



Shawnee Trails



<http://www.sierraclub.org/illinois/shawnee>

Sierra Club – Shawnee Group

December 2023 – February 2024 QUARTERLY

In This Issue:

Cleaner, Healthier Homes Pg 1-2
Fall Programs Pg 3
New Year's Stone Soup Picnic Pg 3
Fall Outings Pg 4
Invasive Plant Pull Pg 5
Alternative Gift Fair Pg 6
Health, Gas Appliances Pg 7
Contact Your Rep. Pg 7
Sierra T-Shirts for Sale Pg 8
Volunteer Pg 8
Sierra Club Calendars for Sale Pg 8

Shawnee Group Contact Information:

Shawnee Group Sierra Club
PO Box 172, Carbondale, IL 62903-0172
<http://www.sierraclub.org/illinois/shawnee>
also <http://shawneegroup.blogspot.com>

Chair, Political Chair: Jane Cogie 618-549-4673 jane.cogie@gmail.com

Vice Chair, Membership Chair: Carla Womack, crusso1957@yahoo.com

Treasurer: Patty Weyhrich
pweyhrich711@hotmail.com

Secretary: John Magney 618-529-3194
jmagney@siu.edu

Program Committee: Jane Cogie, John Magney

Lobbying Chair, Conservation Co-Chair:
Jean Sellar 618-893-1379
biojean@peoplepc.com

Conservation Co-Chair, Shawnee National Forest Committee, Cool Cities Initiative:
Barb McKasson
618-529-4824 babitaji@aol.com

Outings Chair: Steve Eberhart,
eberpsy@icloud.com 618-687-2998

Fundraising Committee:

Carla Womack (native plant sale)
Barb McKasson (calendars)

Newsletter Editor, Webmaster: Sabrina Hardenbergh sabrina@midwest.net

Publicity: Mike Covell emike@siu.edu

Update: Forwarding the Transition to Cleaner, Healthier, All-Electric Homes & Workplaces in Southern Illinois Communities *By Jane Cogie*

On September 27th, 2023, a range of community groups—environmental and social justice non-profits, both State-wide and local--co-hosted the first of what are to be many Listen/ Lead /Share (LLS) community events across Illinois, aimed at introducing and gathering feedback on the gradual transition we must collectively and individually make to all-electric, cleaner healthier homes and workplaces.

The takeaways from this meeting are important to highlight, particularly since these same non-profits—Shawnee Group of the Sierra Club, Carbondale NAACP, Faith in Place, Black Graduate Greek Council of Southern Illinois, Citizens Utility Board, Carbondale United, and Natural Resources Defense Council—are planning follow-up events in February 2024 (virtual) and May 2024 (in-person) with the purpose of responding to concerns shared by the 41 participants at the initial Carbondale-based Clean Buildings event in September: **health impacts** linked to emissions from natural gas appliances in our homes (the focus of the February event), and the **support** folks wanting to begin transitioning to clean electricity will have available, both financial and practical solution-based (the focus of the May event).

Again, central to both these upcoming events will be providing a forum for residents from our area to make their voices—questions, concerns and hopes—heard on these important issues. **It's worth noting that the feedback from community members at the LLS events in our area and across Illinois** will be shared with representatives of environmental and environmental justice groups involved in crafting a Clean Buildings bill for Illinois, one that is responsive to the needs of us all, with equity a foremost concern. While the phasing out natural gas appliances from new buildings will likely be the main push of such a bill, we all benefit from learning how best to plan ahead for the time when our current gas appliances need to be replaced.

