



ECOS NEWS



ECOS: The Environmental Clearinghouse

Celebrating Our 46th Year in Environmental Education

Volume XLVI

Number 2

August/September 2018

SAVE THE DATE
17th Annual ECOS Rachel Carson Celebration
Monday, November 12th

See insert for more information – and for making nominations.

ECOS ANNUAL REPORT, FISCAL YEAR 2017-2018

Following the resignation of our long-time Executive Director in 2017, Board members and long-time supporters of ECOS stepped up to help manage day-to-day operations, publish our newsletter, maintain most of our announced schedule, etc. Denise Cashmere and Beverly Clark were the greatest of help in developing the plan for managing the office. Other board members did additional duties as well, with special thanks to Art Clayman, Holly Hawkes, and Jim Ormsbee (along with others) for keeping our newsletter published on time. Arden Rauch would often pick up the mail and bring it to the office. Rich Vertigan offered valuable assistance for printing address labels and printing monthly renewal letters. The point is we managed, for the good of ECOS, what had to be managed.

Bruce Bonaquist had contacts in the County and was aware of youth programs in Central Park. He brought the information to Art Clayman, who has brought so many programs to us this past year, and Art organized a very successful effort where ECOS volunteers worked

(continued next page)

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ECOS: The Environmental Clearinghouse is a non-political, not-for-profit organization. Our mission is to provide environmental information and educational opportunities that enhance appreciation of the natural world, build a community that is aware and knowledgeable about environmental issues, and advocate informed action to preserve our natural resources. ECOS is funded through the support of our members and the community.

(ANNUAL REPORT)

several mornings with local youth. While covering topics that included fishing, kayaking, hiking, recycling, and more, we were paid \$2,000. Thanks to all who helped on this last year.

ECOS co-sponsored a "Day on the River" in the fall that was a big success. While this was not as large-scale as the Mohawk River programs ECOS did twenty years ago, it was significant for us to be back to work on the river that is so close to most of us every day.

This past winter ECOS benefitted from the work of three Union College interns who started an effort to revitalize our Natural Area Guides with on line data. If this proves workable and as useful as we expect, the efforts should be expanded for all of our local Natural Area Guides.

Tricia Shaw and Sheila Daniels scheduled our walks last fall, and Roy and Sue Keats stepped in to organize our ski/snowshoe trips this winter. Steve Jones set the schedule for our recent spring wild flower walks. Thanks to all.

Thanks go, too, to the nominating committee of Art Clayman, Darwin Roosa, Arden Rauch, Denise Cashmere, and Andy Morris. For several recent years it has been difficult finding interested, qualified members, who also have the time, to become Board members. We continue to need members with business strengths to help manage our affairs.

ECOS is a child of the first "Earth Day" as much as anything, and has witnessed many victories for the environment in the last forty-plus years. Now we have concerns that federal regulations will be changed that will result in increased pollution of waterways and our atmosphere. We must remember that the need for environmental education is as important as ever, that the need for accurate information (a clearinghouse, if you will) is as important as ever, and that our work is as important as ever.

I welcome your continued support and ask that you introduce ECOS to a friend or neighbor.

Will Seyse

ECOS RECYCLING COMMITTEE UPDATE

Roberta A. Farrell

Our collaboration continues with Schenectady County Cornell Cooperative Extension (SCCCE), Woodlawn Connection, and other institutions in the city and region. New collaborations are being explored to meet changes in recycling markets, e.g., useful creative up-cycling and reporting harmful invasives as citizen scientists. Members lead and participate in community, youth, and spirit-based projects. Information and links are shared. We make connections when we travel!

We anticipate November's Business Seminar(s) led by Angelina Peone, SCCCE's Recycling and Composting Educator. (See page 6.) Customers request and receive advice on recycling, composting, and avoidance of food waste and single-use plastics. New ECOS volunteers are very welcome!

