

Kansas Cattle Feedlots Lower Quality of Life

By Craig Volland, CAFO Committee Chair

We recently received the following letter describing conditions at cattle feedlots around Garden City.

Dear reader:

I am a resident of SW Kansas and I am becoming increasingly appalled at the deplorable conditions in area feed lots.

Area residents are routinely forced indoors and must keep the windows closed due to the stench of rotting feces. Since conditions are worse during warmer temperatures, we are forced to air condition our homes instead opening our windows. As a result of this ongoing problem, energy consumption and costs are higher than normal.

I am also concerned for our health, both locally and nationally. During hot and dry weather, local residents are forced to breathe air laden with dust. I can only assume this dust contains powdered feces, etc. On a larger scale, the incidence of E. coli and other food borne illnesses is on the rise. This does not surprise me.

The poor animals found in these feed lots are living in horrible conditions. There is no shade, no grass and no room to roam. They are routinely left standing in their own feces for days or weeks. I have never seen a facility being cleaned. Packed feces remains on site and flows untreated into open ponds found on site. I can only assume it eventually finds its way into our drinking water.

I am not surprised that these conditions exist. The farm lobby is large and powerful, the pharmaceutical lobby is even greater. Animals are being given huge amounts of antibiotics and other drugs to counteract the stress brought on by such hideous living conditions. These drugs are passed on up the food chain.

What saddens me the most is that this problem could easily be solved. Either put livestock back in the fields or force the farmers to regularly clean their facilities. Methane is a by product of rotting feces and could be utilized as a source of alternative energy.

Would you please start a campaign to enlighten the public about the conditions and problems associated with large scale livestock farming? Thank you for your time and interest.

Anyone traveling in southwest Kansas would probably not be surprised to learn that there are one million cattle in feedlots within about 35 miles of Garden City. EPA emission factors indicate that these facilities generate some 18,000 tons of fine dust particles into the air every year. This resident is correct that if you can smell an odor from these feedlots you are breathing in this manure laden dust. She is also correct that the livestock lobby is very powerful in Kansas, and it is difficult to get legislators to properly address these conditions.

The best way for us to help the people affected by these facilities is to avoid eating feedlot beef which is what you will find in conventional supermarkets. Instead, buy direct from local farmers who raise their cattle only on pasture and use no hormones or antibiotics. These animals may be entirely grass

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Oct / Nov 2009

Biofuel's Drug Problem

By Stan Cox, Land Institute's Prairie Writers

The Food and Drug Administration found recently that samples of a feed by-product from dozens of corn-ethanol plants were contaminated with antibiotics. With that news, producing vehicle fuel from grain is looking not only like a wasteful and inefficient process, but also like a danger to human health.



Growing corn is a leading cause of soil erosion as well as water depletion and pollution. Corn ethanol plants further stress our water supplies by consuming four gallons of water for every gallon of fuel produced.

Now to the list of ethanol's environmental insults we can add pharmaceutical pollution.

There's nothing inherently wrong with getting help from biological processes to meet industrial needs. But when colossal volumes of product and enormous profits are at stake, as they are in the alternative-fuel industry, biological methods can backfire disastrously.

To survive economically, ethanol plants depend on sales of distillers grains, solid material left over from corn fermentation. Distillers grains are a nutritious, high-protein livestock feed. But they can be laced with multiple antibiotics, the FDA and University of Minnesota scientists have found.

Addition of antibiotics is one of several methods ethanol manufacturers use to control bacterial contamination. Bacteria interfere with the work of yeast cultures that convert sugars to ethanol. Antibiotics can increase ethanol output by 1 to 5 percent, according to Ethanol Producer magazine.

That sounds small, but that extra efficiency could boost profits by many millions of dollars as national production is scaled up from its current 9 billion gallons per year.

The discovery of antibiotics in distillers grains has raised concern that ethanol plants could breed and disperse drug-resistant bacteria,

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Kanza Chair Steve Baru is Newest JCPRD Board Member

The newest member of the Board of Commissioners of the Johnson County Park and Recreation District says he sees parallels between his roles as a professional financial advisor and being a Board Member.

“The job of a JCPRD commissioner seems similar to being a trustee for a large estate,” said Steve Baru of Overland Park. “As a trustee is responsible for managing the assets in the trust and keeping them from harm’s way, similarly the JCPRD commissioner is responsible for the safe-keeping of the parks. The residents of our community then become the ultimate beneficiaries.”

Baru was appointed by Johnson County Commission Chairman Annabeth Surbaugh on July 18. He steps into a seat on the Board previously held by James Azeltine. Baru’s term will run through Jan. 31, 2011.

“There are many reasons for my interest in becoming a board member of the JCPRD,” Baru said. “The population of our county is expected to keep growing over the coming decades. Parks will be even more important. I’m interested in helping plan for the future and serving the needs of the present. As a life-long Johnson County resident, a member of the business community, an environmental activist, and an investment planner, I understand that there are many different variables that interact with each other in order to achieve a safe and healthy community.”

Since April 2004, Baru has been the owner and financial advisor with Baru Investments of Overland Park, which specializes in “socially responsible investing for qualified investors and institutions.” His previous positions include nearly four years as a senior investment executive with Archer Alexander Securities, about five and one-half years as a senior investment executive with Berthel Fisher Financial Services, and three and one-half years as an associate vice president of investments with Dean Witter of Kansas City. In addition, he served for about three years as a volunteer member of the Investment Advisory Committee with Sierra Club Mutual Funds.

The new board member holds both a bachelor’s degree in economics and a master’s degree in business administration from the University of Kansas. His undergraduate studies included international trade and finance and public finance, while his MBA included concentrations in finance, international business and strategic management.

Baru is a native of the Kansas City area and a 50-year resident of Johnson County. He and his wife, Carolyn Hall, who is a counselor at Prairie Trail Junior High School in Olathe, are the parents of one son, Jon, 26.

