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Voice of the Kansas Sierra Club

President Elect Obama's Energy Plan Promises Dramatic Change

The new Obama administration has sized up our situation and is gearing up to take immediate action. Americans are hurting and it's no time for half-steps. We need bold, immediate and foundation-shaking solutions that break the chokehold Big Oil has on our economy and Washington politics, provide short-term relief for American families and long-term solutions for our energy and economy problems. Obama's leadership is aimed at creating a dramatic change in our energy and environmental policy that is sorely needed.

"Americans need real relief that will help them fill up their tanks and put food on their table. They need a long-term energy strategy that will reduce our dependence on foreign oil by investing in the renewable sources of energy that represent the future." -- Barack Obama, June 24, 2008

President Elect Obama's Energy Plan:

- Provides relief for families struggling to pay their energy bills. Obama understands there is no "magic wand" that will make energy prices go down immediately. His plan is to provide families with a \$1,000 tax credit and stimulus checks paid for by taxing the oil companies' record profits. He will also close the loophole that allows speculators to game the system and run up energy prices

- Increases the efficiency of our cars. Obama fought hard in Congress to raise fuel economy standards for the first time in 30 years. Now he wants to give American automakers the tools they need to raise fuel economy standards even higher-to 50 miles per gallon. His plan will provide retooling tax credits and loan guarantees for domestic auto plants and parts manufacturers, so that they can build new fuel-efficient cars rather than overseas companies. Obama will also invest in advanced vehicle technology such as advanced lightweight materials and new engines.
- Invests \$150 billion over the next ten years in alternative sources of energy - wind and solar power, and advanced biofuels, in the commercialization of plug-in hybrid cars, and development a new digital electricity grid. This investment will create up to 5,000,000 good-paying jobs that cannot be outsourced and will create the billions in new economic activity that will America back on the path to prosperity. The plan will also invest in America's highly-skilled manufacturing workforce and manufacturing centers to ensure that American workers have the skills and tools they need to pioneer the first wave of green technologies that will be in high demand throughout the world.
- Requires 25% of U.S. electricity to come from renewable sources by 2025 and increases energy efficiency in the U.S. 50% by 2030 This move that would create hundreds of thousands of jobs in growing industries, make America

See Obama's Plan on page 4



inside

<i>Legislation Restores Solar Tax Credit</i>	pg 3
<i>Energy Saving Efforts Paying Off</i>	pg 4
<i>Courage to Change</i>	pg 5
<i>Chapter Protests KDA's Milk Labeling Rule</i>	pg 6
<i>Kanza & THB Groups Special Joint Meeting</i>	pg 8

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America needs a smart energy policy that increases our energy security and protects the environment. There is a better way. Congress should pass legislation that cuts our country's dependence on oil, increases our use of clean, renewable energy sources like wind and solar power, protects our public lands, and modernizes the electricity grid to prevent future blackouts.

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Explore, enjoy and protect the planet



Legislation Restores Solar Tax Credit

By Aron Cromwell

With only a few months to go before the Federal Solar Tax expired and when it looked as if we would have to wait for a new administration to get the job done, a big surprise saved the solar industry. As part of the recent \$700 billion financial bailout package (in order to garner a few more votes for the package) the solar tax credit was extended for eight years and drastically expanded.



New provisions in the tax credit allow homeowners to get a credit towards their Federal Income Tax bill equal to 30% of the cost (parts and labor) of newly installed solar hot water, solar heat, or photovoltaic systems. This credit serves to make photovoltaic systems economically not just environmentally friendly: system payback time has been reduced to about 15-18 years for photovoltaic systems and 5-10 years for solar hot water.

The new tax credit is not set to expire again until 2016; this long life will really help the solar industry get off the ground in Kansas where we do not enjoy state and utility rebates and credits. Already the interest in new solar projects is increasing; more installations will mean employment for many Kansans in this time of economical challenges.

While the impact of the new tax credit can not be overstated, we still have much room for progress. In Colorado and now Missouri, a state mandated rebate from the utility companies effectively gives their citizens a 20-35% savings on the cost of installing solar; we have no such program in Kansas. Also, Kansas is embarrassingly one of only six states without a “net-metering” law to require the utility to buy your homegrown solar/wind power back at full retail value instead of the wholesale rate required by Federal law.

For now, Kansans rely on the generous new federal solar tax credit while hoping that the new spirit sweeping the rest of the country into a new era of responsible energy policy will overcome us as well.

Aron Cromwell is Vice president and CEO of Cromwell Environmental, a NABCEP certified solar thermal installer firm based in Lawrence, KS 

contents

<i>President Elect Obama's Energy Cover Plan Promises Dramatic Change</i>	
<i>Sierra General Info</i>	<i>2</i>
<i>Legislation Restores Solar Tax Credit</i>	<i>3</i>
<i>Energy Saving Efforts Paying Off</i>	<i>4</i>
<i>Courage to Change</i>	<i>5</i>
<i>Economic Troubles Affect Recycling</i>	<i>6</i>
<i>Chapter Protests KDA's Milk Labeling Rule</i>	<i>6</i>
<i>Kanza & THB Groups Present WILD ... Alaska Program at Special Joint Meeting</i>	<i>8</i>
<i>A Visit to Quivira National Wildlife Refuge</i>	<i>9</i>
<i>Sierra Club National Field Trips Are Rewarding</i>	<i>10</i>
<i>Wakarusa Group Membership Survey ..</i>	<i>11</i>
<i>Chapter & Group Leaders</i>	<i>12</i>
<i>General Meetings</i>	<i>13</i>
<i>Sierra Club Outings</i>	<i>14</i>
<i>Committee Meetings</i>	<i>15</i>
<i>Calendar of All Events</i>	<i>16</i>

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Energy Saving Efforts Paying Off

By Stephanie Cole

While wind power in the state is expanding and the benefits of clean energy are becoming apparent, it appears we have one more trend to celebrate: the demand for energy is decreasing. According to a recent Wall Street Journal article, utilities are noticing a decline in electricity consumption. While this isn't as exciting as wind turbines popping up across the Heartland, truth of the matter is energy efficiency and conservation are vital to preventing new coal or nuclear plants from being built. If we can reduce the demand, there will be no need for the supply.

Some of the decrease in demand may be attributed to the economic slowdown, but some of it can also be attributed to the efforts you're making to save energy! For instance, according to comments submitted to the Kansas Energy Council by Craig Volland, air quality chair and technical advisor, 300 million CFLs were sold last year! With lighting accounting for 15-20% of energy demand, the transition to CFLs has surely been a contributing factor to decreasing demand.

An executive of one of the country's largest utilities recently warned of overbuilding power plants in a time when demand is decreasing. If this trend continues, utilities will take note and likely second guess plans to build expensive new coal plants.

Think of it this way, preventing coal plants from being built by cutting off demand is much easier than trying to prevent them via a long, never-ending and soap opera-style legislative struggle... much like what was experienced last legislative session.

We should do our part in helping the utilities conserve energy by making simple lifestyle changes, such as turning off appliances when not in use, utilizing CFLs and purchasing appliances with the blue Energy Star label. Many utilities are offering programs to help their consumers save energy. For instance, Kansas City Power and Light will give consumers a free programmable thermostat and offers Energy Star rebate programs.

