

# Tennes-Sierran

The monthly newsletter for the Tennessee Chapter Sierra Club

Volume 38, Number 6 - June 2007

## Eat Well – Live Well Through COMMUNITY SUPPORTED AGRICULTURE

By Maria Moser,  
Middle Tennessee Group Reporter

The movement toward Community Supported Agriculture (CSA) is growing deep roots in Middle Tennessee and the reason is simple. It is a reliable food source.

“Americans have come to take what they eat for granted. Our food sources are tangled up and controlled by agri-business machines,” said Scott Weiss, a Nashville food activist and co-owner of Journey to Bliss, a maker of prepackaged raw foods.

What led Weiss to where he is today was the tragedy of 9-11. Like many Americans, he experienced a personal crisis.

“From that, I decided that the only thing that mattered was our sustenance from the Earth. These farmers are doing spiritual stuff for us that we don’t even realize. They are our rock stars and people like me are their groupies,” said Weiss, who recently purchased shares in four different CSA programs.

The United States Department of Agriculture recognizes CSA at its online site, Alternative Farming Systems Information Center at the National Agricultural Library,

<http://www.nal.usda.gov/afsic/pubs/csa/csa.shtml>. It defines CSA as a “community of individuals who pledge support to a farm operation...with growers and consumers providing mutual support and sharing the risks and benefits of food production.”

“I honor and respect these farmers. I care deeply about bringing people together because this is the only thing that matters,” said Weiss. He posts a list of participating Middle Tennessee CSA farmers and local food vendors on his website: <http://nashfof.wordpress.com/>.

Many Tennesseans are returning to their heritage of eating well, as the effectiveness of mass marketing is diminished by things gone wrong in the agri-business food supply. That is where CSA farmers like Eric Smith of Bugtussle Organic Farm in Gamaliel, Ky., take over.

“Shareholders buy a share in our harvest for the season. They pay at the beginning for a peck, half bushel or bushel that is delivered to them from early May until the end of September,” said Smith, who plants two acres of vegetables on his 120-acre farm.

Smith says the direct connection with his shareholders creates a beneficial exchange, giving him financial security and a host of friends with which to share his bounty of crops.

“My favorite saying is, ‘If you want to know your food, you have to know your farmer.’ I enjoy knowing that I am tending to Meg’s celery and Roxy’s sweet corn,” said Smith who uses a small garden tractor and tiller, but most of the work is done by hand.

CSA farmers are drawn to the lifestyle for diverse reasons. Smith and his wife, Cher, enjoy nature and the fact the family can be together.



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Explore, Enjoy and protect the planet



# The Chair's Corner

## Dear Tennessee Sierra Club Members,

Funding Tennessee Chapter projects depends on generosity of each and every member. The March Window fundraising campaign is the "window of opportunity" set aside by the National Sierra Club for its chapters to solicit donations from their members, absent fundraising competition from any other Sierra Club entities or campaigns.

The Tennessee Chapter sent its March Window letter out to our members in March. To date, our chapter has received \$8,682 from 290 members out of approximately 7,000 members in the Tennessee Chapter. Each year in preparation for the March Window fundraiser, a great deal of time and effort goes into gathering accurate information on statewide campaigns and local group initiatives to report to our members. The cost of the mailer's printing, mailing, and handling this year was \$2763.

If you haven't already done so, now is the time to make your contribution to this year's Tennessee Chapter March Window fundraiser. I never ask anyone to do something that I am not willing to do, so during the TN Chapter Spring Meeting, I contributed \$100 to the March Window Campaign and asked the Chapter Excom to also contribute. Our Chapter Fundraising Chair, Keith Romig, passed a hat around to the Chapter Excom and collected \$422.

If you've misplaced your form or did not receive a March Window letter, make your check payable to either **TN Chapter Sierra Club** to fund our Chapter's environmental efforts at the state and local levels, or to TN Chapter Sierra Club PAC to contribute to campaigns of political candidates we know will protect Tennessee's environment. If you wish to contribute to both funds, make out separate checks, respectively. Mail your check(s) to **Tennessee Chapter Sierra Club, P.O. Box 290306, Nashville, TN 37229.**

If each member of the Tennessee Chapter contributed just \$10 to the March Window campaign this year, we would realize \$70,000 in net proceeds. These funds are desperately needed to finance our struggle to protect and restore Tennessee's environment.

Don't forget to mark your calendar for the TN Chapter Picnic at Edwin Warner Park in Nashville on June 23 from 10:00 a.m. to 2:00 p.m. at picnic pavilion #3. Directions to the park can be found at [www.nashville.gov/parks](http://www.nashville.gov/parks). This is a great opportunity for new and veteran members to get together. I'm looking forward to seeing you there.

The Upper Cumberland Group (UCG) will be hosting me on June 23 for the showing of The Future of Food. Please refer to Upper Cumberland Group's program meeting listing in this issue for additional information. I encourage UCG members to come to see this documentary about genetically modified food. I'm excited about meeting members in the UCG at this gathering.