Baru’s community activities are many



and varied. He has been involved with the Sierra Club and its national organization including serving on several national committees, and as chair and a member of the board of directors of the Kansas Chapter. He is a member of the Overland Park Chamber of Commerce and has served on the State and Federal Affairs Committee, and the Transportation Task Force. He was

a 1998 recipient of a chamber award called “Ordinary People Doing Extraordinary Things for the Community.”

He has served on the Kansas Department of Transportation’s Long-Range Transportation Plan Advisory Committee, the Mid-America Regional Council’s South Connector Study Group, the Kansas City Metro Regional Transit Alliance, and was a board member and chair of the Workforce Investment Board for Wyandotte, Johnson and Leavenworth counties.

In Johnson County, he has been on the County Arterial Road Network Plan Taskforce, the Johnson County Transportation Advisory Board, the Intermodal Transportation Committee, the South Metro Connector Partnership Advisory Board, the Johnson County Citizens’ Visioning Committee, and the Johnson County Public Works Strategic Planning Committee.

When asked what he sees as the District’s greatest strength, Baru praised staff. “Those that I have known over the years and have met recently seem to be knowledgeable, friendly, and courteous,” he said.

Securing adequate funding and dealing with the encroachment of urban sprawl on wild lands are among future challenges he sees for the District.

“I am very interested in bike/hike trails but my goal as a commissioner is to help the park system be the greatest value possible to the community,” Baru said.



Sierra Club “Call to Action” on Global Warming and Energy

We are at a historic crossroads in the fight against climate change. The Sierra Club is asking its activists and chapters to help in this critically important fight by committing to daily, weekly or monthly actions as a Sierra Club Climate Leader. Please go to: www.sierraclub.org/climateleaders and sign up.

Our first priority is an education campaign to encourage people to support the Obama Administration’s use of rules and regulations by the EPA and other agencies to address climate change. We call this campaign “Big Picture.” Using a very successful online petition and massive phone call outreach, activists are asking Senators to urge President Obama to create rules as quickly as possible that will regulate coal ash, mercury, mining, soot, smog, and carbon pollution more effectively. Visit the Big Picture Campaign to learn more: www.sierraclub.org/bigpicture

Our other campaign, also dependent on your hard work, focuses on passing strong comprehensive climate and energy legislation in Congress. Earlier this year, the U.S. House of Representatives took the first step toward unleashing a true clean energy revolution by passing the American Clean Energy and Security Act (ACES or Waxman/Markey). Our attention is now on the Senate, where our Senators have started discussing their version of the bill and will begin voting in early fall. We urge Senators to strengthen this bill and ensure that it: creates good, clean energy jobs; makes polluters pay for the carbon pollution that causes global warming; and provides assistance for energy costs.

We need your help to get people to say to their Senators, “Support a strong clean energy and climate bill.” This will not only clean up pollution domestically, but help the United States lead the world at the international climate treaty talks in Copenhagen. Visit the ACES homepage: http://action.sierraclub.org/site/PageServer?pagename=adv_aces

It is time to commit to create a groundswell of support for clean energy and global warming priorities. Sign up to become a Climate Leader and invite ten friends to do the same: www.sierraclub.org/climateleaders



Survey on Clean Energy

TO: Center for American Progress Action Fund

FROM: Joel Benenson, Amy Levin

DATE: September 2nd, 2009

RE: Poll Results

Methodology

The Benenson Strategy Group conducted 821 interviews with registered voters in 16 battleground states (AK, AR, IN, ME, MI, MO, MT, NC, NV, ND, NH, OH, PA, SD, VA, WV) who are likely to vote in the 2010 U.S. Congressional elections.

All interviews were conducted between August 20-24, 2009, by telephone using a sample of registered voters.

The total data set has a margin of error of $\pm 3.4\%$ at the 95% confidence level, and it is larger among subgroups.

Key Findings

Current Landscape: Strong support for ACES

- Despite a multi-million dollar lobbying and advertising campaign by Big Oil and special interests, public support remains very strong for the American Clean Energy and Security Act (ACES).
 - Independents support ACES by large margins (59% support / 30% oppose).
 - Democrats are united in support of the bill (85% support / 14% oppose) while Republicans are more mixed in their opposition (43% support / 49% oppose).
- Voters also indicate that their Senator’s vote on the Act could be a meaningful re-election factor:
 - 60% would be more likely to re-elect their Senator if he or she voted in favor of the bill (just 26% would be less likely to re-elect).
 - 52% would be less likely to re-elect their Senator if he or she voted against the bill (just 31% would be more likely).
- As we enter this debate, support for the components of ACES is incredibly high. When asked about their priorities for “any bill in Congress that address energy”, the top two were:
 - Protecting our children’s drinking water and the air they breathe (84%, 6+7 on 7-point scale)
 - Making America more energy independent (79%, 6+7 on 7-point scale)
- The majority of voters already believe ACES will:
 - Create jobs, not hurt them: 50% say the number of jobs will increase, 26% say it will decrease and 26% say it won’t change.
 - Increase America’s standing as a world leader in renewable energy: 53% say



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ACES will increase it, 28% say it won't change and just 10% say it will decrease.

Voter Mindset: Time to stand up to those who stand in the way of energy reform

- Voters know that Big Oil and special interests have blocked energy reform for decades to protect their profits and that we're sending billions of dollars to hostile foreign regimes, which hurts our economy, helps our enemies, and puts our security at risk.
- When asked about issues that concern them:
 - Two-thirds of voters are very concerned (6+7 on 7-point scale) that "Big Oil and gas will continue to make record profits while family budgets suffer."
 - 63% are very concerned about "our national security being at the mercy of hostile foreign nations who control our oil supply."
 - 61% are very concerned about "our economic security being at the mercy of hostile foreign nations who control our oil supply."
- When asked, "Who do you blame most for America's continued dependence on foreign oil?":
 - 20% blame big oil companies who are only interested in their profits and another 15% blame special interests and lobbyists who block progress (35% total).
 - Another 24% blame politicians in Washington who refuse to make tough choices.
 - By comparison, just 12% blame environmentalists, 7% blame consumers and 6% blame corporations.

