for winter wonder

ULSTER COUNTY
NEW YORK

Ulster County in wintertime is a wondrous land of chilly stillness and crackling warmth. Ski the slopes of the Catskill Mountains or snuggle by a fire in the comfort of your bed and breakfast. Shop in Kingston or ice skate in Saugerties. See a show or peruse the galleries of Woodstock.

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*On the cover: Belleayre Mountain is one of the best places in Ulster County to enjoy winter in the Catskills. For more options in Ulster County, please see the article on page 18.*
Catskill Mountain Foundation’s 20th Anniversary Begins in 2018!

The Catskill Mountain Foundation kicks off its 20th year of bringing the arts to the mountaintop with a full schedule of performances in January. Tickets will go on sale soon for the 2018 season, which offers more world-class performances by accomplished artists in dance, music and family programming.

**ZVI DANCE**

**Residency:** January 8 through January 28, 2018  
**Performance:** Saturday, January 27, 2018 @ 7:30 pm  
**Orpheum Film & Performing Arts Center • 6050 Main Street, Village of Tannersville**  
**Tickets Purchased Ahead:** $25; $20 seniors; $7 students  
**At the Door:** $30; $25 seniors; $7 students

Inspired by the 1957 Jack Kerouac novel of the same title, **ON THE ROAD** is an evening-length, multi-media piece that contemplates the general upheaval of the 1960’s generation and the Beat generation’s startling notions of social rebellion. Virtuosic in form and versatile in style, ON THE ROAD entwines the thrills of freedom, the sounds of jazz, and the perplexity of youthful American voices discovering their closeted and social selves. While in residence, the company will be working on a new piece, “Sacred” which incorporates themes from American Indian culture with contemporary dance, highlighting our relationship to the land as sacred, and our need for new cultural models that bring about a deeper care for our nature.

**COMMON GROUND ON THE MOUNTAIN MUSIC FESTIVAL**

Blues, Gospel, Rock and Acoustic Music  
**Saturday, January 13, 2018 @ 8:00 pm**  
**Doors Open @ 6:30 pm Cash Beer and Wine Bar**  
**Orpheum Film & Performing Arts Center**  
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**Tickets Purchased Ahead:** $30 • **At the Door:** $35

Woodstock Music creates a special show for CMF’s 20th Anniversary featuring Grammy nominated Professor Louie & The Crowmatix with the Woodstock Horns, world renowned Gospel singer Lea Gilmore, Greg Dayton Band with vocalist, Towera Smith, and the Greene Room Players Choir.

**Professor Louie & The Crowmatix** repertoire is steeped in rock ’n’ roll, blues, Gospel and American Roots music and features a compelling collection of original and traditional tunes.

**Lea A. Gilmore** is one of the world’s most respected and in-demand Gospel, Blues, Jazz and Inspirational vocalists, writers, social justice advocate and lecturer on human rights.

**Greg Dayton** is a singer/songwriter with influences spanning electric and acoustic blues, funk, and rock. His special guest is the soulful vocalist, **Towera Smith** (New Zealand/ East Africa), formerly a backup and session singer with the Australian rock group, Silverchair.

**The Greene Room Players Choir**, under the direction of GRP’s Artistic Director, Linda Nicholls, have performed for the Hunter-Tannersville-Windham Mountaintop communities and surrounding towns throughout Greene County. Often as strong as 40 members, the main Show Choir is comprised of community residents, guests and professional musicians whose ages range from 16-80 years.

Tickets for the entire 2018 season will be available soon at www.catskillmtn.org or by calling 518 263 2063.  
See a sneak peek of the 2018 season on page 34 of this issue of the *Guide.*
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Since October, a group of lucky children on the mountaintop have been practicing their prancing, dancing, and (of course) following direction as they prepare for the Catskill Mountain Foundation’s third annual production of *The Nutcracker*. Now a yearly holiday tradition on the mountaintop, each year’s production has been slightly different—and this year will be no exception—but they all capture the magic and wonder of the holidays in what may be the world’s most popular and enduring ballet.

The annual production is put together by former professional dancer and mountaintop resident Victoria Rinaldi, along with her longtime friends and dance colleagues Valentina Kozlova, Margo Sappington, and Hillary Jackson. The illustrious careers of these four women, both as solo dancers and collaborators, have taken them around the world and garnered them accolades from near and far. Valentina will once again stage the snow scene and second act, inspired by the Bolshoi Ballet production of her youth. The cast will also include some of Valentina’s internationally-recognized award-winning students. Margo will play the role of Auntie Drosselmeyer and Victoria will stage the party scene, the battle, the second act angels and Mother Ginger, cast from local talented children. Victoria and Hillary will share the role of the Mouse King. And Victoria’s husband, J.C. Alten, will once again get in on the fun, playing the role of Mother Ginger.

**Training the Future Stars of Dance**

Dance classes are really wonderful opportunities for all kids to have fun, get moving, learn to follow directions, and help manage their stress levels. But what happens when your child shows a real talent for dance, but you don’t live in or near a city that offers higher level dance training?

Until recently, if you lived on the mountaintop, the answer to that question was a difficult choice for some families. But if Victoria’s dream becomes a reality, she may soon be able to provide the kind of professional training needed for local kids who show talent, but need guidance to take their skills to the next level. She has already seen some of her students, who came to her for private one-on-one training, move on to great success.

A chance meeting at a ballet class in Saugerties brought her first student, Justin Valentine. “I was just trying to get back in shape,” she said, “and when I saw Justin, I knew he had potential but needed some more training.” Victoria agreed to work with him, and now he finds himself on the cusp of an illustrious dance career. In addition to training with Victoria, Justin has also studied among many children in the area. Victoria has seen the interest in ballet blossom with each year’s production: this year there are two full casts who will be performing, all cast from local children. In addition, this year she started a Community Dance Class—this class has greatly enhanced the abilities of the performers. “I have really noticed that the level of attention and the ability to take musical cues during our *Nutcracker* rehearsals has improved this year, mostly due to the community classes,” says Victoria.

