

Arts & Leisure



A winter wilderness trek.

Photo by JJ Murphy

Nature's Bounty

By JJ Murphy



JJ Murphy

Preparing for the Unexpected

With all of the weather upheaval, I'm hard pressed to defend my love of nature given the latest "trick or treat" Halloween eve snowstorm. With each new weather event it takes longer and longer to get back into the 21st Century.

Parts of the Hudson Valley got anywhere from 12-15 inches of heavy, dense snow. It was a nuisance if you needed electricity or passable roads, but it was useful for studying tracks to observe pressure releases and for building snow shelters or snow people.

This is the second time in my adult life that I've experienced a significant snow event. Back on October 7, 1987, based on a weather prediction of 40 degrees and raining, I headed out for the trail. I was still a tent-and-sleeping bag camper.

Back then, upon waking from my slumbers I saw a leaf-and-snow laden oak branch bending over my tent and over 24 inches of snow on the ground. That day I was only a three hour hike from shelter and warmth. But what if I had been caught in a winter storm and unable to find shelter? I knew it was time to learn more effective wilderness survival skills.

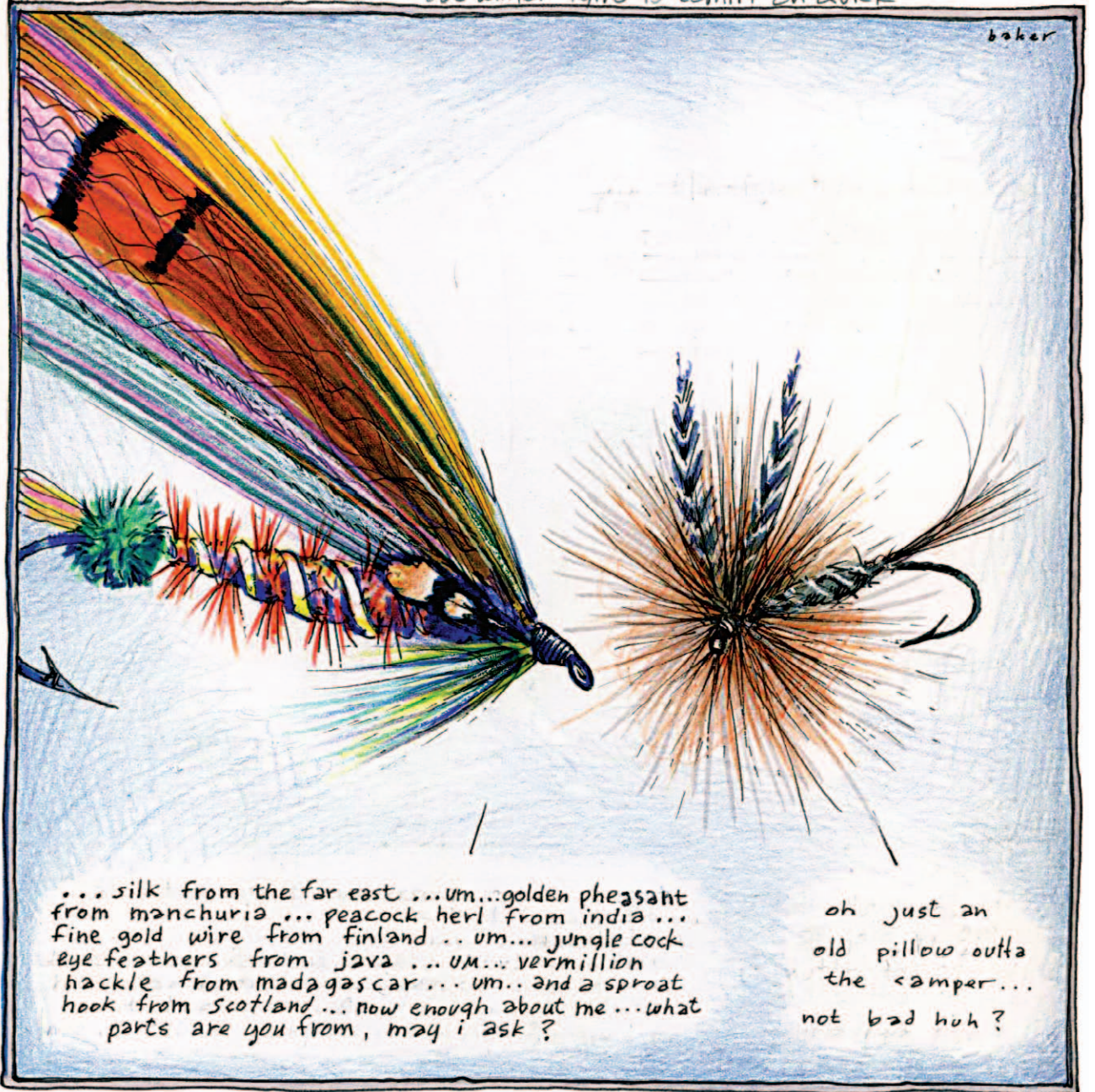
These days I've been following the progress of Occupy Wall Street and several other Occupy encampments in this area. Winter is on its way and many people do not realize how vulnerable they will be when winter sets in. Those of us who think we are only going out for a few hours need to be prepared in case we get stuck. Accidents, injuries or simply getting lost cannot always be predicted.

