

Fresh Air



The Quarterly Newsletter of the Atlantic Chapter Mid-Hudson Group

Summer 2008 Vol.40 Issue 2

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

CHAIR'S CORNER

by Bibi Sandstrom

NEW MEMBER PARTY!

Quick - "flag" the date of **Saturday, June 14** - we're having a New Member Party that evening at **7pm**. If you're new to Mid-Hudson Sierra, or just haven't been to an event, we want to meet you - although we'd love seeing any member, so all members old & new come to the large meeting room upstairs at the New Paltz Village Hall on Plattekill Avenue (down from Starbucks on Main Street) for fun, food, prizes, and raffles! Pick up back issues of "Fresh Air" and meet some of your **ex(ecutive) com(mittee)**! See page 3 for our current lineup.

ExCom Meetings

We usually meet on Second Wednesdays at the New Paltz Village Hall, although if anyone is interested in stopping by, give me a call first at 255-5528 to see if we've changed the date as we might for this June, or if we're skipping a month due to vacations like this July. See page 3 for listing of Excommers and committee leaders.

Hail our Heroes who Help with \$ or time:

We appreciate the generosity of **Carolyn Wilcox, Moisha Blechman, Gadaletto's Restaurant, and Jack & Nancy Persely**; Jack (and Rene Tritschler) also helped volunteer at the EMS special organization tabling day (thanks, Kevin/EMS!). EMS will repeat their 20% sale to Sierrans and info tabling in November, so anyone who would like to help at this or other festivals (Beacon Sloop Corn/Pumpkin Fests?), please let us know. We still need a Fest Volunteer and/or Volunteer Coordinator and Program Chair too!

Barnes & Noble volunteers: We get to have our usual Saturday in December - they'll start to fill out dates in late June. But should we ask for Sat 13 or 20? Let me know when you can giftwrap! bibis@juno.com, 255-5528

And thanks to **Marie Caruso** for her donation in memory of long-time Sierran Lou Franks, who passed away on Feb 20, 2008. Other donations may be sent to Mid-Hudson Sierra Club, POB 1012, Poughkeepsie, NY, 12602.

New Tag Sale Location – An Indoor Event

New Hackensack Reformed Church on Rte. 376.

Date: September 20th, 2008

Thanks Joanne Hartwig for making the arrangements for us for this year and sparing us weather worries since this sale can be **rain or shine**. We get to price items the night before and set up. It still helps if you clean items before delivery.

Thanks also to **Carol Jarvis**, our excellent and experienced Tag Sale chair who is returning to organize our main fundraiser and is delighted that it won't be outdoors. SC is appreciative of our prior successful events at Mulligan's.

So - everyone mark your calendars for ***SATURDAY SEPTEMBER 20*** rain OR shine for the sale. Your clean, saleable items can be dropped off the afternoon/evening of Friday 19 (pricing your items is still a big help). With the sale now being held indoors, worn out items will make the entire room look less than desirable! Thus, we ask that you ***be selective*** with what you deem saleable.

Volunteers are needed to assist procuring raffle items and for working Friday afternoon/night and Saturday....**contact Carol** at cajarvis@vassar.edu or at **473-5620**.

More details in the Fall issue of Fresh Air.



PROGRAM CORNER

Wed June 18 at 7 p.m.: Wilderness First Aid

A Certified instructor for CPR, First Aid, & Wilderness First Aid will teach us a bit during this Speaker Social, which is the LAST ONE at the Jewish Community Center, North Chestnut (32N), in New Paltz. Ron Fields, a certified EMT on the New Paltz Rescue Squad and an instructor, hiker, biker, backpacker, and swing dancer, will do a presentation on Wilderness First Aid. This free orientation would make it easier for anyone wanting to continue with a certified course in the future.

Summer 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 or at 255-9933 if you would like to lead an outing.



“Climb the mountains and get their good tidings!”