**Fostering a Love of Dance**

Over the years, this production of *The Nutcracker* has not only helped to usher in the holiday season for many on the Mountaintop, but it has also fostered a love of—dance
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with Valentina Kozlova for over two years. From the Catskill Mountain Foundation’s Orpheum Film & Performing Arts Center where he danced the Sugar Plum Fairy’s Cavalier to the stages of Russia’s Vaganova Institute and famed Mariinsky Theater, the Hunter-Tannersville Central School graduate has gone on to perform in The Kirov Ballet’s Nutcracker at the famed Mariinsky Theater and win medals in international competition including a bronze in Cape Town, South Africa; silver in Brussels, Belgium; gold for pas de deux at Spoleto, Italy; silver at the Valentina Kozlova International Ballet Competition in New York; silver in Sochi, Russia … as well as an invitation to study at the famed Vaganova Institute in St Petersburg. “He will probably be in a professional company next year,” says Victoria. Justin had an opportunity to perform in Berlin this year, but instead chose to come back to the Orpheum to again dance the role of the Cavalier.

After Justin came Freeda Handelsman and Orlando Harbutt, who have performed in previous Orpheum productions of The Nutcracker but who are now busy with their careers and studies, so they will not be able to return.

Freeda, who was Christmas Star & Arabian Dancer in last year’s production, spent the prior year studying on scholarship at Alvin Ailey’s professional program in New York City. Freeda had previously won admission and attended prestigious summer intensives at The Washington Ballet, JKO school for American Ballet Theater and Alvin Ailey. She is now on full scholarship at Cal Arts, one of the most eminent universities in the country for dancers.

Orlando Harbutt, last year’s Nutcracker Prince, is accomplished in not only ballet but also contemporary and hip-hop. In 2015, Orlando won a gold medal in the contemporary division at Valentina Kozlova International Ballet Competition. Now on full scholarship with Manhattan Youth Ballet, he has already been asked to audition for Juilliard next year.

Justin, Freeda and Orlando are just three of Victoria’s success stories. “It’s bittersweet,” she says. “The goal is for them to move on, of course, and I’d love to be able to do the same for other local kids, to help them develop dance careers.”

So who is next?

It very well could be 13-year-old Sydney Henson. In the two-and-a-half-years since she’s studied with Victoria Rinaldi, Sydney has made remarkable progress in dance. Last year, she danced the role of Clara in The Nutcracker and was preparing to compete in her first international dance competition in New York City in June. This year, she will return as Clara, although as she progresses in her dance training, “I’m making the choreography harder and harder … she’s ready for it,” notes Victoria.

Sydney will be joined onstage with local dancer Justice Grant Leman, who has just recently started taking private lessons with Victoria. Victoria is very pleased with his progress, and is confident that he will be ready to dance the role of the Nutcracker Prince in this year’s production.

**For Tickets**

This production at the Orpheum Film & Performing Arts Center in Tannersville is the place to be this year to see if yet another aspiring young dancer will make a leap from the Catskills’ world of dance to the professional dance stages of the wider world. There will be FOUR special performances of The Nutcracker this December: Friday, December 8 at 7:30 pm; Saturday, December 9 at 2:00 and 7:30 pm; and Sunday, December 10 at 2:00 pm. Tickets purchased in advance are $25 adults; $20 seniors; $7 students/children. Tickets at the door are $30 adults; $25 seniors; $7 students/children. Buy your tickets today at www.catskillmtn.org or by calling 518 263 2063.
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Shephard Hills Golf Club was originally part of the estate of Helen Gould Shepard, daughter of railroad magnate Jay Gould, a Roxbury native son. She purchased the property that included Kirkside Lake, the facility that supplied ice for the village in the winter months and recreation for the community in the summer.

Construction of the 9-hole golf course began around 1916 and upon completion served as an estate golf course, which included a stone cottage for the Shepherds' summer visitors. The course opened in 1917 and celebrated 100 years of operation this year.

Over the past few years Shephard Hills has added weddings to its offerings. Roxbury, New York has become the hub of weddings in the Catskill Mountains and Shephard Hills is one of the most beautiful and accommodating venues available. The historic stone cottage that once served the guests of the Gould-Shepherd family now gives brides a lovely changing quarters upstairs as well as a restaurant and tavern downstairs. Owner Frank Adamiak purchased the club in 2000 and has added an expansive patio and a large permanent tent that can be arranged to accommodate up to 150 guests.

There are several different ceremony locations around the course from which to choose and each offers spectacular views of the surrounding mountains. The lake is decorated with colorful wildflowers and you might see a variety of waterfowl stopping in for a rest or to build a summer home. You could have cocktails on the patio and your reception in the tent, or change it up a bit and have your reception under the stars. Perhaps you would like to end the celebration with a fireworks display? That can also be arranged.

Shephard Hills is proud to have Chef James Chapman, owner of Rhinecliff Event Catering as our chef for your wedding. He has established himself as the best caterer in the Hudson Valley and is now expanding in the Catskills. Chef Chapman and his staff will prepare a gourmet dinner that your guests will remember. Service can be plated, family style, or buffet. Attention is given to each and every detail of your wedding by the professional serving staff and a professional event supervisor is provided to see that your wedding goes off without a hitch!

Shephard Hills is also an excellent choice to entertain your guests the day before your wedding. They can play a round of golf and relax with a drink before your rehearsal dinner on the patio overlooking the pristine golf course. Shephard Hills also offers a “departure brunch” buffet on Sunday. We can help you plan every detail of your wedding with recommendations for all of the services you need to make your dream wedding come to life.

