



Riverlovers Currents

Volume 20, Number 1, January 2007

Riverlovers Doings

It was a rousing end-of-year Potluck on December 8th, and we had several dozen people there to celebrate some big events. For a full description, see the report by one of our Riverlovers new co-secretaries elsewhere in this issue.

Coming up on Friday, January 12th, Susan is putting together an edited video of the presentation that Dr. Helen Caldicott made in White Plains in October. Her theme, "Nuclear Power is Not the Answer to Global Warming," is urgently relevant, and the message needs to be heard loud and clear. Bring your friends!

On Sunday, February 11th, we're looking forward to repeating our very successful bread and soup serving activity that we did at last year's Eagle Weekend at Croton Point, and this is set for 1pm. Cynthia is coordinating the arrangements for preparing and serving the food to the visitors coming to the Nature Center programs that day. Help us greet our guests and introduce them to Riverlovers.

We had a great Coffeehouse in December, with blues singers Guy Davis and Ann Rabson each doing a set and then teaming up to do a rousing set together. The next Walkabout Clearwater Coffeehouse on January 13th will feature famed fiddler Jay Ungar and his wife Molly Mason. They are a superb treat, not to be missed. And it's definite that Pete will be there in February to kick off the second half of the Coffeehouse season. That's sure to be a memorable event, so get your tickets early.

These evenings, which include an opening singalong starting at 6:45, really are lots of fun and good entertainment. Bring your crowd of friends, as we do, and join in the festivities. You won't be disappointed!

Welcome To The New Site!

by Gunnar Andersen

As the deadline for *Riverlovers Currents* quickly approaches, I would like to give a brief introduction to the Riverlovers' new web site www.riverlovers.org. The website has information on the upcoming Potluck meeting as well as future events. Also posted are *Currents* newsletters from the last few months. In the near future it will have complete information about the ShadFest, including opportunities to volunteer. So check it out: www.riverlovers.org; and while you are there, print off a flyer for the next Potluck to post on your favorite neighborhood bulletin board.

Holiday Potluck

by Cynthia Andersen

Well, here goes; my first task as the new secretary of Riverlovers. Actually, I am co-secretary with Leesa Thompson. We were all feeling very festive at the Potluck on Friday night, December 8th as we stepped out of the chill-factored 9 degree weather into the warmth of our home base, the Nature Center in Croton Point Park. Bruni Lindholm, in honor of her husband, Warren, decorated the room with her HAPPY RETIREMENT WARREN sign. (Warren retired after 38 years with Con Edison). Warren's parents were our special guests. Another beautiful decorative touch was the sparkling Christmas tree brought by Terry Arnold. Rounding off the various forms of pasta were tasteful appetizers, interesting side dishes and wonderful salads (the recipe for Sharon's cabbage slaw can be found in a later issue). Then there was a cornucopia of celebratory desserts: "Happy Birthday Gunnar" and "Happy Retirement Warren", ambrosia by Leesa and various other delectable goodies. We indulged! Leesa and I brought several new people to the Potluck and some expressed interest in becoming members. Beverly Dyckman, our photographer, was on hand with her trusty camera.

The order of business was framed by our out-going President, Eric Marshall. Gunnar Andersen was nominated and unanimously voted in as our new President. Gunnar accepted the position graciously and impressed us with his humility. Leesa suggested that Eric, because of his wonderful commitment to Riverlovers and his hard work and spirit, be designated as *president emeritus*. Eric has accepted and we are all grateful that he will continue to be a guiding light for Riverlovers. Gunnar then announced that he has created a new website for Riverlovers: Riverlovers.org. This site will keep us up to date on Riverlovers' mission, events calendar and *Currents* newsletter. Anyone who would like to receive the newsletter electronically should inform us. This will help conserve paper, mailing costs, etc. It's an appropriate alternative for an environmental group in this day of excessive consumption and energy waste.

Eric led the evening's topical discussion of "Religion and the Environment". The good news is that there is a burgeoning movement among religious groups of all denominations to embrace the tenets of Environmentalism. I, myself,

Continued on page 2

Continued from page 1

am still shell-shocked by all the reversals of Bill Clinton's environmental policies by the current Bush administration and so I instilled a note of pessimism. However, Eric has been attending meetings of Christian Evangelicals and he reports that the movement is very strong. My response, of course, was a knee-jerk reaction as I am so in the habit of equating Liberals with concepts such as peace, socialism and the environment, and Conservative with capitalism, war and big business (anti-environment). Jonathan Twining, President of the Marah International in "Compassion Evangelism and the Environment" has written "...the church has ignored addressing environmental concerns [in the past] as a means for reaching the lost."

