

# Fresh Air

The Quarterly Newsletter of the Atlantic Chapter Mid-Hudson Group

Summer 2007 Vol. 39 Issue #2

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

## Chair's Corner

**Happy Summer!** Did you receive your \*Spring\* newsletter? (We have many leftover copies). If not, let me know (255-5528) & I'll mail you one or you can check <http://newyork.sierraclub.org/midhudson>. If you'd rather receive your newsletter electronically, let me know via [bibis@juno.com](mailto:bibis@juno.com).

## Dancing with the Sierrans!

We're delaying the spring dance fundraiser - in the meantime, could you let us know: would you come to a Sierra contra dance? Would you prefer swing? Are you a musician who could donate your talent?

## Thanks!

**\$\$** Big thanks to **Constance Stutmann**, who sent us a donation. You too can donate to Mid-Hudson Sierra Club at POB 1012, Poughkeepsie 12602. Another big thanks to **Blockheads Mexican Restaurant** in New Paltz, who gave us 25% of their proceeds during Earth Day! We promoted the use of compact fluorescent light bulbs at this event.

We also thank the **New Paltz Jewish Community Center** for providing us with a nice, free place for our Speaker Socials, and to the members who have helped open and close them. Big congratulations to **Debra Hall** and to **Steve & Julie Noble**, who won EPA awards. See page 3.

## Bibi's Book Review and Recommendation:

At my library job, I came across "**John Muir: America's First Environmentalist**" by **Kathryn Lasky**. This is actually a children's book, but I learned things about our founder that I had never known before! He was a true Renaissance man - not only was he a naturalist, but he was an inventor, even during childhood! (a star clock and an early-rising machine!) Add scholar, shepherd, farmer, explorer, and pacifist who headed to Canada during the Civil War because "killing another human being, no matter what the cause, was simply unthinkable.". He was denigrated as a "mere sheepherder" and an "ignoramus" for insisting that glaciers were alive & moving. He stood firm for science and nature and humanity.

## Enough is Enough! Recycle Your Stuff!

Annual

Tag Sale/Raffle Fundraising Event

Saturday Sept. 15<sup>th</sup>



The **Sierra Club The Tag Sale** is scheduled for Saturday, September 15th, at Mulligan's Irish Pub on New Hackensack Road in Poughkeepsie. **Start now to weed out your stuff.** Good quality, clean items, electronics in working order, toys, hiking/camping equipment, sporting goods with some play left in them, books, tools, antiques, etc. Clothing/shoes (not a big seller) must be in excellent condition. **Pricing your items ahead helps the volunteer sales crew.** Contact person is **Carol Jarvis 473-5620**. Also, **Can you donate a new item of value for the Raffle?** Outdoor equipment, gift basket, book.? Consider a work of art. Contact Nancy Keenan-Rich at 452-1727

## "The Misadventures of an Intrepid Naturalist"

Cathy Law, an AP Environmental Science and Geology Instructor will entertain and educate us at our next program.

Discover the joys and hardships of traveling off the beaten path into some of the most unusual landscapes on Earth. Cathy Law, veteran traveler to 53 countries, will take you on a slide show journey into the verdant Amazon, motorcycling through West African deserts, hiking with leeches in Malaysia, illegally sailing to Cuba and much, much more. Don't miss this fascinating evening of extraordinary photography and hair-raising travel tales.

Date: Wednesday, June 20<sup>th</sup> Time: 7:30 pm

Place: JCC, 30 N. Chestnut St., New Paltz.

*Note: Dan Shapley, former environmental editor of the Poughkeepsie Journal enjoyed meeting with MHSC on May 16<sup>th</sup>. He wants us to know about his latest endeavor, The Daily Green, [www.thedailygreen.com](http://www.thedailygreen.com) which is devoted to giving people the information they need to live a greener lifestyle. Check [www.thedailygreen.com](http://www.thedailygreen.com).*

**\*\*\*Hudson Valley Materials Exchange is being evicted!\*\*\*** See page 4 for details.

## Outings:

### Rating System for Hikes:

**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.**

**Outings Coordinator: Tonda Highley**

**Contact Tonda at [highleyt@newpaltz.edu](mailto:highleyt@newpaltz.edu) or at 255-9933 if you would like to lead an outing.**



*“Going to the woods is going home”*  
**John Muir**

## SUMMER Activities and Events 2007

**Sun. June 17**, Level A+, 10 miles. Three Peaks (Slide Mountain Range). Joint with Ramapo/Catskill Sierra and Mohonk Singles and Sociables. Explore the various geological formations on each of the three different mountains as well as extensive views of the valleys beyond. Call John Kenney at 436-6046 for meeting time and place.

