



Fresh Air

The Quarterly Newsletter of the Atlantic Chapter Mid-Hudson Group

Summer 2006 Vol. 38 Issue 2

Chair's Corner

Bibi Sandstrom

It's almost summer and time to come to:

--Our Only Summer Speaker Social, on **June 21st**
the very first day of summer

--An **Atlantic Chapter meeting** in Poughkeepsie on
June 25th. Contact Bibi if you would like to see a chapter
meeting in action.

--Our **Annual Picnic** at Fred Schaeffer's on **August 27th**

--**Stop and smell the roses, or listen to the music** -
remember James Krueger's offer is still available: buy his
new CD through his website www.jameskrueger.com and
put Mid-Hudson Sierra in the "Comments" field, and we
will get some money.

Speaking of \$\$\$\$!

--**Grants** - We need **grant-writing experience**. We'd
love to have help exploring grant possibilities and/or
writing them!

--**Donations** - We'd be grateful for any donations sent our
way (Mid-Hudson Sierra Club, POB 1012, Poughkeepsie,
12602).

--**Start** organizing your stuff for the **Annual Tag Sale**
Fundraiser on September 9th (see write-up).

--**Rejoin** - I realize National Sierra is usually the one to beg
you to rejoin, but I'd like to request that if you're able to do
it in a timely way, that would help us out a lot. We end up
sending our new member letters to late rejoiners who have
re-become 'new' members; so, given that it's already a big
expense for us, please renew early and often - and thank
you!

Bibi

Program Corner:

Summer Speaker Social on June 21st will feature
author **Michael Boyajian** who will discuss his book on
the Catskills and present a **slide show. Special Offer!!**

Brand-new member and author **Michael Boyajian** will not
only discuss his books and present a slideshow on the
Catskills at our only summer Social, but is offering to sell
the book at a discount to club members and to donate all the
proceeds to the club! **Please come to the Jewish
Community Center in New Paltz (30 N. Chestnut) on
the first day of summer at 730pm and take advantage of
Michael's extra-generous offer.** (Contact Bibi at
bibis@juno.com or 255-5528 for directions).

Michael Boyajian is a former human rights judge and avid
outdoor lover. He will show slides, sell and sign copies of his
book "*Green Enchantments: A Catskill Outdoor Guide and
Collected Essays*". The book offers a unique outdoor
approach to the Catskill region and includes 50 of the author's
color photos.

Mike has a more recent book "*Level Elevations*" which will
come out soon. It is a collection of essays from all along the
Hudson River and a journal of the move he and his wife made
from Brooklyn to the Hudson Valley.

Additional Speaker: Sandra Kissam of SPARC (Stewart
Park and Recreation Coalition) will briefly address the group
about their recent victory.

Annual Summer Picnic, Sunday, August 27th.

Join the Group at Fred Schaeffer's in Pleasant Valley,
beginning at 2pm Location. 31 Quaker Hill Rd. at the
intersection of Main St. (Rt. 44) and Quaker Hill in the
hamlet of Pleasant Valley. It is 8 miles east on Rt. 44 from
the Mid-Hudson Bridge or 4 miles west on Rt. 44 from the
Taconic Parkway.

Fred Schaeffer's "Potash Building" has bathrooms available;
if it rains, this unique building has many books and photos of
interest inside. People can fish from the bank or adjacent
bridge. No on-site parking, but plenty west of the building on
Main St. or at the nearby shopping center parking lot. Food
available but feel free to bring some too.

Call Fred at 454-1190 (w) or 635-3479 (h);



Annual Tag Sale & Raffle on September 9th.

The Sierra Club The Tag Sale is scheduled for Saturday,
September 9th, 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.



**See last page for Raffle
information!!**

Summer Outings:

Rating System:

Class A - Difficult: 1500' climb/more than 8 mi.

Class B - Moderate: Less than 1500' climb 6mi.

Class C - Easy: well graded trails, less than 6 mi.



