

# Fresh Air



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The Quarterly Newsletter of the Atlantic Chapter Mid-Hudson Group

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Website: : <http://newyork.sierraclub.org/midhudson>

## CHAIR'S CORNER

by Bibi Sandstrom

As I write this on Groundhog Day, I still have Xmas gifts to wrap - and thank-yous to make. So even though a) you're reading this in the spring, b) at least one person thinks we shouldn't use newsletter space to thank people (he may have a point in that we do not receive any reimbursement from Foundation funds unless an article is "educational" and not "administrative" [volunteer thanks & pleas, parties & picnic descriptions, etc] or "political" [an exhortation to vote for a certain candidate discounts the ENTIRE newsletter, not only the article], and c), Adlai Stevenson said, "We dare not just look back to great yesterdays; we must look forward to great tomorrows" [and now we can since November!].... well, even with all that, I am still going to look backward and thank the following people:

--to Gadaletto's Seafood Restaurant for their "Dine to Donate" meal back at the fall equinox, and to anyone who attended that night;

--to Starbucks and Harvest Cafe restaurants in New Paltz for their donations to our table at the Fair Trade Bazaar in November;

--to Eastern Mountain Sports for their table space and their 20% discount to outdoor organizations in October - and probably for one coming up this April;

--to Barnes & Noble for a decade of letting us giftwrap for donations during December, and to all you Sierrans who have helped us with this fundraiser for years! I haven't searched for a complete list over the last decade, so I'm certain I'm leaving out some of you, but here, at last is a thank you to: Jonathan, Lynne, Julia, Karen, Marie, Stephanie, Kim, Cornelia, Rene, Bridgette, Dana, Carol, Filomena, Sasha, Myrna, Karl, Nancy, Eric, Debra, Janet, Trish, Andi, Mary Ann, Mary, Elise, Karla, Peter & Gayle, Ronnie, Marcia

(Let me know if I missed your name - or if you'd like to be added as one to contact about giftwrap help!)

--to Marie Caruso for her memorial donation last year for Mary Ann McLaughlin;

--to Dawn Osselmann for yet another generous donation directly to us;

--to Tonda Highley for her years of being our Outings Chair - and if any of you can help fill her hiking shoes and find hike leaders and write the hike descriptions (with the word "learning" in each one so we get Foundation reimbursements!), PLEASE let us know!

--to any of you who have helped Sierra in any way, and to any of you who have \*given\* thanks!

## Recycling Compact Fluorescent Lightbulbs

CF bulbs are super energy savers but deadly in the trash due to mercury contamination dangers when placed in our landfills; most people have no idea of how to safely dispose of them. PLEASE consider recycling them at HOME DEPOT. They have recycle bins at the entrance of their stores and you can safely dispose of these items for free if you just take them there. **The earth will thank you!**

## PROGRAM CORNER

2009 Speaker Socials are at our new location along the Hudson River in Poughkeepsie, at the Hudson River Rowing Association's nice boathouse/community room.

Complete directions can be found at [www.hudsonriverrowing.org](http://www.hudsonriverrowing.org), or ours, at <http://newyork.sierraclub.org/midhudson/>, but basically,

From Main Street in Poughkeepsie, take a right onto Water St., continue past the Children's Museum, Hoffman Street Bridge and the old abandoned Dutton Lumberyard, go through the main gate and follow the main road, which doubles back on itself in a hairpin turn; the HRRR Community Boathouse is at the very end of this road. Free parking. As usual, programs are free and open to the public.

### **Wed April 15 2009, 730pm: "Who's Putting ACID in My Swimming Pool?"**

Member Rene Tritschler, a retired engineer, will teach us how Acid Rain, a topic that has been out of the limelight for a while, is still very much a problem as discovered by swimming pool owners and pool supply stores! He will touch on pH, pH measuring, source of the acid, etc, using a flip chart (does anyone have an easel he can borrow??) Joint meeting with Mid-Hudson Mensa. Afterwards, do look around the award-winning community room and boathouse!

### **Wed May 20, 730pm:**

Jackie Feinberg, the National Grassroots Organizer for the Southern Utah Wilderness Alliance, will give a program on "Wild Utah: America's Redrock Wilderness" and will explain the issues affecting this beautiful area.

### **Wed June 17: Arctic Adventure**

Will and Cheryl Cass of Poughkeepsie have traveled to some interesting places around the world. In 2007 they took a Polar Bear photo safari to Svalbard, Norway where they not only saw 25 Polar Bears and whales, walrus, arctic birds, ice, and barren land, but they reached 81.07 degree's north. Mark your calendars to come right before the Summer Solstice for a visual trip to the "Land of the Ice Bears"!

### **October 21 & November 18...**

... will depend on the new Program Chair! Please step up and volunteer for this position by Aug 1st, so that we can have fall programs!

First Aid certification *\*is required\** for outings in areas which are relatively remote since there would not be readily available medical assistance and consequences of not having first aid include: 1. A delay or inappropriateness in treating an injury might jeopardize the well being of the victim. 2. Liability. Leader, chapter/group chair and the club itself can be exposed to legal liability. Certification is not required for easy walks or when help is readily available.

### **Basic First Aid includes**

- 1) Wounds...bleeding and burns,
- 2) Injuries to muscles, bones and joints,
- 3) Sudden illnesses and
- 4) Heat and cold related emergencies.

Any of these things could happen outdoors. Some information regarding insect stings, exposure to poisonous plants but not the main focus. A useful course for life in general. Cost is \$50 per person reimbursable by Sierra Club when attendees receive certification and complete the online leaders course. See Sierra Club website.

