

Fresh Air The Quarterly Newsletter of the Atlantic Chapter –

Mid-Hudson Group Spring 2005 Volume 37 Issue 1

Chair's Corner - Bibi Sandstrom

Hey! I'm actually related to John Muir, our founder, via my brother-in-law, Fred Muir...says he's related. Also, after a small Sierra break in January, I finished my Xmas Letter - for 2003! DAVE PAGE, after years of service to MHSC as both a board member and publisher, has stepped down. Thanks to Dave for all his help and work! Welcome CAROL JARVIS to the board. Also, after a successful tag sale in 04 she has agreed to continue in 05. Tentative date SAT. SEPTEMBER 24. Carol is also our new Fundraising Chair; Thanks Carol!

We have many hats, of many sizes, for any of you to "wear" and help out - see our Volunteer Page on our website, <http://newyork.sierraclub.org/midhudson> and see requests in this Fresh Air.

Bibi

NEW MID-HUDSON SIERRA MEMBERSHIP BENEFIT:

Due to a partnership with the Hudson Valley Materials Exchange, Mid-Hudson Sierrans can have a discount on their memberships at this great recycled materials center. Interesting items at a great price. HVME is a "publicly funded non-profit redistribution center for materials suitable for the arts, education, and construction". They are donating an organizational membership, which means YOU can get a \$10 discount on your own "affiliate" membership. For the discounted membership you must be a member in good standing and bring your card or newsletter with membership info. Located next to Stewart Airport. Check the website at www.hvmaterialsexchange.com for directions/info. Tour the place on Thurs. June 2 at 6 pm; Free coupons available provided by Roberta Clements who won a HVMR prize for her Sierra Soap Box Derby entry last summer.

PROGRAM/EDUCATION CORNER: Make note: Location, Location, Location Change!!

Our Speaker Socials have moved from Poughkeepsie to New Paltz for 2005. Third Wednesday in April at the New Paltz Jewish Community Center, and on the Fourth Wednesday in May at the New Paltz Village Hall. Uncertain about the June meeting right now but check the Summer newsletter.

Upcoming Programs:

Wed., April 20th, Saving the Hudson Valley

CARA LEE, director of the Shawangunk Ridge Program/ Nature Conservancy, a national group interested in saving beautiful and endangered lands, will tell us more about the group and in particular what they do to save local beauty, like the Shawangunk Ridge. Meet: New Paltz JCC, 32 N. Chestnut St. (formerly Dominick's Restaurant), north of Main Street/Rt. 299 at 7:30.

Wed., May 25, Solar Hot Water Systems

JAN SHUSTER will give a talk on how to design and build your own HOT WATER solar system that is both ecologically sound and cost effective. Find out why a solar hot water system is both a better investment than photovoltaics and better for the environment. Jan has a degree in Architecture and combines his interests in the environment and economics, approaching environmental issues on an avoided cost basis, (i.e. the best and highest use of scarce resources). Free parking in third parking lot south of Ariel/Starbucks.

Time: 730pm at the New Paltz Village Hall on Plattekill

LABELING PARTY!

Calling all members who said "yes"! to helping us label our newsletters someday! Come to our Speaker Social on Wed May 25 (New Paltz Village Hall Large Room) and help label our summer newsletter. Time: 6pm before the Social and/or stay afterwards (no obligation to stay for the program). Call Bibi at 255-5528 to make sure the newsletter is done! Food will be provided!

FILM ON FOOD/FOOD EVENT:

Wed., May 4th; Film/Video: "The True Cost of Food" and Soap Box Derby video (Sierra entry). Joan Zacharias will show this 14 minute video at Gabriel's in Kingston, 50 John St., Time: 7pm. Dinner: Apropos to the film - Organic "plant-based" food will be offered for \$25. Roberta Clements will show a ten-minute video of Sierra's entry in last summer's Artist Soap Box Derby. RSVP required: e-mail joanzach@mhicable.com or leave a message at 518-828-0972.

GARDEN/CONSERVATION KNOWLEDGE:

Check www.ecostudies.org (Institute of Ecosystem Studies website) click on Visitor Info and then on "Gardening Tips" for environmentally friendly and low maintenance gardening advice.

Sierra Outings:

Outing Rating System:

Class A – Difficult: 1500' climb/more than 8 miles
Class B - Moderate: Less than 1500' climb 6-8 miles
Class C- Easy: well graded trails, less than 6 miles.

**Send us your e-mail
It's the environmental
& efficient thing to do!!!**

Sat., April 9, (Rain date April 10) Class C +. Joint ADK.
Mills-Norrie Point State Park, a beautiful early spring walk (5-6 miles) along the Hudson. Moderate elevation change. Bring lunch, water, good footwear, appropriate clothing. Leaders: Marie Caruso & Rita Langworth. Call Marie at 452-9086 or E-mail: mclagr@aol.com for meeting place/time.