The Coming Debate: Powerful pro-ACES messaging beats back opponents' attacks

- Pro-ACES arguments overwhelmingly beat back the opposition's attack by double-digit margins. We tested different messages (in a split sample – so respondents heard only the attack and one response) against the following:

Opposition text: Some people say this bill is nothing more than a "job killing energy tax" that represents the biggest tax increase in American history – and that it will destroy jobs and raise middle class families' energy bills by at least a thousand dollars. They say even Obama admits that families' energy bills would "skyrocket." The last thing our economy needs right now is another big Washington program reaching into taxpayers' pockets and killing jobs across the country.

- Just 36% agree with the opposition, while 50% agree that Big Oil, corporate polluters and special interests have fought energy reform for decades and ACES will protect America by creating jobs and reducing our dependence on foreign oil.


Supporter text A: Other people say we can't let opponents of this bill – oil companies, special interests and politicians – who've been fighting against energy reform for decades get away with their lies and scare tactics this time.



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fed or supplemented with a ration of grain on-site. Sources of organic and natural beef can be found at www.localharvest.org or, in the Kansas City area, at www.KCFoodCircle.org. Alternately, you can reduce the amount of meat in your diet or eliminate it altogether.

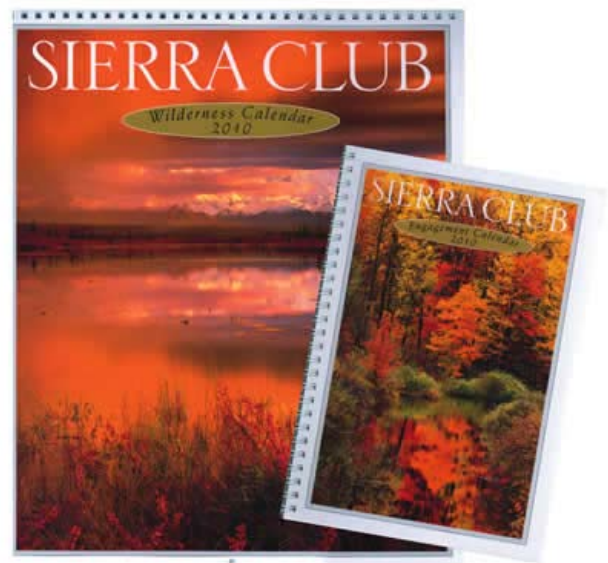
The Sierra Club strongly supports efforts both in Kansas and nationwide to educate consumers about the serious damages to our environment and the animal cruelty that are associated with the intensive confinement of food animals. 

They've made America less secure, and more dependent on foreign oil. And they've protected corporations that pollute the air our children breathe and the water they drink. This bill protects the American people – by creating 1.7 million new jobs and reducing our dependence on foreign oil. Its opponents are only trying to protect themselves.

- Similarly, among other respondents, only 36% agreed with the opposition text while 51% believe our over-reliance on hostile nations hurts our economy and helps our enemies and that ACES will help correct that:

Supporter text B: Other people say that America spends a billion dollars a day on foreign oil. Our over-reliance on oil from hostile nations hurts our economy, helps our enemies, and puts our national security at risk. We need renewable energy sources – that are made in America and work for America. We should never have let ourselves grow so dependent on countries that hate us, and this bill is a first step in correcting that. 

Sierra Club 2010 Calendars



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Contact Craig Lubow

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Eating As Though the Earth Matters

Ideas and Recipes for a Changing Diet

By Beth Lily Redwood

“The danger posed by climate change cannot be denied. Our responsibility to meet it must not be deferred. If we continue down our current course, every member of this Assembly will see irreversible changes within their borders. Our efforts to end conflicts will be eclipsed by wars over refugees and resources. Development will be devastated by drought and famine. Land that human beings have lived on for millennia will disappear. Future generations will look back and wonder why we refused to act; why we failed to pass on an environment that was worthy of our inheritance.” – President Barack Obama addressing the United Nations General Assembly

Human actions have become the main driver of global environmental change. They have already pushed the Earth system beyond three of the planet’s biophysical thresholds, with consequences that are detrimental or even catastrophic for large parts of the world; six others may well be crossed in the next decades, conclude 29 European, Australian and U.S. scientists in an article in Nature. “Three of the boundaries identified – 350 parts per million of atmospheric carbon dioxide, biodiversity extinction rates more than 10 times the background rate, and no more than 35 million tons of nitrogen pollution per year – have already been exceeded with fossil fuel use, land use change, and agricultural pollution, driving us to unsustainable levels that are producing real risks to our survival.” –Diana Liverman, University of Arizona and Oxford University’s Environmental Change Institute

It’s rare indeed for Americans to be asked to make sacrifices – to look deeply at the consequences of our behavior and choose something different from what corporate advertisers and our personal habits and desires motivate us to consume. It’s the way it’s been all of our lives. Yet it’s increasingly clear from the converging crises of our environment, economic and health care systems that something fundamental has gone horribly wrong. A common thread runs through all of these crises; namely, the long term consequences of human behavior run amok.

While some of the human activity that underlies these crises can be understood as a lack of knowledge, most is due to a lack of conscience and a failure to take responsibility for the consequences of actions that deplete vital nonrenewable resources, deprive others of the capacity to meet their basic needs, and have a deleterious effect on the future stability of the world. While pursuing short term goals based on maximizing profit,

control and power, the institutions we’ve trusted to protect our environment, health, food, and financial systems have persuaded us to act in ways that go against our basic values and best interests. That’s the bad news.