Want to know how you can save energy and money? To find out what programs your electricity provider is offering contact Stephanie Cole at www.dsireusa.org or email Stephanie.Cole@sierraclub.org. 

Obama's Plan, continued from page 1

more energy independent, and dramatically cut the amount Americans spend on their energy bills.

- **Sets National Building Efficiency Goals.** Obama will establish a goal of making all new buildings carbon neutral, or produce zero emissions, by 2030. He'll also establish a national goal of improving new building efficiency by 50 percent and existing building efficiency by 25 percent over the next decade to help us meet the 2020 goal.
- **Attacks global warming.** Obama has presented a bold and comprehensive plan for addressing global warming which includes a "cap and auction" system that would cut our carbon dioxide emissions 80 percent below 1990 levels by 2050. This approach will fight global warming while making sure polluters pay for the pollution they emit, so we can invest that money into clean energy, green jobs and aid to help consumers bring energy costs back under control.
- **Rejects drilling as the answer to our energy woes.** Obama knows that drilling off of our beaches and destroying our last special places like the Arctic National Wildlife Refuge in order to pad Big Oil's bottom line won't do anything to lower gas prices today, tomorrow, or even a decade from now-something even the Bush administration admits. He knows that simply seeking a bigger fix isn't the way to end our addiction to oil.

President Elect Obama has been a leader in increasing access to and use of renewable fuels and in raising fuel economy standards. He worked with Republican Senator Jim Talent to pass legislation to give gas stations a tax credit for installing refueling pumps for E85 ethanol (a 85 percent ethanol/15 percent gasoline blend). He also sponsored an amendment that became law providing \$40 million for commercialization of a combined flexible fuel vehicle/hybrid car within five years. And Obama introduced the plan that brought Republicans and Democrats together in support of legislation that gradually raises fuel economy standards.

President Elect Obama appears to be a unique leader for times desparate for such leadership. We are all hopeful that his vision and strategies will transform our economic and energy future. He is committed to ending Big Oil's powerful influence over our economy and leaders in Washington. President Elect Obama is ready to make the big changes and clean energy investments our nation needs to fix our economy and create jobs, make us more energy independent, to move us toward serious, bold and urgent action on global warming.

You can find a more detailed version of President Elect Obama's Energy Plan at:
www.kansas.sierraclub.org/ObamaEnergyPlan.pdf 



Courage to Change

Animal based diets... Good for the environment?

By Beth Lily Redwood

Editor's note: Like it or not, our meat-based diet has a big impact on our carbon footprint. How serious are we, really, in reducing our carbon footprint? I consider the topic controversial. Some may not like reading this article. Then don't. Some may be curious or have been thinking about changing their diets. Then do read it. Whether you are concerned about your impact on the environment, or how your diet impacts animal cruelty, Beth's perspective will make you think. CW

The time has come for those of us who understand the deteriorating condition of our environment and are concerned with reducing our carbon footprint, to open our eyes to the number one action that most significantly and directly contributes to global warming: eating animal foods.

Respected leaders studying climate change around the world have identified animal agriculture as the leading contributor to global warming from human activities. Dr. Rajendra Pachauri, Chairman of the Intergovernmental Panel on Climate Change (IPCC), who shared the Nobel Peace Prize with Al Gore in 2007, recommended that individuals “Give up meat for one day [per week] at least initially, and decrease it from there. In terms of immediacy of action and the feasibility of bringing about reductions in a short period of time, it clearly is the most attractive opportunity.”

The landmark 2006 U.N. report, “Livestock's Long Shadow: Environmental Issues and Options,” concluded that animal agriculture is “one of the ... most significant contributors to the most serious environmental problems, at every scale from local to global.” The meat, dairy, and egg industry accounts for 18 percent of all greenhouse gas emissions. That's 40 percent more than all the cars, SUVs, trucks, planes, boats, and other modes of fossil-based transportation in the world, which combined account for 13 percent. In comparison, every house, residential and office building in the world accounts for just 8 percent. The U.N., in its 408-page indictment of animal agriculture, detailed how 70 percent of the Amazon rainforests have been cut down for grazing and one-third of the planet's arable land is now used for growing feed for livestock. The U.N. report specifically addressed the contribution of eating meat to “problems of land degradation, climate change and air pollution, water shortage and water pollution, and loss of biodiversity.”

Extensive documentation on these issues can be found in many articles and websites, including:

- “Top Ten Reasons Why It's Green to Go Veggie,” featured in Planet Kansas, August/September 2008, Vol. 32, No. 4
- The Humane Society website: www.hsus.org;
- Earth Save report “How Environmentalists are Overlooking Vegetarianism as the Most Effective Tool Against Climate Change in Our Lifetimes”: <http://earthsave.org/globalwarm->

[ing.htm](#);

- Diet, Energy and Global Warming, University of Chicago report: <http://geosci.uchicago.edu/~gidon/papers/nutri/nutriEI.pdf>;
- The Vegan Society website: www.vegansociety.com; and the U.N. report: www.fao.org/docrep/010/a0701e/a0701e00.htm.

Resistance to Change

Yet with all of this compelling evidence, many environmentally conscious people are resistant to changing their food habits. Why is this? Why do people who call themselves environmentalists still eat animal foods?

Looking deeply at our food choices and the reality of the potential harm they perpetrate on animals, the environment, and world hunger makes some people uncomfortable. It has become an “inconvenient truth” of the highest order—inconvenient even to discuss openly in some environmental circles. Speaking about the negative consequences of animal foods remains one of the most taboo subjects in our society.

The Kanza Group of the Sierra Club in Kansas City recently hosted an enlightening talk by Will Tuttle, Ph.D., author of *The World Peace Diet: Eating for Spiritual Health and Social Harmony* that explored the topic of eating animal foods. Dr. Tuttle explained that we are often unable to objectively examine our food choices or to make changes, even though we may know intellectually they would be beneficial, because we are so immersed in the worldview of our culture that it's nearly impossible to think outside that box. As he stated, “Most of us resist being told we've been indoctrinated. After all, we live in the land of the free, and we like to think we've arrived freely at the belief that we need to eat animal products and that it's natural and right to do so. In fact, we have inherited this belief. We've been indoctrinated in the most deeply rooted and potent way possible, as vulnerable infants, yet because our culture denies the existence of indoctrination, the reality of the process is invisible, making it difficult for most of us to realize or admit the truth.”

A Fundamental Disconnect

Dr. Tuttle's premise is that as a result of a lifetime of disconnecting from the reality of the suffering endured by the animals who become food on our plates, we have fundamentally failed to make the connection between ourselves and the oneness of nature, our fellow human and nonhuman animals with whom we share planet Earth. We have disconnected from the instinctive goodness, compassion, wisdom and respect for all life that is our true nature, and instead have acted in ways that create great harm to nature and our fellow beings. Dr. Tuttle quoted a Zen saying, “That which you ignore most forcefully will control you the most.”