**Thurs. June 21**, Summer Solstice Celebration at Hudson Valley Materials Exchange. See page 4.

**Sat. June 30**, Level A, strenuous 8-9 miles. Wittenburg Mountain (Catskills). Joint with Mohonk Singles and Sociables. The view from the top is one of the best in the Catskills overlooking Ashokan Reservoir. Call leader Tonda Highley at 255-9933 for meeting place and directions.

**Sat. July 14**, Level: A, 12 miles. North Point to Colgate Lake in Catskill Mountains. Joint with Mohonk Singles and Sociables Stop at various historical points and view three lakes with the Park. Hike starts at 9:30AM, ends 5:00PM. Call leader Tonda Highley 255-9933 for meeting place and directions.

**Sat. July 21**, Level A/B+, 8 miles. Two Falls Hike in Minnewaska State Park. Joint with Ramapo/Catskill Sierra. Explore the formations of these two different waterfalls that are in the same Park. Hike starts at the Minnewaska State Park Preserve Peter's Kill Lot. Call the leader Joyce Depew at 692-6429 for more details. State Park Fee required.

**Sat. August 4**, Level: C, 5-6 miles. Undercliff and beyond. Sponsored by Mohonk Preserve. A fairly level easy hike; Splendid views of Wallkill Valley. Study the cliffs, note rock climbing technique, and identify soaring vultures. Free to Mohonk members, \$9 non-members. Meet at West Trapps Parking area 9:30AM. Heavy rain cancels. Leader: Tonda Highley 255-9933.

**Sat. August 11**, Level C, Harlem Valley Rail Trail Millerton section. We will take a leisurely walk along the trail set in the Taconic Hills on the cusp of New England. Trail is paved and accessible. Meet 11 am at the trailhead in the Village of Millerton off Rt. 44. For details call the leader Mike Boyajian, 845 897 2487 for additional details.

**Sat. Aug. 18, Rain date, Sun., Aug. 19; Level C.** Hike to Top Cottage; Joint with ADK. Hike this newly opened trail from Val-Kill to Top Cottage, formerly accessible only by shuttle bus. With a Park Service guide, learn about the history and architecture of this secluded, wheelchair-accessible hilltop retreat which Franklin Roosevelt designed for himself. 2-mile round trip through woods, a little steep in sections. Meet at 10 am in back (gravel) parking lot at Eleanor Roosevelt's Val-Kill, off Route 9G in Hyde Park. After lunch (or snack) break, those who wish to extend the outing may hike another 2-mile loop thru adjacent woods. For a fee, you may also tour the interior of Val-Kill. Steady rain postpones outing to Sun. For questions, call leader, Marie Caruso, at (845) 452-9086.

**Sat. September 8**, Level A+ Taconic Ridge Hike About 10 miles. This hike will give us an idea of the very rich geological history of New York and of the Northeast. While hiking from Copake Falls (700') to Alander (2250') to Brace (2311'), to South Brace (2304') we will look from clues to this area's dynamic geologic past. Meet outside the entrance to Copake Falls State Park, by the local deli, by 9AM. Call leader Tonda Highley 255-9933 for directions. Heavy Rain cancels.

## FYI

### Forsyth Nature Center

Kingston, NY  
[www.forsythnaturecenter.org](http://www.forsythnaturecenter.org)



Forsyth Nature Center offers educational activities for adults and children. It features animal exhibits, 5 gardens and a host of programs. Here is a sampler of June's activities.

**June 12<sup>th</sup> – an adult nature walk with a naturalist.**  
**June 15<sup>th</sup> a Spring Tyke Hike at 11 and a children's book event at 3.**

**June 21<sup>st</sup> – In the Garden.** Showcasing the Center's gardens and how you can create the same beauty in your own garden.

There will be paddling events, a moonlight outing, art, turtle talks, and much more each month. For more information regarding programs contact the center at: 331-1682, ext. 117 or email at [forsytheducation@aol.com](mailto:forsytheducation@aol.com). (See page 4 re: EPA award)

## Environmental Protection Agency Award Recipients



**Debra Hall**  
Conservation Chair  
MHSC

**Debra Hall**, Hopewell Junction Citizens for Clean Water, received the EPA's highest public award for promoting environmental issues including indoor air quality standards and well testing. She played a key role in getting EPA to place the Hopewell Precision Superfund site on the National Priorities List of the most hazardous waste sites.

