



# Riverlovers Currents

Volume 24, Number 2, February 2011

## Message From The President

The Eagle Fest is coming soon—Saturday, February 5, 2011. We will be serving home-cooked and donated soups and bread for the volunteers and vendors at the Croton Point Park Nature Center from 11am to 2pm. I'm happy to report that we did get an "Outreach Table" down at the Circular Tents (thanks to Gunnar Andersen).

We need volunteers to bring soups and to serve the soups, and we need volunteers for the Outreach Table from 9am to 4pm. The "Outreach Table" will give the Riverlovers great exposure as thousands of people attend the Eagle Fest. Call Warren at 739-9028 if you can help out at the Outreach Table or call Gunnar at 432-3112 if you can help with soups at the Nature Center.

For the February 18, 2011 Potluck we have a great movie lined up: "The 11<sup>th</sup> Hour" produced and narrated by Leonardo DiCaprio. "Humankind's 11<sup>th</sup> hour is here: the last moment when we can change course and stop our rush toward global ecological collapse. The crisis is now; but we do have the solutions to save this unique blue planet for future generations." (Quote from the movie jacket.)

For the March 18<sup>th</sup> Potluck we will show, from the PBS Nature series, "American Eagle." For both of those meetings I would like to have a short discussion on how we can do things to save the environment. One of my ideas is, if we can limit the use of "drive-up windows" and keep it for the handicapped only. This will reduce needless automobile idling.

Now for April, let's enjoy a walk around the pond at Teatown Lake Reservation or the Croton Trail walk or other ideas from the members. And maybe the Riverlovers can participate in an Earth Day celebration. Let's decide the specifics at an up-coming Potluck.

In spring and summer, we plan activities such as kayaking at the Annsville Creek, canoeing at the Constitution Marsh, hiking one of our nearby sections of the Appalachian trail, sailing on one of our member's sailboat (Solar Wind), and everyone's favorite—a sail on the Hudson River Sloop Clearwater. Mark your calendars and plan on joining in.

## Speedy Recovery

"Get better soon" to Sandy Flank, as she recovers from shoulder surgery and emerges from her arm sling after six weeks of restraint. Now on to six months more of physical therapy, and full recovery!

## Your Wall Of Glass

Unless you really like the Frank Lloyd Wright style, you wouldn't think of making a wall or two of your house out of glass, especially in our climate zone. Yet for the past half-century, houses have been built with more and larger windows.

If you measure your windows and add up the amount of surface area that they cover, you would be surprised that you have what amounts to a "wall of glass" on your house. The windows that face south can potentially add a great amount of heat energy to your home if—and that's a big if—they are managed well, but right now, let's look at the amount of energy (and money) we lose through glass windows.

The window industry measures energy efficiency of products by thermal transmission or u-factor. The amount of "reflectivity" affects this measurement; so for example, a "clear" pane of glass loses over 84% of the infrared (heat) energy in your house to the outside air. Double panes and storm windows help by as much as 24%, but you are still losing 60% of your heat to the outside. It's worse if you have air leakage around your window frames. About 25% of your annual home heating and cooling cost is due to windows.

So what should you do? The cheapest approach would be to caulk and seal air leaks, and to apply insulating shades. Window quilts provide an "air barrier" to prevent the warm air in your house from making contact with the cold glass. You can make your own quilts or you can purchase them commercially. Here are some web links to make your own:

<http://www.motherearthnews.com/Green-Homes/1983-11-01/How-to-Make-a-Thermal-Shade.aspx> and <http://www.motherearthnews.com/Green-Homes/2007-11-01/Save-Energy-with-Winter-Window-Treatments.aspx>

*(Adapted from an article by Ken Miller in Beacon Sloop Club's Broadside)*

## Eagles Over the Hudson

Eagles usually move into Westchester County in the winter since the lower Hudson doesn't freeze. Audubon Society's John Hannan and others go to George's Island every few days to count the eagles. In just a half an hour recently, he counted more than 30. He says, "I've seen birds with blue New York bands. There's a couple of Maine birds in here... and it's a great testament to perseverance and people believing in the environment."

## Walkabout Coffeehouse Doings

The second half of the Walkabout Clearwater Coffeehouse season begins with Tom Chapin. That's at 7:30pm on Saturday, February 12, 2011 at Memorial United Methodist Church, 250 Bryant Avenue in White Plains, NY. Tom is the consummate performer—numerous instruments, songs for every mood and all ages, and what a smile!