The good news is that we are waking

up. We’re behaving in new, more conscious ways that are based on aligning our actions with our deeply held values. We’re making choices on behalf of the common good and voting with our dollars. For those of us concerned about the environment, choosing to eat a plant-based diet, which is lower on the food chain, is the most impactful step we can take to lower our environmental footprint. A diet rich in whole grains, vegetables, nuts, seeds, legumes (beans, peas and lentils), and fruits is not only the most environmentally friendly way to eat, but also the healthiest for you and your family, and the most compassionate to animals.

“When it comes to bad for the environment, nothing – literally – compares with eating meat. The business of raising animals for food causes about 40 percent more global warming than all cars, trucks, and planes combined. If you care about the planet, it’s actually better to eat a salad in a Hummer than a cheeseburger in a Prius.” – Bill Maher

Meat production requires not only land but also energy and water. 16 pounds of wheat and up to 2,500 gallons of water are necessary to produce one pound of grain-fed beef. Cattle production also consumes large amounts of fossil fuels – about a gallon of gasoline per pound of beef – and produces water pollution. Chicken and pork production also require large amounts of water, grain, and energy and result in significant water and air pollution. – Sierra Club website

In its landmark report, Livestock’s Long Shadow, the UN International Panel on Climate Change concluded that animal agriculture is one of the biggest contributors to the most serious environmental problems at every level—including climate change, land degradation, air pollution, water shortages and pollution, and loss of biodiversity. The meat, dairy and egg industries cause nearly 20 percent of all greenhouse gas emissions – that’s 40 percent more than the entire world’s transportation systems.

A highly acclaimed new documentary film, Meat the Truth, demonstrates the impact on global warming of livestock farming. In a recent Huffington Post article, Mikko Alane detailed some of the research findings of the film:

- If all Americans did not eat meat for one day a week, they would save 99.6 megatons of greenhouse gas emissions. This would be the equivalent of removing 46 million round trip flights between Los Angeles and New York, or taking 19.2 million cars off the road for a full year.
- If everyone in the US did not eat meat for two days a week, they would save 199 megatons of greenhouse gas emissions. This would have the same effect as replacing ALL household appliances in the US with energy efficient ones.
- If all Americans did not eat meat for three days a week, they would save almost 300 megatons of greenhouse gas emissions. This would have a greater impact on the climate than replacing all US cars with Toyota Priuses.
- If everyone in the US did not eat meat for four days a week, they would save 398 megatons of greenhouse gas

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emissions. This would be the carbon savings equivalent of cutting the use of all electricity, gas, oil, petroleum, and kerosene in the U.S. in half.

- If all Americans abstained from eating meat for five days a week, they would save 498 megatons of greenhouse gas emissions. This would result in the carbon savings equivalent of planting 13 billion trees and letting them grow for ten years.
- If all Americans did not eat meat for six days a week, they would save nearly 600 megatons of greenhouse gas emissions. This would be the equivalent of eliminating the total electricity use of all households in the U.S.
- And finally: If everyone in the U.S. ate a vegetarian diet for seven days, they would save around 700 megatons of greenhouse gas emissions. That would be the same as removing all the cars off the roads in the US.

“The Sierra Club expends enormous resources fighting the symptoms of unsustainable agriculture, from water pollution and toxins in the food chain to loss of habitat and species. What the Club has not previously done is to seriously challenge the root cause of the above: American food consumption patterns. By and large, our diet is so unsustainably produced that it jeopardizes not just the environment but also our health. Our diet completely ignores the true cost of food. That’s about to change. We’re responding with the ‘True Cost of Food’ campaign to make the Club a leader in sustainable eating. Our goal is an America that eats a diet that is as much as possible: Plant-Based, Organically Produced, and Locally Grown.” –Sierra Club website

The U.S. agricultural industry can now produce unlimited quantities of meat and grains at remarkably cheap prices. But it does so at a high cost to the environment, animals and humans. Those hidden prices are the creeping erosion of our fertile farmland, cages for egg-laying chickens so packed that the birds can’t even raise their wings and the scary rise of antibiotic-resistant bacteria among farm animals. Add to the price tag the acceleration of global warming — our energy-intensive food system uses 19% of U.S. fossil fuels, more than any other sector of the economy. — TIME magazine, Bryan Walsh, Getting Real About the High Price of Cheap Food

An Invitation to Environmentalists

With the holidays just around the corner, it’s the perfect time to make your actions consistent with your values by adding environmentally-friendly foods to your repertoire. Thanksgiving is the time we give thanks for the blessings in our lives—for the freedoms, abundance, and love we’ve received. I invite you this year to join millions of caring people across the U.S. as we celebrate our blessings with a delicious, nutritious meal of vegetables, fruits, baked goods, and mock meats that honors the Earth’s abundance and extends the blessing of life to an innocent turkey.

Here are some wonderful alternatives for your holiday menu (suggested by gentlethanksgiving.org):

- Tofurky – The Tofurky Roast by Turtle Island Foods is a pre-cooked vegan feast. Made from a revolutionary tofu-wheat protein blend, Tofurky is known for its incredible, turkey-like texture and flavor. Enhanced with a flavorfully moist stuffing, Tofurky will far exceed your expectations. For nutritional information and product details, visit www.Tofurky.com.
- Celebration Roast – Field Roast has created a delicious vegan stuffed entrée that is perfect for the holidays and at any celebratory meal. A tasty delicacy, it is complete with a stuffing made with butternut squash, apples, and mushrooms. Visit www.FieldRoast.com for more information.
- Veggie Turkey Breast – Garden Protein International brings to the table the Veggie Turkey Breast with Wild Rice and Cranberry Stuffing. Bursting with healthful ingredients, including several vital minerals and five essential B vitamins, it’s made with pure canola oil, so it contains no trans fat. Garden Protein’s Veggie Turkey Breast is available at the Whole Foods Market deli along with vegan versions of all the traditional side dishes.