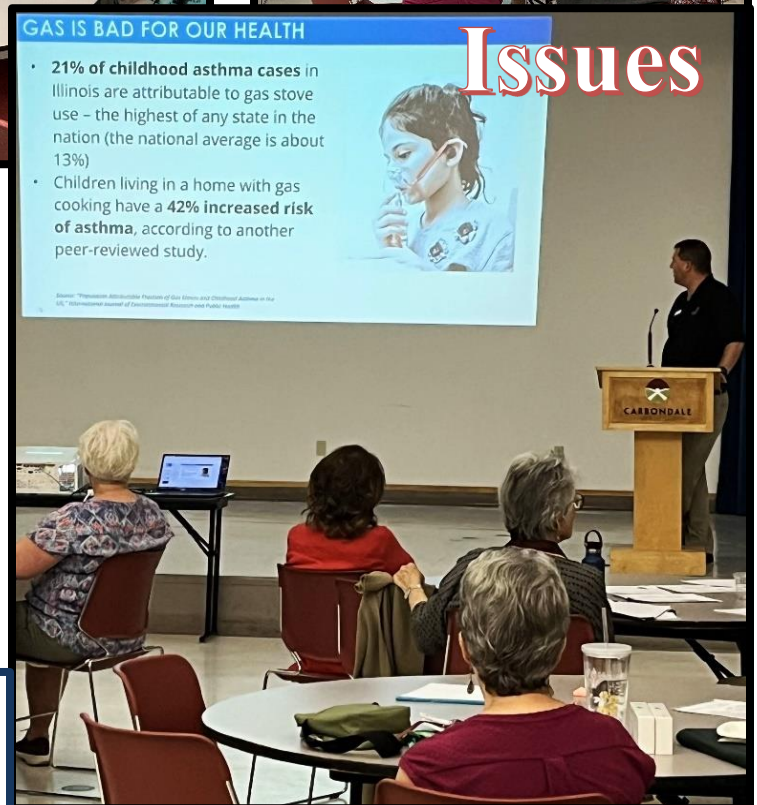
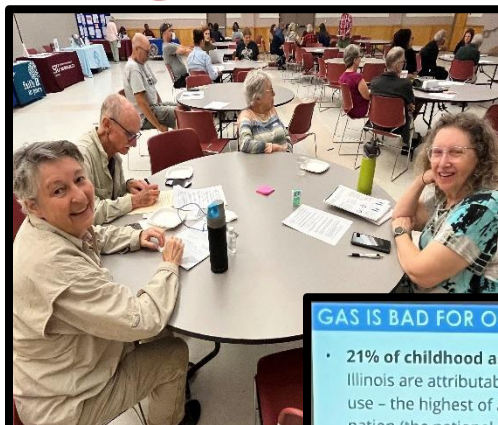
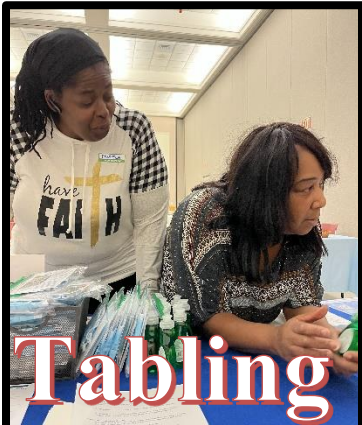
Thus, hearing from folks about this transition is hugely important. This issue hits all of us close to home, quite literally, directly involving, as it does how we heat our homes and businesses, heat our water, and cook our food, choices that will want also to be beneficial for our health and the health of our planet. *(Continued on Page 2)*

(Cleaner, Healthier Homes, Continued from Page 1)

Comments from participants at September's event on what excited them about this push for Clean Buildings included benefits to our pocketbooks, our health, and our fight against climate change.

Please check the Shawnee Group website and Facebook page, for more details on the upcoming events (the specific dates and times are yet to be decided) and on any action alerts that may be issued to support an equitable Clean Buildings bill for Illinois, expected to be introduced during the spring 2024 legislative session.

