



# Riverlovers Currents

Volume 27, Number 2, February 2014

## Message From The President

How did everybody deal with the Polar Vortex! One had to really bundle up before heading outside. The instability of the atmosphere was probably caused by global warming—makes you think, doesn't it! What can be done?

Our December meeting was well attended with plenty of good eats and drinks. Everybody attending got worked up watching the screening of Frontline's "Climate of Doubt" with the boldface distortion of facts that climate change deniers claim to be true. Another topic that was brought up was that soft money was spent by fossil fuel corporations on campaign contributions to our elected officials. Again, what can be done?

For the January meeting we screened a film from the PBS Nature series, "Radioactive Wolves—Chernobyl's Nuclear Wilderness." A no-man's land was created after the human population was evacuated from the area surrounding Chernobyl. Everyone watching was surprised to see how the animals were thriving in spite of the much higher than normal radiation levels.

We are very excited about Teatown's 10<sup>th</sup> annual Hudson River EagleFest. This year it will be held on Saturday, February 8<sup>th</sup> (inclement weather date Sunday, February 9<sup>th</sup>). This is a very popular winter event. Riverlovers will once more be serving home-made and donated soups and also baked breads at the Croton Point Nature Center, for the volunteers and vendors, from 11am to 2pm.

We need people to bring in home-made soups and volunteers to serve the soups and breads. We also need volunteers for the Outreach Table from 9am to 4pm. For the Outreach and Soup volunteers we can work in shifts of maybe 2 hours at a time. Riverlovers will get a great deal of exposure, since large crowds are expected at the big tent. Call Gunnar at 432-3112 if you can help with soups at the Nature Center or call Warren at 739-9028 if you can help at the Outreach Table (both phones are in the 914 area code).

For the February 21<sup>st</sup> Potluck, Friday at 6:30pm, we will screen director Robert Stone's "Pandora's Promise." The director says: "It is no easy thing to have to come to the conclusion that the rapid deployment of nuclear power is now the greatest hope we have for saving us from an environmental catastrophe. Yet this growing realization has led me to question many of the founding tenets of traditional environmentalism, from the belief that we can dramatically reduce our energy demand through energy efficiency to the

## In Memoriam

### Pete Seeger 1919—2014

He didn't just build a boat to save a river. He changed the world with his music, his activism, his sense of justice and his humanity. He left a rich legacy, and he built enduring bridges between people.

belief that solar and wind power will one day power the planet. The almost theological adherence to a set of unquestionable beliefs by most liberals and environmentalists has likely contributed as much or more to prolonging our addiction to fossil fuels as the equally appalling state of denial among many conservatives when it comes to climate change. Both sides are locked into rigid, self-righteous ideological positions with potentially disastrous consequences for us all, unless we begin to face the facts..."—Robert Stone. This is a powerful statement! Come see this movie. It may change your mind concerning nuclear power and global warming!

At the March 21<sup>st</sup> Potluck, Friday at 6:30pm, we will screen another earlier movie by director Robert Stone. "Earthdays" is a look at the environmental movement and how it has changed throughout the years.

Riverlovers will once again participate in the Westchester County Earth Day celebration in Valhalla, and we will inquire about participating in the Croton Earth Day celebration, both in April.

It has been suggested that we don't have our April Potluck on the 18<sup>th</sup> due to it being Good Friday. So instead we will have our Potluck on April 25<sup>th</sup>, the fourth Friday of the month. We will screen a PBS show, "Til The River Runs Clear", a film about Pete Seeger and the Clearwater.

In April or May we will have another tour of Teatown's Wildflower Island, led by our own Daria Gregg. This was very popular last year.

Please plan on taking part in our many activities—we have a lot to look forward to. If you can, bring your friends and family to enjoy them as well.

## Pay your dues now—support our river!

### \$25 Individual & \$35 Family

It cost \$8.60 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.

## Do We Really Need Indian Point?

Electricity is a big business, and the free market has already replaced the need for Indian Point's electricity in the Westchester/New York City grid. There is no shortage. Indian Point produces 2,060 megawatts and only 560 megawatts is delivered by Con Ed to our grid.

What happens to the rest? It's sold elsewhere, and Entergy refuses to say where. Our grid uses an average of 10,000 megawatts a day, so 560 megawatts is easy to replace. A cable under the Hudson, now under construction, will provide 550 megawatts.

Two New York State Assembly committees have released findings on recent hearings on plans for the potential closure of Indian Point. Kevin Cahill, Chair of the Assembly Committee on Energy, stated that "The information we gathered clearly demonstrates that Indian Point can be shut down without unduly burdening New York's ratepayers or the electric system. We have a framework and the resources for a future without Indian Point."