"Going to the woods is going home"

John Muir

Outings Coordinator: Tonda Highley. Contact her to lead an outing at 255-9933 or highleyt@newpaltz.edu

Sunday, June 11. Level A; 10+ miles. Undivided Lot Trail to Minnewaska State Park. Meet at Spring Farm Trailhead, Mohonk Preserve. Explore the ridge rock formations and watch for the sprouting wildflowers in the different soil and rock areas along the trail. Hike begins 9:30AM. Call for directions. Leader: Tonda Highley 845-255-9933. Fee for non Mohonk Preserve members.

Sunday, June 25. Level A; Strenuous. Vly & Bearpen Mountains (Catskills) 9+ miles. Explore the ecology of the Catskills by bushwhacking and hiking old woods roads. Call for meeting time and place. Leader: Dale Hughes 845-586-2232.

July

Saturday, July 8. Level C; Easy. Child friendly nature walk at Mills Mansion for Sierra families and individuals. Nature is a great source of learning for kids and adults alike. Email leader for meeting place and time. Leader: Alexis Jette (alexis.jette@gmail.com)

Saturday, July 15. Level A; 12+ miles.. North Point to Colgate Lake. Catskill Hike along the ridge from one lake to another. Joint with Mohonk Singles. Call for directions and meeting place. Hike starts at 9:30 AM. No fee. Leader: Tonda Highley 845-255-9933.

Saturday, July 15 for the "Paul Lowy Memorial Hike" in the Minnewaska/Lake Awosting vicinity, with a rain date of Sun., July 16. Paul was a very active member of the Mid-Hudson Group who passed away recently. He was a leader in the struggle to save Minnewaska so what better place to remember him. Joint with ADK. Leader: Marie Caruso 845-452-9086. Rain cancels. **See below.**

"I must walk. I must walk"

Albert Einstein when refusing rides from friends

Saturday, July 22; Lost City; Level B with some rock scrambling 7 miles. Explore the Lost City geology. Meet at Coxing Trailhead, Mohonk Preserve, off 44/55, Clove Road. 9:30AM start time. Fee for non Mohonk Preserve members. Leader: John Kenney 845-436-6046.

August

Saturday, Aug. 19 Locust Grove, Level C; Rte. 9 Poughkeepsie. Meet in parking lot at 10 .Joint ADK. Escape the traffic on Rte. 9 and discover meandering trails through woods and meadows below the mansion.. Learn about an old saw mill, view the river, look for wildlife. Bring snack and water. Rain cancels. Leader: Nancy Keenan-Rich 845-452-1727

Sunday, August 20 10AM. Pelton Pond. Level C: Identify wildlife and wildflowers on an easy level loop trail around the pond. Meet at the Pelton Pond parking lot in Fahnestock State Park. Take Rt. 9 South to Rt. 301 and take that east. The parking lot is on your left a few miles down the road. Heavy rain cancels. Leader: Mike Boyajian, 845-897-2487

Saturday, August 26. Level B; 7 miles, some rock scrambling. Loop hike from Duck Pond to Skytop. Explore the distinctive geology of the area through exploration of a well-known crevice, the Lemon Squeeze and a visit to the Skytop tower. Call for directions and meeting place. Leader: Tonda Highley 845-255-9933. Joint with Mohonk Singles; potluck after.

September

Saturday, September 16th. Level A/B+. Moderate 7 miles up through the Lemon Squeeze (Rock scramble) to Skytop Tower. An opportunity to explore the unique geology of this area through discovery of cervices and caves. Fee for non Mohonk members. Hike begins at 9AM. Rain cancels. Leader: Arlene Canonico, 246-2069 or banjosnowy@aol.com.

Paul Lowy Memorial Hike, July 15th. Joint with ADK. A gathering and hike to remember our late leader, activist, and friend at the place he helped to save. Meet 9:45 am at the kiosk by the Lake Minnewaska upper parking lot for beverages & snacks. We will share memories of Paul and the Minnewaska struggle he led. Bring photos, stories, poems, any mementos you wish to share. Then, we'll explore the history and biology of this area with a moderately paced 2-mile walk around the lake or an extended hike to Lake Awosting. Swim is optional. Bring lunch, water, swim suit. \$6 per car admission fee. Arrive early to be sure of a parking spot. For info., car pooling, or assistance in getting to the Cliff House site, contact Marie Caruso at 452-9086 (mclagr@aol.com) or Georgette Weir & Jean-Claude Fouere at 462-0142. Rain date: Sun., July 16. All are welcome.