For additional ideas, check out the many award-winning vegan cookbooks you’ll find in your local bookstore or search for free recipes on the Internet. You’ll find many tasty recipes at www.gentlethanksgiving.org, www.vegkitchen.com, http://vegweb.com, www.chooseveg.com, www.compassionatecooks.com, www.theppk.com, www.globalvegankitchen.com, and www.vegcooking.com.

Here are a few special recipes to make your holiday celebration a blessing for all.

EARTH- AND ANIMAL-FRIENDLY RECIPES PUMPKIN PIE

This pie will indeed satisfy, and nobody will miss the eggs. Make the filling and use your own favorite pie crust, a store-bought vegan crust, or the fantastic Pecan Crust.

INGREDIENTS

- 1 pie crust
- 16 pecan halves
- 12 ounces silken tofu (firm)
- 2 cups (400 g) pumpkin puree
- ½ cup maple syrup
- ½ cup firmly packed light brown sugar
- ¼ cup cornstarch or arrowroot powder
- 1 ½ teaspoons ground cinnamon
- ½ teaspoon salt
- ¼ teaspoon freshly grated nutmeg
- ¼ teaspoon ground ginger
- 1/8 teaspoon ground cloves

DIRECTIONS

Preheat the oven to 350 degrees. Prepare your pie crust or remove a store-bought crust from the freezer/refrigerator. (Thaw the crust if you are using frozen.)



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Spread the pecans on a cookie sheet. Toast for 7 to 10 minutes, or until the smell of nuts fills the kitchen. Set aside for garnish.

In a food processor, blend together the tofu, pumpkin puree, maple syrup, brown sugar, cornstarch, cinnamon, salt, nutmeg, ginger, and cloves until the mixture is completely smooth and creamy. You may have to scrape down the sides of the bowl a few times. Pour the filling into the baked crust, and smooth the top with a spatula.

Bake for about 40 to 45 minutes, or until the crust is lightly browned and the outermost inch of the filling is set. Don't worry if the center is still soft; it continues to firm up as the pie cools.

Transfer the pie to a wire rack. Gently press the 16 toasted pecan halves into the filling in 2 concentric circles (or any design you like.) Cool to room temperature and then chill until set, 1 to 2 hours. Serve chilled or at room temperature.

Yield: 8 servings.

PECAN CRUST

This fabulous crust is perfect for any autumn or winter pie.

INGREDIENTS

- ¾ cup pecan halves
- ¾ cup quick-cooking oats
- ¾ cup whole wheat pastry flour
- ½ teaspoon cinnamon
- Pinch of salt
- ¼ cup canola oil
- 3 tablespoons pure maple syrup

DIRECTIONS

Preheat the oven to 350 degrees. Lightly oil a 9-inch pie plate.

Spread the pecans on a cookie sheet. Toast for 7 to 10 minutes, or until the smell of nuts fills the kitchen.

Combine the oats, flour, toasted pecans, cinnamon, and salt in a food processor bowl. Pulse until the mixture becomes a coarse meal. Pour in the oil and maple syrup and pulse until the dry and wet ingredients are just combined. Press this mixture into the prepared pie plate. Bake for 10 minutes, then set aside to cool.

Recipes from *The Joy of Vegan Baking: The Compassionate Cooks' Traditional Treats and Sinful Sweets* by Colleen Patrick-Goudreau. Used by permission of the author.

SENSATIONAL STUFFING WITH NUTS

Stuffing is my second favorite Thanksgiving dish (next to mashed potatoes, of course). This scrumptious bread stuffing leaves the bird out of it—or leaves the stuffing out of the bird!—but still satisfies with crunchy nuts and flavorful herbs.

INGREDIENTS

- 6 cups diced crusty Italian bread (day-

old or fresh)

2 tablespoons nondairy, nonhydrogenated butter (such as Earth Balance)

1 large onion, diced

4 celery stalks, diced

2 large carrots, peeled and thinly sliced

½ teaspoon fresh rosemary

½ teaspoon fresh thyme

½ teaspoon fresh sage

¼ cup fresh parsley, chopped

3 tablespoons raisins

½ cup coarsely chopped walnuts

½ cup coarsely chopped pecans

1 ½ to 2 cups vegetable stock (store-bought or home-made)

Salt and freshly ground pepper, to taste

DIRECTIONS

Preheat oven to 350 degrees.


Place diced bread in a 9x13-inch or 13x13-inch baking pan and place in oven for about 15 minutes, until bread is toasted and crisp.

Meanwhile, warm the Earth Balance nondairy butter in a sauté pan and cook onion, celery, and carrots over medium heat until onion is translucent.

Remove bread from oven, and transfer to a large mixing bowl. Add onion mixture, rosemary, thyme, sage, parsley, raisins, walnuts, and pecans. Stir well. Carefully drizzle stuffing with vegetable stock and toss gently. Add salt to taste.

Bake bread stuffing in a casserole dish (or on baking sheet), uncovered, for 30 to 40 minutes. Season with black pepper, if desired.

Yield: 4 to 6 servings, as a side dish

Recipe from the *Vegan Table: 200 Unforgettable Recipes for Entertaining Every Guest at Every Occasion* by Colleen Patrick-Goudreau. Used by permission of the author. 



Oct / Nov 2009



Biofuels, continued from page 3

and that those bugs could share their genes with bacterial species that cause human diseases. Sampling by university and industry researchers has turned up antibiotic-resistant bacteria in the processing streams of ethanol plants.

This case of pharmaceutical contamination comes on top of a half-century of over-prescribing antibiotics for medical and veterinary use, along with routine feeding of the drugs to healthy livestock to promote growth. Nature's predictable response: bacterial populations that can no longer be killed by drugs that were once used to treat them. Now, of 90,000 Americans who die of bacterial infections each year, more than 60,000 are killed by such drug-resistant types, according to the Centers for Disease Control.