The Georgia Chapter has invited the Tennessee Chapter to join them for their Georgia Chapter Retreat November 9-11, 2007 at "Epworth-by-the-Sea" on St. Simon's Island, Georgia. More information will be available soon. This is a great opportunity to make new friends and discuss issues that affect Tennessee and Georgia.

As always, I am available for your comments, questions, concerns, or conversations at 615-943-6877 or [Katherine.pendleton@sierraclub.org](mailto:Katherine.pendleton@sierraclub.org).

*Katherine Pendleton*  
Chair, Sierra Club Tennessee Chapter

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**Please notify the Editor  
when changes are needed**

# Moving?

EMAIL YOUR NEW ADDRESS TO:

[address\\_changes@sierraclub.org](mailto:address_changes@sierraclub.org)  
(just be sure to include your member ID#)

Or complete this form and  
mail us your NEW address:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/ST/Zip: \_\_\_\_\_

Attach mailing address label in this box,  
or write in your CURRENT info:

Name \_\_\_\_\_

Address \_\_\_\_\_

Membership ID# \_\_\_\_\_

Mail this form to:

**Sierra Club**

**P.O. Box 52968**

**Boulder, Colorado 80322-2968**

## Tennes-Sierran

The monthly newsletter of the Tennessee Chapter of the Sierra Club.

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Or mail new address to:  
Sierra Club, P.O. Box 52968, Boulder, CO 80322-2968  
Address changes are processed much faster if you include your  
Sierra Club membership number. To find your membership  
number, look on the address label of this newsletter.

### ARTICLE SUBMISSION GUIDELINES:

**Submission DEADLINE is the 10th of the month preceding the new month's issue.**

1. Email embedded text submissions, or PDFs, which are preferred to [tn.sierra@gmail.com](mailto:tn.sierra@gmail.com).
2. Photographs should be in a .jpg or .tif file format, whenever possible, then either attached to email or mailed via US Postal Service (USPS) on a CD Rom. Please include a stamped, self-addressed envelope if you would like your disk or photo prints returned.
3. Hard-copy handwritten or typewritten articles may be accepted. Pre-approval from the Editor is required.
4. Any materials submitted via USPS mail cannot be returned unless a stamped, self-addressed envelope is provided.

The opinions expressed in the Tennes-Sierran are those of the contributors and do not necessarily reflect the official views or policies of the Tennessee Chapter, or the Sierra Club.



# Eat Well – Live Well: CSA

CONTINUED FROM PAGE 1

“We love being out here and are tickled to be making a living. We want to stay small and intimate with our shareholders,” said Smith who is in his 30s with two small children.

The rural area north of Nashville is a traditional “food shed” for the city. For many years, Nashvillians have relied on The Old Order Mennonites in Scottsville, Ky., of which Andrew Habegger, operator of ECO-Gardens CSA Family of Farms, is a part.

“My oldest sister’s passing had a lot of bearing on my decision to pursue non-toxic natural farming methods. It means a lot to me to believe I am doing my part to protect the environment...,” Habegger stated in a 2006 newsletter.

The whole notion of organic farming and composting was formalized into a movement by Sir Albert Howard who learned from observing peasant farmers in India. His book, *An Agricultural Testament*, is in readable format at the website: [http://journeytoforever.org/farm\\_library/howardAT/ATtoc.html](http://journeytoforever.org/farm_library/howardAT/ATtoc.html).

A certified organic farmer, Habegger farms by his Mennonite belief system, using no electricity, mules for tillage and wood heat for greenhouses.

Smith opted out of the process to be certified organic and, instead, practices biodynamic agriculture. He learned much from certified biodynamic farmer, Jeff Poppen, The Barefoot Farmer at Long Hungry Creek Farm, who came to Tennessee in 1974 and has farmed ever since.

Lecturing at Earth Day festivities in Nashville recently, he follows the precepts of Austrian Philosopher Rudolf Steiner, founder of biodynamic agriculture. On Poppen’s website, biodynamics is defined as an organic farming method that helps heal the earth and promotes human spiritual development.

“I believe in it. I am very attentive to the needs of the soil. I use crop rotation, different crops, grazing and resting to work with the different forces in the ground,” said the farmer from Red Boiling Springs, Tn.

Poppen passed around a jar of biodynamic compost to his Earth Day listeners, urging them to grab a handful. He said the preparations of cow manure, mineral rocks and plant materials, among other things, bring elemental forces into the garden to build up plants.

“You can’t farm without cows. They turn two acres of grazing into four acres of fertile land. They are magical animals that were a real important part of human evolution,” he said.

Whether applying practices of organic, certified organic



ABOVE: Two Earth Day participants sample the compost mixture from Jeff Poppen’s farm. BELOW: Jeff Poppen stirs a compost mixture while lecturing on Community Supported Agriculture during Earth Day events. Both photographs by Maria Moser.

and/or biodynamic, the farmers agree on one thing – eating grocery store food is like playing Russian Roulette.