Dr. Tuttle speaks eloquently about food as our most intimate connection with nature, and the distinction between plant and animal agriculture. He described plant agriculture as the personification of the feminine qualities of acting in



Economic Troubles Affect Recycling

By Craig Volland

On November 19, Mike Clagett, recycling manager for Deffenbaugh Industries, the owner & operator of the Johnson County (KS) landfill and recycling plant, gave an update on their recycling program to the Midwest Section of the Air & Waste Management Association. This intrepid reporter was there on behalf of the Kansas Chapter of the Sierra Club.

Mike started by giving assurances that the recyclables his company collects are not being land filled, and that any lingering distrust of the system is unfounded. A big reason is that they must sell the materials in order to pay for the program. They do, however, receive additional payments from municipalities.

Deffenbaugh collects some 140,000 tons of recyclables per year and processes them for market in a 70,000 square foot sorting and baling facility. That's about 8% of the waste stream. About 50% of this material is shipped to China and about 5% to Mexico. The rest is sold in the United States.

Prior to 2003, the company collected pre-sorted items. In 2003 they spent \$1.5 million for a machine that automatically sorts co-mingled recyclables. Not only did this make it easier for people to participate, but it also cut the company's collection and fuel costs by half. These savings allowed Deffenbaugh to continue the program. Mike said that a high level of mechanization was essential to maintain the economics of the program.

They do not collect glass except at some drop-off centers. At the time they dropped glass from their curbside collection program, they added the pick-up of several types of paper fiber materials. In fact, 93% of the tonnage is fiber-based materials.

Market prices for recyclable materials, which had been very robust, have recently tanked like everything else in our economy. Newspaper that was going for \$190/ton has slipped to \$20 - \$40/ton today. Number 1 & 2 plastics, which had been 19 - 20 cents/pound, are fetching only two cents. Aluminum cans have fallen from \$1.08/lb to \$0.40/lb. They are now losing money. Because they have other business to rely on he thinks they can keep going for a year, but after that all bets are off. He thinks other companies whose only business is recycling may not make it through the recession.

I asked if his company was selling newsprint for the manufacture of blown-in insulation. Not anymore. This market requires that the newspaper be perfectly dry, and it must be free of the advertising inserts. This suggested to me at least one drawback to their automatic sorting system, although curbside recycling itself presents a problem keeping the material perfectly dry.

Then I asked what happened to the 300 tons/month of glass they still picked up at drop off centers. He said they ship it to a company in St. Louis who processes the material to sell

Chapter Protests KDA's Milk Labeling Rule

The Kansas Department of Agriculture has proposed a new rule that, among other things, prohibits dairy product processors from saying things like "no artificial hormones" or "rBST free" on the label. Processors are allowed to say they don't use this genetically engineered bovine growth hormone in production of the milk, but then they are required to say, in the exact same font type and size, that there's no significant difference between it and milk where rBST is used. Actually rBST differs by one amino acid from its natural counterpart, and it has been banned in most other developed countries.

The Chapter issued an alert to our membership and we thank the over 500 members who responded with an email to both the Governor and to the FDA. Below is our testimony at the December 2 hearing in Topeka.

Testimony on KDA's proposed milk labeling rule by Craig S. Volland representing the Sierra Club and the Kansas City Food Circle, December 2, 2008

The Food & Drug Administration has stated that labeling with regard to rBST is voluntary. This policy is voluntary because the FDA concluded they do not have the statutory authority to require it. So why are we dealing with this now, some 14 years after rBST was introduced?

KDA states in their fact sheet that "Senate Bill 595 signaled the need ..." for this rule. To my knowledge a legislative bill that fails to pass has no legal significance with regard to the need for or formulation of regulations. Since virtually all the parties who testified in favor of SB595 were dairy owners or operators who use rBST, or their advocates, it's safe to say the signal that the KDA is referring to came from rBST users. Nowhere in the hearing notice or fact sheet does KDA refer to any complaints from the consumers that the KDA says are in need of protection. Therefore we can safely conclude that the KDA's proposed rule is unnecessary.

I have here several products with labels functionally equivalent to the "rBS free" statement that has been deemed false and misleading by the KDA. This baking soda says "aluminum free." This chicken broth says "gluten free" and "fat free." This cane sugar package says "no beet sugar." Absolutely no claims are made elsewhere on the containers or packages about the health implications of the absence of these substances. Likewise the mere statement, "rBST free" makes no claim to a health implication. It is up to the consumer to decide what that means to her or him based on information they have obtained elsewhere.

This can of canola oil says, "Third party verified oil in this product is from canola that was not genetically engineered." This is essentially the same claim as "rBST free." But the rule wouldn't apply to any of the products I have exhibited. Thus we can safely conclude that the proposed rule would discriminate against some perfectly good dairy products and the people who

See Milk on page 7



Dec / Jan 2008-09

See Recycling on page 7

Recycling, continued from page 6

to Owens Corning and other manufacturers of new containers. My take is that if there is a nearby market it saves energy to recycle glass. However it's a close call. There could be circumstances where it would be better to landfill this heavy & inert material rather than generate carbon hauling it long distances to market.

Mike also said that landfill space is diminishing in the metro area, and it takes a very long time to get a new permit for additional space. I dropped all pretense of objectivity and pointed out to the audience that the biggest value of recycling is probably the space it saves in the landfill, not the revenue the materials fetch on the market. Market prices for recyclable materials have collapsed in the past. If landfill space becomes scarce enough municipalities will still be better off maintaining their recycling programs even if they give away the stuff to end users. 

Milk, continued from page 6

want to buy them.

The KDA states that this rule will apply to out-of-state dairy processing plants. This means the rule will inhibit interstate commerce.

The KDA's hearing notice says their proposed rule will have a minimal impact on their budget for inspections, so its no skin off their nose! However they also say the rule would "significantly impact dairy manufacturing plants that choose to make production claims concerning rBST on their labels." Thus we can safely conclude, from KDA's own words, that the rule would be burdensome.

The KDA goes further to say that plants using glass bottles "will need to replace their entire inventory..." This is ironic since the whole purpose of reusable glass bottles is to keep milk containers out of the landfill! Therefore we can safely conclude that this rule would be wasteful.

The rules also indicate that any glass bottles purchased in good faith, before the KDA gave notice, printed with "rBST free" or the like, will have to be replaced. Thus the rule appears to cause destruction of private property and will likely subject the state to financial liability.

Finally the proposed rule states that a dairy product will be deemed to be misbranded if the label contains "false or misleading statements." KDA then proceeds to ban, among others, the phrase, "rBST free." But "rBST free" is a true statement because this chemical is not used in the production of the product and cannot be present in it. Thus we can safely conclude that the proposed rule is nonsensical.

In summary this rule would be unnecessary, discriminatory, burdensome, wasteful, & nonsensical, and it would inhibit interstate commerce and subject the state to financial liability. Obviously it is not good governance and should be withdrawn. 

Change, continued from page 5

harmony with the beauty, cycles, life-giving, nurturing forces, and fertility of nature. In contrast, he noted, animal agriculture calls forth the worst in male chauvinism – the predatory qualities of aggression, violence, cruelty, killing, commodification, and heartless domination through brute force over the weaker, vulnerable living beings who are at their mercy.