Get your tickets early through [BrownPaperTickets.com/producer/5602](http://BrownPaperTickets.com/producer/5602). After you order your tickets, post the enclosed flier. And make a note to hear Seamus Kennedy on March 12<sup>th</sup> as well. Support Walkabout Clearwater, Hudson River Sloop Clearwater, live folk music—and our River.

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## Green Infrastructure Practices—II

The first article in this series generally described the programs for stormwater management. Let's now examine the details of the recommended practices.

*Bioretention cells:* A bioretention cell or rain garden is a depressed area with porous backfill under a vegetated surface. These areas often have an underdrain to encourage filtration and infiltration, especially in clay soils. Bioretention cells provide groundwater recharge, pollutant removal, and runoff detention. They are an effective solution in parking lots or in urban areas where green space is limited.

*Curb and gutter elimination:* Curbs and gutters transport flow as quickly as possible to a stormwater drain without allowing for infiltration or pollutant removal. Eliminating curbs and gutters can increase sheet flow and reduce runoff volumes. Sheet flow, the form runoff takes when it is uniformly dispersed across a surface, can be established and maintained in an area that does not naturally concentrate flow, such as parking lots. Maintaining sheet flow by eliminating curbs and gutters and directing runoff into vegetated swales or bioretention basins helps to prevent erosion and more closely replicate pre-development hydraulic conditions. A level spreader, which is an outlet designed to convert concentrated runoff to sheet flow and disperse it uniformly across a slope, may also be incorporated to prevent erosion.

*Grassed swales:* Grassed swales are shallow grass-covered hydraulic conveyance channels that help to slow runoff and facilitate infiltration. The suitability of grassed swales depends on land use, soil type, slope, imperviousness of the contributing watershed, and dimensions and slope of the grassed swale system. In general, grassed swales can be used to manage runoff from drainage areas that are less than 10 acres in size, with slopes no greater than 5 percent. Use of natural, low-lying areas is encouraged and natural drainage courses should be preserved and utilized.

*Green parking design:* Green parking refers to several techniques that, applied together, reduce the contribution of parking lots to total impervious cover. Green parking lot techniques include: setting maximums for the number of parking lots created; minimizing the dimensions of parking lot spaces; utilizing alternative pavers and materials in overflow parking areas; using bioretention areas to treat stormwater; encouraging shared parking; and providing economic incentives for structured parking.

*Infiltration trenches:* Infiltration trenches are trenches that have been back-filled with stone. These trenches collect runoff during a storm event and release it into the soil by infiltration. Infiltration trenches may be used in conjunction with another stormwater management device, such as a grassed swale, to provide both water quality control and peak flow attenuation. Runoff that contains high levels of sediments or hydrocarbons (e.g., oil and grease) that may clog the trench are often pretreated with other devices such as grit chambers, water quality inlets, sediment traps, swales, and vegetated filter strips.

The next article in this series will examine additional recommended green practices for stormwater management.

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## Just The (Food) Facts

- The average prepared meal in the U.S. includes ingredients produced in at least five other countries.
- Only nine cents of every dollar spent at the grocery store goes to the actual producer. However, eighty to ninety cents of every dollar spent at the farmers' market actually does go to the producer.
- Farm income has been steadily decreasing, while corporate agribusiness profits have doubled in the last few decades.
- Communities reap more economic benefits from the presence of small farms than they do from large ones. Small farms re-invest more money into local economies by buying feed, seed and other materials from local businesses, while large farms often order in bulk from distant companies.
- Large factory livestock farms degrade local property values because of the intense odors they emit, and other environmental problems they cause.
- An American wheat farmer can expect to receive about six cents of each dollar spent on a loaf of bread. That's approximately equivalent to the cost of the wrapping.
- The average meal travels 1500 miles to get to your dinner plate. That's 25% higher than in 1980. A typical carrot has to travel 1838 miles to reach your table.
- Shipping a box of strawberries from California puts more than 4 ounces of carbon dioxide into the atmosphere. They use refrigerated cargo planes, and the transportation costs are tax-deductible for the corporation, meaning that taxpayers foot the bill.
- It takes 10 times more fossil fuel to produce a calorie of meat than a calorie of plant protein.
- Growing and distributing a pound of peas requires 10 times as much energy as the peas contain. To package a box of cereal requires 7 times more energy than the cereal contains.
- A pound of grapes flown in from Chile is responsible for producing 6 pounds of carbon dioxide.
- Eating local food—becoming a locavore—would be the equivalent of cutting household energy use by 20%.
- The typical American diet requires the equivalent of 400 gallons of oil per person per year. That generates nearly as much carbon dioxide as the average American car.