“Eating from unknown sources is like gambling. I recently witnessed one of my shareholders feed her baby his first strawberry and I felt totally confident. Going to the effort to get healthy food is a great thing,” Smith said.

Weiss said that supporting CSA farmers grows our local economy and helps us know what is in our food. The nationwide health crisis among Americans points to the need for dietary changes.

“Right now there are not enough farmers to meet these demands. The next level is to get behind policymakers and get local and state government involved, in order to create solutions for the increasing demand,” Weiss said.

So, what is growing in the garden for this year’s organic, biodynamic harvest?

“We have two inch carrots and beets. The spinach is really beautiful and the lettuce is ready to cut. Though the green peas were damaged badly by the spring deep freeze, the eggplants and tomatoes in the greenhouse are ready to be potted up,” said Smith.



## Earthfest 2007: Harvey Broome Group



Earthfest celebration in the shadow of the SunSphere.

All photos by Liz Dixon.



Axel Ringe and Ed Soler man the HBG booth at Earthfest 2007.



Two of HBG’s major campaigns: Stop I-3 and Cool Cities.



# CHICKASAW GROUP NEWS

Contributed by various members

## Keeping Wolf River Harbor Clean



With the Hernando Desoto bridge as a backdrop, youth and adults work at removing litter at the Wolf River harbor. Photo by James Baker.

Saturday April 14 dawned cool, windy, and gray with a continued threat of rain showers, but the Tennessee Water Sentinels' ([www.sierraclub.org/watersentinels/tennessee/](http://www.sierraclub.org/watersentinels/tennessee/)) spring clean up of the public boat ramp area at the Wolf River Harbor in Memphis, Tennessee, went on as scheduled and the few sprinkles that fell were hardly noticed.

37 youths participated, of which 23 were from Cub Scout Troop 220. Six were high-school students from the Memphis Academy of Science and Engineering ([www.discovermase.org/](http://www.discovermase.org/)), and three more high-school students came from Northside High School. There were 13 adults, many of which were youth chaperones.



In two hours, almost 500 pounds of recyclable materials as well as non-recyclable trash was recovered from the area near the boat ramp. For their efforts, each youth participant received a Sierra Club backpack as well as a Water Sentinels t-shirt. All the adults got a t-shirt as well. Afterwards, most participants went to Café Francisco ([www.cafe-francisco.com/](http://www.cafe-francisco.com/)) for a light snack.

This is the result of two hours of teamwork—a pickup truck full of recyclable materials and non-recyclable trash. Photo by James Baker.

As the youths were eating, James Baker, the project director of Tennessee Water Sentinels, asked each group what was the most important lesson they learned from the clean-up. Almost unanimously, these young people stated that people need to stop littering. Their response became the silver lining for a cloudy day. These future leaders are already aware that litter detracts from the benefits that water provides to all the residents of Planet Earth.

Tennessee Water Sentinels wishes to thank the City of Memphis's storm water program, the City of Memphis's recycling program, the Shelby County storm water program, and Café Francisco for making that silver lining just a bit brighter by helping out in their own way to insure a successful clean-up.



People relaxed and flew kites by the lake at Shelby Farms on Earth Day 2007. Photo by David Carter.

## It was "Hip to Be Green" on Earth Day at Shelby Farms

Earth Day weekend was clear in Memphis. Sunny and warm, it was the perfect opportunity to celebrate the earth's regenerative powers. We now know that unfortunately, our planet's regenerative powers are not infinite. Today, there is a growing awareness that it's "Hip to Be



Humans and animal companions enjoyed Earth Day at Shelby Farms. Photo by David Carter.

Green." The Chickasaw Group's table, near the music pavilion and Patriot Lake, was a popular stopping point for visitors. Nearly 4000 hip people showed up at Shelby Farms on Earth Day. This must prove something—either people just want to have fun, or "green" has gone mainstream...Maybe both!

For information on upcoming Chickasaw Group events see pages 6 & 7, where each TN Chapter Group has listings of outings and meetings.

## EarthFest at Lichterman Nature Center

A sky without rain was just what over 30 table-top exhibitors hoped for at the EarthFest Celebration sponsored by the Pink Palace family of museums on Saturday, April 21 at Lichterman Nature Center in Memphis. They got it! Crowds flowed from one exhibitor to the next, taking time to play with friendly animals and enjoy the natural tranquility of Lichterman. The Bluff City Canoe Club gave demonstrations in the lake, and the Sierra Club table acquainted visitors with the concept of a "Cool City." The Chickasaw Group also presented Al Gore's An Inconvenient Truth and a discussion in the afternoon. There was food and live music. Festivities were topped off by a parade complete with furry animals and costumed humans. What a great way to spend a day!



The world's friendliest 'possum peeps at passersby. Photo by David Carter.



Colorful characters "follow the yellow brick road" at Lichterman Nature Center on April 21. Photo by David Carter.



# CHICKASAW GROUP NEWS

## Canoe and Kayak Race on the Mississippi River



The big canoes were real crowd-pleasers at the Canoe & Kayak Race in Memphis. Photo by David Carter.