When spending time in winter conditions, protecting yourself from wind and moisture is critical. Hypothermia (when you have abnormally low body temperature) can be fatal. Here are a few tips to guide your winter wilderness treks:

1. Wear wool, silk, or "thinsulate" garments next to your skin. They will keep you warm even when wet. Wear cotton garments as the outside layer. Wearing wet cotton garments next to your skin will cool your core body temperature
2. If you get into trouble work smarter, not harder. It's tempting to panic, especially when you are cold and hungry. But to avoid hypothermia you need to stay focused. Take stock of your surroundings and seek a barrier to wind and moisture, like a rock or upturned tree.
3. Look around for a large evergreen tree, like spruce or fir. Living trees give off heat, creating a natural snow shelter. Branches overhead will serve as a roof. If the snow is not deep, you can pile up snow around the perimeter of the tree.

continued on page 16

Yeah...i know it's deer season... but winter dying is comin' on quick



Finding Better Homes for Shelter Animals

By Terence P. Ward

ACCORD – The fund raiser at the Accord Fire District Headquarters on November 13 was to help a charity which finds homes for animals which end up in the local pound, but a lot of the talk was about how to keep animal abusers from adopting them. Live music and pizza fresh from a mobile oven helped bring people to the Have-a-Heart Foundation's event for its animal welfare fund, where Ulster County's proposed animal-abuser registry law was a hot topic.



Pit bull Josie hopes to be adopted.

Photo by Terence P. Ward

"There is a tremendous connection between animal abuse and domestic violence," said Merle Borenstein, Have-a-Heart's co-founder and vice president. The registry, which would be paid for by a surcharge on convicted animal abusers, would "give police a little head's-up on potentially abusive people."

In 2010, Ulster County SPCA investigators charged two Ellenville men with animal cruelty when they found, among other things, a dog whose leg had been sawed off. Justice Matthew Parker effectively dismissed the charges. Borenstein believes that a registry would help prevent cases like that.

"Town pounds don't have a way to screen people," she said, and a registry would be such a tool. Additionally, Borenstein hopes that the existence of a registry would "get the courts to take notice. The truth is, very few people get convicted."

Carl Chipman, Rochester's Town Supervisor, is an outspoken advocate of the law, saying that studies have shown a very high correlation between animal and domestic abuse. "This is baby steps," he said. "I envision a domestic abuse registry law down the road."

Chipman spoke in support of the law before the Ulster County Legislature on Tuesday (see story on page 7). The proposed law was modeled on legislation which has been passed in Suffolk

and Albany Counties.

The Have-a-Heart Foundation helps animals get adopted by providing for spaying, neutering, foster care, and even food, according to co-founder and president Jill Zubler. The organization recently received its 501(c)(3) designation from the IRS, allowing it to accept tax-deductible donations. Zubler herself serves as dog control officer for four local towns, and foster dogs like pit bull Josie, who was at the event hoping to be adopted.

"I think her last owner bred her every time she came into heat," Zubler said of the dog. The animal control officer believes that aggressive enforcement of laws against dogfighting is a better solution to the problem than outlawing Josie's breed.

Those interested in donating to the Have-a-Heart Foundation may send checks to its Animal Welfare Fund at 108 Upper Whitfield Road, Accord, NY 12404.



Lucy Muller

Pet Sounds

By Lucy Muller

Rose Stensland is so kind to animals, but being 84-years-old has made it more difficult to be a pet caretaker than it used to be. She does have an indoor cat who is her dear companion, but now an outdoor kitten has turned up at her

Accord home. What can Rose do? She has been feeding him, but she cannot keep him. He is orange and about four months old now. If anyone can give him a good home, please call 626-5467. You must show a drivers' license and give Rose the name of your vet, so she can do a check. It is only reasonable to be sure kitty will go to the right person. You understand, I am sure.