What we need is demand-side management, conservation programs, renewables and upgrades to our transmission system as part of the process. It has become increasingly clear that Indian Point is old, dangerous, and unnecessary. That's why Governor Cuomo, the Indian Point Safe Energy Coalition, Clearwater, Riverkeeper and others are working to stop re-licensing. It makes sense, every way you look at it.

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### New Way To Label Menus

"Eat a cheeseburger and you'll need to walk briskly for two hours to burn the calories." Researchers from Texas Christian University found that, when people were told how much physical activity they'd have to undertake to burn off something they'd eaten, they ended up consuming less and making healthier food choices.

That's what Dr. Meena Shah and Ashlei James reported in a study they presented at the annual meeting of Experimental Biology. They're planning to continue their research, which, if found valid, could have ramifications not only on calls for menus to list calorie counts, but on food labels.

More and more restaurants have added calorie counts to their menus, to help people make healthier choices, but the accuracy of the counts remains in question and it's been more than frequently noted that including all those extra numbers does not affect people's decisions about what to eat.

You can even say that, frankly, people don't give a damn about how many units of energy they consume from a plate of lasagna, a latte or a leafy green salad. However, presenting the same information in terms of what people actually would have to do to burn it off, rather than in the more abstract format of a number, can lead people to consume about 100 fewer calories.

In Shah's and James's study, 300 participants (18-30 years old and not aware of the purpose of the study) were shown one of three menus. While all listed the same food and drink choices (burgers, sandwiches, salad, chips, soft drinks, water), one group had a menu without any calorie information. Another had a menu showing calorie counts, while a third had a menu showing both calories and amounts of exercise needed to burn them off. The group shown the third type of menu ate far less food than the other two.

One reason this was the case might simply be that a menu showing what you have to do to work off eating various foods taps into how people actually think about what they're eating. Saying that an apple or a bagel is equivalent to X amount of calories is just a bunch of numbers. But saying "you'll have to walk a mile at a fast pace or put in two hours on the treadmill to take that off" gives people a clear sense of just how what they consume affects them.

As has been increasingly pointed out, food labels offer puzzling, sometimes contradictory and even downright untruthful information. Words like "natural" and "healthy" have become all but devoid of meaning when used on food labels. What if calorie counts on menus and food labels were accompanied, or even replaced, with "physical activity equivalents" that spell out "eat this—then do this"? It just might be a way to attack obesity in America.

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### What to Do With Nuclear Waste

Most of the discussion about what to do with nuclear waste is perhaps misplaced. Here's another way of looking at the problem. It's not that radioactive waste is left over from nuclear reactors so much as it is that we have chosen a business model where we insist on burying 97% of the nuclear material as waste instead of burning it for energy recovery.

If we were to actually recover all of the energy possible, the small amount of waste that would be generated could be kept at the reactor site and entombed with the reactor at the end of the reactor's life cycle.

Security concerns about bomb-grade fuel could be allayed by locating the reactors within military reservations and sufficiently far away from population centers. There would be fighter jets, emergency teams, and adequate firepower to repel a terrorist attack or invasion.

What we are doing now is throwing away 97% of our recoverable energy, and using our military might to create foreign affairs crises overseas. These two acts of idiocy could both be remedied with a single stroke, if we were to think out of the box. Although not a perfect solution, it's worth a look.

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### Walkabout Coffeehouse Features Magpie In February

Continuing a stellar lineup this season, February 8<sup>th</sup> at the Walkabout Clearwater Coffeehouse will feature Magpie. This year, Terry Leonino and Greg Artzner, known throughout the folk music world as *MAGPIE*, will celebrate 41 years of making music together. From traditional, classic country, swing, and blues of the 1920s and '30s, to contemporary songs written by themselves and others, Magpie covers a lot of musical ground and they continue to raise their voices in support of the ongoing struggles for civil rights, freedom, justice, and peace.

The second Saturday of every month in the Fall and Spring features terrific entertainment and a folksy environment, so plan on making this a regular habit. Great people, great music, refreshments, free parking, a chance to join in with the Walkabout Chorus in a Singalong every month—that's a combination that's hard to beat. And you'll be helping to support Clearwater as well as folk music! See page 3 listing for more info.



# What's Happening When

Sundays, 10am–3pm, **Farmers' Market** at the Beacon Sloop Club, at the harbor in Beacon. Local cheeses, eggs, pasta, bread, lamb, mushroom spring rolls, fruits and vegetables.

Feb 8, Sat, **EagleFest at Croton Point Park**. Sign up to help with Riverlovers' soup & bread luncheon at the Nature Center, or outreach table in the big tent. Details on page 1.