Shephard Hills Event Center offers the best of both worlds; casual nature of the mountains and historic elegance for your wedding or event. Nestled in the arms of the beautiful Catskill Mountains, Roxbury is only a two and a half hour drive from the George Washington Bridge. If you would like a destination wedding away from the hustle and bustle of the city but still close enough for your guests to drive, take a look at Shephard Hills! Shephardhillevents.com.
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THE GREAT OUTDOORS IN THE CATSKILLS

By Jeff Senterman

As the year comes to an end, this is a good time to think back on adventures you have enjoyed in the Catskills and think about all of the hard work that has gone into making your experience more enjoyable. There is an army of hundreds of volunteers who spend thousands of hours every year maintaining, building and protecting the trails, fire towers, lean-tos and open spaces of the Catskills. These hardworking volunteers partner with land managers such as the New York State Department of Environmental Conservation, New York City Department of Environmental Protection and many smaller landowners who open their lands to public recreation. It is thanks to these volunteers, in a time of shrinking budgets for many agencies, that keep the region’s trails open and accessible to the public and ensure that important stewardship projects move ahead.

Not only that, but many of the organizations that help manage these volunteers and work towards improving the Catskills are small nonprofits that rely on donations and gifts from individuals who care about the Catskills. That support translates directly into the protection and preservation of the Catskills!

Hikers, Walkers and Mountain Bikers, Be Alert During Seasonal Hunting Seasons

Anyone enjoying the woods should always be aware of the many different seasonal hunting seasons. This time of the year, rifle season for hunting deer runs through December 10. There are also a number of other seasons for turkey, bear, along with other animals. For all the details about hunting seasons, the New York State Department of Environmental Conservation maintains a website at www.dec.ny.gov/outdoor/65231.html, with extensive information on all of the different hunting seasons, their geographic areas and additional information for both hunters and those who wish to recreate during the fall hunting season.

Hikers, walkers, and anyone planning on being in the woods, should always be aware of the hunting regulations in the area where they are recreating and should always wear blaze orange during hunting seasons to reduce the risk of any incidents. Don’t forget to watch your pets too! Dogs should be wearing blaze orange when they are in the woods with you during hunting seasons.

Weekly Updated Trail Conditions

The Catskill Center, through its Catskill Interpretive Center, is now providing Trail Conditions for the Catskills that will be updated weekly on Thursday evenings. You can find them at www.catskillinterpretivecenter.org/trail.

Catskill Center Holiday Gathering

Join the staff and members of the Board of Directors of the Catskill Center for an open house evening in Arkville to celebrate the holidays on Thursday, December 7 from 6 to 9 pm. There will be light snacks and drinks available and you are urged to bring your own favorites for your friends and neighbors to enjoy!

The gathering will be held at the Catskill Center’s Erpf Center (43355 Route 28, Arkville, NY 12485). For more information please call the Catskill Center at 845 586 2611 or e-mail the Catskill Center at cccd@catskillcenter.org.

Function or Form: Utilitarian Art

The Erpf Gallery’s latest exhibit, Function or Form: Utilitarian Art, will be on display in the Erpf Gallery through January 6, 2018. It features beautiful functional items by local artists, all of which make great holiday presents!

Many of the products we use every day are not only useful, but beautiful. Homemade furniture, clothing, blankets, pottery, quilts … so many items we depend on for everyday use could be on display as art. To celebrate this sometimes-overlooked art, the Catskill Center’s Erpf Gallery sent out a call for functional art and invited local artists to display their work. 2017 Exhibitors include 14 artists whose media runs the gamut from window and floor coverings to clothing, pottery, weaving, rug-making, ceramics, furniture and woodworking.

The Erpf Gallery is open Monday through Friday from 9:30 am to 4:30 pm and Saturday from 10 am to 2 pm. For more information visit catskillcenter.org/events or call 845 586 2611.

Catskill Park Day Coming in February

Help Support the Catskills!

Organized annually by the Catskill Park Coalition, which is co-chaired by the Catskill Center, the 2018 Catskill Park Day will be held on Tuesday, February 6, 2018 in Albany. This day is an opportunity for supporters of the Catskills to have their voice heard in Albany and to make a difference in the support and funding that the Park receives. For more information visit www.catskillcenter.org/advocacy or call 845 586 2611.

Visit the Catskill Park’s Visitor Center

The Maurice D. Hinchey Catskill Interpretive Center is located on Route 28 in Mount Tremper and is your gateway to Catskill Park where you can learn about the vast outdoor recreational opportunities in the area as well as discover the Catskill region’s communities and rich cultural and natural history.
The Catskill Interpretive Center is open seven days a week from 9:30 am to 4:30 pm and until 6:30 pm on Fridays (the Center will be closed for Christmas). At the Center, you can explore the interpretive exhibits, gather information and speak with knowledgeable staff about the Catskill Park and Region. In addition to information, exhibits and staff, the Center is home to more than a mile of walking paths, fishing access to the Esopus Creek and a sculpture trail, featuring the work of local artists and artists who have been inspired by the Catskills.

You can visit www.CatskillInterpretiveCenter.org, call 845 688 3369, or e-mail info@catskillcenter.org for more information. The Catskill Interpretive Center is located at 5096 Route 28 in Mount Tremper.

The Catskill Conservation Corps
The Catskill Conservation Corps (CCC) offers the easiest way for the public to volunteer on a multitude of stewardship projects throughout the Catskills. The CCC’s goal is to provide quality volunteer opportunities to the public on projects that protect natural resources and enhance outdoor recreation opportunities in the Catskills. Managed by the New York-New Jersey Trail Conference, the CCC recruits and supervises volunteers to perform various stewardship tasks in conjunction with New York State’s efforts in the Catskills and the Catskill Park. To learn more about the Catskill Conservation Corps, find events and volunteer in the Catskills, please visit www.catskillconservationcorps.org.