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## Pay your dues now—support our river! \$15 Individual & \$20 Family

It cost \$7.60 a year to send you the *Riverlovers Currents*. Please consider adding at least that much to your annual dues. Support your Newsletter and the river!



# What's Happening When

Sundays at the Beacon Sloop Club, **Farmers' Market** 10am-4pm. Local cheeses, eggs, pasta, bread, lamb, mushroom spring rolls, fruits and vegetables.

Feb 5, Sat, 9am-4pm, **Eagle Fest at Croton Point Park**. Riverlovers will be serving home-cooked and donated soups and bread for the volunteers and vendors at the Croton Point Park Nature Center from 11am to 2pm. We need volunteers to bring soups and to serve the soups, and we need volunteers for the Outreach Table from 9am to 4pm. See story on page 1 for more details.

Feb 12, Sat, 7:30pm, **Walkabout Clearwater Coffeehouse featuring the totally captivating Tom Chapin**. At Memorial United Methodist Church, 250 Bryant Ave, White Plains. Advance tickets (\$20) available at [www.BrownPaperTickets.com](http://www.BrownPaperTickets.com), or at door (\$25). Open seating. Proceeds benefit Walkabout & Clearwater. Refreshments available. Free parking. Informal songfest starts at 6:45pm. Info: call 914-242-0374 or [www.WalkaboutClearwater.org](http://www.WalkaboutClearwater.org).

Feb 18, Fri, 6:30pm, **Riverlovers Potluck** at Croton Point Nature Center. Great environmental movie lined up: "The 11th Hour" produced and narrated by Leonardo DiCaprio. Discussion afterwards. Info: [www.Riverlovers.org](http://www.Riverlovers.org).

Feb 26, Sat, 6pm, **5th Annual Woody Guthrie Benefit Dinner & 33rd Anniversary Party**. At River Terrace Restaurant, 2 Beekman St at Rte 9D, Beacon. Proceeds for maintenance of the *Woody*. Music, door prizes. \$50 donation. Reservation deadline Feb 21. Info: Tom LaBarr, 845-831-4267.

Through Mar 6, **Hudson River Reflections by Russell Cusick**. Exhibit of Hudson River-inspired art and photo acrylic panoramas. At Beacon Institute for Rivers & Estuaries Gallery, 199 Main St, Beacon.

## What To Do With CFLs

Nowadays CFLs and other mercury-containing lamps are being used in more homes and businesses than ever before. However, fluorescent lamps contain a small amount of mercury. CFLs now average less than four milligrams of mercury—about the amount that would cover the tip of a ballpoint pen.

*(Editor's Note: For several years, our "friends" at GE resisted adopting the lower-mercury design developed by Philips Electric, but finally were forced by court order to accept a royalty-free license to use less mercury in their bulbs. What would you expect from GE? Maybe environmental responsibility?)*

Because the mercury in CFLs is contained within the bulb, it poses minimal risk while it greatly reduces the overall environmental impacts caused by the burning of fossil fuels. However, since these lamps do contain mercury, they

should be handled with care, and precautions should be taken to properly deal with broken fluorescent lamps. CFLs must be disposed of appropriately, and they should be recycled.

Websites with information on disposal or recycling facilities for your zip code include [www.lamprecycle.com](http://www.lamprecycle.com), [www.energystar.gov](http://www.energystar.gov), and [www.earth911.org](http://www.earth911.org). Home Depot, as well as some Town recycling centers, accept spent bulbs.

### Here's how to join Riverlovers...

*(the local Clearwater Sloop Club in the Northern Westchester-Putnam County area)*

### Application for Riverlovers Membership

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Telephone \_\_\_\_\_

Renewal \_\_\_ New \_\_\_ Additional Contribution \$ \_\_\_\_\_

Please send check (\$15 individual, \$20 family) for 2011 to: Riverlovers, P.O. Box 285, Croton-on-Hudson, NY 10520.

I want to have *Riverlovers Currents* delivered electronically.