Animal Agriculture Harms Animals, Human Health, and Environment

In *The World Peace Diet*, Dr. Tuttle details the destructive practices of animal agriculture: "It would be difficult to conceive of a more wasteful, toxic, inhumane, disease-promoting, and destructive food production system than our farmed animal industry. Besides being inhumane to the animals imprisoned for food ... the farmed animal industry also extravagantly wastes water, petroleum, land, and chemicals; destroys forests and fisheries; severely pollutes land, water and air; and, at enormous expense, floods our markets with products that are toxic in the extreme to our own health."

During his talk, Dr. Tuttle discussed how fully 70 percent of the grain grown in the U.S. and 40 percent worldwide is used to feed farmed animals. Then, over 90 percent of the protein in this grain is converted into methane, ammonia, urea, and manure that pollute our air and water. Since herbivore animals cannot properly digest grains, they emit large amounts of methane gas, which is a greenhouse gas 23 percent more powerful than CO₂. It is estimated that the resources in terms of water, grain, petroleum, and land it takes to feed one meat eater could feed fifteen vegans. Furthermore, the grain and cereals used to fatten animals for slaughter could have been directly consumed by humans, or were grown on land that could have been used to grow food rather than feed, or returned to wildness to be desperately needed habitat for wildlife.

Farmed animals produce 130 times more excrement than humans. There is little regulatory oversight of the disposal of manure, so its concentrated toxic mix of fungicides, insecticides, herbicides, and hormone residues pollute our groundwater, rivers, lakes, and oceans. Our water is further polluted by "nutrient-rich" runoff from excessive amounts of nitrogen fertilizer used to grow animal feed.

Short vs. Long-Term View

Dr. Tuttle believes that our culture has arrived at the dead end of viewing the world through the mentality of reductionism, commodification, exclusion, disconnectedness, predation, and oppression. We are now waking up to the self-destructive ramifications of our short-sighted ways many people have been acting. We are on the brink of a catastrophic environmental breakdown, and each of us is called upon to make our lives part of the solution.

Dr. Tuttle implores us to question the underlying assumptions of our culture and to cultivate the wisdom to realize they are the



Kanza Group & Thomas Hart Benton Group to Present WILD Alaska Program at a Special Joint Meeting

Sierra Club Alaska Task Force staffer Vicky Hoover will present a program on Wild Alaska for a joint meeting of the Kanza (KS) and Thomas Hart Benton (MO) groups of the Sierra Club on Tuesday, February 3, 2009. Alaska's vast and magnificent public lands have been a Sierra Club priority since 1967, and Vicky's pictures, many historic from Sierra club advocacy campaigns, will help show why. The presentation starts with a very brief historical review of Sierra Club involvement in Alaska, and then gives a photographic overview of the state's prominent wild places.

We'll follow several trips in the Arctic National Wildlife refuge, including 1970s exploration trips by Sierra Club iconic leader Ed Wayburn. Vicky has worked for 22 years on behalf of the Sierra Club to protect and preserve Alaska's wild places. At the same time she volunteers for wilderness as chair of the Sierra Club's California/ Nevada Wilderness Committee and as a member of the national Utah Wilderness Task Force. As an outings leader, she leads wilderness advocacy and service trips in California, Nevada, and Utah, and has co-lead trips in Alaska, where she has travelled numerous times.

This is a combined general meeting of the two Sierra Club groups in the Kansas City area. Date: Tuesday, February 3, Place: Discovery Center, 4750 Troost Avenue Kansas City, Missouri. Please watch for future announcements. Questions may be directed to Steve Baru, 913-814-0583 or stevebaru@aol.com. 



Vicky Hoover stays dry using a quickly set up rain shelter.



A Visit to Quivira National Wildlife Refuge

By Don Skokan

Quivira National Wildlife Refuge, southeast of Great Bend, was the setting for a Southwind day outing on Saturday, November 22. The trip was led by Ellie Skokan. Participants were Dave & Mary Kirkbride, Tom & Grace Kneil, Allison Lemmons, Jay Moreland, Don Skokan, Judy Streeter and Vernie Wollard. For most of the group, this was their first visit to the Refuge

The refuge features salt marshes surrounded by sandhills, grasslands and grain fields. The area attracts migrating birds, particularly waterfowl, during the spring and fall. Whooping Cranes were not at the refuge on this particular weekend; however, as many as fifteen visited the area earlier in November. We did see the beautiful Tundra Swans which have been very dependable visitors the past few years. Other birds seen at the refuge were Bald Eagles; an American White Pelican;



Snow, White front and Canada Geese; Sandhill Cranes; and numerous ducks and hawks.

Most of the time was spent driving the Wildlife Drive along the Big Salt Marsh, making numerous stops to observe and listen to the birds. Before leaving the area, we visited the Migrant's Mile Nature Trail and went for a short hike and took some pictures. We found that humans made a much easier photographic subject than the smaller and more distant birds.

We had car pooled from the Great Plains Nature Center, Wichita, and one of our treats was a stop on our return at the Carriage Crossing Restaurant, in Yoder, for a late lunch and a short visit across the street for shopping at Yoder Meats and Kansas Station for local products. 

Change, continued from page 7

obsolete, unsustainable vestiges of the herding revolution that began 10,000 years ago in what is now Iraq, when humans first began to commodify and dominate animals for food. Our current environmental crisis cannot be solved at the same level of consciousness that created it. A new enlightened mentality based on the higher principles of unity, inclusiveness, compassion, generosity, harmony, and respect for all life holds the key to solving our problems. Dr. Tuttle urges us to have the courage to step outside the comfort zone of our habitual behaviors and embark upon a life whose ramifications are healing and blessing to the world. In his view, a vegan revolution is the key to creating a sustainable, peaceful, and compassionate world for all beings.

The term vegan (pronounced vee-gun) was created by Donald Watson in 1944, who wrote: "Veganism denotes a philosophy and way of living which seeks to exclude, as far as is possible and practical, all forms of exploitation of and cruelty to animals for food, clothing, or any other purpose and, by extension, promotes the development and use of animal-free alternatives for the benefit of humans, animals, and the environment."

Putting Ethics into Practice

In June 2005, my husband Daniel and I had the good fortune of meeting Will Tuttle and his artist wife, Madeleine, who have been vegans for nearly thirty years. We learned a lot from them about veganism and how it aligned with our spiritual and ethical values. A week later, we saw "Peaceable Kingdom," a film which shines an unflinching light on the abject suffering of animals raised and slaughtered for food. The film contrasts the scenes of unrelenting suffering with the happy, sociable, and joy-filled lives of rescued farm animals living at the Farm Sanctuary in Watkins Glen, New York.

As people who place a high priority on living lives that seek to bring happiness and refrain from harming other living beings, these experiences awakened the compassion in our hearts for animals raised for food. After seeing the film, we went home and threw out everything in our kitchen that was not vegan. We thought we'd take thirty days to gradually change our eating habits, since that is the amount of time we'd heard it takes to develop new ones, but we found that, after what we'd experienced, we could never knowingly return to engaging in behavior that contributed to the suffering of animals.