Feb 8, Sat, 7:30pm, **Walkabout Clearwater Coffeehouse featuring Maggie**. Check out the story on page 2, and come see a big show. At Memorial United Methodist Church, 250 Bryant Ave, White Plains. Advance tickets via credit card (\$18) at [www.BrownPaperTickets.com/producer/5602](http://www.BrownPaperTickets.com/producer/5602) or \$23 at door. Open seating. Proceeds benefit Walkabout & Clearwater. Refreshments available. Free parking. Sing with the Walkabout Clearwater Chorus at its informal Teachabout starting at 6:45pm. Info: 914-946-1625 or [www.WalkaboutClearwater.org](http://www.WalkaboutClearwater.org).

Feb 9, Sun, 2-6pm, **Clearwater Open Boat Party**, at the Kingston homeport, with potluck food, drink, music jam session, boat tours. Join the crowd! Info: 845-265-8080.

Feb 21, Fri, 6:30pm, **Riverlovers Monthly Potluck** at Croton Point Nature Center, featuring a screening of "Pandora's Promise," a different way of looking at nuclear power and global warming. Check out the director's blurb on page 1. Info: [www.Riverlovers.org](http://www.Riverlovers.org).

Feb 27, Thurs, 5pm, **8th Annual Beacon Sloop Club Benefit Dinner** for the Woody Guthrie sloop, at the new Towne Crier on Main St in Beacon. Info: [www.beaconsloopclub.org](http://www.beaconsloopclub.org).

## Making The Desert Bloom

The vast and glittering Ivanpah solar facility in California will soon start sending electrons to the electrical grid, likely by the end of the summer. When all three of its units are operating by the end of the year, its 392-megawatt output (a bit over half of what Indian Point actually sends to New York's Con Ed for distribution) will make it the largest concentrating solar power (CSP) plant in the world, providing enough energy to power 140,000 homes. With its isolated desert location, it is smack in the middle of nowhere.

The appeal of building solar power plants in deserts like Ivanpah's Mojave is obvious, especially when we consider statistics such as: The world's deserts receive more energy beamed down from the sun in six hours than humankind uses in a year. Or, cover around 4 percent of all deserts with solar panels, and you can generate enough electricity to power the world. In other words, if we're looking for energy—and we are—those sandy sunny spots are a good place to start.

But statistics are one thing, and building a few thousand gigawatts of solar power is another. Deserts are dusty, wind-blown and remote. So far, only a few hundred megawatts of utility-scale desert solar power have been built. Most projects are in our Southwest, with a few in the Middle East and North Africa as well. Though progress has been slow and significant technical challenges remain, experts and industry

leaders seem to agree that engineering difficulties alone are not holding us back from a big desert solar build-out.

As one researcher put it, "From the technical side, I think we can do it. In fact, I know we can do it. I don't know that we can do it from a policy side, but I sure hope we can." While we can work out the water requirements, and the storage and transport issues, we're going to have trouble with the political will and the economics mindset that prevents us from seeing the looming disasters in our future.

### 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 (\$25 individual, \$35 family) for 2014 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.  
724 Wolcott Avenue  
Beacon, NY 12508

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!



## 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		

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

### 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

### 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.

Back issues of *Riverlovers Currents* are available at our web site, [www.riverlovers.org](http://www.riverlovers.org)

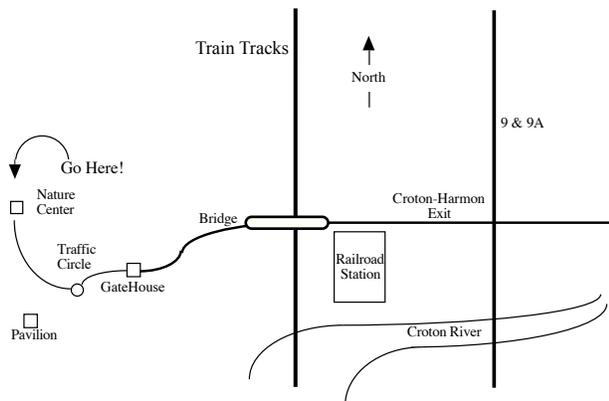
Newsletter Committee: Editor, Bill Flank; Associate Editor, Mel Fitting

February Newsletter Contributors: Marilyn Elie, Bill Flank, Warren Lindholm

## Riverlovers Monthly Potluck with movie "Pandora's Promise" Friday, February 21, 2014, 6:30pm Croton Point Nature Center



**Riverlovers, Inc.**  
P.O. Box 285  
Croton-on-Hudson, NY 10520



## Riverlovers serving lunch at EagleFest Saturday, February 8, 11am – 2pm Croton Point Nature Center