Outdoors, Inc. held its 26th Annual Canoe and Kayak race on Saturday, May 5th. Jefferson Davis Park was a prime site for watching the race, and thus the perfect place for groups like the Sierra Club to meet people with an interest in the outdoors. This race, the largest of its kind in the southeast drew over 500 paddlers from all over the United States, with one hailing from Washington State. The three mile long race course started at the mouth of the Wolf River and paddlers raced

downstream in the Mississippi River to the tip of Mud Island, then back north to the foot of Jefferson Davis Park. Robert Clegg, the winner of the racing kayak division, blazed along the course and won with a time of 16 minutes and 41 seconds. Michael Herbert, a Pan Am games gold medalist came in 9 seconds later. James Baker, who watched the race from Mississippi Greenbelt Park, commented that the two lead kayakers' smooth and powerful strokes made their boats appear to be manned torpedoes skipping across the waves.

John Gary – Tennessee Water Sentinels colleague and vice President of Friends for Our Riverfront, along with a number of other private boat owners joined several boats crewed by the United States Coast Guard as well as the Memphis Police Department's harbor patrol in providing support services for any paddlers in need of rescue.



People (and animal companions) enjoyed music as well as food at the 26th Annual Outdoors, Inc. Canoe & Kayak Race in Memphis. Photo by David Carter.

After the race, the paddlers and friends gathered in Jefferson Davis Park for music, food and fellowship. Besides the Chickasaw Group, a number of conservation organizations, including Bluff City Canoe Club, Friends for Our Riverfront, and Shelby Farms Park Alliance hosted tables containing information about their particular group. Thanks go to David Carter, Julian Prewitt and Don Richardson for setting up and staffing Sierra's table.

## TVA Public Hearing at Bridges, Inc.

About 45 Memphians took the opportunity to voice their environmental concerns to TVA representatives at a public hearing in Memphis at Bridges, Inc. on May 1. As one of nine meetings throughout TVA's service area, it was a chance for TVA representatives to hone their message, and hopefully for them to take a second look at their policies as well. A strong contingent from the Chickasaw Group was present.

Sierra Club members were concerned that the TVA's 10-year strategic plan makes no mention of 'global warming' or 'climate change.' The plan seemed to focus on TVA's business operations, with environmental quality being an "also-ran" issue. One club member observed that, based on TVA's own presentation, it doesn't seem to have a "strong conservation ethic." A number of university students present wanted to know more about the Green Power Switch program. Students at the University of Memphis recently voted to support green power with increased student fees. "Burning coal—it's really wrong," said one.

TVA representatives noted that Tennessee has the largest per capita power consumption of any state in the service area. The Green Power Switch program is intended to address this overconsumption by providing sources of non-polluting energy. The Bridges, Inc. building itself, where the hearing was held, is one of the Green Power Switch showplaces. In addition to its architectural adventurousness, it has 10 kilowatts of solar panels mounted on the roof. But such green power still makes up only a small fraction of TVA's total energy.

Enrollees in the Memphis utility's Green Power Switch program have purchased a total of 2799 blocks of green power a month. At 150 Kilowatt-hours a block, this displaces about 420 tons of CO2 a month. That sounds like a lot, but it's not. TVA still needs to do more. Nuclear energy is another of TVA's proposed solutions. Again it seems that profit trumps the environment in TVA's thinking. Considering the full cost of nuclear energy--mining the fuel and disposing of the long-lived waste from these plants--it doesn't look so attractive. Nuclear plants will allow increased consumption and profit, with little concern for the environment.

One Sierra Club member worried that TVA was still encouraging increased electricity consumption. TVA's idea of conservation is to promote more consumption, but in off-peak hours. They call it "demand side management." This simply is not good enough at a time when only a reduction in total demand will prevent climate change.

The Sierra Club has a goal of 2% reduction per year of carbon injected into the atmosphere. There are many ways to achieve this. Conservation by users will go a long way. Users can buy more energy-efficient appliances, and run them less. People at the hearing proposed many ways to reduce electricity demand, including installing meters that show users how much electricity they're consuming. TVA's written reports could help bring home the advantages of conservation by framing energy consumption in pounds of carbon per unit of energy. But electricity providers like TVA must step up to the plate, too. They can build cleaner generating plants and more efficient transmission lines. TVA could pay as much attention to "carbon" as to "dollars."

One candidate for state office was at the hearing, and he wanted to know what the state legislature can do to decrease Tennessee's "carbon footprint." He's got the right idea—state government, TVA, local utilities, and yes, we consumers all have a role to play in creating a more energy efficient, less polluting future.