We were pleasantly surprised to find that becoming vegan was a smooth and easy transition. Human bodies do not require any animal to suffer to be healthy. My husband Daniel is a college professor who teaches nutrition and chiropractic, so we were well aware of plant-based sources of high quality protein. The healthiest diet consists of eating a variety of vegetables, fruits, grains, seeds, beans, and nuts, with a minimum of fat, sugar, and processed foods. A vegan should also add a supplement of vitamin B12 and omega-3 fatty acids derived from plankton (which is where the fish get it in the first place).



Sierra Club National Field Trips Are Rewarding

By Dr. Maggie Childs, Wakarusa Group member

“...There’s nothing more glorious than spending a week doing nothing but moving through one incredibly beautiful place after another.”

My first trip, back in 1988, in the Gila Mountains of New Mexico, was a disappointment. I expected to do trail maintenance but spent most of my time standing around. The leaders never took charge and the men in the group were intent only



Maggie Childs takes a timeout during a week long hiking trip in the Ansel Adams Wilderness Area in the Sierra Nevada Mountains of California

upon outdoing each other. I turned to commercial adventure travel companies and had some wonderful hiking trips in Minnesota, Washington and Alaska. After more than ten years I decided to try the Sierra Club again, this time with a woman’s service trip in northeast Oregon. It was perfect. We camped in a lovely valley and spent 3.5 days building water bars and check dams: strenuous but satisfying work. Our leader gave everyone a job and made sure they knew how to do it. On our 1.5 days off we went hiking beyond our worksite. Everything was well organized, from taking turns helping our cook prepare meals to using the communal latrine.

Two other women’s service trips I’ve done, in northern California and Nevada, involved cutting back brush from overgrown trails. On one trip I got frustrated with teammates who wouldn’t make the effort to stash the cut brush off the trail and out of sight, so I just specialized in that task most of

the week. A recent trip in southern Wyoming, near the Continental Divide, involved sawing through innumerable fallen trees and planting posts in meadows for trail markers. That trip provided the best day-off hiking since we

were camped at a trail intersection and could easily explore new terrain. On a service trip in Puerto Rico we were asked to paint cabins for a community center retreat camp. None of us were very happy about that, but we worked quickly and had extra time to hike in the jungle. Plus we got to swim in a nearby river and at the beach.

The work is gratifying but the people also make it worthwhile. I don’t always hit it off with everyone, but the people who sign up for these trips are usually personable and almost always interesting.

I’ve also done a few Sierra Club backpacking trips, mostly in the Sierra Nevada. The Club believes in dividing the gear equally, regardless of your size and weight, and more than once a late cancellation meant we carried more food than we needed, but the only time I really had to carry more than I could manage was the first few hours of the first day of my first trip. In any case, if you’ve done some training and your pack and your boots fit, there’s nothing more glorious than spending a week doing nothing but moving through one incredibly beautiful place after another. 

Change, continued from page 9

Vegan Resources

We purchased several vegan cookbooks with delicious gourmet recipes. Some of our favorites are Veganomicon, ExtraVeganZa, The Mediterranean Vegan Kitchen, Vegan Italiano, Vegan World Fusion Cuisine, The Joy of Vegan Baking, The Millennium Cookbook, and Dining with Friends: The Art of North American Vegan Cuisine. Robin Robertson also has written a multitude of excellent vegan cookbooks.

We found wonderful vegan resources in our local grocery store and organic farmers markets, as well as on websites that offered everything vegan, from meat analogs and cheeses to hiking boots and wallets. Here are a few of the websites that offered extremely helpful information, recipes, and tips:

- www.nutritionmd.com
- www.goveg.com
- www.compassionatecooks.com
- www.vrg.org
- www.vegforlife.org
- www.chooseveg.com

Reality Check

The time has come for those of us who are concerned about climate change to acknowledge the truth: eating animal foods is the number one cause from human activity of global warming and a significant contributor to every major environmental problem. Becoming vegan requires the courage to truly “walk our talk.” It is the single most effective step we can take as individuals to help the environment, but our positive actions should not stop there. To help solve the climate crisis, we are called upon to make every effort to reduce our carbon footprint in all areas of our lives and to share our knowledge with those who can help make a difference—before it’s too late. 



Wakarusa Group Membership Survey

The Wakarusa Group Executive Committee would like to learn from its members about your expectations of the group and how we can plan activities to meet them. If you are a Wakarusa Group Member (Lawrence and surrounding area), please go to the following link or fill out this form below and mail it to complete your survey... www.kansas.sierraclub.org/WakarusaSurvey.htm

A. Please rate the following activities in terms of your interest in participating, using a scale of 1=high interest, 2=some interest, and 3=low interest

_____ Occasional group meetings with programs on such topics as global climate change, alternative energy development, home energy conservation, Kansas legislative agenda, protection of natural areas, or

_____ Outdoor activities in local natural areas such as prairies, wetlands or astronomy star parties

_____ Social events such as picnics and indoor celebrations

_____ Others (please list)

B. Please indicate whether you would be willing to help with any of the above activities (YES or NO)

_____ Group meetings

_____ Outdoor activities

_____ Social events

My contact info is

Name: _____

Phone: _____

Email: _____

C. Tell us what else you think the Wakarusa group should be doing with its volunteers to promote environmental awareness and support in our area.

Complete online at www.kansas.sierraclub.org/WakarusaSurvey.htm, or

Complete above survey and mail to:

Sierra Club - Wakarusa Group

PO Box 1722

Lawrence, KS 66044



Chapter & Group Leaders

Groups are the local body of the Kansas State Chapter

Chapter Executive Committee

Officers, Committee Chairs

*Elected ExCom member; **Appointed ExCom member,
Group Representative to Chapter, *Officer/Committee Chair

Yvonne Cather*, Chapter Chair, Council Delegate, (316) 522-4741,
yvonne.cather@kansasierraclub.org
Craig Lubow*, Vice-Chair, Global Warming Chair, Air Quality Chair,
(913) 299-6620, craig.lubow@kansasierraclub.org
Tom Kneil****, Secretary, (316) 744-1016,
thomas.kneil@kansasierraclub.org
Scott Smith*, Treasurer, (785) 539-1973, wizard13@cox.net
Frank Drinkwine*, Conservation Chair, (913) 385-0385,
frank.drinkwine@kansasierraclub.org
Steven Baru*, Transportation Chair, Council Delegate Alternate,
(913) 814-0583, steve.baru@sierraclub.org
Elaine Giessel*, Environmental Justice Chair, Environmental
Education Chair, (913) 888-8517, elaine.giessel@kansasierraclub.org
Carey Maynard-Moody*, ExCom Member, (785) 842-6517,
careymm@kansasierraclub.org
Paul Post* ExCom Member, Topeka Group Rep, (785) 354-1972,
paulpost@paulpost.com
Craig Wolfe*, Webmaster, Newsletter Editor, Communications Chair,
Membership Chair, (913) 299-4443, info@kansasierraclub.org
Joe Spease***, Legislative Chair, Kanza Group Rep, (913) 492-2862,
spease4kc@everestkc.net
Cherie Birkbeck***, Flint Hills Group Rep, (785) 632-3446,
cheriebirkbeck@hotmail.com
Phil Morse***, Topeka Group Rep, (785) 273-3613,
p.morse@sbcglobal.net
David Kirkbride***, Southwind Group Rep, (316) 945-072,
david.kirkbride@kansasierraclub.org
Bill Cather****, Compliance Officer, (316) 522-4741,
bill.cather@kansasierraclub.org
Bill Griffith****, Energy Chair, Legal Chair, (913) 772-8960,
bill.griffith@kansasierraclub.org
Craig Volland****, CAFO Chair, Trade Chair, Agriculture Chair, Air
Quality Co-Chair, (913) 788-7336, volland@kansasierraclub.org
Larry Ross****, Sprawl Chair, (316) 685-5681,
LarryRoss7133@sbcglobal.net
Tom Thompson (Contractor), Legislative Coordinator, (913) 236-9161,
tomnthompson@sbcglobal.net