It seems that now in the 21st century, however, when serious environmental concerns affect us globally, the Christian Church feels it can be effective as creation care practitioners. Increasingly, toxic chemicals pollute the air and water, food and potable water is scarce and natural resources are being depleted. Twining suggests that churches and Christian schools around the world should become creation care centers in the local community, participating in clean-ups, recycling, composting yard waste to be used as fertilizer, reducing energy and water consumption, creating wild-life habitat on church grounds, and supporting local environmental initiatives. Sounds a little like Riverlovers, doesn't it? Right on! Riverlovers, inspired by the eternal beauty of the Hudson River, continues as an instrument of care and protection of the River through our many programs and endeavors. Please join us and come enjoy and participate in future Potlucks. (Find details for paying dues in this issue.) 2007, here we come!

Bald Eagle Watches, New Year's Day At Croton Point Park, And Beyond

by Robin Fox

The Hudson River Foundation is again sponsoring Bald Eagle Watch events this winter. Already, observers up and down the River are reporting numerous bald eagle sightings—this promises to be a good viewing season. The four dates are: Saturday, January 6 at 2pm, Sunday, January 28 at 2pm, Sunday, February 4 at 3pm, and Saturday, February 10 at 3 pm. The meeting place is George's Island in Montrose, NY. For directions to George's Island, check The Hudson River Foundation's website:

http://www.hudsonriver.org/public_programs.htm
or you can call 212-924-8290.

These wonderful afternoons are led by our friends, Christopher Letts and Tom Lake, educators with The Hudson River Foundation. It is worth a trip to George's Island even if no bald eagles appear—both men have encyclopedic knowledge of bald eagles, river birds, our area and the natural world. It is cold down by the river; don't forget to dress warmly. Chris and Tom have bird spotting scopes set up for everyone, but if you have 'em, bring binoculars. The Hudson River Foundation is also sponsoring its 21st Annual New Year's Day Hike at Croton Point Park. The hike (really an easy walk) starts at 2pm in the main parking lot where Chris Letts and Tom Lake offer different routes.

You are likely to see bald eagles, waterfowl, perhaps short-eared owls, and coyotes. The hike ends up at Senasqua Lodge where you can warm up by a roaring fire, toast marshmallows, drink hot cider, and listen to music of the Barefoot Boys. Sometimes Barry Keegan is on hand demonstrating and making Native American tools. To my mind, that's about the perfect way to clear the air and start again. See you 1/1/07?

Then on Saturday, January 13, come to Memorial United Methodist Church in White Plains for the first Walk-about Clearwater Coffeehouse of '07. The marvelous pair, Jay Ungar and Molly Mason, will play for us. An evening with them is pure delight. For information, check the Walk-about Clearwater web site: walkaboutclearwater.org or call 914-242-0374. Please post the flyer that is included with this edition of *Riverlovers Currents*.

Microwave Fact And Fiction

Can microwaving really harm your health? Here's a little quiz to see what you know or don't know.

True or false? Microwave radiation can cause cancer.

That's just not true. Intense microwave radiation can cause burns and cataracts, or even temporary sterility, since it heats body tissue in the same way it heats food. To be harmed, you would have to be exposed to enormously high levels, far beyond the allowed limits for leakage in ovens. Bottom line—don't dry off the dog or cat in the microwave.

True or false? Microwave cooking destroys nutrients.

That's actually false. Microwaved food may retain vitamins and minerals better than stovetop-cooked food because it cooks it quickly, and without much water. Soups and stews, however, retain the water and the nutrients in it.

True or false? Heating water in a microwave could cause the liquid to erupt.

Although it's rare, it can happen, and could cause injuries. Add sugar, tea or instant coffee before microwaving the water, and wait a minute before removing the cup.

True or false? Microwaving with plastic releases cancer-causing dioxins into food.

Not true. A popular Internet rumor wrongly claims that plastics contain dioxins, which are probable human carcinogens. While it's true that some plastic wraps contain trace additives that can migrate into food when heated, risks associated with that are very small. Leave space between food and the wrap, or use a paper towel instead, to be extra-safe.

True or false? Microwaves can leak radiation.

It's actually true, but highly unlikely. FDA standards allow for some leakage, but at levels far below any known to cause harm. They also require that microwaves shut off once the door is opened. But if the door is broken, don't use it.

True or false? Microwaves can affect pacemakers.

This is probably false. Since 1980, pacemakers have been manufactured with shielding that is designed to prevent electronic interference.

So how did you do? Sometimes a little knowledge is a dangerous thing, but now you should have a bit more, and know the real score on microwaves. Another lesson we might learn is that we have to evaluate the reliability of our sources of information like the Internet, before we accept things at face value. It's healthier that way.



What's Happening When

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

Dec 31, Sun, 9pm-1am, **Alcohol-Free New Year's Eve Party at Westchester County Center**, with music & entertainment. Food & beverages available for purchase. \$15 in advance; \$20 day of event. Parking \$4. Tickets at box office or Ticketmaster, 845-454-3388 or ticketmaster.com. Info: 914-995-4050.