MAKE WAY FOR THE MONARCHS

Blatnick Park in Niskayuna, a lot on Fehr Avenue (near Schenectady's Central Park), the Natural Burial Ground in Vale Cemetery, and borders of miSci have been planted with over 300 plants through June and July. Volunteers planted swamp and butterfly milkweeds with companion native pollinating plants, such as wild catmint, native New York ironweed, New England asters, and Mexican sunflowers, in order to induce monarch butterflies to come to our area. The project was spearheaded by a grant of 164 milkweed plants, awarded to Cornell Cooperative Extension, Schenectady County, at the initiation of a 4-H teen volunteer, Cyrus Irani, who was inspired by the success of a butterfly garden that had been planted on a traffic island in his neighborhood. The grant came from Monarch Watch, a nonprofit educational outreach program based at the University of Kansas. Over the rest of the summer, volunteers need to water and weed the areas, take a census of existing habitats, and explore future monarch friendly habitats in the area. For more information, contact monarchniv-en@gmail.com.

PURCHASING TO PROMOTE RECYCLING

Patrick Golden, ECOS Recycling Committee

For recycling to be successful, three important components must work in harmony: manufacturing, purchasing, and collection. Historically, residents have mostly focused their recycling efforts on collection or drop-off options. While this is indeed important, residents should increase their focus on the other components, especially the purchase of recycled-content products and packaging to help "close the recycling loop."

There are products with recycled content in nearly all categories, including fabrics, paper, clothing, trash bags – and the packaging that makes up so much of waste. While there are no official requirements for its identification, a manufacturer will likely display symbols and/or recycled-content percentages to appeal to purchasers. There are also environmental certification services like Green Seal that assess recycled content of products/packaging.

While recycled content is sometimes given as a percentage of the weight of the product or package, it might also indicate any combination of two types of recyclable materials: post-consumer and pre-consumer. Pre-consumer describes scraps left over from manufacturing that are collected and reused/recycled. Post-consumer content is considered "greener" since it creates markets for recyclable materials that consumers have used, greatly reducing need and use of virgin resources.

When purchasing please remember this: the more recyclables used, the better!

ECOS WALKS & RIDES

MONDAY MORNING NATURE WALKS

A new series for late summer/early autumn, piloted at Vischer Ferry Preserve in July. Walks will be approximately 2-4 miles long, at an exercise pace of 2 mph, followed by Q and A on plants. Wear sturdy shoes and protective clothing, bring plenty of water and a snack, and use bug spray for ticks. If anyone has knowledge or a particular interest in one of these areas and would like to lead the hikes, please feel free to step up as leader! Call to pre-register: Nancy Parry (518-362-6145) or Roberta Farrell (518- 728-8493).

Aug. 6 – Landis Arboretum – 9 a.m.
174 Lape Road, Esperance

Aug. 13 – Garnsey Park – 8 a.m.
1481 NYS-146, Rexford

Sept. 10 – Garnsey Park – 8 a.m.
1481 NYS-146, Rexford

Sept. 17 – Reist Sanctuary, Yellow Trail Loop – 9 a.m.
From Oakmont St. entrance, Niskayuna. Carpooling from the Eddy.

Sept. 24 – Reist Sanctuary, trail TBA – 9 a.m.
Carpooling from the Eddy.

PRESERVE CHALLENGE WALKS (Choose your own dates!)

ECOS is encouraging both members and non-members to do the following hikes on their own – with or without ECOS guidebooks. Once a hike is completed, participants can receive a patch from ECOS. Contact 518-370-4125 or Info@ecosny.org for more information.

Bozenkill	Christman
Hetcheltown	Lisha Kill
Plotterkill	Sanders Preserve
Schenectady Co. Forest Preserve	

FALL TUESDAY WALKS

Meeting time at the trailhead is 9:30 a.m., carpool at 8:30 a.m. Directions below are from the carpool meeting place. Deer ticks and poison ivy may be problems.

Sept. 4 – Albany Pine Bush, Blueberry Hill. A beautiful time for the Pine Bush. In addition to indigenous shrubs and trees, there are many flowers, including evening primroses, horse mint, star thistles, asters, goldenrods, and more. Treasure hunt for 10 flowering plant families. Directions: Carpool at Crosstown Plaza in front of Ocean State Odd Lot. Turn left onto Route 7 northbound, right ramp onto Route 5 eastbound; at Route 155 (New Karner Road), turn left and drive roughly 3 miles to the Pine Bush Visitor Center, on the left.