(Kanza con't)

Togy Grotz*, Water Quality Chair, (913) 381-8168,
wireless2@mindspring.com
Steve Hassler*, Secretary, (913) 707-3296,
steve.hassler@kansasierraclub.org
James Horlacher*, Hospitality Co-Chair, Corporate Accountability,
(913) 649-1611, jim.horlacher@kansasierraclub.org
Elaine Giessel*, Solid Waste Chair, Environmental Justice Chair,
(913) 888-8517, elaine.giessel@kansasierraclub.org
Tim Liebert*, Hospitality Co-Chair, (913) 383-3644, tiebert@birch.net
Mike Miller*, Membership Chair, Air Quality Chair, (913) 362-2600,
mrmiller1@mindspring.com
Joe Spease*, Legislative Chair, Chapter/Group Rep, (913) 492-2862,
spease4kc@everestkc.net
Craig Wolfe*, Fundraising Chair, Communications Chair, Program Chair,
(913) 299-4443, info@kansasierraclub.org
Mary English****, Education Chair, 913-579-8484,
maryenglish4402@hotmail.com
Tom Thompson****, Political Chair, (913) 236-9161,
tomnthompson@sbcglobal.net
Bob Wilshire****, Outings Chair, (913) 384-6645, rjwilshire@kc.rr.com

Southwind Group (Wichita)

Dave Kirkbride*, Chair, Chapter/Group Rep., Newsletter Chair,
(316) 945-0728, david.kirkbride@kansasierraclub.org
Ellie Skokan*, Vice Chair, Conservation Chair, EJ Chair, (316)744-0033,
ellie_skokan@yahoo.com
Tom Kneil* Secretary, Alternate Chapter Delegate, Global Warming
Chair, (316) 744-1016, Thomas.kneil@kansasierraclub.org
Stuart Bolt**** Treasurer, (316) 685-3492,
stuart.bolt@kansasierraclub.org
Elizabeth Bishop* Sprawl Chair, Parks & Refuges Chair, (316)684-0988,
elizard@earthlink.net
Kathryn Buck** Membership Chair, Program Co-Chair, Publicity Chair,
(316) 789-0739, justkathryn@hotmail.com
Bill Cather* Program Co-Chair, (316)522-4741,
bill.cather@kansasierraclub.org
Larry Ross* Outings Chair, Political Chair, Transportation Chair,
(316) 685-5681, larryross7133@sbcglobal.net
Yvonne Cather**** Energy Chair, (316)522-4741,
Yvonne.cather@kansasierraclub.org
Barbara Keltner**** CAFO Chair, Corporate Accountability Chair,
International Trade Chair, (316)722-5621

Flint Hills Group (Manhattan Area)

Scott Smith*, Group Chair, Treasurer, (785) 539-1973,
wizard13@cox.net
Larry Erickson, Vice Chair, Conservation Chair, Environmental
Education, (785) 539-4424, lerick@ksu.edu
Cherie Birkbeck, Chapter/Group Rep, (785) 632-3446,
cheriebirkbeck@hotmail.com
Carol Barta, Newsletter Editor, Program Chair, (785) 410-8608,
snowsage54@hotmail.com

Kanza Group (Kansas City)

Frank Drinkwine*, Chair, (913) 385-0385,
frank.drinkwine@kansasierraclub.org
Steven Baru*, Vice-Chair, (913) 814-0583,
steve.baru@sierraclub.org
Richard Voss****, Treasurer, (913) 888-8517,
richard.voss@kansasierraclub.org
Craig Lubow*, Conservation Chair, Global
Warming Chair, Calendars, (913) 299-6620, craig.
lubow@kansasierraclub.org



Dec / Jan 2008-09

Topeka Group

Paul Post, Chair, (785) 354-1972 (day), paulpost@paulpost.com
Jim Tuchscherer, Vice Chair, (785) 272 5633, jimtuch@earthlink.net
Bill Cutler, Treasurer, (785) 379-9756, spudspa@yahoo.com
Jack Smith, Outings Chair, (785) 273-3138, JKJMSmith@aol.com
Jo Ann Van Meter, Conservation, (785) 234-3023, worrybeads@aol.com
Gary Anderson, Membership Chair, (785) 246-3229,
ganderson1963@ksbroadband.net
Phil Morse****, Political Chair, (785) 273-3613, p.morse@sbcglobal.net

Wakarusa Group (Lawrence)

Carey Maynard-Moody*, Chair, Political Chair, Sprawl/Transportation,
(785) 842-6517, careymm@kansasierraclub.org
Carolyn Binns*, Treasurer, (785) 841-3238, carolynbinns@sunflower.com
George Brenner*, Cool Cities Committee member,
(785) 393-3828, gbrenner@sunflower.com
Steve Lopes*, Recording secretary, (785) 842-7137, Slopes3688@aol.com
Maggie Ogden*, KU student liaison, ogden_sm@yahoo.com
Gretchen Heasty****, Publicity Chair, (785) 550-1129,
gretchen2004@sunflower.com

General Meetings

General public is welcome to attend

Flint Hills Group (Manhattan)

General Information

For information please call Scott Smith at 785-539-1973 anytime or email wizard13@cox.net.

Kanza Group, (Kansas City)

December 9. 7:00 pm.

Share Your Adventures

7:00 pm - Come early, and we will have snacks and good conversation followed by our general meeting.

7:30 pm - Share Your Adventures is Kanza Group's annual invitation to members to bring their special slide shows of your recent vacations. This is always a favorite of wonderful adventures around the world. Call Craig Wolfe if you are bringing slides. Overland Park Lutheran Church, 7810 W. 79th Street. Park on north side. Directions map at: www.kansas.sierraclub.org/kanzadirections.htm. Craig Wolfe, (913) 299-4443, info@kansas.sierraclub.org

Kanza Group, (Kansas City)

February 3. 7:00 pm.

Wild Alaska - Joint General Meeting

7:00 pm - Come early, and we will have snacks and good conversation followed by our general meeting.

7:30 pm - Sierra Club Alaska Task Force staffer Vicky Hoover will present a program on Wild Alaska for a joint meeting of the Kanza (KS) and Thomas Heart Benton (MO) groups of the Sierra Club. Alaska's vast and magnificent public lands have been a Sierra Club priority since 1967, and Vicky's pictures, many historic from Sierra club advocacy campaigns, will help show why. The presentation starts with a very brief historical review of Sierra Club involvement in Alaska, and then gives a photographic overview of the state's prominent wild places.