Protect and Preserve the Catskills
Give Back to the Catskills
The end of the year can be a great time to support the charities you love and who work to protect the Catskills that you love so much. The Catskill Center is the oldest conservation organization in the region, having worked to preserve and protect the environmental, cultural and economic well-being of the Catskills. Your donation to the Catskill Center supports:

Collaboration: The Catskill Center is collaborative and recognizes the importance of respectful dialogue in creating more effective relations and understanding between stakeholders. Greater understanding leads to unseen opportunities and cooperative activities. Through engagement and collaboration, we lead advocacy efforts that raise awareness and financial resources for the Catskill Region from State, and Federal sources.

Stewardship: As a conservation organization, The Catskill Center sees the value in protecting our unique natural resources and landscapes in the Catskill Region. We have protected lands through conservation easements, land transfers to the State of

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New York, the management of our Preserves and through partnerships with government agencies to manage the Fire Tower Project and protect native species and riparian corridors.

**Education:** The Catskill Center uses the Catskill Interpretive Center, the Erpf Center, the Platte Clove Preserve, the Thorn Preserve, Fire Towers, classrooms and the Catskill Region itself to teach students, residents and visitors alike about our home in this unique natural area. We provide a sense of place for all to learn and understand about the importance of the Catskill Region. We serve as the critical interpreter and access point for visitors to the Catskill Region.

**Maurice D. Hinchey Catskill Interpretive Center:** Operated and managed by the Catskill Center, the Catskill Interpretive Center helps visitors and residents alike explore the natural and cultural resources of the Catskills.

To support the Catskill Center and the Catskills, donate online through their website at www.catskillcenter.org/donate or donate by mail: Checks made out to the “Catskill Center for Conservation and Development” can be mailed to Catskill Center, PO Box 504, Arkville, NY 12406.

*Jeff Senterman is the Executive Director of the Catskill Center for Conservation and Development, a member of the Board of Directors for the American Hiking Society, was formerly the NY-NJ Trail Conference’s Catskills staff representative and was an Assistant Forest Ranger for the NYSDEC in Greene County. He graduated with a degree in Environmental Science from Lyndon State College and worked for several years in the Environmental Planning field in New England before coming back to New York. To learn more about the work of the Catskill Center in the Catskills, visit www.catskillcenter.org.*
Winter Adventures in Ulster County

Situated in the Catskills off the Hudson River amid the scenic and varied beauty of Upstate New York, Ulster County is a four-season playground for outdoors enthusiasts of all stripes. Even in wintertime, this hidden gem of the mid-Hudson Valley is a wondrous land of opportunity for those seeking active adventure, whether it’s skiing or ice skating. Here are a few ways to enjoy it.

Climb up a Mountain…
Are you an adrenaline junkie? Do you like dangling from great heights, attached far above the earth only by some rope, a pulley, and a few carabiners as you ascend a vertical mountain face? If the answer is yes, Ulster County might be your favored destination. The mountainous county is home to two ranges—the Catskills and the Shawangunks—with majestic ridges, cliffs and boulders of all sizes and skill levels. Whether you’re an expert climber or a curious beginner, numerous services in the area offer training, advice and guided tours. Just plan according to the weather, know your limits, and seek advice from the local experts.

…Or Snowboard Down One
Dust off your boots and slip into your fleece: Ulster County has some of the best snowboarding and skiing on the Eastern Seaboard. Don’t take our word for it: SnowEast Magazine readers more than once chose Belleayre Mountain—one of New York’s original ski resorts, opened in 1949, with 170 skiable acres—as one of the best, including in the categories of “Best Grooming and Snow” and “Overall Favorite Eastern Resorts.” If all goes according to schedule and the weather, Belleayre Ski Center, just off the Catskill Mountain Scenic Byway, should be open for adventure by the time you read this, but check online at belleayre.com to confirm the schedule and to find season passes.

Traverse the Snow with the Whole Family
If you’re looking for a more leisurely skiing experience, in addition to Belleayre, Ulster County also hosts half-a-dozen resorts that offer cross-country skiing, including Frost Valley YMCA, Minnewaska State Park Preserve, Mohonk Mountain House, and...
the Mohonk Preserve. Families seeking an adventure safe for the kiddos can snowshoe or snowtube at the Hurley Rail Trail, the Hudson Valley Rail Trail, Wallkill Valley Rail Trail, or Lippman Park.

**Practice Your Axel**
Bust out the blades and head to the Kiwanis Ice Arena in Saugerties, where visitors can jump into a pick-up hockey game (helmet required) or drop in for a casual Stick-and-Puck session to brush up on your shooting, stick handling and skating skills. Take the whole family for a relaxing afternoon of public skating, or sign the little ones up for figure skating or hockey lessons. Find the full schedule of events, camps and lessons at kiwanisicearena.com. Public ice skating is also available at the Mohonk Mountain House Ice Skating Pavilion.

**Bike Across the County**
From the casual novice rider to the experienced mountain biker, Ulster County offers numerous cycling experiences. If you enjoy a challenge, hit the rugged terrain of the Catskill or Shawangunk Mountain Ridges, where you can find numerous paths both on and off-trail—or take a more relaxed, guided day (or overnight) tour across the trails, where you can soak up the country air and admire the natural wonders as you pedal through the countryside. Along the way, stop and sample the local food and drink in the area’s picturesque towns and hamlets, and admire the historic colonial architecture.

