

WESTCHESTER

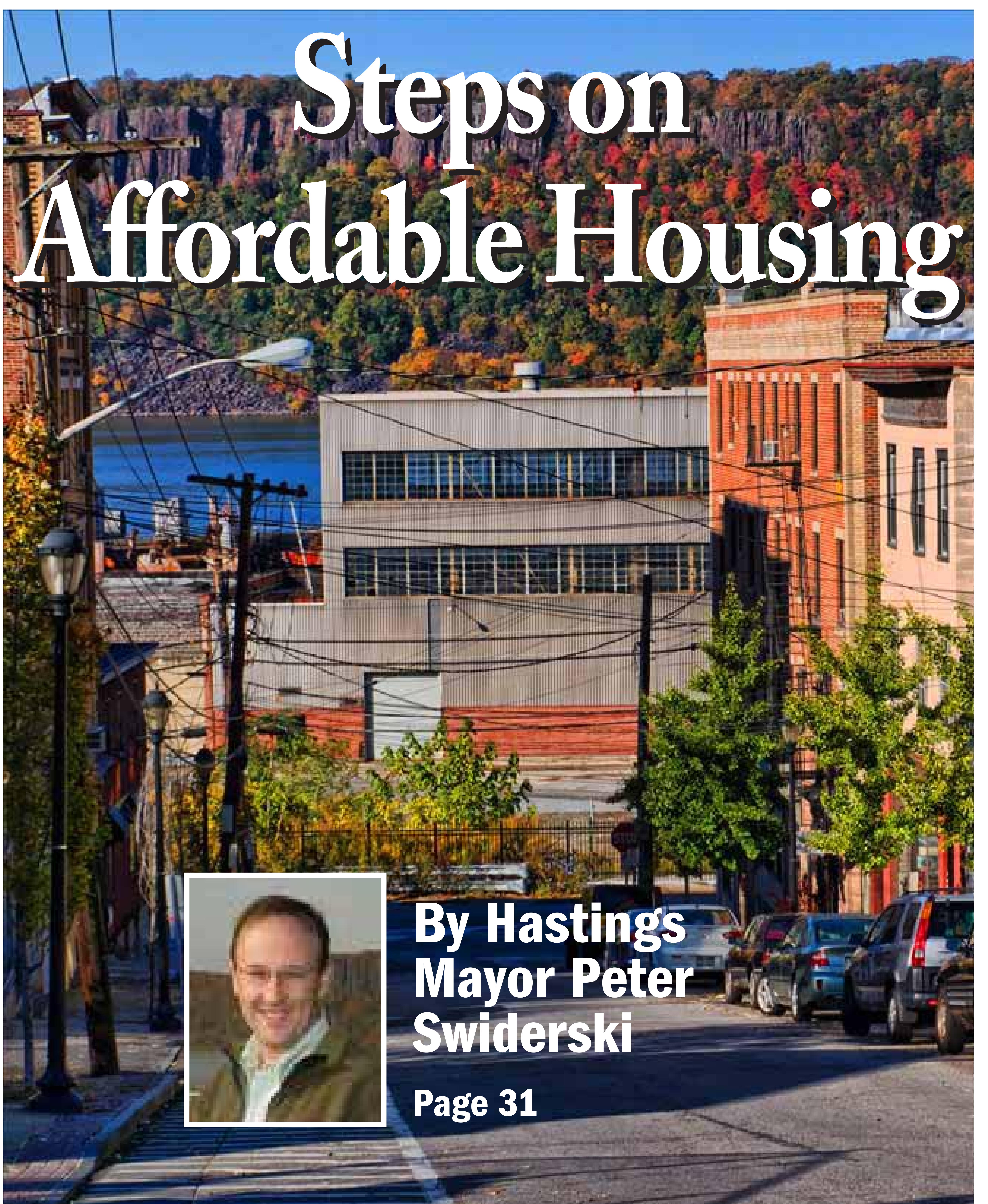


GUARDIAN

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HOUSING

WestHelp Homeless Shelter Closes After 20 Years

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use of the property earlier this year. There was some interest in the property from colleges (for college dorms), veterans (to house veterans on the property), and affordable housing organizations (low income/affordable housing). Ferncliff indicated to the town, if we leased the property to them, that they would be able

to pay the town close to \$1 million yearly. They would provide housing and educational services for 35 developmentally disabled children and adults.

We have been negotiating with Ferncliff Manor for a number of months. They need state approvals and also need county approval to extend the terms of the master lease and

modification of lease provisions limiting the property's use to low-income housing. We have been discussing Ferncliff's needs with the county regarding modifications to the master lease and expect to receive a decision soon. We believe there is a good chance that an agreement will be reached.

As of September 30th we are no longer receiving any rental income from WestHelp or from the county. We hope to finalize a rental

agreement with Ferncliff soon, so we can start receiving the rent that is needed by the town. The following is a summary of the mission statement, philosophy and history of Ferncliff Manor, an organization that has a very good reputation in the county.

Paul Feiner is Greenburgh Town Supervisor.