**Steve and Julie Noble**, environmental educators with the City of Kingston Parks and Recreation Dept.'s Forsyth Nature Center, have implemented hundreds of environmental education programs that encourage understanding and awareness of the natural flora and fauna of the Kingston community including: nature walks, kayaking trips, bird watching, composting and trail cleanups. They are also members of MHSC.



**Julie and Steve Noble**  
Forstyth Center



## Green Your Eats.....or

## What is Sustainability Anyway?



At first glance, it might seem that nothing could be greener than eating your veggies. But numerous food movements urge us to give environmental attention to the who, what, where, why, and when of our food choices.

**Who:** Was it grown by an individual/family or a multinational corporation?

**What:** Is it organic, "conventional" (grown with the aid of synthetic pesticides and fertilizers) or genetically modified?

**Where:** Is it local or imported from another region or country?

**When:** Is it fresh/seasonal or processed?

**Why:** Is it grown to provide good nutrition and flavor when eaten or endurance when shipped and shelved?

Choose the first path in each of these alternatives and you have essentially have "sustainable agriculture." The U. of California Sustainable Agriculture Research and Education Program defines it this way:

"Sustainable agriculture integrates three main goals—environmental health, economic profitability, and social and economic equity. . . Sustainability rests on the principle that we must meet the needs of the present without compromising the ability of future generations to meet their own needs. Therefore, *stewardship of both natural and human resources* is of prime importance.

"Stewardship of human resources includes consideration of social responsibilities such as working and living conditions of laborers, the needs of rural communities, and consumer health and safety both in the present and the future. Stewardship of land and natural resources involves maintaining or enhancing this vital resource base for the long term." ([www.sarep.ucdavis.edu/concept.htm](http://www.sarep.ucdavis.edu/concept.htm))

The human food web is an intricate business, and the best choices aren't always as clear cut as we might like. Is it better to eat an organic apple shipped from Washington State via a carbon-spewing truck or a local one that has been sprayed with a low dose of poison? Can small, sustainably managed farms produce food sufficient to feed hundreds of millions of people—and their pets? On many questions the jury is out.

The complexities can be intimidating and confusing. The upside of "food as environmental issue" is that we can each enjoy eating our decisions. In the Mid-Hudson Valley, we are fortunate to have farm markets and Community Supported Agriculture projects that give us access to a rich variety of food produced locally by growers who tend their farms with an environmental and humane conscience.

**By Georgette Weir**

**Conservation Corner continued:**

**AVR's The Landing at Kingston/Ulster** — The City of Kingston is in the advanced stages of reviewing the proposed development and its potential impacts on the environment, the Hudson River and the City of Kingston and surrounding areas. Partly in response to public input and the efforts of FoKW (Friends of Kingston Waterfront), the City of Kingston developed a set of principles for the development of this key waterfront. City officials have said they will reequire the developers to follow these guidelines.

Roberta Clements

**\*\*\*Hudson Valley Materials Exchange is being evicted!!\*\*\***

Help this premier recycling center (see below) to survive.... do you know of a place where they can move? Can you help them move? Can you contact your legislator? Can you spread the word (and tell them you've spread it)? And, can you shop before November at their wonderful warehouse full of interesting items recycled from all sorts of businesses? Remember, even with Stewart Airport paving over their place, **Sierrans still get a discount** on memberships!! Mention #1628 when you visit them - in fact, let's visit them together! (Contact me at [bibis@juno.com](mailto:bibis@juno.com) or 845-255-5528 if you're interested).

On the Summer Solstice they are having a special sale, and it's a day (Thursday) that they are open late (until 7pm). How about we meet at 6pm and shop their **Summer Solstice Celebration - 6/21 - 21% off all sales over \$21**. Or, just come and tour this fascinating warehouse. Maybe eat at Yobo's Oriental Restaurant after 7pm?

In the meantime, check their website or ask to be on their email list at <http://www.hvme.com>. They are an environmental non-profit organization with a mission of waste reduction and effective solid waste management established in 1993. They have a "Community Warehouse" at Stewart International Airport (for now) where they redistribute surplus/used materials rescued from local business wastestream. They specialize in materials for art, education & home improvement.

**Mid-Hudson Group  
Sierra Club  
P.O. Box 1012  
Poughkeepsie, NY 12602**

**Non-profit Organization  
U.S. Postage Paid  
Poughkeepsie, NY 12602  
Permit No. 59**