**Explore the Trails**
Ulster County is home to 750,000 acres of protected lands and 350 miles of hiking trails, ranging from leisurely day strolls to expert-level treks. Whether you’re looking to disappear deep into a wintery forest, walk along a mountain face, or amble down a chilly shoreline, Ulster County has the perfect trail for you.

In addition to outdoor adventures, Ulster County offers abundant cozy winter activities, from shopping to dining to myriad options for enjoying art, theater and local music. Visit ulstercountyalive.com and start planning your outdoor adventure today.
When you hear the words "winter hiking," what’s the first thing that comes to mind? As with any other flavor of outdoor recreation, winter hiking comes with its pros and cons, challenges and delights, and a healthy dollop of mistaken assumptions. I discovered that many of my beliefs about winter hiking were incorrect, and have gleaned a great deal of knowledge and experience the hard way—in the field … the very cold and snowy Catskills high peaks field! Being prepared isn’t only about having the right clothes or gear—it’s also about having the right knowledge and expectations.

To test your assumptions about winter hiking, let’s play “Fact or Fiction.” Evaluate the following statements as true or false. Then read on to learn more about safely enjoying the outdoors in winter.

Fact or Fiction:

1. Winter hiking is harder than hiking in any other season, and only expert hikers should attempt it.
2. It’s ok to wear cotton as a base layer, but don’t wear it as an outer layer.
3. Winter is a potentially dangerous the time of year, so you should rely on your electronics (cell phone, GPS, etc.) more than ever. Don’t leave home without them.
4. Colder temperatures mean less sweat so you don’t have to worry about getting dehydrated.
5. One health risk to mitigate when hiking in winter is sunburn.
6. We humans lose most of our body heat through our heads. Wear a hat at all times when hiking.
7. To prepare for winter hiking, all you need to do is purchase the correct gear.
8. Speaking of gear—be sure to grab an insulated tube for your
hydration bladder. Those insulation sleeves make all the difference!

9. White snow, no leaves, and bright moonlight mean no worries about hiking after dark—you’ll be able to see well without a flashlight or headlamp.

10. Animal tracks are so much fun to follow! Don’t worry about going off trail since the snow cover will protect the fragile vegetation underneath. Go ahead and wander!

11. No snow at the trail head? No need to lug those heavy snowshoes!

12. Cold temperatures? Be sure to bundle up. A seriously heavy winter coat is a winter hiking staple.

13. Fido’s paws are bleeding? No worries; they always do that in the cold. He’s fine.

14. Don’t bother to sign in at the register—the rangers only check them during summer months.

15. All this gear and techniques, and clothes … I’m just not going to enjoy myself. It’s too complicated and too dangerous.

**Answer Key:**

1. We all have to start somewhere! Yes, winter hiking in the Catskills is a bit more involved than hiking during other seasons. There are more contingencies to consider and more gear to be ready to use. But beginners can develop the skills and knowledge by reading up on the finer points of staying warm, comfortable and safe—or hiking with more experienced folks on a Catskill 3500 Club hike. And summer months come with nettles, black flies, mosquitoes, ticks, dry water sources, and miserable humidity. Neither season is exactly “easy” but all seasons are wonderful in some ways, challenging in others.

2. Cotton is a comfortable natural fiber and a great choice for clothing when you are not hiking. However, on the trail,
cotton has several qualities that render it a poor choice for any layer—especially a base layer! Cotton does not wick perspiration away from the body, but simply becomes wet. Wet = cold (that’s what sweating is all about—using moisture to cool you down). Cotton also gets heavy when it’s waterlogged. Yuck. Staying as dry as possible is really important in the winter, because the risk of developing hypothermia increases dramatically if you get wet. Use wool, silk, or any of the synthetics designed to wick sweat away from the body as your base layer.

3. Cold temperatures drain batteries faster. Do NOT rely on electronics, but do familiarize yourself with the area you’ll be hiking before you leave the house. Study the topographic map and be sure you know how to use your map and compass to navigate, should you find yourself off trail or lost.

4. Dehydration is a serious risk during winter because many people don’t feel as thirsty in the cold and are unaware of how much they need to drink. Hydration bladder tubes and valves often freeze, so consider an old-fashioned thermos with hot herbal tea, miso soup, or other hot delicious liquid.

5. True! Be aware that you can get a nasty sunburn during winter. Take whatever precautions you normally take—sunscreen or a hat, and long sleeves.

6. Your mom told you this, didn’t she? It’s a myth. We do lose body heat through our heads, but not at an alarming rate. We lose heat through all extremities. I use my hat as a thermostat—on when chilly, off when warm. I take my hat on and off many times during a hike. Same with gloves or mittens. Managing your body temperature is a critical aspect of hiking safely during the winter. You want to stay comfortable and not get wet. Remove a layer, hike more slowly, or rest more often if you find yourself getting overheated and sweaty.

7. The key word here is “all.” Yes, you may need to buy gear, but much more importantly, you need to understand the risks winter poses and how to mitigate them. Learning how to dress to be comfortable and stay dry is as important as any individual gear item. Some specialized key gear items you are likely to need for winter hiking in the Catskills include snowshoes, traction aids (think tire chains for your hiking boots), insulated and waterproof hiking boots, and a large enough pack to hold extra layers, your thermos, your headlamp and extra batteries, and so on.

