giving up and returning to the trailhead.

I have a theory on what was causing this hiker so much difficulty. It's partly the nature of how a GPS works and partly how it's configured. The GPS receiver you carry is getting signals from several different satellites that know where *they* are. Because the satellites know

where they are in space, and thanks to very precise clocks corrected for relativity effects introduced by their motion, your receiver, using that information and the rate of Doppler shift in the received signals, is able to more or less precisely locate its position on the surface of the Earth. If you are not receiving the satellites well due to overhead trees, iron mines or other obstructions, it can be off somewhat. If you have ever downloaded a GPS track to your computer to print or just to keep as a record of your hike and noticed little "side trips" on the track, these are locations where your GPS was temporarily in error about its location, i.e. lost.



Another problem with GPS settings is that some GPS's can be set to have their displays oriented with the map either "north up" which displays the map as you'd hold a paper version as printed, or "direction of travel" which orients the map like you were holding the paper map in your hands but rotated so that your direction of travel was up. When the display on the GPS is set to this second option it can randomly rotate to the wrong orientation at times when it either loses a good lock on the satellites, or when you stop moving. When you are not moving the GPS effectively has no idea which way your body is pointing. Some GPS's can compensate for this effect by having a magnetic compass option turned on. Most manuals will point out that the magnetic compass option will eat up your batteries much quicker and so most hikers, myself included, leave this feature disabled. So if you have the GPS display set to "direction of travel" orientation and it loses good satellite lock, you may find yourself trying to walk east with a map on

the display indicating you are moving south, or west, or north, etc.

Technology is a wonderful thing but most of it is prone to failure. Whether it's a malfunction or dead batteries if you are hiking with a GPS as your sole means of navigation you will soon find yourself in trouble. GPS's are great. I love mine and hike with it all the time even when it's a silly short hike that I've done often. But I also carry 2 compasses and a minimum of 1 copy of the latest map for the area. 