John Muir

SUMMER ACTIVITIES:

Sun. June 1, join us for a family outing in Minnewaska State Park. We will hike to Lake Awosting along a relatively flat carriage trail and return along the beautiful Peters Kill surrounded by blooming Mountain Laurel. This hike is meant for families with young children and is a great nature exploration opportunity. The total hike distance is about 4 or 5 miles. Use your best judgment for your child. Please call Bob Marcinik (845) 566-9727 for directions and to reserve. Rain cancels. Fee required to enter park.

Sat. June 21 Catskill Wittenberg – Cornell Mountains A good way to kick off summer outdoors activities ...Starting from Woodland Valley we will climb up the 2,400 feet to the Wittenberg summit at 3,780 foot elevation, on to Cornell Mountain at 3,860 foot elevation, and back for a hike of 9+ miles. Weather cooperating, we will catch a view of the Ashokan Reservoir and will discuss how the geology and topography of the Catskill make it such a natural source and reservoir of water, and stress the importance of preserving the integrity of the Catskill watersheds as they feed New York City with potable water with virtually no chemical treatment. All day hike, bring lunch, water and wear adequate clothing. Contact leaders: Jean-Claude Fouéré JCFouere@optonline.net or Georgette Weir at 845-462-0142 by June 19th for meeting place and time, and for car pool arrangements.

Sun. June 22 Undivided lot trail loop through Mohonk Preserve and Minnewaska State Park. Hike starts at Spring Farm Trailhead, off Mountain Rest Road, New Paltz. Study the unique geology of the area. Fee required for non-Mohonk Preserve members. Strenuous, 10 miles. Start at 9:30AM and end around 4:30PM. Call leader for additional information and/or directions. Tonda Highley 845-255-9933

Sun. June 29, 10AM - Locust Grove Estate. We will hike the wooded Lane Loop and visit the picturesque lake on the grounds of Samuel Morse's estate. This is a habitat for deer and wild turkey. Nature experiences both adults and kids can enjoy. Off Rt. 9 in Poughkeepsie. Call Mike Boyajian, 845 897 2487. Meet in Locust Grove parking lot, rain cancels.

Sun, July 20, Dry Brook Ridge. Explore the Catskill Mountains, study the geology, and enjoy the wonderful views in the western end. Strenuous, 10 mile hike. Call leader for time and meeting place and possible cancellation due to rain. Dale Hughes 845-586-2232

Sat. Aug. 9: A hike along the Appalachian Trail to Nuclear Lake in Beekman, Dutchess County, a popular spot for swimming and fishing. Learn the history of this remote, lovely lake with the unfortunate name, while exploring a diverse landscape of hemlocks, open woods, and small streams. About 4-5 moderately-paced miles, with gentle ups and downs; class C+. Meet 9:30 am at the trailhead on route 55 in Beekman, but contact leader for exact directions and last-minute changes. Serious rain cancels. Leader: Marie Caruso, 845-452-9086 or mariehv@verizon.net. Joint with ADK.

Sun. Aug, 24th Black Rock Forest. Hike on dirt roads and trails. Discover reservoirs and explore this area of natural and historical significance. Nice view of the Hudson. An easy to moderate hike. Rain cancels. Call leader for time and meeting place. Arlene 246-2069

Please Take Note!

National Sierra Club and Hike Leaders:

National SC dictates as of July 1 that all official Sierra Club Outings be led by a SC member certified in Red Cross Community First Aid AND an online "hike leader training course"!

--Our hike program has been small enough; we are scared this will kill it entirely, so we are desperate to have members come forth who are willing to learn both.

--If a hike is small enough, then it can be called an "activity" and not a true "Sierra outing". Small strolls & hikes can still be offered, done at everyone's own risk.

--State money might be available for the first aid class; stay tuned.

--In the meantime, we will have a FREE overview of Wilderness First Aid--see Program Corner.

Conservation Corner

Apollo Blue Green:

Companies don't eliminate jobs because of the environment; they do so to increase profits by seeking lower standards, according to the **Sierra Club's** Carl Pope at a conference on Green Jobs held in Pittsburgh in March of this year.

The conference was sponsored by the **Blue Green Alliance** [between the Sierra Club and the United Steel Workers] and more than 80 other unions and environmental organizations got together to focus on the US economy and the environment, and how the creation of good jobs in a green economy is both possible and necessary.