Sept. 11 – Gray’s Landing, Ballston Spa. Cared for by Friends of the Kayadersseras, this is a one-mile level wood chip loop trail that passes by water, woods, and meadow, with a variety of plants including black-eyed Susan. Led by Elizabeth Collins. Directions: Carpool at the Glenville Queen in front of the Target mall on route 50. Take route 50 to north of Ballston Spa to Northline Road, turn east and drive about half a mile; the parking lot is on your right.

Sept. 18 – Five Rivers, Delmar. A hike through broad fields and forests of pine and hardwood with exceptional wildlife habitat and a sense of the primeval. There are outcroppings of ancient bedrock, and we'll turn over a few rocks in the stream to search for water insects. Led by Sigrin Newell. Directions: Carpool at Crosstown Plaza in front of Ocean State Odd Lot. Five Rivers is at 56 Game Farm Road, off Route 308 between New Scotland Road and Delaware Avenue; website www.dec.ny.gov/education/1835.html.

Sept. 25 – Moreau Lake State Park. A walk around the lake's back bay, with fall flowers including asters, gerardias, and possibly bottle gentians and the orchid Nodding Ladies' Tresses. Animal life also abounds. Led by Jacqueline Donnelly. Directions: Carpool at the Glenville Queen in front of the Target mall on Route 50. Take Route 50 north roughly a dozen miles and turn right onto Brookline Road; in about half a mile turn right onto Route 67, which leads to the Northway. At exit 17S follow the signs into the park. NYS residents 62 or older can receive free vehicle entry.

MORE ECOS HIKES

Aug. 18, Saturday, 10 a.m. – Christman Sanctuary
(Rain date Aug 19)

This preserve is owned and maintained by the Nature Conservancy. A highlight is the Bozenkill, with its 30-foot waterfall and numerous lesser cascades. Alternative layers of shale and limestone are found in the large pool at the foot of the waterfall. Meet in the preserve parking lot at 3281 Schoharie Turnpike, Delanson. The walk leader will be Art Clayman. <https://www.google.com/search?q=christman%20preserve>

Oct. 1, Monday, 10 a.m. – Bozenkill Preserve
(Rain date Oct 2)

This is a newly created, 214-acre preserve, made possible by a partnership between the Open Space Institute, the Nature Conservancy, and the Mohawk Hudson Land Conservancy. Meet in the preserve parking lot on Westfall Road, off Bozenkill Road, Altamont. Walk leader will be Darwin Roosa.

Bring hiking boots or sturdy shoes, sunscreen and insect repellent. The events are free, but please pre-register by calling or emailing ECOS at 518-370-4125 or info@ecosny.org.

INVASIVE SPECIES COMMITTEE

The Invasive Species Committee of the Schenectady County Environmental Advisory Council (SCEAC) raises awareness and carries out management activities regarding invasive species. The 12-person committee was established in 2016, initially to focus on the emerald ash borer (EAB) and the hemlock woolly adelgid (HWA).

In 2016, the Committee discovered HWA in the Plotter Kill Preserve and coordinated with the state Department of Environmental Conservation (DEC) to treat 250 trees in a 10-acre area. Earlier this summer, it assisted the Nature Conservancy in an HWA survey in the Lisha Kill Preserve. The committee has also held workshops, tabled exhibits, and developed outreach materials. Members are currently working on educational boot brush stations to be placed at each county preserve trailhead. The committee has also obtained a \$100,000 grant from DEC to conduct tree surveys this summer in Schenectady, Glenville, and Rotterdam. The results will help municipalities develop plans and obtain funding for urban tree plantings.

For more information on the committee or how to report an invasive species, please contact Mary Werner at 518-370-3099 or mhwerner@nycap.rr.com.

ECOS PADDLE EVENT

Aug. 11, Saturday, 10 a.m. – Schoharie Crossing, Fort Hunter
(Rain date Aug. 12)

Paddle on the picturesque Mohawk River and Schoharie Creek. See the remains of the old Erie Canal and learn about the history and environment of the place. Meet in the parking lot at the boat launch; coming from the east, it's the first right turn after the double bridges where Route 5S crosses Schoharie Creek. David Brooks, education director at the Crossing, will lead. Bring life vest, sunscreen, and insect repellent. The event is free, but please pre-register by calling or emailing ECOS at 518-370-4125 or info@ecosny.org.