## 11th Annual Campaign Defenders of Tennessee

We are very appreciative of our Defenders,  
who have supported the  
Tennessee Chapter's legislative advocacy program.  
Those listed below contributed  
between February 10 – April 9

thanks  
to our  
defenders

Jeanne Bolen  
Dave Bordenkircher  
Alyssa Browning  
Steven Dronen  
Judith Hammond  
Robin Mann  
Shanti McKinney  
Bergen and Carolyn Merrill  
Martha Simmons  
Judy Walker  
Sue Williams

## Spaceship Earth T-Shirts

Front – "We're not just passengers on spaceship Earth..."  
Back – "We're the Crew." Sierra logo on left sleeve

Printed on Gildan Ultra Cotton™ heavy weight T-shirts

Size	Blue	Natural	Total		
small	_____	_____	_____	x\$16/shirt	= _____
medium	_____	_____	_____	x\$16/shirt	= _____
large	_____	_____	_____	x\$16/shirt	= _____
x large	_____	_____	_____	x\$16/shirt	= _____
2x large	_____	_____	_____	x\$16/shirt	= _____

Total T-Shirt Order

T-Shirt total from above \_\_\_\_\_

Shipping & Handling @\$4/shirt \_\_\_\_\_

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City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

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Sorry, we cannot accept credit cards.

Please make check payable to: TN Chapter Sierra Club

Mail to: TN Chapter Sierra Club  
PO Box 290306  
Nashville, TN 37229

# Outings

## CHICKASAW GROUP (Memphis)

**Saturday, June 2, 8:30-11:30am – National Trails Day Tour of Greater Memphis Greenline.** This is the perfect outing to celebrate National Trails Day. The trail is not built yet, so now is the time to tell us what you want in a trail. One of the goals of Chickasaw Group this year is to focus on maintaining, improving, and supporting acquisition of parks and green spaces. Join this outing in support of our efforts. Learn where this rail-to-trail is located and visit several locations. We will discuss proposed plans and improvements to make the Greater Memphis Greenline a world class linear park. Meet at the Central Library parking lot at 3030 Poplar to car pool. Bring water. Space is limited. For more information contact Thad Howard at (901) 529-4062.

**Saturday, June 9, 2006, 10:00am – Sierra Club/Park Friends Second Saturday Hike - The Old Forest Trail, Overton Park, Memphis, Tennessee.** Second Saturday Hikes. Explore the only urban old growth forest of its kind in America. Learn about the forest's history, identify big trees and wildflowers and observe firsthand the impact of natural and human forces on forests in an urban setting. Meet at the bridge next to the parking lot at the end of Old Forest Lane, east of Memphis College of Art. Sponsored by Park Friends, Inc. For additional information, call Don Richardson at (901) 276-1387 or donrich@juno.com.

**Saturday, June 16, 10:00am – Hiking in Shiloh National Military Park.** This is the site of a major Civil War battle located on the bluffs of the Tennessee River. Join historian Ken Hansgen, as we take a hike through the park. The site is also the location of mounds left by the Mississippian Native Americans of long ago. This will be a warm day, but there are trees for shade and maybe a breeze from the river. Bring water and a snack. Ken will show us a highly recommended restaurant for lunch. Meet at the visitors center at 10:00am and spend about 20 minutes there and then begin the hike, ending about 1:00 for lunch. To carpool from Memphis meet at the Starbucks in Collierville on Poplar. Departure is 8:00am sharp. For more information call Judith Hammond at (901) 276-2819 or Ken Hansgen at (731) 925-6410 or ken@shiloh.guide.com.

**Thursday, June 21. Summer Solstice Sunset Walk.** Time and details TBA. Mississippi River. For details, contact Judith Hammond, (901) 276-2819.

**Saturday, June 23, 9:00am-12:00 - Vollintine-Evergreen Greenline Walk.** Meet at the corner of Tutwiler and Dickenson at the little yellow train station. The Greenline is an example of a "rails-to-trails" conversion and is part of the proposed greenway from the river to Collierville. One of the conservation goals of the Sierra Club Chickasaw Group is to work to save, acquire, and maintain parks and green spaces. The weather may be warm, but there are plenty of trees for shade. Total 5.5 miles round trip and an easy walk through this neighborhood park-like setting. You will enjoy this! For more information call Bill Rehberg at (901) 508-1289.

### SAVE THE DATE !!!

**Wednesday, July 4, 12:00-6:00pm. – Chickasaw Group Fourth of July Picnic with Bluff City Canoe Club.** Meeman-Shelby Forest State Park, picnic shelter number 5 at Poplar Tree Lake. Free admission to the park. Bring a dish to share. Group provides drinks and burgers. Contact Tom Lawrence (901) 237-4819 or bus@thecave.com or Don Richardson at (901) 276-1387.