8. Nope. Unfortunately relying upon the insulated tube is a real rookie mistake—don’t ask me how I know this. You can prevent freeze-ups by blowing air into your tube after taking a sip, but in very cold temperatures, rely upon a thermos, not a hydration bladder.
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Listen on FM, at wioxradio.org or get the free iPhone App

WIOX Community Radio 2335 County Hwy 41 PO Box 100 Roxbury, NY 12474 wiox@wiox.wskg.org

Visits, comments, or underwriting contact the WIOX green room at 607-326-3900

LIVE & LOCAL from New York's CATSKILL MOUNTAINS! Contact the WIOX Studio 607-326-3913

* alternating shows simulcasting on Channel 20
9. Sure, except on cloudy nights or new moon nights! Never head out in any season without a headlamp and/or flashlight. You never know when a twisted ankle means a very slow return to your car. On a winter day that means hiking after dark and you cannot rely upon moonlight. That said, soaking in the moonlight from a hot tub after a hike is a delightful way to end your day!

10. I apologize: This is a trick question. On the one hand, from a Leave No Trace point of view, bushwacking (hiking off trail) is best done during the winter when there is deep snow cover. However, getting lost is a real concern. You may be able to follow your own tracks back to the trail, but in windy conditions or if you experience snow flurries (which happens in the Catskill high peaks very often, despite what the weather forecast indicates), you may end up quite lost. Also, winter is a stressful time for many species, who have to work overtime to find a meal. Enjoy seeing animal tracks. They can be an amazing part of winter hiking. But don’t follow them—it’s safer for you and kinder to the animals that way.

11. Wrong! A classic beginner mistake, assuming the conditions at the trail head are what you will experience for the duration of the hike is a perfect way to get in over your head—quite literally. Temperatures are much colder and snowfall is much heavier as you increase in elevation. And your snowshoes are not that heavy. No whining. You’ll be delighted you have them when you hit the deep stuff.

12. Again, your mom insisted you bundle up to play outside—didn’t she? She’d pack you into enough clothes to make you topple over when you tried to pick up a snowball. Well, those days are gone. A single heavy thick layer (like a big heavy winter coat) is not recommended at all. Layers are the name of the game. You want to be able to remove outer layers easily, to manage body heat and stay dry. I’ve hiked comfortably in below zero temperatures—without wearing a coat at all. It’s all about the layers. Wear a base layer (like your old fashioned long johns, but NOT cotton), water resistant hiking pants, and layers of wool or fleece. My favorite features? Thumb holes and pit zips. Both really help with managing warmth.

13. Dogs can get all the same cold weather injuries and ailments humans are susceptible to: frostnip, frostbite, dehydration, and hypothermia. Bleeding paws from ice and snow are a reason to cut the hike short, and get Fido back to the car. Monitor your pup’s comfort level—freezing paws and snow balled up between pads can lead to permanent injury if not addressed. Worst case scenario? Leave your dog at home if he or she can’t comfortably manage the hike you planned.

14. Wrong! Always sign in with a name and phone number. The registers are checked regularly and in an emergency situation, this is the first place searchers will look.

15. Winter conditions vary a lot. Hiking on a sunny 25 degree day for five miles is very different from doing 12 miles on a windy 15 degree day. Set yourself up for a fabulous experience by picking your day carefully, and selecting a trail that isn’t going to throw too much at you all at once. Try one of the rail trails if you’re a beginner just getting used to snow shoes. It is possible to enjoy yourself and not get too overwhelmed.

Reading through these facts and fictions a theme emerges: stay dry and comfy, and make prudent decisions. Dress in layers, know where you are going, and check weather forecasts before you hop in the car. Carry with you the gear you may need, despite the appearance of the trail down near the parking area. Don’t rely on electronics and have the knowledge, skill, and gear to manage an emergency. And enjoy—winter offers a beautiful, dramatic, and intense hiking experience.

Heather Rolland is the president of the Catskill 3500 Club. She is a volunteer trail maintainer for NYS DEC and also volunteers for dog rescues and wildlife rehabilitation efforts. She hikes every day with her pack of Belgian and Dutch shepherds, posts as Catskillhalia on Instagram, and maintains the blog “Yoga Pants, Hiking Boots” on wordpress.
Less than a mile outside of Kingston is a lovely new hotel, the Holiday Inn Express and Suites. It is centrally located to both the Kingston Rhinecliff Bridge and the NYS Thruway. Nestled within the charming Catskill Mountains, the Holiday Inn Express provides all of the comforts of home: each room is equipped with considerable amenities such as a Keurig coffee maker, microwave, refrigerator and personal safe. The Holiday Inn Express is less than an hour from all of the greatest skiing that the Hudson Valley has to offer, with Belleayre, Hunter and Windham Ski Resorts just a short car ride away. Stay and Ski Packages are available to purchase on the IHG website at www.ihg.com, or by calling the hotel directly at 845 336 6200. For your convenience you may also purchase tickets at the front desk. When you return from the mountain, you can enjoy the indoor pool; and if you are feeling energetic, go work out in the 24-hour Fitness Center. Enjoy the free wifi while you drift off to sleep in their Beautyrest beds and make sure that you wake up in time to enjoy their delicious complimentary breakfast. The Holiday Inn Express and Suites in Kingston is a wonderful place to enjoy a family vacation or just a quick getaway.

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Greg Dayton with vocalist Towera Smith
Greene Room Players Choir

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ZVI DANCE
Residency: January 8–January 28
Performance: Saturday, January 27 @ 7:30pm

BALLET HISPANOICO
Residency: February 5–February 17
Performance: Saturday, February 17 @ 7:30pm

AMERICAN DREAM
Tuesday, March 20 @ 1:00pm

Catskill Mountain Foundation is supported in part by the New York State Council on the Arts, Greene County Legislature through the Cultural Fund administered by the Greene County Council on the Arts, the Jarvis and Constance Doctorow Family Foundation, the Samuel and Esther Doctorow Fund, Catskill Bruderhof Community Bank of Greene County Charitable Foundation, the Greene County Youth Bureau, Marshall & Sterling Insurance, All Souls’ Church, Stewarts Shops, Windham Foundation, and by private donations.