Sat., April 23, Class B-. Joint ADK
Black Rock Forest. Meander trails and dirt roads exploring ponds and reservoirs and learn about an area of both natural and historical significance. Views of the Hudson. Bring lunch/beverage. Rain cancels. Call the leader, Arlene Canonico at 246-2069 for meeting place and time.

Sat., April 30, Class B (raindate May 1)
Trail maintenance on the Blueberry Run Trail in Minnewaska State Park.
Enjoy the camaraderie of other hikers while helping to sustain our trails. MHSC through it's affiliation with the NY-NJ Trail Conference is responsible for maintaining this nearly 2 mile trail. Prepare to do spring clean-up and clipping back blueberry bushes. Bring clippers and/or loping shears, gloves, water, lunch. Total distance 6-7 miles. Call Leaders Georgette Weir and Jean-Claude Fouere, 462-0142 to confirm and register.

Sat., May 7, Class C, 3 miles; Joint ADK
Nature Conservancy's Thompson Pond Preserve in Pine Plains. Look for wild turkeys, geese, and other creatures as you walk the trails surrounding the pond. Meet at the east end of the Peck's Market parking lot in Pine Plains (199 and Rte. 82) at 9:30. Leader: Paul Rich, 452-1727

Sat., May 14 (Rain date, Sun. May 22) about 9 miles, Class A+ strenuous, Joint ADK
Mohonk-Minnewaska Grand Tour. Start at the Coxing parking lot (Mohonk member card or per person fee required), hike to the Trapps, Millbrook Mtn., Lake Minnewaska (Red Trail), down to Rt. 44, cross over and pick up the High Peters Kill Trail; cross the Peters Kill, then continue to the Coxing lot. Bring lots of water, lunch, snacks. Call for meeting time, place, car-pooling. Leaders: Jean-Claude Fouere and Georgette Weir, 462-0142

Sat. May 21, Class C, Easy walk
Innisfree Gardens in Pleasant Valley. Enjoy the Asian influence of these unique cup gardens, a harmonious environment complete with ponds and wildlife. Stay with the group or wander off. Fee: approx. \$3.00 pp. Good for kids. Bring beverage/snack. Rain Cancels. Meet on the right side of the DC Cooperative Extension parking lot on Rte. 44 at 11. Leader: Nancy Keenan-Rich, 452-1727 Call if interested in meeting at 10 for breakfast.

Sat., June 18 Schunemunk Mtn. Level A, 8 miles, & 1400ft elevation, Joint ADK
If our timing is right we'll enjoy a wonderland of lural on this hike along the Jessup Trail, Long Path, and Sweet Clover Trails. If not, there is still the pink and white beauty of the conglomerate underfoot to study and wonderful views in every direction from the two ridgelines. Joint ADK. Call Georgette Weir and Jean-Claude Fouere for meeting time and place: 462-0142

We Want Your Blood !!! New Blood That Is!!!

The outings program relies on volunteers to lead seasonal outings (hikes, bike trips, canoe trips, kid's hikes, cross country skiing, historical/educational walks). Leading just one or two outings a year is a big help in maintaining a program for our members. Co-leading is a good way to start. Contact: Marie Caruso at 452-9086 or e-mail:; mclagr@gmail.com

Classified

Book just out (2005): "Bert Darrow's Practical Flyfishing – How to Cast and Fish Naturally". Hardcover, 6" by 9", 189 pgs plus index, B & W photos & diagrams. Bert has been fly fishing for over 35 years. Send checks for \$22.95 (free shipping) to Bert Darrow, POB 153 Tillson, NY 12486

Skill Building with the New York-New Jersey Trail Conference

Members of the Mid-Hudson Group/SC are invited to develop their trail-building skills by participating in one or more workshops sponsored by the NY-NJ Trail Conference of which we are members. Location: Wappinger Falls, NY. The project involves enhancing and upgrading the Wappinger Greenway Trail by integrating existing trails and creating new ones to establish a trail system that connects Market Street Industrial Park, Wappinger's Creek Estuary, Scenic Hudson Lands, Reese Audubon Nature Preserve, and Bowdoin Park. Needed: every level of experience and interest. Tools and instruction provided. Bring work clothing, sturdy boots, plenty of water, lunch, work gloves, and a willingness to work hard and have fun.

Project Schedule

April 9th and 10th - Sidehill-bench Tread and Rock or Timber Step Construction; Meet: Market S. Industrial Park, Wappinger Falls @ 9am, both days.