**TELEVISION PROGRAM: WPYL - Channel 18, Memphis, Tennessee:** "The Nature of Conservation" is the Sierra Club's Chickasaw Group TV Program on cable channel 18. The June program will take a look at the Memphis Farmer's Market. Such markets reduce the pollution that comes from transporting produce long distances. Encouraging local agriculture not only helps farmers and makes us all healthier, it's good for the environment, too. For the complete "Nature of Conservation" schedule on cable channel 18, please see the website: [www.memphislibrary.org/tlc18/18SCHD.htm](http://www.memphislibrary.org/tlc18/18SCHD.htm) If any groups or individuals in the community have a special problem or concern, or would like to see a program on a special issue or subject, please contact Judith Rutschman at (901) 767-5916 or [rutschman@rhodes.edu](mailto:rutschman@rhodes.edu)

All participants in Sierra Club outings are required to sign a standard liability waiver. If you would like to read a copy of the waiver before you participate, please refer to: <http://www.sierraclub.org/outings/chapter/forms/SignInWaiver.PDF>, or call 415-977-5630, for a printed version.

Transportation to the outing including carpooling, ride sharing or anything similar, is strictly a private arrangement among the participants. Participants assume the risks associated with this travel.

## HARVEY BROOME GROUP (Knoxville)

All HBG outings may be accessed at this website: <http://www.tennessee.sierraclub.org/broome/>

**June 9. Dayhike, Honey Creek Trail, Big South Fork National River and Recreation Area.** 5.2 mile loop, strenuous. One of the most varied, scenic trails in Tennessee, including stream crossings, waterfalls, ladders, boulder passages, an "Indian Rockhouse," and other adventures. Though listed at 5.2 miles, it can feel like 8 or 9. This outing is dependent on suitable water level and last-minute advice from BSF headquarters. Rated difficult. Driving distance approximately 70 miles each way. Preregister with John Finger: phone 573-5908; email [jfinger@utk.edu](mailto:jfinger@utk.edu).

**June 23-24. Backpack, Great Smoky Mountains National Park - Smokemont area.** After a short car shuttle our trip will start at the Thomas Divide Trailhead. The beginning elevation will be 4650'. The trail will roller coaster over 5.5 miles with an easy gain of 1300'. Our group will be limited to eight people including the leader. We will go out on the Newton Bald trail which drops 2200 feet over five miles. Hike 10.7 total miles, rated moderate. Drive, 140 miles round trip. Pre-register with Steve Harvey: email [sharvey86@aol.com](mailto:sharvey86@aol.com); phone 865-986-4608 (days), 865-986-6798 (evening).

**July 7-8. Beginner Backpack,** destination to be determined. This will be a short-drive easy-to-moderate rated hike catering to new backpackers. Preregister with Ron Shrieves: phone 922-3518; email [ronaldshrieves@comcast.net](mailto:ronaldshrieves@comcast.net).

## 10 Essentials for Hiking

Sierra Club Outings offer a variety of wilderness and near-wilderness experiences. It is important to realize that while all trips are guided by a leader, it is ultimately the responsibility of the individual to operate in a safe manner. To this end, the following is a list of essential items, which should be modified according to the particular type of outing.

1. Adequate map
2. First aid kit
3. Compass
4. Rain gear
5. Extra clothing  
(it is a good idea to always have a wool hat)
6. Matches
7. Knife
8. Flashlight
9. Extra food, water
10. The tenth essential.  
You decide what is the most important thing to bring!

## CHEROKEE GROUP (Chattanooga)

For information on upcoming outings, contact Chris O'Connor at [chris\\_o77@yahoo.com](mailto:chris_o77@yahoo.com) or visit our web site at <http://www.tennessee.sierraclub.org/cherokee/index.htm>.

## MIDDLE TENNESSEE GROUP (Nashville)

**Monday, June 18 6:30-8:30 p.m - Outings Leader Training 101** Outings Leader 101 training is designed to teach outings leaders how to design and lead outings in accordance with Sierra Club regulations. The course is a requirement to become a certified outings leader. This course is also offered on-line; however, many people enjoy learning new material in an interactive setting. For additional information and to register please contact MTG Outings Chair, Katherine Pendleton at 615-943-6877 or email [Katherine.pendleton@sierraclub.org](mailto:Katherine.pendleton@sierraclub.org).

**Saturday, June 23 - Picnic and Activities at Warner Park.** June 23rd is approaching for a day of fun at Edwin Warner Park in Nashville. All chapter members are invited and veteran members are encouraged to attend. Picnic time is from 10:00 a.m.-2:00 p.m. at Picnic Pavilion #3. The entrance is off Vaughns Road which is off Old Hickory Blvd. Directions to the park can be found at [www.nashville.gov/parks](http://www.nashville.gov/parks). Sierra signs will be posted to help lead to the location. Hikes and a possible bike ride are being planned. A pot luck lunch will begin at 1:00 p.m. For additional information contact Judy Martin at [bentonway2002@yahoo.com](mailto:bentonway2002@yahoo.com) or Adelle Wood at [adelleintn@comcast.net](mailto:adelleintn@comcast.net).

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# Meetings

## CHICKASAW GROUP (Memphis)

**Monthly First Thursday Members Gathering:** June 7 & July 5, 5:30-7:00pm - Otherlands, 641 South Cooper, Memphis, Tennessee: Join us for Chickasaw Group's "First Thursday" monthly gathering where Sierra Club members, activists and friends can meet in a casual setting to talk about issues and interests. Contact Juliet Jones, Vice Chair, at (901) 374-0582 or juliet101@comcast.net for more information.