Special thanks to the Royce Family Foundation for their support of our dance programs.
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Ticket Prices (Screens 1 (in 2D), 2 & 3, and the Orpheum): $9 / $7 seniors & children under 11

3D Ticket Prices: $11 / $9 seniors & children under 11

View trailers for our films online at www.catskillmtn.org

LADY BIRD
(RATED R, 94 MINS)
DIRECTED BY GRETA GERWIG
STARRING SAOIRSE RONAN, ODEYA RUSH, LAURIE METCALF
The adventures of a young woman living in Northern California for a year. 12/22-12/31 Friday 7:30; Saturday 4:00 & 7:30; Sunday 7:30; Monday-Thursday 7:30

“Lady Bird is something truly special: a coming-of-age comedy so funny, perceptive, and truthful that it makes most other films about adolescence look like little more than lessons in cliché.”

—A.A. Dowd, The A.V. Club

BATTLE OF THE SEXES
(RATED PG-13, 121 MINS)
DIRECTED BY JONATHAN DAYTON & VALERIE FARIS
STARRING EMMA STONE, STEVE CARELL
The true story of the 1973 tennis match between world number one Billie Jean King and ex-champ Bobby Riggs. 12/1-12/3; 12/15-12/17 Friday 7:30; Saturday 4:00 & 7:30; Sunday 7:30

“Just about everything about this film is winning and gratifying.”

—Todd McCarthy, The Hollywood Reporter
DOCTOROW CENTER FOR THE ARTS
7971 Main Street, Village of Hunter

JUSTICE LEAGUE
(RATED PG-13, 120 MINS)
DIRECTED BY ZACK SNYDER
STARRING BEN AFFLECK, GAL GADOT, JASON MOMOA
Fueled by his restored faith in humanity and inspired by Superman’s selfless act, Bruce Wayne enlists the help of his newfound ally, Diana Prince, to face an even greater enemy.
12/1-12/3 3D SHOWTIMES: Friday-Sunday 7:00;
2D SHOWTIMES: Saturday 4:00; Sunday 2:00, 4:30

COCO
(RATED PG, 109 MINS)
DIRECTED BY LEE UNKRICHT & ADRIAN MOLINA
STARRING GAEL GARCÍA BERNAL, BENJAMIN BRATT
Aspiring musician Miguel, confronted with his family’s ancestral ban on music, enters the Land of the Dead to work out the mystery.
12/1-12/10 Friday 7:30; Saturday 4:30 & 7:30; Sunday 2:30, 5:00 & 7:30

“At every imaginative juncture, the filmmakers … create a richly woven tapestry of comprehensively researched storytelling, fully dimensional characters, clever touches both tender and amusingly macabre, and vivid, beautifully textured visuals.”
—Michael Rechtshaffen, The Hollywood Reporter

THE SQUARE
(RATED R, 142 MINS)
DIRECTED BY RUBEN ÖSTLUND
STARRING CLAES BANG, ELISABETH MOSS, DOMINIC WEST
Christian is the respected curator of a contemporary art museum, a divorced but devoted father of two who drives an electric car and supports good causes. His next show is “The Square”, an installation which invites passersby to altruism, reminding them of their role as responsible fellow human beings. But he learns that sometimes, it is difficult to live up to your own ideals.
12/8-12/17 Friday 7:15; Saturday 4:15 & 7:15; Sunday 2:15, 4:45 & 7:15

“An excoriating razor-burn of a movie that deploys drollery like an instrument of torture.”
—Jessica Kiang, The Playlist

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Purchase two adult movie tickets and one child ticket, get the second child ticket FREE!

STAR WARS: THE LAST JEDI
(Not Yet Rated, 150 MINS)
DIRECTED BY RIAN JOHNSON
STARRING DAISY RIDLEY, JOHN BOYEKA, MARK HAMILL
Having taken her first steps into the Jedi world, Rey joins Luke Skywalker on an adventure with Leia, Finn and Poe that unlocks mysteries of the Force and secrets of the past. 12/15-12/17 Friday 7:00; Saturday 4:00 & 7:00; Sunday 2:00, 4:30 & 7:00
12/22-12/31 Friday 7:00; Saturday 4:00 & 7:00; Sunday 2:00, 4:30 & 7:00; Monday-Thursday 7:00 1/5-1/17/18 Friday 7:00; Saturday 4:00 & 7:00; Sunday 2:00, 4:30 & 7:00

THE DISASTER ARTIST
(RATED R, 103 MINS)
DIRECTED BY JAMES FRANCO
STARRING ZOEY DEUTCH, ALISON BRIE, KRISTEN BELL
When Greg Sestero, an aspiring film actor, meets the weird and mysterious Tommy Wiseau in an acting class, they form a unique friendship and travel to Hollywood to make their dreams come true.
12/22-12/31 Friday 7:15; Saturday 4:15 & 7:15; Sunday 2:15, 4:45 & 7:15; Monday-Thursday 7:15

“Franco, who’s absolutely hysterical as the brooding, deluded Wiseau, leads a parade of familiar faces … delivering a winning, Ed Wood-esque blend of comedy and pathos that could very well earn its own cult status.”
—Michael Rechtshaffen, The Hollywood Reporter

JANE
(UNRATED, 90 MINS)
DIRECTED BY BRETT MORGEN
STARRING JANE GOODALL
Using a trove of unseen footage, the film tells the story of Jane Goodall’s early explorations, focusing on her groundbreaking field work, her relationship with cameraman and husband Hugo van Lawick, and the chimpanzees that she studied.
1/5-1/14/18 Friday 7:15; Saturday 4:15 & 7:15; Sunday 2:15, 4:45 & 7:15

“This is a wondrous and moving account of a remarkable life that puts us right there with Goodall to share directly in her discoveries.”
—David Rooney, The Hollywood Reporter

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Saturday, December 9 @ 2:00 pm
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(Book-ahead ticket prices good up to 5 hours before the performance)
At the Door: $30; $25 seniors; $7 students

Tickets available at www.catskillmtn.org or by calling 518 263 2063

Catskill Mountain Foundation is supported in part by the New York State Council on the Arts, Greene County Legislature through the Cultural Fund administered by the Greene County Council on the Arts, the Jarvis and Constance Doctorow Family Foundation, the Samuel and Esther Doctorow Fund, Bank of Greene County Charitable Foundation, The Greene County Youth Bureau, Marshall & Sterling Insurance, All Souls' Church, Stewarts Shops, Windham Foundation, and by private donations.