The ethanol industry says that one widely used drug, virginiamycin, doesn't show up in meat produced with distillers grains, so we need not worry about the food supply. But such assurances take the narrowest possible view of the threat.

Johns Hopkins University researchers argued in 2008 that public health officials have also taken a narrow approach to antibiotic resistance, thinking clinically "rather than ecologically in terms of reservoirs of resistance genes that may flow across the microbial ecosystem." Use of the drugs in agriculture is more widespread than in medicine, and, they contend, creates excellent conditions for the spread of resistant organisms.

In fact, it's already happening, with germs borne via manure, air, groundwater, soil, flies and irrigation water.

The Johns Hopkins review concluded that overuse of antibiotics in agriculture "has compromised the efficacy of most antimicrobials used in the United States and throughout the world."

Distillers grains are set to move beyond the feedlot, having been tested as fertilizer on farms, lawns and gardens, and as feed in fish and shrimp farming. The pet food industry also is starting to use distillers grains, and we don't know what evolutionary mischief might start going on in the feces of dogs, which harbor an especially rich range of bacterial species.

Meanwhile, methods being developed to manufacture new biofuels also depend on biological processes. If and when fuels from algae or cellulose are taken to the billions-of-gallons scale, vast new quantities of antibiotics could be deployed.


Ethanol can be manufactured without using antibiotics—just ask the liquor distillers — so all such drugs should be banned from biofuel production.

In fact, ethanol's drug problem is just the latest of many reasons to impose a moratorium on production of fuels from grains. If industry cannot supply sufficient quantities of alternative fuels without risking an even deeper medical crisis, it might just be another sign that our thirst for vehicle fuel has outgrown all ecological limits.

Stan Cox is lead scientist for the Land Institute in Salina, Kan., and author of "Sick Planet: Corporate Food and Medicine." He wrote this comment for the institute's Prairie Writers Circle. Write to him at t.stan@cox.net.



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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

Frank Drinkwine*, Chapter Chair, (913) 385-0385,
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Scott Smith****, Treasurer, Compliance Officer, (785) 539-1973,
wizard13@cox.net
Steven Baru*, Fundraising Chair, Sprawl Chair, Council Delegate
Alternate, (913) 814-0583, steve.baru@sierraclub.org
Elaine Giessel*, Environmental Justice Chair, Environmental
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Carey Maynard-Moody*, Transportation Chair, (785) 842-6517,
careymm@kansasierraclub.org
Craig Lubow*, Conservation Chair, (913) 299-6620, craig.lubow@
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Paul Post*, ExCom Member, (785) 354-1972,
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Bill Griffith****, Energy Chair, Legal Chair, (913) 772-8960,
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Craig Volland****, CAFO Chair, Trade Chair, Agriculture Chair,
Air Quality Chair, (913) 788-7336, volland@kansasierraclub.org
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Craig Wolfe*, Fundraising Chair, Communications Chair, Program Chair,
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Bill Cather* Treasurer, (316) 522-4741, bill.cather@kansasierraclub.org
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Elizabeth Bishop* Political Chair, Program Chair, Publicity Chair,
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Bill Cutler, Treasurer, (785) 379-9756, spudspa@yahoo.com
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worrybeads@aol.com
Gary Anderson, Membership Chair, (785) 246-3229,
gjanderson1963@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



Oct / Nov 2009

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)

October 13, 7:00 pm

Tips for Riding and Buying Bicycles

7:00 pm - Come early, and we will have sandwiches and good conversation

7:30 pm - Program - Justin Lahue will provide a Bicycling 101 for those of us not quite brave enough to take the plunge. Come and join us with your bicycling questions at the ready.

Where - Overland Park Lutheran Church, 7810 W. 79th Street. 8 blocks west of Metcalf at Lowell. Park on north side.

Directions at www.kansas.sierraclub.org/kanzadirections.htm. Craig Wolfe, (913) 299-4443, info@kansas.sierraclub.org

Kanza Group (Kansas City)

November 10, 7:00 pm

Annabeth Surbaugh Town Hall Meeting

7:00 pm - Come early, and we will have sandwiches and good conversation

7:30 pm - Program - Johnson County Commission Chair, Annabeth Surbaugh will address the Kanza Sierra Club in Town Hall Meeting style. Among the various topics for discussion will be information regarding several environmental initiatives the county is currently undertaking. However, the discussion will be mostly driven by your questions. So please come with questions, neighbors and/or friends..

Where - Overland Park Lutheran Church, 7810 W. 79th Street. 8 blocks west of Metcalf at Lowell. Park on north side.

Directions at www.kansas.sierraclub.org/kanzadirections.htm. Craig Wolfe, (913) 299-4443, info@kansas.sierraclub.org

Southwind Group (Wichita)

October 9, 6:30 pm

General Membership Meeting

Food & Conversation will begin at 6:30 pm and the program will start at 7:30 pm at the Great Plains Nature Center. Program to be announced.. Dave Kirkbride, (316) 522-4741, david.kirkbride@kansas.sierraclub.org

Southwind Group (Wichita)

November 13, 6:30 pm

General Membership Meeting

Food & Conversation will begin at 6:30 pm and the program will start at 7:30 pm at the Great Plains Nature Center. Program to be announced.. Dave Kirkbride, (316) 522-4741, david.kirkbride@kansas.sierraclub.org

Topeka Group

October 27. 7:00 pm.

Greensburg's Green Renaissance

Dan Rockhill, J.L. Constant Distinguished Professor or Architecture at K.U., led a group of his students in the architecture lab known as "Studio 804" to Greensburg in 2008, to undertake the construction of a new fine arts center for the town. The resulting LEED Platinum structure is now the centerpiece for a truly "green" Greensburg. This and other stories about the work of Studio 804 will be the subjects of Dan's program. Topeka and Shawnee County Library, 1515 SW 10th Street, Topeka. Paul Post, (785) 354-1972, paulpost@paulpost.com

Topeka Group

December 4. 7:00 pm.