My 91st Day Kayaking this Year



By BILL MENKE

Lee Reiser and I paddled on the Hudson River during the third week of September

2011. We left a car at the Annsville Creek Paddlesport Center, on the east side of the



Bear Mountain Bridge.

Hudson River in Cortland Manor, New York, (just north of Peekskill), and then drove north. As we drove along Route 6, which is cut into Anthony's Nose high above river level, we could see that the river valley was filled with morning fog. It enshrouded the footings of the towers of the Bear Mountain Bridge. We crossed the bridge and continued north on Route 9W to Kowawese Unique Area at Plum Point, in New Windsor, New York. This park is on a peninsula just north of the point where Moodna Creek empties into the Hudson River.

As we crossed the highway bridge, we could see that the Moodna was exceptionally muddy and was running very high. The flooding associated with Hurricane Irene had damaged a wide band of trees on its banks. Boy Scouts were setting up for some kind of activity as we deployed our kayaks; me in my old plastic Wilderness Systems Sealution IIxs and Lee in his Kevlar composite Necky Tesla.

The bank of the Hudson was littered with driftwood; someone had heaped it up into several tall piles. The tide, at 9:30 AM, was still in its flood and we could see flotsam being carried north. The day was partly sunny and in the low seventies Fahrenheit, warm for late September, and at sixty-four, the water



Popolopen Creek and Route 9W Highway Bridge, with Bear Mountain Bridge in the distance.

temperature was also fairly warm. We put in and headed east to Pollepel Island. I sprinted over to the dock to read the signs. The island is closed except for organized tours conducted by the Bannerman Castle Trust. Our impression was that the north face of the castle seemed more or less intact, but coming around the east side, we could see that the recent collapse had caused severe damage to the 1901-constructed structure.

We then headed south, following the east bank of the Hudson, past the imposing Storm King, the northernmost of the mountains of the Hudson Highland region. The Highlands are still all green; there is very little evidence of fall. I took a short side trip, sprinting over to Storm King Marsh, a small wetland nested beneath Storm King and Crow's Nest mountains. I could just barely squeeze below the girders of the northernmost of the two railroad bridges. I paddled a quick loop of the wetland, passing two great blue herons and some crows. I could paddle up to the base of the great cliff face on Storm King at the north end. After finishing the loop, I squeezed beneath the southern railroad bridge and then sprinted back east, meeting Lee in front of Little Stony Point.

We then continued our paddle southward, past the park in Cold Spring where we had camped during the 2003 Great Hudson River Paddle, and into Foundry Cove. One again, I took a side trip, passing beneath another railroad bridge and paddling over to the entrance of Constitution Marsh. The

entrance is on the far side of a small bay. Lee says that a waterfall on the edge of the marsh is accessible by kayak, but I didn't feel that I had the time to look for it. The tide was in its ebb, so I had to fight a strong current even to reach this spot. After reading the signs, I returned the same way I had come, meeting Lee along



Iona Island (left) and Anthonys Nose (right).

the western shore of Constitution Island. Looking back north, I noticed that a long, thin, stately waterfall was flowing high up on Crow's Nest Mountain. I don't suppose that it is permanent, but rather had been created by the recent rain.

We paddled over to the western shore, passing by the West Point Boat House. A small ferry, run, I guess, by the Army, passed us, heading over to the village of Garrison. We passed the main buildings of the Military Academy, a large stone structure towering above the river and the smaller Thayer Hotel, where I had once stayed during a university conference.

We continued south another mile or so and stopped in Highland Falls, New York, in front of a small waterfall. The clear water from

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You may not have seen all the tobacco marketing in the stores, but your kids have. It's right there by the register, where they check out. Studies show that kids are twice as likely as adults to notice and remember retail tobacco advertising. The more tobacco marketing they see, the more likely kids are to smoke.

Learn what you can do at Tobacco #ree NYS.org



My 91st Day Kayaking this Year

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the falls was very distinct from the muddy water of the Hudson. I pulled my boat up onto the rocks at the outflow and filtered a couple of liters of water for drinking. We passed another, larger waterfall a bit to the south. Here, I found that I could maneuver my kayak beneath the railroad bridge so that the bow actually touched the foaming, falling water.

We then pulled into a cove on Con Hook for lunch. This little bedrock island is connected to the western shore of the Hudson by a phragmites marsh. Waves from a passing yacht, amplified by the shape of the cove, really bounced us around while we were still in the water. We pulled our kayaks high up onto the beach so that they would be safe. We then climbed up onto the top of the island where the view was nice.

A large sailing vessel passed us, under power, not

sail. At the time, we took it to be Clearwater; however, I now think this attribution to be incorrect, for Clearwater has only one mast, whereas this ship had two. After finishing lunch, we continued our southward paddle.

The Bear Mountain Bridge was now in sight. We passed a yacht anchored a half mile or so north of the bridge; an odd spot, and dangerous, for it is in the main shipping channel (or so I believe). I took a final side trip into Popolopen Gorge. The tide was now low enough that negotiating its railway bridge was easy. I looped around the wider part of the creek, going a little past the big Route 9W decked arch bridge and not reaching the Hell Hole. I banged into two different submerged logs; the storm has put quite a bit of debris in the creek, all hard to see in the muddy water.