Clean Buildings: Listen, Lead, Share



Some weblinks from the Clean Buildings event:
Grid modernization, ClimateXChange:
bit.ly/44nqXSH
Illinois policy re grid modernization,
[ClimateXChange](#).
Heat pumps: A Practical Solution for Cold Climates,
[Heat Pumps: A Practical Solution for Cold Climates - RMI](#)
National Renewable Energy Laboratory (NREL)
[Electrification Futures Study](#)
See also the NCEI/NOAA [Global Climate Reports](#)
for why this is important.
(See *Clean Buildings health issues* on Page 7)



WINTER 2023/2024 – SHAWNEE GROUP SIERRA CLUB MEMBER PROGRAMS

Note our **in-person** Shawnee Group member programs, all at the Carbondale Township Hall Meeting Room, 217 E. Main, Carbondale, IL. Enter through the Township's backdoor. Parking is available in lots along the alley near the backdoor. Do also consider other Illinois Sierra groups' virtual presentations, as well as our own, listed on www.sctrips.org.

No December event, but come to our January 1st New Year's Day Stone Soup Picnic noted below.

Thursday, January 11, 2024 7 pm

Presentation: Birds of Prey in Southern Illinois

Presenter: Bev Shofstall, Director of Free Again Wildlife Rehabilitation Center

Brief Description: Over 40 years ago, Bev Shofstall brought home a Red-Tailed Hawk in need of medical assistance. Not long after that, she founded the Free Again Wildlife Rehabilitation Center. Literally hundreds of birds later, a few raptors that would not do well if released have been kept for educational purposes. This event will provide an opportunity for attendees to view these remarkable animals up close and learn about the value they provide to our environment.

Thursday, February 8, 2024 7 pm

Presentation: Planting Clues: How Plants Solve Crimes

Presenter: Dr. David Gibson, Emeritus Professor of Plant Biology, SIU School of Biological Sciences

Brief Description: Dr. David Gibson is an Emeritus Professor of Plant Biology in the School of Biological Sciences at SIUC. For 30 years he taught courses in botany and ecology, including Forensic Botany - the focus of this presentation. He conducted ecological research, publishing over 150 research papers and 4 books including *Planting Clues: How Plants Solve Crimes*. His presentation will focus on the botany behind some famous criminal cases that includes plant evidence such as the baby Lindbergh kidnapping, the Cayley Anthony murder, the arrest of serial killer Ted Bundy, the 'Umbrella assassination,' and more. Copies of his book will be available for purchase and signing following the talk.

Preview of the March 21st, 2024 Shawnee Group Program: Trent Ford, Illinois State Climatologist, will present "Climate Change in Southern Illinois," focusing on climate change impacts and steps our communities can take to mitigate and adapt to those impacts.

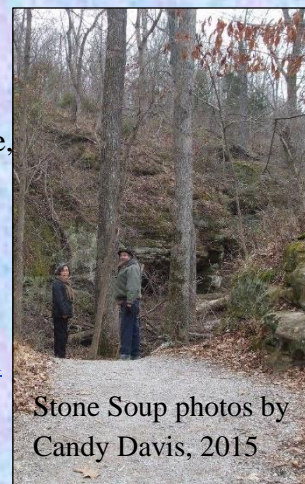
Sierra Club Shawnee Group Annual New Year's Day Stone Soup Picnic



Monday, January 1, 2024 11AM - 3PM at Giant City State Park, Shelter 2. Map of Giant City State Park, shelters are highlighted in red: <https://www2.illinois.gov/dnr/Parks/Documents/GiantCitySiteMap.pdf>



Join us at 11 am to contribute pre-cooked vegetarian ingredients for the soup pot. Please bring a side dish to share, your beverage, and a reusable soup bowl and eating ware. Eat at noon. Hike if you like following lunch. Questions? Contact Patty at pweyhrich711@hotmail.com or Carla Womack at 815-263-8173, crusso1957@yahoo.com.



Stone Soup photos by Candy Davis, 2015

WINTER 2023/2024 – SHAWNEE GROUP SIERRA CLUB OUTINGS

Sharp Rock Falls Hike, Sunday, December 3, 2023

Meet in the parking lot at Murphysboro Hardees before 10 am. This hike goes through a scenic, wooded canyon to a beautiful waterfall. It is a moderately difficult hike of 3-4 miles. Be sure to bring water and wear appropriate hiking shoes. You must call Steve Eberhart at 618-967-8690, to register for this hike.