Where - Discovery Center, 4750 Troost Avenue, KCMO. Steve Baru, (913) 814-0583, steve.baru@sierraclub.org

Southwind Group (Wichita)

December 12. 6:30 pm

Southwind Holiday Dinner

Covered Dish Holiday Dinner at the home of Mary June Hefley, 6201 Perryton in Bel Aire. The Southwind Group will provide the entre' & members are encouraged to bring their favorite covered dishes

Southwind Group (Wichita)

January 9. 6:30 pm

My Alaska Homesteading Experiences

6:30 pm - Food & Conversation will begin at 6:30

7:30 pm - Great Plains Nature Center. Norma Cobb, author of Arctic Homestead will present slides of her experiences while homesteading in Alaska. She will autograph copies of her book after the presentation.. Dave Kirkbride, (316) 522-4741, david.kirkbride@kansas.sierraclub.org

Topeka Group

December 5. 7:00 pm

Annual Holiday dinner

Our annual holiday season dinner (cost of meal "on your own") will be held again this year at the Blind Tiger Brewery and Restaurant, 417 SW 37th Street. Paul Post, (785) 354-1972, paulpost@paulpost.com

Topeka Group

January 27. 7:00 pm.

Wild Animals in Kansas, Part II

Dennis Dinwiddie of the Stone Nature Center's wildlife rehabilitation unit will be our speaker, and will bring, as his guests, several native birds, reptiles, mammals, and insects who are at home in Kansas. Dennis was one of our speakers in 2007, and his program was very popular. Hence, the encore. Stone Nature Center is affiliated with The Villages, which provides emotionally supportive families and homes to children and youth in need. Topeka and Shawnee County Library, 1515 SW 10th Street, Topeka, Kansas. Paul Post, (785) 354-1972, paulpost@paulpost.com

Wakarusa Group, (Lawrence)

General Information

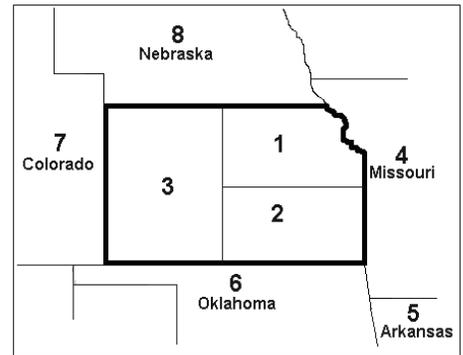
The Wakarusa Group is limiting its general meetings in order to concentrate on holding special events. To get the most up-to-date announcements about these events, please add your name to our e-mail list by contacting Carey Maynard-Moody.. Carey Maynard-Moody, (785) 842-6517, careymm@kansas.sierraclub.org



Sierra Club Outings

General public is welcome to participate

Below is the combined list of all outings by the Kansas Chapter and Groups. The number in [brackets] indicates the area of the outing as shown on the map. Please contact the outing leader listed after the description by phone or e-mail before attending any of these activities. For trips requiring physical exertion, leaders need to know your ability and condition. Sierra Club policy also requires participants to sign a liability waiver or acknowledgement of risk prior to departing the trailhead.



[1] Dec 5. 7:00 pm. Annual Holiday Dinner
Dinner “on your own” at Blind Tiger Brewery and Restaurant, 417 SW 37th Street, at 7 p.m.. Topeka. Paul Post, (785) 354-1972, paulpost@paulpost.com

[2] Dec 8. 5:30 pm. Southwind at Caffé Moderne
Drinks and Conversation at the Café Moderne, 300 block of Mead in Old Town. Southwind. Kathryn Buck, (316) 789-0739, justkathrynb@hotmail.com

[2] Dec 12. 6:30 pm. Southwind Holiday Dinner
Covered Dish Holiday Dinner at the home of Mary June Hefley, 6201 Perryton in Bel Aire. The Southwind Group will provide the entre’ & members are encouraged to bring their favorite covered dishes. Southwind. Dave Kirkbride, (316) 522-4741, david.kirkbride@kansas.sierraclub.org

[4] Dec 12-14. Winter Backpacking at Hercules Glades Wilderness, Forsyth MO
Yes, it might be cold but Hercules Glades in the winter can be quite spectacular. Cold weather won’t stop us, but hazardous driving conditions will cause us to cancel. \$10 donation requested. . Kanza. Dave Patton, (816) 461-6091, davedahiker@yahoo.com

[2] Dec 13. 10:00 am. Southwind Service Outing
We will meet at the Satterthwaite Wildlife Preserve near Udall to remove fallen limbs.. Southwind. Dave Kirkbride, (316) 522-4741, david.kirkbride@kansas.sierraclub.org

[4] Jan 3. Day Hiking at Fleming Park, Jackson County, MO
Enjoy the crisp winter air as we hike and explore some off trail ravines and woodlands. Bring your lunch, and we’ll provide the hot chocolate. \$5 donation requested. . Kanza. Paul Gross, (816) 228-6563, wildwoodp@hotmail.com

Mead in Old Town
Drinks and Conversation at the Café Moderne. Southwind. Kathryn Buck, (316) 789-0739, justkathrynb@hotmail.com

[4] Jan 16-18. Winter Backpack at Devil’s Backbone Wilderness, West Plains, MO
Let winter weave its magic spell and enjoy the solitude of the wilderness in cold weather. Dress warm and you won’t run any icy fingers (or toes) up and down the Devil’s Backbone. Cold weather won’t stop us, but hazardous driving conditions will cause us to cancel. \$10 donation requested. . Kanza. Bob Wilshire, (913) 384-6645, rjwilshire@kc.rr.com

[1] Jan 31. Day Hike and Geocaching Adventure, Shawnee Mission Park, KS
Get out of the cabin and stretch your legs on this high tech scavenger hunt. Great fun for kids too. \$5 donation requested.. Kanza. Dave Patton, (816) 461-6091, davedahiker@yahoo.com



Dec / Jan 2008-09

[2] Jan 12. 5:30 pm. Southwind at Caffé Moderne, 300 block of



Committee Meetings

Kanza Group (Kansas City)

Executive Committee

Dec 4, Jan 22 - 7:00 pm,

Frank Drinkwine, (913) 385-0385,
frank.drinkwine@kansas.sierraclub.org

Joint Action Committee

Dec 4, Jan 22 - 7:00 pm,

Conservation, legislative, and political
Craig Lubow, (913) 299-6620,
craig.lubow@kansas.sierraclub.org

Southwind Group (Wichita)

Executive and Fundraising Committee

Dec 7, Jan 4 - 6:00 pm

Equity Bank Building
Dave Kirkbride, (316) 655-8299,
david.kirkbride@kansas.sierraclub.org

Conservation Committee

Jan 20, - 6:30 pm

5825 Memphis St, Bel Aire Wichita.
Ellie Skokan, (316) 744-0033
ellie_skokan@yahoo.com

Wakarusa Group (Lawrence)

Executive Committee Planning

TBA - 7:00 pm

Location TBA. Carey Maynard-Moody,
(785) 842-6517,
careymm@kansas.sierraclub.org.