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# DECEMBER 2017 MOVIES & EVENTS AT A GLANCE

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Schedule subject to change: please call 518 263 4702 or visit www.catskillmtn.org for the most up-to-date schedule.

While there, sign up for e-mail updates so you can get the newest schedule delivered to your e-mail box each week!
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- Offers works of over 40 regional artists, along with the a hand-curated collection of over 4,000 books.
- Hosts arts residencies bringing many artists to our community for extended stays.
- Is the home of the Piano Performance Museum, a rare collection of historic playable pianos.
- Runs a dozen studio arts programs, with students from around the U.S.
- Shows more than 100 films on our four screens in Hunter and Tannersville.
- Publishes the monthly Guide magazine, distributed throughout the Catskill Region and at New York State Thruway rest stops.

Questions/More Information: Call 518 263 2001

Catskill Mountain Foundation is a 501(c)3 not-for-profit corporation. All gifts are tax deductible as allowable by law.
Common Ground on the Mountain:  
A Concert of Folk, Bluegrass and Acoustic Music  
Saturday, January 13 @ 8:00pm  
Orpheum Film & Performing Arts Center

Zvi Dance  
Residency: January 8–January 28  
Performance: Saturday, January 27 @ 7:30pm  
Orpheum Film & Performing Arts Center

Ballet Hispanico  
Residency: February 5–February 17  
Performance: Saturday, February 17 @ 7:30pm  
Orpheum Film & Performing Arts Center

American Dream  
Tuesday, March 20 @ 1:00pm  
Orpheum Film & Performing Arts Center

Secret Music with Richard Kolb  
Saturday, May 26 @ 8:00pm  
Doctorow Center for the Arts

Academy of Fortepiano Performance  
Residency: May 27–June 4  
Performance Featuring Guest Artist Pierre Goy with Audrey Axinn, Maria Roas and Yi-heng Yang:  
Sunday, May 27 @ 8:00pm  
Doctorow Center for the Arts

OMNY Taiko Drummers  
Sunday, July 1 @ 7:30pm  
Orpheum Film & Performing Arts Center

Catskill Mountain Foundation Annual Benefit  
CELEBRATING 20 YEARS!  
Featuring A Mid-Summer Night’s Dream  
Saturday, July 7 @ 6:00pm  
Orpheum Film & Performing Arts Center

Broadway in the Mountains  
Residency: July 8–July 21  
Performance: Saturday, July 21
National Dance Institute
Mountaintop Summer Residency
July 9–July 21
Performance: Saturday, July 21 @ 7:30
Orpheum Film & Performing Arts Center

Igudesman & Joo: A Little Nightmare Music
Saturday, August 4 @ 8:00pm
Doctorow Center for the Arts

Manhattan in the Mountains
Residency: July 29–August 19
Faculty Concert—The Right Stuff:
Saturday, August 11 @ 8:00pm
Doctorow Center for the Arts

TUSK: The Ultimate Fleetwood Mac Tribute Band
Saturday, August 18 @ 7:30pm
Orpheum Film & Performing Arts Center

Perspectives Ensemble
Saturday, August 25 @ 8:00 pm
Doctorow Center for the Arts

The Gottabees: Squirrel Stole My Underpants
Saturday, October 20 @ 3:30pm
Doctorow Center for the Arts

Théâtre de l’Oeil: The Heart in Winter
Saturday, November 17 @ 3:30pm
Orpheum Film & Performing Arts Center

Windham Festival Chamber Orchestra:
Music of Tchaikovsky, Elgar & Mozart
Saturday, November 24 @ 8:00pm
Doctorow Center for the Arts

The Nutcracker
Friday, December 7 @ 7:30pm
Saturday, December 8 @ 2:00 & 7:30pm
Sunday, December 9 @ 2:00pm
Orpheum Film & Performing Arts Center

No Strings Marionettes Company: The Hobbit
DATE TBA
Doctorow Center for the Arts

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www.catskillcenter.org

Mount Utsayantha Regional Arts League (MURAL)
www.muralartgallery.org

Greene County Soil & Water Conservation District
www.gcswcd.com

Mountain Top Arboretum
www.mtarboretum.org

Hunter Public Library
www.hunterlib.org

Writers in the Mountains
www.writersinthemountains.org

St. Theresa’s Women’s Expo
www.st-theresas-womens-expo.org

CATSKILL MOUNTAIN FOUNDATION

WHERE THE PERFORMING ARTS, FINE ARTS, CRAFTS, MOVIES, BOOKS, AND GOOD FRIENDS MEET

THANK YOU TO OUR FUNDERS AND SUPPORTERS!

Catskill Mountain Foundation is supported in part by the Bank of Greene County, Jarvis & Constance Doctorow Family Foundation, Greene County Council on the Arts, Greene County Youth Fund, Marshall & Sterling, NYS on the Arts and the REDC initiative with the support of Governor Andrew M. Cuomo and the New York State Legislature, Stewart’s Shops, Windham Foundation, and by private donations.

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