Cove Hollow Trail, Sunday, January 14, 2024

Meet at the trailhead before 10 am. You can get to the trailhead by going south from Murphysboro on 127 and turning left on Boat Dock Road (across from Pomona Road) and then going approximately another mile. This is a moderate hike of 4.4 miles. Wear appropriate hiking shoes and take water and something to eat for lunch. Jon Womack is the leader. You must call Jon at 815-263-9625 to sign up for the hike.

Dutchman Lake Hike, Sunday, February 18, 2024

Meet at the boat dock at Dutchman Lake before 10 am. To get there, go south of Goreville to Tunnel Road, east to Dutchman Lake Road, then south to the boat dock. This will be a moderate hike of 4 miles. Wear appropriate hiking shoes and bring water. You must call Bob Mulcahy at 618-942-6342 to go on the hike.

Piney Creek Ravine Petroglyphs Hike, Sunday, March 10, 2024

Meet at the Murphysboro Hardees parking lot before 10 am. We will then drive together to the site. The hike goes to the Piney Creek Ravine where we will see ancient Indian petroglyphs and rocky bluffs. Bring water, a hiking staff and wear appropriate shoes. You must contact Steve Eberhart, the hiking leader, at 618-967-8690 in order to attend the hike.

Ferne Clyffe Hike, Sunday, April 21, 2024

We will hike scenic Ferne Clyffe State Park. This will be a moderate hike of 3.5 miles. Meet at the Ferne Clyffe Lake parking lot before 10 am. Wear appropriate hiking shoes and bring water. You must call Jon Womack at 815-263-9625 to go on the hike.

Browse the lower right Index on our old blog page for numerous southern Illinois **hiking trail** descriptions, and explore some of these during your own time: <http://shawneegroup.blogspot.com/>. Check the Illinois Chapter listings for other outings across the region: <https://www.sierraclub.org/illinois/events-calendar>.

Service Outings – Help Save High Quality Natural Areas

Shawnee Group is committed to helping rid high-quality natural areas of non-native invasive plants (NNIS) that are threatening to crowd out our native plant communities at La-Rue Pine Hills Research Natural Area (Snake Road) and at Fern Rocks Nature Preserve (Trillium Trail) in Giant City State Park.

To volunteer, contact Barb at 618-549-9684, babitaji@aol.com or text 618-534-7440.

Piasa Palisades Group Outings Chair:

Carol Klinger, 618-288-5506, ciklinger@yahoo.com
<http://www.sierraclub.org/illinois/piasa-palisades>

Eastern Missouri Group Outings Chair:

Doug Melville, 636-288-1055
douglas.k.melville@gmail.com
<http://sierraclub.org/missouri/eastern-missouri>

Future Outings TBA:

Updates listed on our or Illinois Chapter websites:
<http://www.sierraclub.org/illinois/shawnee>
<https://www.sierraclub.org/illinois/events-calendar>
Other short notice outings and events may be announced on our Facebook page:
<https://www.facebook.com/SierraClubShawnee>

Helping our High-Quality Native Plant Communities Survive

By Barbara McKasson

We have been pulling invasive plants at Fern Rocks Nature Preserve near the Trillium Trail for close to ten years now and we can see a big difference: more native plants are free to survive without being covered up and choked out by winter creeper and oriental bittersweet. Jennifer Randolph gives many thanks to all the volunteers who have helped pull, saw and chop over the years. There are rare and threatened plants at Fern Rocks that make it all the more important for us to keep up our efforts. We just held two pulls with the help of honor students from SIU-C.

We have also been entrusted to pull invasive plants along Snake Road in LaRue-Pine Hills in cooperation with staff at Shawnee National Forest. In addition, we have battled garlic mustard and multiflora rose in Bald Knob Wilderness along the Godwin Trail. I'm sure it's time to go back there to make sure the garlic mustard hasn't had a resurgence. Garlic mustard is particularly damaging because it produces toxins that kill any other plants, so we want to nip it in the bud – or in the rosette.