April 23rd - Sidehill-bench Tread Construction - Reese Audubon Preserve; Meet: New Hamburg Village Park @ 9am, all days

April 24th/ 25th - Bridge Installation; Meet: Market St. Industrial Park, Wappinger Falls @ 9am, both days

All WEEKENDS 4/30 through the end of May: Sidehill Tread and Corridor Clearing on the Reese Preserve Meet: New Hamburg Village Park @ 9am

* The project manager can coordinate special weekday/week-end trips. If you are interested in this project, please contact Eddie Walsh, at 201-512-9348 extension 14 or eddiewalsh@nynjtc.org

Conservation Corner with Roberta Clements

"Somebody should do something about this"! Is that what we have all been saying? Well the somebody is us. As conservation chair, I feel there is "Too Much Information". It is dismaying to learn about chronic development, polluted site after polluted site, and feel powerless. It takes Sierra Club and the many concerned organizations to make good things happen. Citizens can educate their neighbors, write letters, and go to meetings to make their voices heard. Check the state and federal websites below to find your representatives. Facts are convincing when trying to persuade but you don't have to be a scientist or a professor. Write from your heart, and write what you know, it can be very powerful!

The Shawangunk Ridge Coalition, (MHSC is a member), continues to work on protection and preservation for the entire ridge from Rosendale, NY to the border of NJ. The Awosting Reserve proposal continues to fester in Gardiner while the master plan is completed and zoning is revised. The Town of Gardiner is proposing that it is acceptable to build driveways and houses on steep slopes 20-30% grades! Try driving up a 30% grade and when your transmission gives out, sit down and write a letter to the town to oppose this! (Town Board, P.O. Box 1, Gardiner, NY, 12525) The proposed Mushroom Plant in the Town of Mamakating may not be near you but remember the Valley has a big backyard. Development that is 20-30 miles away from you can have a big impact on you. Mamakating is also facing the threat of poorly thought out revisions to their codes for steep slopes. (Town Board, 2948 Route 209, Wurtsboro, NY, 12790) The Sullivan County approved casinos are a major threat to everything that is good about the Hudson Valley. Let's see how the state and federal legislatures vote on this. Let them know what their constituents think! Join a free

bus trip to Albany on April 5th to protest the casinos. (Lunch too!) www.shawangunkridge.org (845) 658-9870

The MHSC and Atlantic Chapter have taken a position against casinos being built in Sullivan and Ulster counties. Although the Sullivan County legislature has already weighed in on the issue, Ulster County towns and the Legislature can still prevent such a thing from occurring in Ulster. **Ask your towns and the county to oppose casinos for all the obvious reasons** (Crime, traffic, sprawl, air pollution, excessive water use, water pollution, sewage, pesticide pollution, etc.) Casinos are an economic drain on communities, not a boom as advertised. <http://atlantic.sierraclub.org>

The Good News!! The Environmental Protection Agency officially reduced the cutoff point for air pollution resulting from TCE in the groundwater meaning the EPA is recognizing the horrific toxicity that petrochemicals pose to humans and the environment. This is great news except that the NYS Department of Health is continuing to go by their old regulations that are hundreds of times higher than the new federal regulation. If the soil or water table is polluted with petrochemicals it results in chemicals seeping up into peoples houses through the air, floating out of your basement! Not only are you getting poisoned, you're trapped in your house because you can never sell it! The new EPA guidelines would qualify homes with this type of air vapor pollution to receive air filters that could make the house livable. The old guidelines do not. Every victory leads to a new solution. **Please help the DOH understand the need to revise their outdated regulations and lower the cutoff point for TCE Vapor Intrusion pollution in New York.** www.geocities.com/hjcfw

The **proposed condo development on the Rondout in Kingston** is still in the works and the developer (AVR) is completing the Draft Environmental Impact Statement. Please come on board the Sloop Clearwater at the Rhinecliff boat dock on **May 14** to enjoy the Riverview from Kingston and show **your opposition to oversized and inappropriate architecture in Historic Kingston.** We will need your presence at upcoming meetings to continue to provide appropriate options to the proposed 2500 units. (Ann Loeding aboatgrrl@yahoo.com)

<http://map01.elections.state.nv.us/boe/main.asp> to find your representative in congress, state senate, or state assembly.

<http://www.assembly.state.nv.us/> for contact info for your state assembly person

<http://www.senate.state.nv.us/> for contact info for your state senator

www.house.gov/writerep/ for contact info for your congress-person

HELP WANTED: Energetic Conservation Co-Chair for Dutchess County issues; Contact Roberta.
Help Offered: Need help writing a letter? Contact Roberta.