**Dutchess County Red Cross in Poughkeepsie schedules first aid classes regularly.** Check the schedule on their website.

**Apr 25 is the Great Hudson River Sweep.** Come join our friends in the Adirondack Mountain Club for a clean up at Plum Point, the site of their annual paddle festival on June 20. Leader: Jean-Claude Fouere ([jcfoere@optonline.net](mailto:jcfoere@optonline.net); 845-462-0142).

Meet at 9:00AM at Plum Point Orange County Park in New Windsor, off Route 9W, South of Newburgh, for the clean up of the beach. Bring work gloves and rakes. Participants may go to a local pub for refreshments after workparty.

## Conservation Corner

"You can have anything you want", my wonderful sister said on my 22nd birthday while I was visiting her in Maine years ago. Of all the things I saw that day, a little stuffed seal toy captured my supposedly adult heart. That little seal was the first in a huge collection of seals (glass seals, posters of seals, a seal bottle opener, etc etc) and started an obsession. (My maternal instinct seems to be diverted - or perverted - into stuffed animals, but I digress). These animals are so beautiful, so graceful. I look into their eyes - even in toys - and my heart melts.

Thus, you can imagine my horror that Canada reinstated the baby seal hunting a few years back. At first the rationale was that they thought seals were the reason for overfishing; makes me wonder what the clubbers would do if they realize humans are at fault for that and not the seals... But the reason given now for bashing in the heads of newborn seals seems to be the fashion industry...

A plea a couple years ago to the female Senator in New York to pass the bill denouncing the largest massacre of marine animals in the world was to no effect; she basically replied that she didn't feel she could tell another nation what to do. (Animals don't have countries... when will people realize we are all one planet and stop dividing ourselves up into squabbling sections?? But again I digress.)

However, some organizations are fighting this slaughter by suggesting a boycott of Canadian seafood, and writing the Prime Minister. While I don't think Sierra Club is taking a stand, IFAW (<http://tinyurl.com/aspojo>) and the Humane Society ([www.hsi.org](http://www.hsi.org)) are, and there are petitions you can sign online. Please help stop this brutal slaying...

Bibi Sandstrom

*Save the Lakes cordially invites you to attend a*

*A Wine and Cheese Reception*

*When: Sunday, March 29, 2009*

*Where: The Big Cheese*

*Main Street Rosendale, NY*

*Time: 4 pm to 6 pm*

*Come join us in welcoming spring*

*And meeting our Invited Guests*

*Marie Caruso, Williams Lake Liaison,*

*Mid-Hudson Group, Sierra Club*

*Paul Rubin, hydrologist, Hydroquest Inc.*

*Amy Little, environmental advocate,*

*Save the Ridge*

*Cara Lee, Director, Shawangunk Ridge*

*Program, Nature Conservancy*

*Learn more about the environmental*

*Impact of HRVR/Canopy's plans to*

*develop Williams Lake!*

*Talk to Knowledgeable People!*

*Get the Facts!*

*Donations Accepted*

*For Information call 845-658-7012*

*Or E mail [savethelakes@gmail.com](mailto:savethelakes@gmail.com)*

*<http://www.savethelakes.us>*

## Outings (Joint with ADK (Adirondack Mountain Club))

### May 3 : Arden Point & Glynclyffe, Garrison; Easy

Leader: Georgette Weir; [geweir@optonline.net](mailto:geweir@optonline.net)—put "Garrison hike" in subject line.

Hudson River History—Quadricentennial Hike. Nearly 4-mile easy walk along the Hudson River starting at Garrison train station. This hike passes several panoramic viewpoints over the Hudson River and follows an historic road used by Benedict Arnold to escape during the Revolutionary War. Bring lunch & beverage. Start time: 11am; contact leader for car-pooling meet-up places in Poughkeepsie and Fishkill.

### May 17: Poet's Walk in Rhinebeck; Easy

Leader: Nancy Keenan-Rich, [nkrich@blackcreekphoto.com](mailto:nkrich@blackcreekphoto.com), 452-1727.

Easy hike of 3 miles or so with varied elevations, and extraordinary vistas of the Hudson River and Catskill Mountains. Poet's Walk represents a stunning example of the 19th century picturesque style of American landscape design, and was a favorite haunt of writers and artists. The highlight of the hike will be snacking/lunching in the gazebo and sharing of spring/nature poems, so bring a poem to share. Rain cancels. Meet the leader in the Poet's Walk parking lot at 10:00.

### June 6: Storm King Mountain; Strenuous

Leaders: Georgette Weir & Jean-Claude Fouere; [geweir@optonline.net](mailto:geweir@optonline.net) (put "Storm King hike" in subject line).

Hudson River History—Quadricentennial Hike. Approximately 4 very strenuous miles with many fabulous panoramic viewpoints of the Hudson River and Highlands. Storm King has played a featured role in the history of American art and environmental awareness. Bring lunch & beverage. Meet 9:00 am. Contact leaders for car-pooling and meet-up places.

In addition, fellow Sierra member and ADK Chair, Lalita Malik, and other ADK members are leading midweek hikes of 3-6 hours on the first and third Thursdays of the month and shorter hikes on the 4th Tuesday of the month. If you're interested in any of these midweek hikes, please contact Lalita-Malik@aol.com or (845) 592-0204.

The Adirondack Mountain Club (ADK) offers many additional outings, as does the Mohonk Preserve. Their web sites are: [www.midhudsonadk.org](http://www.midhudsonadk.org) and [www.mohonkpreserve.org](http://www.mohonkpreserve.org).

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