Saving these special plant communities is an important effort in the battle to preserve biodiversity and many native plants. At these high-quality areas, we have to do pulling because we do not want to cause collateral damage by using herbicide. Also, did I mention that it is very rewarding to fill a bag full of noxious weeds and know you have done your part. Just look at all the smiling faces of the students in the photo. Why don't you join us? Please contact Barb to join the Sierra Club strike team at habitaji@aol.com or 618-549-9684.



Invasive plant pull with help of SIU-C Honor Students and Sierra volunteers.

Photo by Jon Womack

**Come One!
Come All!
For the 18th
Annual
Southern
Illinois
Alternative Gift
Fair**

**Sunday, December 3rd,
2:00 to 5:00 PM at the
Carbondale Civic Center
on South Illinois Avenue**

You will find gifts that matter and that show you care. It will also support the good work of so many groups in our community.

Just to mention a few: Carbondale Warming Center, Friends of Giant City, Habitat for Humanity of Jackson/Union County, Jackson County Girl Scouts, Free Again, Peace Coalition, SI Collaborative Kitchen, Friends of the Shawnee – and of course – Shawnee Group Sierra Club – and many more!

We will be selling Sierra Club wall and engagement calendars. Be sure to check out our gift baskets in the silent auction. A broad array of great gifts can be found in the silent auction! Refreshments and music - and you are sure to see some friends – or at least friendly faces.



**18TH ANNUAL
SOUTHERN ILLINOIS
ALTERNATIVE GIFT FAIR**

**SUNDAY, DEC. 3, 2023, 2-5 PM,
CARBONDALE CIVIC CENTER**

Carbondale Warming Center*Church Women United*Golden Rainbows of SI*Gaia House*Friends of Giant City*Carbondale United*Shawnee Chapter Sierra Club*A Gift of Love*The Diaper Bank*Carbondale Laundry Project*Rainbow Cafe*Habitat for Humanity of Union/Jackson*San Foundation for Laotian Children*Survivor Empowerment Center*Jackson County Girl Scouts*Free Again*Peace Coalition*CUF Social Action*Good Samaritan Ministries*Little Resource Center*SI Collaborative Kitchen*Y'all Rock*Humane Society of SI*Green Earth*Church of the Good Shepherd-Heifer International*Women For Change Miller-Tisdale Sewing Room*Friends of the Shawnee*Beyond the Walls Movement*SOIL Sisters

**FIND GIFTS THAT MATTER & SUPPORT THE
GOOD WORK OF OUR COMMUNITY**

**SPONSORED BY CARBONDALE UNITARIAN FELLOWSHIP'S
SOCIAL ACTION COMMITTEE**



Health Impacts Associated with Emissions from Natural Gas Home Appliances

Collaborators Rocky Mountain Institute, Physicians for Social Responsibility, Mothers Out Front and Sierra Club recently [reported](#) on gas stove impact on indoor air pollution and public health. A [primary](#) source of combustion pollution inside the home, cooking with gas, spikes nitrogen dioxide and carbon monoxide emissions to levels violating outdoor pollutant standards (NO₂ concentrations are 50–400 percent higher than homes with electric stoves). Children in homes with a gas stove have a 24–42 percent increased risk of asthma, and low-income populations and communities of color are disproportionately impacted. In addition to NO₂, CO₂, carbon monoxide, methane, and PM_{2.5} (exacerbating respiratory problems), gas appliances (e.g., stoves, furnaces, water heaters, fireplaces) also may [leak carcinogenic benzene](#) and other [volatile organic compounds \(VOCs\)](#). To reduce air pollution, electric stoves and appliances are recommended.