COMPOSTING: THE NEW RECYCLING

Arden R. Rauch

China's decision to reduce drastically the importation of Single Stream recyclables has resulted either in the closure of companies or, as in the case of County Waste, the recently announced price increase. Materials that are not marketable by recyclers go to landfills instead, at considerable monetary and environmental costs. Consequently, composting is not only environmentally sound, as it always has been, but now increasingly cost effective.

Various commercial plans, which range from single event or regularly scheduled pick-ups, are available for homes, restaurants, companies, houses of worship, and other organizations.

Acceptable kitchen generated wastes include:

- Vegetable skins and scraps from cooked vegetables
- Fruit peels and seeds
- Starches like cooked rice, bread, pastas, grains
- Eggshells
- Nutshells
- Coffee grounds, coffee filters, teabags
- Food soiled paper, shredded cardboard, shredded paper bags
- Kitchen paper towels, paper napkins
- Paper egg cartons
- Shredded newspaper

For further information contact Angelina Peone, the recycling and composting educator at Cornell Cooperative Extension: ap2267@cornell.edu or 518-372-1622; <http://ccschenectady.org/recycling/composting>.

ENVIRONMENTAL COLLEAGUES

CCE CELEBRATES 100 YEARS

Since 1918 Cornell Cooperative Extension (CCE) has responded to the needs of local residents with unbiased, research-based information and education. Staff and volunteers deliver educational programs on many topics like gardening, composting, recycling, youth STEM education, and more.

4H is the country's largest youth-serving organization. 4-H members learn leadership, citizenship, and life skills. Experiential learning is the key to providing positive experiences to "learn by doing." 4-H clubs can be incorporated into ongoing after-school programs. To volunteer or learn more, contact Sandra Butts (Schenectady) at scb22@cornell.edu, or Eileen DePaula (Albany) at emd32@cornell.edu, 518-765-3543.

Roots & Wisdom offers a vegetable-buying opportunity, Harvest Share, which brings together local consumers and youth agriculture education, where participants receive fresh produce each week and extra produce is sold. Contact Hassler Jacinto-Whitcher at hlj28@cornell.edu to learn more or to sign up for Harvest Share.

Master Gardeners are a national corps of trained volunteers who share gardening information through the local CCE office. They also provide soil testing, pest and plant disease ID, and horticultural classes. Their local hotlines (Schenectady Co. 518-372-1622 ext. 107, and Albany Co. 518-765-3514) answer questions on gardening, invasive insects, common plant diseases, and horticultural management. The **Master Gardener Volunteer Training** program is being offered this September through December; contact Angela Mary Tompkins (Schenectady) at amj22@cornell.edu or [518-372-1622](tel:518-372-1622), and Carole Henry (Albany) at ch878@cornell.edu or 518-765-3516.

Schenectady County Recycles engages in community engagement outreach education about the importance of recycling. Call 518-372-1622 ext 264 with your questions about recycling or safe disposal of household chemicals.

Albany County Lead Education provides education and training on lead poisoning prevention. CCE Albany County is accredited by the EPA to provide certification to participants successfully completing the Lead Renovation, Repair, & Painting Initial course and the Lead Renovation, Repair, & Painting Refresher course. Classes are offered three to four times a month in Albany, Rensselaer, and Schenectady counties. There is no charge but pre-registration is required. Contact Alex Kleinberger at ark249@cornell.edu or 518-765-3529.

MABEE FARM EVENTS

ROWING THE RIVER

Aug. 4, Saturday – 10 a.m.

Sept. 22, Saturday – 10 a.m.

Oct. 6, Saturday – 10 a.m.

Reproduction boats set out for 2-hour rowing sessions, with experts in period clothing guiding the way. Pre-registration is required. Fee: \$15 kids, \$20 adults. Check online for rain dates.

KAYAKING THROUGH HISTORY

Aug. 11, Saturday – 10 a.m, 12 noon, and 2 p.m.

Aug. 15, Wednesday – 6 p.m.