I retraced my path and caught up to Lee by the Bear Mountain Park dock, where the Circle Line tour boat was tied up. I noticed that a police boat was now pulled up beside the anchored yacht. I suppose that they were being ticketed for anchoring in the channel. We continued south, to Iona Island, and then crossed over to the east shore of the Hudson. The ebb was in full force and Lee, paddling well offshore, was being carried along smartly. I hugged the bank, only to encounter many small but annoying back-eddies. We passed by Dunderberg Mountain and then rounded the corner into Peekskill Bay. We had a good view of the Indian Point nuclear power plant before we passed below the final railroad bridge into the little bay where the Annsville Paddlesport Center is located.

We had fun pulling up onto the plastic kayak ramp, ramming the boat into its slotted surface and then pulling ourselves and our

boats further up using a rope. It was not 3:00 p.m.; our trip had taken about five and a half hours. The Kayak Center was deserted; it apparently closed after Labor Day. We loaded up out boats and drove back to Plum Point to get the other car. We stopped for hot sandwiches at the Bright Star diner, on Route 32 in Central Valley, before heading back home.

Bill Menke is a member of the Yonkers Paddling and Rowing Club (Yonkers, NY), a group that sponsors regular kayak outings in the Westchester area. He began kayaking about ten years ago, as physical therapy after a bad car accident. Taught paddling by his illustrious daughter Hannah (who later went on to medal in the World Championships), he loves both recreational kayaking on rivers, lakes and the sea and kayak racing. Professionally he is an environmental scientist and is an ardent supporter of the preservation of the natural beauty of New York.

LABOR

National Labor Relations Board Authorizes Complaint Charging United Water President Robert lacullo with Illegal Bargaining Conduct

By MARK BROOKS

Washington, D.C. -- The National Labor Relations Board has authorized a complaint charging that United Water President Robert Iacullo engaged in illegal bargaining conduct during negotiations with the Utility Workers Union of America for a new labor agreement in Bloomsburg, Pa.

The complaint centers on a letter issued by Iacullo on June 20, 2011 to all employees represented by UWUA in four bargaining units in Pennsylvania, New York, New Jersey, and Delaware. The NLRB regional office in Pittsburgh has determined that Iacullo's letter constituted unlawful "direct dealing" with employees and an illegal announcement of a unilateral change in employee pension benefits without having negotiated with the Union.

A similar charge filed by the UWUA is still under investigation by the New York

regional office involving the United Water bargaining unit in New Rochelle, N.Y.

The new complaint represents the fifth formal complaint issued by the federal agency charging that United Water has engaged in unfair labor practices during recent negotiations with the UWUA. Complaints issued by the NLRB earlier this year charge that United Water illegally retaliated against workers because of their union activities and engaged in unlawful bargaining conduct by withholding essential information requested by the Union.

"The latest complaint authorized by the NLRB in Pennsylvania confirms that United Water's disregard for the rights of its workers extends to the highest levels of top management," declared John Duffy, UWUA National Vice President. "We are optimistic the Board

water utility owned by French multinational Suez Environment.

In December 2010, the U.S. Department of Justice issued a 26-count indictment charging United Water with environmental felonies at a wastewater treatment plant operated by the company in Gary, Indiana. The indictment alleges that the company illegally tampered with E. coli bacteria monitoring tests at the plant over a five year period between 2003 and 2008. In August, the federal court denied United Water's motion to dismiss the indictment.

Information concerning the criminal indictment against United Water as well as the

will issue a similar complaint in New York challenging Iacullo's conduct."

United Water is a for-profit

unfair labor practice complaints is available at the UWUA's website at www.UnitedWaterIndictment.net.

The Utility Workers Union of America represents working men and women in the utility and related industries throughout the U.S., including United Water employees in Delaware, New Jersey, New York, and Pennsylvania. UWUA members are committed to promoting the highest quality and safest utility services possible. We believe that utility companies that treat the communities and customers they serve with respect, consideration, and the highest ethical and legal standards will also treat employees fairly.

Mark Brooks is a senior national researcher for the UWUA's headquarters in Washington, D.C.

MENTAL HEALTH

Mindfulness and Being in the Moment



By GLENN SLABY

How many times have I missed the present because was thinking about the future? How many times

am I unaware of the world around me while trying to multitask? How many of us are too involved with thinking and doing instead of being? When eating, do I really enjoy the taste

and flavors of a good meal or am I thinking about tomorrow? "To think, therefore I am" is a fallacy. "To be, to experience" is who we are - temporary physical, permanently, eternally spiritual. We can only truly be by experiencing the world around us.

Being in the moment, constantly focusing on the Now is something quite foreign to our cultural integration. This mindfulness

is something we have never been taught but we have been taught to multitask - to think ahead, to do constantly, to think constantly. In the business world, if you are not thinking you are not working.

Mindfulness is what we pay attention to. Mindfulness is to be aware. Through practicing mindfulness, we learn to control where

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