**STRATEGY MEETING:** June 11 & July 9, 6:30pm - Prescott Memorial Baptist Church, 961 Getwell, Memphis, Tennessee: This meeting of the Executive Committee is open also to all members of the Sierra Club. Contact Tom Lawrence by June 8 (June meeting) & July 6 (July meeting) to place items on the agenda: (901) 237-4819 or bus@thecave.com

**PROGRAM MEETING:** Wednesday, June 27, 7:00pm - Benjamin L. Hooks Central Library, 3030 Poplar, Memphis, TN. Come at 6:30pm for social time! Program meeting starts at 7:00pm. The program topic will be "Wild Secrets of Nevada". Chickasaw Group chair Tom Lawrence will show the "Wild Secrets of Nevada" DVD and will present photos and stories from his own trips to Nevada, highlighting some of the many interesting sites in the state. Nevada is the most mountainous state with more than 300 separate ranges, while being the 5th most biodiverse state, supporting such wildlife as the majestic pronghorn antelope and desert bighorn sheep, the ancient bristlecone pine and Lahontan cutthroat trout. For more information, contact Tom Lawrence at (901) 237-4819 or bus@thecave.com

## HARVEY BROOME GROUP (Knoxville)

**PROGRAM MEETING:** Tuesday, June 12, 2007, 7:30 pm, The HBG regrets that due to medical reasons Sam Venable will not be able to speak at our meeting on Tuesday, June 12. We will meet as planned for another program. For information call John Finger at (865) 573-5908.

**STRATEGY MEETING:** Tuesday, June 26, 7:30 p.m., at the Tennessee Valley Unitarian Church, 2931 Kingston Pike, Knoxville. We urge all Harvey Broome Group members to join us as we discuss and plan strategies for issues of concern to the group. These meetings provide you an opportunity for input into issues of concern to you. Please join us! For more information contact Axel Ringe at 865-397-1840.

## UPPER CUMBERLAND GROUP (Cookeville)

**PROGRAM MEETING:** The fourth Thursday at 7:00 p.m. (four times a year at a minimum) in the lower level meeting room of the Putnam County Public Library. Please contact Peggy Evans for meeting details at maevans@twlakes.net or (931)432-6680.

## WATAUGA GROUP

**PROGRAM MEETING:** Every second Tuesday at 7 p.m. Please contact Gloria Griffith, (gla4797@earthlink.net), (423) 727-4797 for more information



## MIDDLE TENNESSEE GROUP (Nashville)

**PROGRAM MEETING:** Thursday, June 14, 7:00 p.m. at Radnor Lake Visitor Center, 1160 Otter Creek Road, Nashville. Ann Olsen, Communications Committee chair for the U.S. Green Building Council, Middle Tennessee Chapter, delegate to the USGBC's Southeast Regional Council, and Sierra member will talk with us about high performance green building and associated reductions in adverse environmental impacts and improvements in occupant health and wellbeing. Ann will describe the development of the USGBC and its Leadership in Energy and Environmental Design (LEED®) Green Building Rating Systems, which promote a whole-building approach to sustainability. She will also discuss the new LEED for Homes rating system, which is currently in pilot and expected to be launched this summer. We'll have a chance to talk about the kinds of choices we can make to decrease the environmental footprints of the buildings in which we live and work, and we'll see some local examples of greener construction. Ann is pursuing a PhD through Vanderbilt's Center for Environmental Management Studies and has a wealth of experience in strategic and operations planning, business analysis, and group process facilitation. With the current growth of green building practices in Nashville, this is a very timely topic for Sierrans and for the general public. Light refreshments will be served.

**STRATEGY MEETING:** Tuesday, June 26 at 6:30 p.m. in the old St. Bernard's Academy Building, 2021 21st Avenue South, 4th floor. Conservation issues are first on the agenda. All members are invited to attend this conservation and administrative meeting to get the news on what's happening in our Middle Tennessee Group. We welcome you to be with us to learn about the group's conservation initiatives and community activities. For conservation issues or additions to the conservation agenda, contact Diane Perschbacher at 615-895-1236 or email Diane@Propson.com. For additions to the administrative agenda or for more information regarding the meetings, send a message to Rachel Floyd at rfloyd557@bellsouth.net or call 792-2590.



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## CAMP AHISTADI: Spring Chapter Meeting

Camp Ahistadi, near Laurel Bloomery, TN was this spring's destination for the quarterly TN Chapter gathering. Besides the conservation and business meetings there were wildflower walks, bicycle ride, live music, hikes, photo ops, lots of tasty food, and a matinee at Barter Theatre, plus the unveiling of the new & awesome TN Chapter EARTH tee shirt, produced by Gary Bowers and designed by James Baker.