Outdoor Standards for NO ₂	1-hr average (ppb)
US National Standard (EPA)	100
Canadian National Standard	60
California State Standard	180
Indoor Guidelines for NO ₂	1-hr average (ppb)
Canada	90
World Health Organization	106

Measured NO ₂ Emissions from Gas Stoves	Peak (ppb)
Baking cake in oven	230
Roasting meat in oven	296
Frying bacon	104
Boiling water	184
Gas cooktop - no food	82–300
Gas oven - no food	130–546

Friday, November 17th, the [US Department of Energy](#) announced [\\$169 million](#) for nine new electric heat pump related manufacturing projects at fifteen US sites to promote clean energy jobs and technology. Look up and check back for the new [federal](#) and [state](#) tax credits for clean energy appliances (and vehicles)

Illinois Legislative Contacts: [CALL YOUR LEGISLATORS TODAY!](#)

State Dist. 109 – Charles Meier: 618-651-0405; 217-782-6401; repcmeier@gmail.com

State Dist. 115 – David Riess: 618-282-7284; 217-782-1018; friess@ilhousegop.org

State Dist. 116 – David Severin: 618-440-5090; 217-782-1051; severin@ilhousegop.org

State Dist. 117 – Patrick Windhorst: 618-294-8703; 217-782-5131; windhorst@ilhousegop.org

State Dist. 118 – Paul Jacobs: 618-559-7018; 217-782-0387; Jacobs@ilhousegop.org

Senate Dist. 55 – Senator Jason Plummer: 618-283-3000; 217-782-5755

Senate Dist. 58 – Senator Terri Bryant: 618-684-1100; 217-782-8137; Sec’y.: cbrown@sgop.ilga.gov

Senate Dist. 59 – Senator Dale Fowler: 618-294-8951; 217-782-5509; senatorfowler59@gmail.com

Governor J.B. Pritzker: 217-782-6830; <https://www2.illinois.gov/sites/gov/contactus/Pages/default.aspx>

Speaker of the House Emanuel Chris Welch: 217-782-5350; 708-450-1000; repwelch@emanuelchriswelch.com

Senate President Don Harmon: 217-782-8176; 708-848-2002; <http://www.donharmon.org/contact-senator-harmon>

Congressional Contacts: [CALL YOUR CONGRESSMEN TODAY!](#)

Senator Dick Durbin: 618-351-1122; 202-224-2152; <http://www.durbin.senate.gov>

Senator L. Tammy Duckworth: 202-224-2854; <https://www.duckworth.senate.gov>

Representative Mike Bost: 618-457-5787; 202-225-5661; <https://bost.house.gov>

Representative Mary Miller: 618-240-3155; 202-225-5271; <https://marymiller.house.gov>

President Joseph R. Biden, The White House, 1600 Pennsylvania Ave., Washington, D.C. 202-456-1111; <https://www.whitehouse.gov/contact>

Has Your Email Address Changed?

To receive notification when the latest Shawnee Group newsletter is posted online, be sure to inform the Group when you change your email address. Send email address updates to: crusso1957@yahoo.com.

Read current and past newsletters on our website: <http://www.sierraclub.org/illinois/shawnee>. The website also lists information on upcoming local programs and outings, plus state and national Sierra Club issues.

Leadership Opportunities

Run for the Board! We need a few good women and men. Join the board of directors (the executive committee, also known as the ExCom) in overseeing the Shawnee Group's strategic direction and economic health. Board members meet monthly for about 2 hours. Board terms are for two years. We are always interested in potential candidates. Contact Jane Cogie, 618-549-4673, jane.cogie@gmail.com.

Call for articles and photographs for Shawnee Trails! The next issue will be published in February. Please send your Word, PDF or JPG files to sabrina@midwest.net by **Monday, February 5th**.



Shawnee Group Sierra Club T-Shirts for Sale!

Show your support for our local group's activities. Contact Mike Covell at 618-201-4928 or emike@siu.edu.

White logo on blue T-Shirt **\$15**
Medium Large or X-Large

Sierra Club 2024 Calendar Sale!!

Contact Barb McKasson, 618-549-9684, babitaji@aol.com, or buy at the monthly meetings this fall. Wall calendars are \$16. Engagement calendars are \$17.