Annual Holiday Dinner

Join fellow Topeka Group members for our 4th Annual Holiday Dinner, this year at Hunam's Restaurant, 5005 SW 29th Street (cost of dinner "on your own") 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

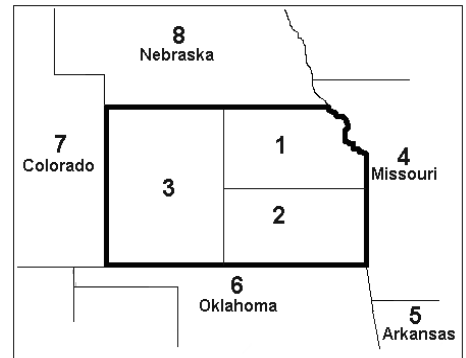


Oct / Nov 2009

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.



[4] Oct 3. Beginning Backpack Class Series, Part 2, Independence, MO

This 4-hour class, Part 2 of this series will offer hands on demonstrations covering, pack loading, tent pitching, digging a cat hole, repair kit basics. . Kanza. Terry DeFrates, (913) 385-7374, theerustbucket@aol.com

[1] Oct 4. 1pm-5pm. Kaw Valley Farm Tour

The Wakarusa Group Sierra Club invites you to join us for the Kaw Valley Farm Tour. <http://www.kawvalleyfarmtour.org/> To rideshare, we will meet at the northwest corner of Dillons parking lot on 6th and Lawrence Avenue. Ticket prices are \$10 per car; we estimate the cost at \$2.50 per person. Contact Gretchen for details about the route we plan to take.. Wakarusa. Gretchen Heasty (785) 550-1129, gheasty@ku.edu

[4] Oct 10. Day hike Knob Knoster State Park, Knob Knoster, MO

A naturalist will guide us on several trails in this developed park about 60 miles southeast of Kansas City. . Kanza. Eileen McManus, (816) 523-7823, eileen4250@sbcglobal.net

[1] Oct 11. Day Hike, Black Hoof Park/Lake Lenexa, Lenexa, KS

A naturalist from JCPRD, guides us on the new 2-mile loop around the lake, followed by lunch and a tour of the wetland. . Kanza. Steve Hassler, (913) 707-3296, hassler@planetk.com

[2] Oct 12. 5:30 p.m.. Social Outing at Café Moderne

Drinks and Conversation at the Café Moderne Southwind at Caffé Moderne, 300 block of Mead in Old Town. Southwind. Kathryn Buck, (316) 789-0739, justkathrynb@hotmail.com

[4] Oct 17. Day Hike, Weston Bend State Park, Weston Bend, MO

Beginning at an overlook on the Missouri River, we'll hike along the adjacent bluffs and end with a short hike along a creek to the bank of the river. . Kanza. Eileen McManus, (816) 523-7823, eileen4250@sbcglobal.net



Oct / Nov 2009

[4] Oct 23–25. Beginners Back packers Trip, Part 3, Paddy Creek Wilderness, Roby, MO

Apply what you learned in the backpacking class. Join us for 2 nights and 2 days of backpacking 9 miles of the Paddy Creek Wilderness. The trip will focus on assisting you to apply the knowledge you acquired in the classes you just finished. . Kanza. Bryan Ohrman, (816) 215-3376, pbandj14@comcast.net

[1] Nov 7. 1pm – 4pm. Waka Walk

Come celebrate beautiful Autumn with the Wakarusa Group Sierra Club on a “Waka Walk” ecological tour around Clinton Lake. We will take a look at animal tracks, identify local vegetation, and learn about the history and current issues surrounding the Wakarusa watershed. All ages welcome! . Wakarusa. Melissa Rogers. (785) 764-0826. mmrogers816@gmail.com

[4] Nov 7. Advanced Backcountry Cooking and Trip Planning, Independence, MO

This 4-hour class we'll demonstrate cooking light weight nutritious meals, We'll be sampling these as well. Other subjects include: Dehydrating food, menu planning, repackaging and organizing food for the trail. We'll take the mystery out of trip planning Bring a trip you'd like to do. Class cost \$25. . Kanza. Paul or Melody Gross (816) 228-6563, wildwoodp@hotmail.com

[2] Nov 9. 5:30 p.m.. Southwind at Caffé Moderne, 300 block of Mead in Old Town

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

[4] Nov 12–15. Ozark Trail Backpack Trip, Shannon County, MO

We'll hike a 30 mile contiguous portion of the Blair Creek and Current River sections of the OT, \$10 donation requested.. Kanza. Dave Patton, (816) 461-6091, davedahiker@yahoo.com

[1] Nov 14. Perry Lake Trail Maintenance,

Committee Meetings

Kanza Group (Kansas City)

Executive Committee
Oct 22, Dec 10 - 7:00 pm,
Steve Baru, (913) 814-0583,
steve.baru@sierraclub.org

Joint Action Committee
Oct 22, Dec 10 - 7:00 pm,
Conservation, legislative, and political
Craig Lubow, (913) 299-6620,
craig.lubow@kansas.sierraclub.org

Southwind Group (Wichita)

Executive and Fundraising Committee
Oct 4, Nov 1 - 6:00 pm
Equity Bank Building
Dave Kirkbride, (316) 655-8299,
david.kirkbride@kansas.sierraclub.org

Conservation Committee
Oct 20, Nov 17 - 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, TBA, 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, (TBA in November)
Frank Drinkwine (913) 385-0385, frank.drinkwine@kansas.sierraclub.org

Perry, KS

Help us rescue a part of the trail from the encroaching riverbank in the upper stretches of Little Slough Creek. Bring lunch, water, work gloves and hand tools if you have them (but we have extra). . Kanza. Steve Hassler, (913) 707-3296, hassler@planetkc.com