Conservation Corner:



Dutchess County Report

As promised I was going to tell you about the most important recommendation written by the New York State Assembly Committee on Environmental Conservation concerning Trichloroethylene and Vapor Intrusion. Assemblyman Thomas DiNapoli, chairman and other assembly-persons on the committee, completed a report during the end of January, 2006 which says that the best protective guidance number is not 5.0 Micrograms Per Meter Cubed, the number that the New York State Department of Conservation and New York State Department of Health is using. Instead they recommend that anything above .02 micrograms per meter cubed get mitigated. This is important especially since New York will be re-testing 421 "closed" sites which are thought to have been cleaned.

The fact is, some of these sites which changed the water supply and/or cleaned only part of the contaminated soil, might still have contaminated air. Right now most of the attention linked to vapor intrusion is the chemical TCE. Other volatile organic compounds such as TCA, PCE and MTBE need to also be studied because they also have the potential for contaminating indoor air by way of vapor intrusion. I will continue to follow what happens in the local and federal level. You can read the committee's report at <http://assembly.state.ny.us/comm/Encon/20060201/report.pdf>.

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Kudos to Debra Hall for her dedication to conservation issues in Dutchess County

Editor's Note:

On May 13th, The Poughkeepsie Journal reported that the State Assembly unanimously approved a bill that would require statewide private well testing. In addition, landlords would be required to inform tenants if fumes from polluted groundwater taint indoor air. Debra Hall's, East Fishkill neighborhood was declared a Superfund site in 2003 due to these issues.

According to the Journal, Debra commented that "This is a serious health issue. It has been proven that wells can be contaminated for 20 or more years, and the only way to know is to test".

Note: Assemblyman Patrick Manning, R-East Fishkill co-sponsored the bill. Senator Steve Saland, R-C Poughkeepsie is not going to introduce it to the Senate as of this Fresh Air.

Highlights from a "Walk in the Woods"

On April 9th Marie Caruso and Carol Gray arranged the following outing as a joint Sierra Club/ADK event.

On a superb early Spring day, a record number of 40 eager, cooped-up, outdoor types poured out of their cars to participate in this inspiring afternoon walk through a portion of the WappingerCreek Greenway Trail. The 2 mile trail is off Sleight Plass Road in La Grange.

Rolf Nijhuis has orchestrated the trail's lengthening and maintenance. It winds under a canopy of sycamore, oak and other trees along a beautiful stretch of Wappinger Creek. He, along with Nancy Swanson, both part of the Conservation Advisory Council in LaGrange spoke of increasing erosion and future plans to hold the banks firm. Rolf told the group about negotiating with property owners and rerouting the trail after heavy rains.

The variety of walkers in attendance represented different outdoor clubs in the area, but what was notable was an enthusiastic group of nature lovers who collectively identified every emerging blossom and wildflower along the way. Rolf's commitment, persistence, and leadership to this on-going trail came through in his spirited and enlightened presentation as well as the enthusiastic response of the participants. This was truly more than a walk in the woods.

Submitted by Carol Gray

Enjoyed by all!





At the Tag Sale on September 9th check out the raffle. Want to donate original art work, book, gift basket or service? Want to sit in the shade of the tent and help? Contact Nancy Keenan-Rich 452-1727 or nkrch@hvc.rr.com

So far, Raffle items include the following:



A free kayak rental is being offered by EMS on South Rd. in Poughkeepsie, thanks to **Walter Weigel**, store manager.

A signed book of poetry by local author **Roger Roloff**



A matted/framed nature photograph by **Paul Rich**, www.blackcreekphoto.com



FYI: NY/NJ Trail Conference is hosting **Ramapo '07** from July 13-20 featuring a variety of hikes, workshops, Ecology Camp for kids, Excursions, etc. Check it out: www.ramapo2007.org.

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