Leaders Webb Griffith, Dean Whitworth and Dennis Shekinah were accompanied by Clark Buchner, Judith Hammond, Diane Perschbacher-Phifer, Rachel Floyd, Bill Terry, Adele Wood, Joanne Hayden, Will Williams, Cindy French, Allen Miller, Monty Matney and Dave Muhly on a brisk morning VA Creeper Trail bike ride. Most riders took time to enjoy the sites and sounds of early spring in the Appalachian Mountains. Rushing streams, water falls, wild flowers and evidence of an increasing beaver population greeted the riders at every bend. The leisurely 17 mile downhill ride paused for pictures, guide explanations and even a stop for hot coffee and a slice of mile high chocolate layer cake in the tiny community of Taylor Valley.

Don Richardson led a hike in search of Appalachian Wildflowers along the Laurel Creek Trails that border Camp Ahistadi. Tall Hemlocks, White Pine and thick Mountain Laurel stood watch over dozens of varieties of tiny wildflowers producing their first bloom of spring.

An afternoon of culture called to Diana Leonard, Donna Dede and Debie Curde so it was off to the theatre with outing leader Barbara Donovan. Nestled in the pre-revolutionary town of Abingdon, VA, The Barter Theatre matinee featured the musical production of Married Alive. The ladies left camp at noon, visited the Barter Café for lunch and browsed the gift shop before enjoying an afternoon of equity quality theatre.

Back at camp Judy Martin, Carl Leathers, Jan Young, Gary Bowers, Cheryl Quinn, Corrie Wiser, Dick Mochow, Steven Sondheim, Peggy and Eston Evans, Mr & Mrs Axel Ringe, Mary Mastin, Brian Paddock, Keith Romig and Katherine Pendleton, David Bordenkircher, and Priscilla Watts relaxed on the porch rockers, cruised the silent auction, explored Camp Ahistadi, participated in the "secret ingredient contest" (correct response was PINEAPPLE) or prepared for scheduled meetings.

After Saturday's dinner, musical entertainment included auto harp sing-a-longs, foot stomping dances and guest appearances on the wash tub base. The MoonShinners specialized in traditional gospel & mountain music, which historically pre-dates bluegrass.

### Thank You Notes...

Camp Cooks & excellent assistants -

Nancy Taylor & Webb Griffith, Jean DeLong,  
Bob Wiesinuk, Barbara Donovan, Louise Shoen

VA Creeper Leads -

Webb Griffith, Dean Whitworth, Dennis Shekinah

Valet Parking -

Dean Whitworth & Dennis Shekinah

Directional Signage & Muir Quote -

Will Williams

LCV: Defender's Silent Auction Lead -

Gordon Mowery

Knife Sharpening -

Carl Leathers

Photographer -

Dennis Shekinah

Barter Theatre Lead -

Barbara Donovan

Clean up -

Catherine Murray & "wethands" expert Rick Foster

TN CHAPTER VOLUNTEERS

Welcome Dinner and Saturday entertainment by The MoonShinners -  
WWA

Homemade desserts -

WWA & WG members

## Tennessee Chapter Summer Meeting

August 3 - 5, 2007 • DuBose Conference Center

<http://www.duboseconf.org/>

**Join us at DuBose Conference Center.**

**We will occupy the Camper Cabins, where bunks are provided,  
but bring your own bedding, pillow, and towel.**

**The cost for the entire weekend is only \$40.00 per person (1/2 price for children under 12 years old).  
This includes lodging, Saturday breakfast and dinner, and Sunday breakfast.**

**Activities will include Saturday morning hikes. On Saturday evening, we will have a short program.**

DIRECTIONS FROM NASHVILLE AND POINTS NORTH & WEST

Take I-24E. Turn right off exit #134, then approximately one mile through Monteagle. Turn left onto Highway 41 (Tracy City) then immediate right to DuBose.

DIRECTIONS FROM CHATTANOOGA AND POINTS SOUTH & EAST

Take I-24W. Turn right off of Exit #135, then approximately 1/2 mile to Highway 41. Turn right onto Highway 41, then immediate right to DuBose.

**Most important:** In order to plan meals properly, please RSVP to Tom Lawrence (901) 237-4819 or bus@thecave.com by Sunday, July 22, 2007  
Registration Info Needed: Number of attendees & names. Number of omnivores; number of herbivores.

**Hosted by the Chickasaw Group (CKG). Payment due upon arrival.**

## save the date

June 23 is the date of MTG's hiking, biking, potluck gathering to honor the founders of the Tennessee Chapter. All members from across the state are invited. Members from the 70's, when we were the Tennessee Group of the Cumberland Chapter (Tennessee and Kentucky) and later the Tennessee Chapter, are especially urged to attend, but we want this to be a homecoming for all members, from new to "seasoned". Edwin Warner Park Picnic Area #3. This site is reserved all day, starting at 6:00 a.m., so if anyone wants a hike or bike ride before we eat, there is plenty of time.

Contact Judy Martin, 615-491-2662, for more info,  
or e-mail her at bentonway2002@yahoo.com.

If you want to lead a hike or bike ride, please let Judy know.

The Sierra Club - Middle TN Group

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