Jan 1, Mon, all day to recover from the **Happy New Year**, and plan to do better than last time—including paying your Riverlovers dues & supporting our river.

Jan 7, Sun, 5pm, **Uptown Coffeehouse presents Antje Duvokot**, singing songs both honest & moving. Sponsored by Riverdale-Yonkers Society for Ethical Culture at 4450 Fieldston Rd, Bronx. Tickets \$15. Parking in Fieldston School lots across street. Info: 718-885-2955.

Jan 12, Fri, 6:30pm, **Riverlovers Monthly Potluck**, with Susan's edited video of Dr. Helen Caldicott's presentation "Nuclear Power is Not the Answer to Global Warming." Join us at Croton Point Nature Center.

Jan 13, Sat, 7:30pm, **Walkabout Clearwater Coffeehouse presents famed fiddler Jay Ungar & Molly Mason** at Memorial United Methodist Church, 250 Bryant Ave, White Plains. Tickets \$17.50, open seating. Proceeds benefit Walkabout & Clearwater. Refreshments available. Free parking. Informal songfest at 6:45pm. Info: www.walkaboutclearwater.org or call 914-242-0374.

Feb 4, Sun, 5pm, **Uptown Coffeehouse presents Tim Grimm & Peppy Castro**, a double bill of blues, ballads & contemporary songs. Sponsored by Riverdale-Yonkers Society for Ethical Culture at 4450 Fieldston Rd, Bronx. Tickets \$15. Parking in Fieldston School lots across street. Info: 718-885-2955.

Feb 11, Sun, 1pm, **Riverlovers will be serving bread and soup at the Eagle Weekend** event at Croton Point. Help us prepare & serve lunch to our visitors in the Nature Center. Call Cynthia to help us pull off another success!

Water, Water—Everywhere & Nowhere

While about 70% of the earth's surface is covered by water, 97% of that water is salt water. Of the remaining 3% which is fresh, more than 90% of that is tied up in glaciers and polar icecaps. So the freshwater resources available for humans to use only amounts to 0.3% of the planet's total water resources.

Now consider the fact that more than one billion people on earth don't have a safe supply of drinking water. Then, to more fully appreciate the fatuousness and sheer wastefulness of our lifestyle in the "developed" world, remember that the

water needed to produce one automobile is seven times more than one person drinks in their entire lifetime.

To bring our profligacy even closer to home, let's also recognize that the amount of water needed to refine one day's worth of the world's oil consumption, currently over 80 million barrels a day (of which the U.S. share is about 25 million), is 3000 times the volume of the English Channel. That's a lot of water, isn't it? And it's not even being used for drinking purposes. Are we merely insane, or what?

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 2007 to: Riverlovers, P.O. Box 285, Croton-on-Hudson, NY 10520.

Yes! I Also Want To Join Clearwater

Please sign me up in the following membership category:
 Individual \$40 Mariner \$500
 Family \$55 Sailing-Master \$1000
 Contributor \$100 Benefactor \$5000
 Sponsor \$200 Student \$10

Name _____
Address _____
City _____ State _____ Zip _____

Please include check payable to Clearwater, or charge by credit card
 Visa MC Discover 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:	Gunnar Andersen	432-3112
Vice Pres. (programs):	Robin Fox	271-6088
Co-Secretary:	Cynthia Andersen	432-3112
Co-Secretary:	Leesa Thompson	528-0098
Treasurer:	Daria Gregg	944-8396
President-Emeritus	Eric Marshall	827-3696



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	Jan Ravase	739-0640
Photographer/Archivist	Beverly Dyckman	739-5057
Potluck	Robin Fox	271-6088
Publicity		
ShadFest	Robin Fox	271-6088

Web Page: 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

January Newsletter Contributors: Cynthia Andersen, Gunnar Andersen, Robin Fox

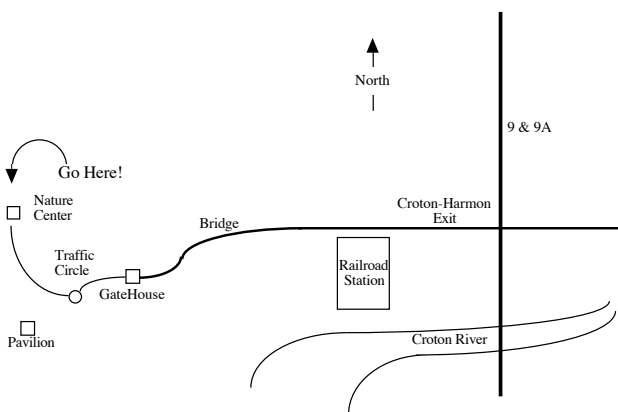
Inaugural Potluck of the New Year Croton Point Nature Center



Riverlovers, Inc.

P.O. Box 285

Croton-on-Hudson, NY 10520



**Friday, January 12, 2007
6:30pm**