Conservation Committee

Contact Carey Maynard-Moody,
(785) 842-6517,
careymm@kansas.sierraclub.org.

Topeka Group, ExCom meets quarterly, TBA. Paul Post, (785) 354-1972, paulpost@paulpost.com
Energy Committee, Jan 8, Classic Bean, Fairlawn Plaza Shopping Cntr, 2225 SW Fairlawn Plaza Dr
Phil Morse (785) 273-3614, p.morse@sbcglobal.net

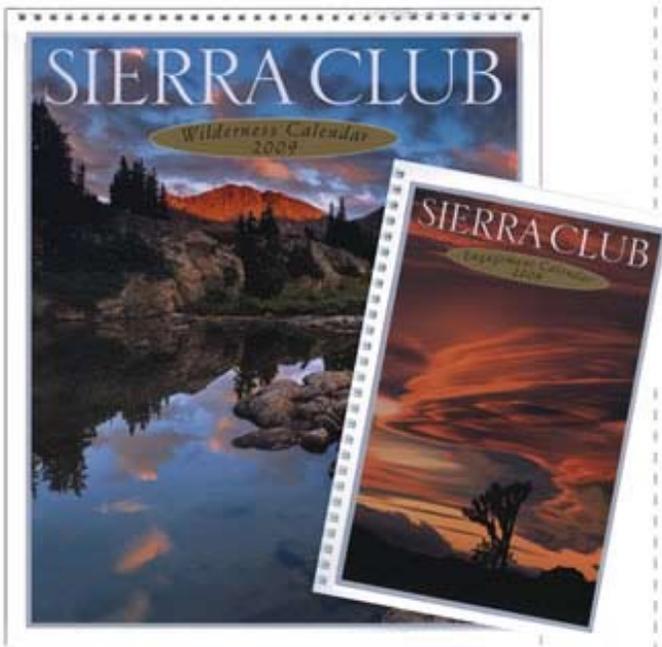
Kansas Chapter: (State), Executive Committee, Nov 15 (location TBA)

Yvonne Cather (316) 522-4741, yvonne.cather@kansas.sierraclub.org



Explore, enjoy and protect the planet

Give a 2009 Sierra Club Calendar for Christmas



Order Form

Item	Cost	Quantity	Total
Engagement Calendar	<input type="checkbox"/> \$13.95	_____	_____
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Make checks payable to Sierra Club.		Subtotal _____	
Mail payment to: Craig Lubow 630 Minnesota Ave Ste 225 Kansas City, KS 66101 or craig.lubow@kansas.sierraclub.org		Shipping (\$3 per calendar) _____	
		Grand Total _____	

Ship To

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Phone (____) _____
Email _____

Calendar of Events

Summary of all Kansas Chapter Events

Below is a listing of all General Meetings (GM), Outings (Out), and Committee Meetings (CM) for the Kansas Chapter and Groups. For specific information, see General Meetings page 13, Outings page 14, and Committee Meetings page 15. For the latest update on events, go to www.kansas.sierraclub.org/EventsSearch.htm.

- CM TBA. 7:00 pm. Planning committee meeting. Wakarusa. Carey Maynard-Moody, (785) 842-6517, careymm@kansas.sierraclub.org
- CM Dec 4. 7:00 pm. Conservation and Joint Action Committee. Kanza. Craig Lubow, (913) 299-6620, craig.lubow@kansas.sierraclub.org
- CM Dec 4. 7:00 pm. Kanza ExCom meeting. Kanza. Frank Drinkwine, (913) 385-0385, frank.drinkwine@kansas.sierraclub.org
- GM Dec 5. 7:00 pm. Annual Holiday dinner. Topeka. Paul Post, (785) 354-1972, paulpost@paulpost.com
- CM Dec 7. 6:00 pm. Southwind ExCom Meeting. Southwind. Dave Kirkbride, (316) 522-4741, david.kirkbride@kansas.sierraclub.org
- Out Dec 5. 7:00 pm. Annual Holiday Dinner. Topeka. Paul Post, (785) 354-1972, paulpost@paulpost.com
- GM Dec 9. 7:00 pm. Share Your Adventures. Kanza. Craig Wolfe, (913) 299-4443, info@kansas.sierraclub.org
- Out Dec 8. 5:30 pm. Southwind at Caffé Moderne. Southwind. Kathryn Buck, (316) 789-0739, justkathrynb@hotmail.com
- Out Dec 12. 6:30 pm. Southwind Holiday Dinner. Southwind. Dave Kirkbride, (316) 522-4741, david.kirkbride@kansas.sierraclub.org
- Out Dec 12-14. C. Winter Backpacking at Hercules Glades Wilderness, Forsyth MO. Kanza. Dave Patton, (816) 461-6091, davedahiker@yahoo.com
- Out Dec 13. 10:00 am. Southwind Service Outing. Southwind. Dave Kirkbride, (316) 522-4741, david.kirkbride@kansas.sierraclub.org
- Out Jan 3. Day Hiking at Fleming Park, Jackson County, MO. Kanza. Paul Gross, (816) 228-6563, wildwoodp@hotmail.com
- CM Jan 4. 6:00 pm. Southwind ExCom Meeting. Southwind. Dave Kirkbride, (316) 522-4741, david.kirkbride@kansas.sierraclub.org
- CM Jan 8. 7:00 pm. Energy Committee. Topeka. Phil Morse (785) 273-3613, p.morse@sbcglobal.net
- GM Jan 9. 6:30 pm. Southwind General Membership Meeting. Southwind. Dave Kirkbride, (316) 522-4741, david.kirkbride@kansas.sierraclub.org
- Out Jan 12. 5:30 pm. Southwind at Caffé Moderne, 300 block of Mead in Old Town. Southwind. Kathryn Buck, (316) 789-0739, justkathrynb@hotmail.com
- Out Jan 16-18. Winter Backpack at Devil's Backbone Wilderness, West Plains, MO. Kanza. Bob Wilshire, (913) 384-6645, rjwilshire@kc.rr.com
- CM Jan 20. 6:30 pm. Conservation Committee Meeting. Southwind. Ellie Skokan, (316) 744-0033, ellie_skokan@yahoo.com
- CM Jan 22. 7:00 pm. Kanza ExCom meeting. Kanza. Frank Drinkwine, (913) 385-0385, frank.drinkwine@kansas.sierraclub.org
- CM Jan 22. 7:00 pm. Conservation and Joint Action Committee. Kanza. Craig Lubow, (913) 299-6620, craig.lubow@kansas.sierraclub.org
- GM Jan 27. 7:00 pm. Wild Animals of Kansas, Part II. Topeka. Paul Post, (785) 354-1972, paulpost@paulpost.com
- Out Jan 31. Day Hike and Geocaching Adventure, Shawnee Mission Park, KS. Kanza. Dave Patton, (816) 461-6091, davedahiker@yahoo.com
- GM Feb 3. 7:00 pm. Wild Alaska - Joint General Meeting. Kanza. Steve Baru, (913) 814-0583, steve.baru@sierraclub.org



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Kansas Chapter of Sierra Club
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Kansas City, KS 66109-4326

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