Send to this e-mail \_\_\_\_\_

### Yes! I Also Want To Join Clearwater

Please sign me up in the following membership category:

- |   |   |
|---|---|
| <input type="radio"/> Individual \$40   | <input type="radio"/> Mariner \$500         |
| <input type="radio"/> Family \$55       | <input type="radio"/> Sailing-Master \$1000 |
| <input type="radio"/> Contributor \$100 | <input type="radio"/> Benefactor \$5000     |
| <input type="radio"/> Sponsor \$200     | <input type="radio"/> Student \$10          |

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Please include check payable to Clearwater, or charge by credit card

- |                            |                          |                                |                            |
|----------------------------|--------------------------|--------------------------------|----------------------------|
| <input type="radio"/> Visa | <input type="radio"/> MC | <input type="radio"/> Discover | <input type="radio"/> Amex |
|----------------------------|--------------------------|--------------------------------|----------------------------|

Account No. \_\_\_\_\_

Exp. Date \_\_\_\_\_ Signature \_\_\_\_\_

Mail To: Clearwater, Inc.  
112 Little Market Street  
Poughkeepsie, NY 12601

Your Clearwater membership gets you the *Navigator* and other benefits, along with being part of Riverlovers' "parent" organization representing individuals and Sloop Clubs up and down the Hudson Valley "working for the River."

## Riverlovers - Who We Are

Riverlovers, Inc. is a chartered Sloop Club of the Hudson River Sloop Clearwater, Inc., an environmental non-profit membership organization whose most visible symbol is its member-owned and operated 106-ft. sloop "Clearwater." As a local affiliate, Riverlovers' purposes are:

- Maintaining an active Sloop Club in the Northern Westchester-Putnam County area;
- Meeting the needs and interests of individuals through a variety of interest groups, including monthly Potluck dinner meetings with varied programs, environmental education and awareness, boats and sailing, concerts and festivals;
- Organizing trips and recreational activities, seminars and workshops, learn-to-sail programs and Clearwater visits;
- Research, education and action to protect our rivers and our environment;
- Working for access and effective land use along the Hudson River and its tributaries;
- Boating projects on the Hudson River, to reach out to the surrounding community for educational and recreational purposes.

We invite you to join us. Contact our interest group coordinators, or write to Riverlovers, Inc., P.O. Box 285, Croton-on-Hudson, NY 10520. Together we can do a lot!

### Riverlovers Officers

President:	Warren Lindholm	739-9028
Vice Pres. (programs):	Robin Fox	271-6088
Secretary:	Cynthia Andersen	432-3112
Treasurer:	Daria Gregg	944-8396
President-Emeriti	Eric Marshall	827-3696
	Gunnar Andersen	432-3112



## Interest Group Coordinators

Interest Group	Coordinator	Phone
Envir. Education	Bill Flank	238-8240
Membership	Gunnar Andersen	432-3112
Newsletter	Bill Flank	238-8240
Newsletter Distribution	Cynthia Andersen	432-3112
Outreach		
Photographer/Archivist	Beverly Dyckman	739-5057
Potluck	Warren Lindholm	739-9028
Publicity		
ShadFest	Robin Fox	271-6088

Web Page: [www.riverlovers.org](http://www.riverlovers.org)

### Newsletter Submissions

Please send news articles and other items of interest to Riverlovers Currents, P.O. Box 285, Croton-on-Hudson, NY 10520. Include your name, address, and phone number. Names can be omitted on request.

Newsletter Committee: Editor, Bill Flank; Associate Editor, Mel Fitting

February Newsletter Contributors: Warren Lindholm, Robin Fox

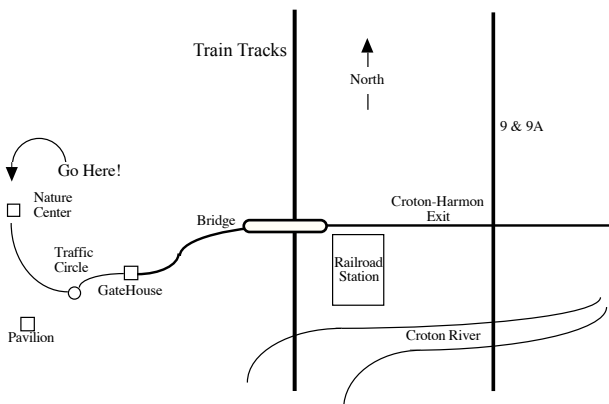
## Riverlovers Monthly Potluck with Leonardo DiCaprio's movie "The 11<sup>th</sup> Hour"



**Riverlovers, Inc.**

P.O. Box 285

Croton-on-Hudson, NY 10520



**Friday, February 18, 2011**  
**6:30pm**  
**Croton Point Nature Center**