The presentations ranged from our Carl Pope's big picture talk to the amusing with **Terracycle's** Tom Szacky, a packager of "worm poop" plant food in

old soft drink bottles [and sold through major retail chains], to an inspiring and emotional presentation by Van Jones of Oakland based **Green for All**, which promotes green economic development in urban areas.

The Sierra Club's alliance with United Steel Workers was formalized in 2006, but the Club's work with unions, and in particular with the USW, goes back much further, at least 35 years, and is a recognition of common interest in jobs and the environment. In addition to BGA, a major participant was the **Apollo Alliance**, a broad-based coalition with an active presence in NY State, working to "bring unions, environmentalists and environmental justice advocates, businesses, educators, and community-based organizations together to reframe political debates, build new alliances, and implement a compelling policy agenda for social change."

By Jim Mays

Mid-Hudson Leaders

Our Executive Committee often changes right after elections, so here is the latest lineup plus committees. As you can see there is much to do.

Bibi Sandstrom - Chair/program chair

Lynne Ridgeway - Vice chair/membership chair

Ralph Pollard - Treasurer

Joanne Steele Secretary

Marie Caruso (old/new Excommer) Political Chair

**Gerald Davison - Delegate to the chapter
(State level meetings)**

Roberta Clements

Jonathan Ridgeway (new Excommer) - Fundraising

Garrick Bryant (new Excommer)

Committees:

Debra Hall – Conservation Chair

**Kevin McKenzie - Fresh Air beginning 9/08 and
Webmaster**

Dave Thomas - Data base manager

Filomena Fanelli - Publicity Chair

HVME Has Been Saved!!

The Hudson Valley Materials Exchange was pushed out of their wonderful recycling warehouse by Port Authority when they needed more parking lots at Stewart Airport. After much effort, moving, packing, looking... and costs... they have landed a new home at the Recycling Center in New Paltz! They need volunteers to help move materials & trailers & design & build their new deck/warehouse and donations to defray all these costs. They are offering a **FREE \$25 year membership** to anyone who makes a donation to 211 Woodcrest Drive Apt 1A, Modena, NY 12548 (they'll even send you a SASE if you need one - email hvme@optonline.net).

Check these out!

Sustainable Hudson Valley at www.sustainhv.org is a regional organization devoted to sustainability, restoration of the environment, and contributing to the community.

Mannajo@aol.com – monthly calendar of all local environmental and healthy planet events..

Darfur

Thank you to those who responded to the Darfur tee shirt ad. Your generosity has helped Darfur Matters collect more than 500 tee shirts and counting.

NKR

Birth of the Blue....Movement!

Sierra Club has always been part of the green movement which according to Adam Werbach, former chair of National, puts the planet at the center of the discussion whereas he would like to go beyond that and place people at the center. Werbach defines the "blue movement" as a platform for sustainability that goes beyond the beautiful green of environmentalism. The blue movement built on the green movement involves shopping and how we choose.

Werbach emphasizes a larger scale for effective environmentalism envisioning a movement built person by person, step by step, reinventing how we buy by considering **the 3 Ps. Price, Purpose, and Process.**

Price: We need to democratise sustainability and make it available to everyone rich and poor. **Purpose:** What's the purpose of a purchase? Do you really need it? Does it fit into the healthy practices of your life? **Process:** What was the process used to make the product? Did it use pesticides or petroleum? Were workers paid a fair wage? How will it be disposed of?

Werbach also suggests that we adopt **PSPs** or **Personal Sustainability Promises**. One of mine is improving my composting behavior. What's yours?
NKR

This column highlights some of Adam Werbach's ideas as written in his article Birth of the Blue Movement.

Blue and green makes yellow. Maybe we should call it the yellow movement.

\$\$\$

Here's a \$udsy idea! A friend gave Bibi some books on ecologically correct soap and candlemaking, the idea being that a Sierran might want to make these items as a fundraiser. Interested? Contact Jonathan at: jonathanridgeway@aol.com.

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