[1] Nov 28. Day Hike, George Latham Trail at Clinton Lake, Lawrence, KS

Walk off your turkey dinner on a pretty, 4-5 mile loop with some great views of the lake. Bring a camp chair and we'll have a campfire and hot chocolate when we're finished. Kids and dogs welcome.. Kanza. Renee Andriani, (913) 488-4445, randri@kc.rr.com

[5] Nov 28. 10:00 am. Arkansas River Day Hike

Walk off the turkey with a hike along the bike/hike path in downtown area. Duration 2 hours. Bring water and appropriate clothing for weather conditions. Optional Dutch treat lunch following hike. \$ 5.00 donation requested. Meet at west end of Keeper of Plains bridge, Park at Exploration Place. Southwind. Ellie Skokan, (316) 744-0033, ellie_skokan@yahoo.com

[5] Dec 3-6. Eagle Rock Loop, Ouachita National Forest, AR

Join us on Arkansas largest loop trail (27 miles) consisting of the Little Missouri River, shut ins, waterfalls, and scenic overlooks.. Kanza. Bryan Ohrman, (816) 215-3376, pbandj14@comcast.

net

[] Dec 4. 7:00 pm. Annual Holiday Dinner
Join fellow Topeka Group members for our 4th Annual Holiday Dinner, this year at Hunam's Restaurant, 5005 SW 29th Street (cost of dinner "on your own"). Topeka. Paul Post, (785) 354-1972, paulpost@paulpost.com

[4] Jan 3. Day Hike, Lake Jacomo, Blue Springs, 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



Oct / Nov 2009



Kansas Chapter of Sierra Club
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Deadline for the next issue is November 15

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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 21, Outings page 22, and Committee Meetings page 23. For the latest update on events, go to www.kansas.sierraclub.org/EventsSearch.htm.

- Out Oct 3. Beginning Backpack Class Series, Part 2, Independence, MO. Kanza. Terry DeFraties, (913) 385-7374, theerustbucket@aol.com
- Out Oct 4. 1pm-5pm. Kaw Valley Farm Tour. Wakarusa. Gretchen Heasty (785) 550-1129, gheasty@ku.edu
- CM Oct 4. 6:00 pm. Southwind ExCom Meeting. Southwind. Dave Kirkbride, (316) 522-4741, david.kirkbride@kansas.sierraclub.org
- GM Oct 9. 6:30 p.m.. General Membership Meeting. Southwind. Dave Kirkbride, (316) 522-4741, david.kirkbride@kansas.sierraclub.org
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- Out Oct 11. Day Hike, Black Hoof Park/Lake Lenexa, Lenexa, KS. Kanza. Steve Hassler, (913) 707-3296, hassler@planetkc.com
- Out Oct 12. 5:30 p.m.. Social Outing at Café Moderne. Southwind. Kathryn Buck, (316) 789-0739, justkathrynb@hotmail.com
- GM Oct 13. 7:00 pm. Tips for Riding and Buying Bicycles. Kanza. Craig Wolfe, (913) 299-4443, info@kansas.sierraclub.org
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- CM Oct 20. 6:30 pm. Conservation Committee. Southwind. Ellie Skokan, (316) 744-0033, ellie_skokan@yahoo.com
- CM Oct 22. 7:00 pm. Kanza ExCom meeting. Kanza. Steve Baru, (913) 814-0583, steve.baru@sierraclub.org
- CM Oct 22. 7:00 pm. Conservation and Joint Action Committee. Kanza. Craig Lubow, (913) 299-6620, craig.lubow@kansas.sierraclub.org
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- Out Nov 7. 1pm – 4pm. Waka Walk. Wakarusa. Melissa Rogers. (785) 764-0826. mmrogers816@gmail.com
- Out Nov 9. 5:30 p.m.. Southwind at Caffé Moderne, 300 block of Mead in Old Town. Southwind. Kathryn Buck, (316) 789-0739, justkathrynb@hotmail.com
- GM Nov 10. 7:00 pm. Annabeth Surbaugh Town Hall Meeting. Kanza. Craig Wolfe, (913) 299-4443, info@kansas.sierraclub.org
- Out Nov 12–15. Ozark Trail Backpack Trip, Shannon County, MO. Kanza. Dave Patton, (816) 461-6091, davedahiker@yahoo.com
- GM Nov 13. 6:30 p.m.. General Membership Meeting. Southwind. Dave Kirkbride, (316) 522-4741, david.kirkbride@kansas.sierraclub.org
- Out Nov 14. Perry Lake Trail Maintenance, Perry, KS. Kanza. Steve Hassler, (913) 707-3296, hassler@planetkc.com
- CM Nov 17. 6:30 pm. Conservation Committee. Southwind. Ellie Skokan, (316) 744-0033, ellie_skokan@yahoo.com
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- Out Nov 28. Day Hike, George Latham Trail at Clinton Lake, Lawrence, KS. Kanza. Renee Andriani, (913) 488-4445, randri@kc.rr.com
- Out Dec 3–6. Eagle Rock Loop, Ouachita National Forest, AR. Kanza. Bryan Ohrman, (816) 215-3376, pbandj14@comcast.net
- Out Dec 4. 7:00 pm. Annual Holiday Dinner. Topeka. Paul Post, (785) 354-1972, paulpost@paulpost.com
- CM Dec 10. 7:00 pm. Kanza ExCom meeting. Kanza. Steve Baru, (913) 814-0583, steve.baru@sierraclub.org
- CM Dec 10. 7:00 pm. Conservation and Joint Action Committee. Kanza. Craig Lubow, (913) 299-6620, craig.lubow@kansas.sierraclub.org
- Out Jan 3. Day Hike, Lake Jacomo, Blue Springs, MO. Kanza. Paul Gross, (816) 228-6563, wildwoodp@hotmail.com