Bow Hunting

I despise bow hunting. I have never heard of a bow hunter taking down a deer with the first shot. The deer always run and a hunter has to go chase it. The deer bleed to death and sometimes the hunter never finds the animal. When that happens, the kill and the meat have gone to waste. A bullet can be instant, hopefully, and the animal will not know what hit him, but an arrow in your side must be agony. I know bow hunting is legal, but at least if a hunter is an expert shot, the deer will die immediately. So, think it over before you choose bow hunting. Our modern day bow hunters are not native Americans and also not usually in great shape to go for miles through the woods to find the deer. So I am very suspicious that they actually go look for the deer. Can't they wait for the regular season to start? I am not the only one in my family who thinks it is wrong.

Happy Thanksgiving

Thanksgiving is next week and there is so much aromatic food around that the pets just naturally want some. A bit of turkey is okay, but no gravy, candy or bones. You don't want to clean up accidents or have to make a trip to the vet on Black Friday. Do not leave your turkey on a table that is below five feet high or you may never get to taste it. I would recommend that you feed your dogs and cats a big meal before you put the food out for the dinner; it will save begging and possible chaos. Have a very Happy Thanksgiving!!

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Walker Valley Notebook

By Sue Wiand



Sue Wiand

The *Shawangunk Journal* will not be publishing a paper on Thursday, November 24 in observance of Thanksgiving. Bill and I wish our family, friends and neighbors a happy and healthy holiday. If you do have to travel please stay safe. Now would be a good time for those who can afford to do so — make a generous donation to your local food bank, food drive or send a check to

the Food Bank of the Hudson Valley, 195 Hudson Street, Cornwall-on-Hudson NY 12520. For every \$1.00 you give to the bank they can turn that into between \$10.00-\$12.00 worth of food for the needy. The need for holiday gift baskets in the Pine Bush area alone has increased by at least thirty more over last year. Every little bit helps. Thank you.

United Friends Observer Society

The United Friends Observer Society [UFOs] support group will hold their next regular monthly meeting on Wednesday, December 7 in the Walker Valley Schoolhouse Community Center. The center is located at 6 Marl Rd and Route 52 in Walker Valley. Door opens at 7 p.m. Meeting starts at 7:30 p.m. The group provides a safe and friendly environment for those who would like to share stories and/or experiences involving UFOs, aliens, paranormal activity and related topics. A suggested \$2.00 per person donation is appreciated to help offset expenses. For more information contact Dr. Bill at 845-744-3143 or email him at billjw1055@yahoo.com.

Nature's Bounty

continued from page 12

4. Inventory your supplies. If you don't have one of those metallic emergency blankets, a tarp or large garbage bag is an effective roof or ground cloth.
5. Study your map while waiting for the storm to pass. You will not be able to see creeks, ponds or even lakes when they are covered by snow.
6. Once the storm passes, before you head out make "snow goggles" by cutting slits into a piece sturdy bark or even cardboard and securing the eye tightly to your face. This prevents snow blindness.

If the snow is really deep you can also make "snowshoes" by cutting two sturdy three-foot long branches from the evergreen. Tie one branch to each foot with the narrow end a few inches in front of the toe and the feathered branches behind the heel. Thread string or rope through the grom-

Black Friday

Don't run out on Black Friday and fight the crowds to buy items made in other countries. I have an idea that will make Christmas 2011 the birth year for a New Tradition. Check out my column in the Thursday December 1st *Shawangunk Journal* and let's support America and Americans!

The Ransom of Miss Elverna Dower



Photo by Joan Beck

Hannah Eckert, Fernaida Araujo, and Gabriella Budd (pictured, left to right) will be in the Shadowland Theatre Acting Class presentation of the comic kidnapping caper, *The Ransom of Miss Elverna Dower*. The play is directed by Andy Walter with costumes by Holly Budd Lewis. There will be two performances on Saturday, November 19, at 3pm and 7pm at the Shadowland Theatre. Cost is \$6.00. For reservations or additional information call 647-5511.

mets or shoelace holes on your boot, so the toe is secure and the heel is free to move. You're ready to start walking. When you are moving, wear fewer layers. When you need to stop, put on extra layers and a hat.

Should you eat snow if you are thirsty? Water bottles can freeze. Most experts say eating snow can reduce your body temperature, but if you have no other way to hydrate, you can melt the snow (in your hands) or over a fire.

When I was growing up, folks used to say that the date of the first snowfall is an indication of how many winter storms we would have. I hope this is just an old timer's tale, given that this season's first snowfall was on the 30th. Whatever happens this season, safety comes first.

Writer and naturalist JJ Murphy offers creative nature curriculum, wild food recipes, fiction, poetry, articles and writing services for individuals, entrepreneurs, small businesses and ecologically aware companies. Check out JJ's portfolio at www.WriterByNature.com, Giving Nature a Voice.



Area Dining Guide



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