Audrey Egleston of Amsterdam's Down by the River Tours guides the kayaks through Schenectady's history on the Mohawk River. Fee: \$20 for rentals, or \$10 to BYOB (bring your own boat).

ART & CRAFTS FESTIVAL

Aug. 25, Saturday – 10 a.m. - 3 p.m.

Sixty artists and crafters fill the Mabee Farm with eclectic handcrafted items. Entrance fee: \$5/person.

For more information contact Mary Zawacki at 518-374-0263 ext. 4, or director@schenectadyhistorical.org.

THACHER STATE PARK EVENTS

For the Aug. 17 and 25 events, call 518-872-1237 to register; for the rest call 518-872-0800. For the Aug. 5, 17, and 18 events, there is a park entrance fee is \$6 per vehicle; for the rest parking is free. Descriptions can be found at parks.ny.gov/events.

- Aug. 4, Saturday, 2 p.m. – “Home is Where the Hive is”** – Thacher Nature Center
- Aug. 5, Sunday, 10 a.m. – Dog Days of Summer** – Thacher Park
- Aug. 11, Saturday, 2 p.m. – Milkweed and Monarch Conservation** – Thacher Nature Center
- Aug. 17, Friday, 2 p.m. – Fossil Find Friday** – Thacher Park
- Aug. 17, Friday, 8 p.m. – “The Night Shift: Moths After Dark”** – Thacher Nature Center
- Aug. 18, Saturday, 6 p.m. – Campfire Storytelling** – Thacher Nature Center
- Aug. 25, Saturday, 10 a.m. – Go Batty!** – Thacher Park Visitor Center
- Sept. 1, Saturday, 10 a.m. – Wildlife Presentation** – Thacher Nature Center
- Sept. 8, Saturday, 10 a.m. - 2 p.m. – Hawk Migration Watch** – Thacher Park Overlook

EMPIRE STATE CAPITAL VOLKSPORTERS

ESCV is the local club for the American Volksporing Association, America’s Walking Club. In August and September they are holding the following guided walks.

Aug. 1, Wednesday, 9 a.m. and 6 p.m. – Saratoga’s East Side. Starting at the United Methodist Church, 175 Fifth Ave.

Aug. 8, Wednesday, 9 a.m. – Round Lake. Starting at Haven Ave and Saratoga Ave.

Sept. 22, Saturday, registration 10 a.m. - 12 noon – Altamont. This is a self-guided 5 or 10 kilometer walk through town, starting at the Altamont Public Library, 179 Main Street.

The walking pace is relaxed, and distances vary with the walk. Registration is ½ hour before the start, fee \$2.00. See www.walkescv.org.

MHLC EVENTS

As many of you know, the Mohawk Hudson Land Conservancy (MHLC) is the land trust for the Capital Region. It was founded in 1992 to protect the natural, scenic, agricultural and cultural landscapes of the Mohawk and Hudson River valleys. In addition to conservation work, MHLC offers the following events of interest to ECOS members, open free to the public.

Mushrooms of the Northeast

Aug. 4, Saturday – 1 - 4 p.m.

Fox Preserve, Colonie

Dave Muska of Ondatra Adventures leads a trek through the newly opened Fox Preserve in Colonie. Participants learn about the different types of mushrooms that grow in both open fields and forests, along with the ecology and usage, and how to identify edible mushrooms as well as their poisonous look-a-likes.

Outdoor Yoga

Aug. 20, Monday – 5:30 p.m.

Strawberry Fields Nature Preserve, Amsterdam

Enjoy summer sun salutations in the beautiful open air of Strawberry Fields Nature Preserve, led by Michelle Pollard of Studio 4, a hot yoga and pilates studio in Schenectady.

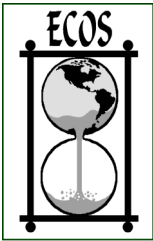
Discovering the World of Ants

Sept. 8, Saturday – 1 - 3 p.m.

Princeton

Led by Grace Barber of the Albany Pine Bush Preserve Commission, this is a guided hike through a private property protected by a conservation easement with MHLC.

For more information contact Daron Blake at 518-436-6346 or daron@mohawkhudson.org; website www.mohawkhudson.org.



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