



Four Lakes *Sierran*

The Newsletter of the Four Lakes Group Sierra Club

Winter 2013

A Clean, Green New Year

Tracy Dawicki

It's a new year and you want to make some green changes for your home and lifestyle. Not sure where to start? Here are 13 green suggestions for 2013!

1. **Switch out your old light bulbs for newer, energy-efficient ones.**

As your old light bulbs burn out, begin replacing those with energy-efficient bulbs.

Most of the newer light bulbs have a life expectancy of at least seven years with some of the newest LEDs having a 23-year lifespan claim. Not only do these bulbs use less energy, they will save you money in the long run!



2. **Try Meatless Mondays.** Starting during World War I and continuing into World War II, presidents suggested going meatless one day a week to save money. Cutting meat not only provides health and money saving benefits, but can also reduce your carbon footprint! Eating local produce helps save fossil fuels. You will also decrease the amount of animal-generated greenhouse gases (such as methane from cows).



3. **Switch to glass or ceramic products.** There are many reasons to switch from plastic. Some plastics contain harmful BPA, chemicals can leach from plastic (even those deemed microwave-safe), and plastic is made from petroleum and uses a lot of energy. Glass and ceramic can last longer and are easier to recycle and use in new products.

4. **Take your old and expired medicines and drugs to a local medicine disposal site.** Not only will you prevent your medicine from getting into our drinking water, but you'll de-clutter your home and keep those medicines out of the hands of kids. Chemical companies can safely dispose of the medicine and you no longer have the drugs in your home.

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Chair's Corner

Dave Blouin

2012 was a mostly successful year for the Four Lakes Group and I expect 2013 to be even better.

We held the successful Tom Neilson mining education benefit concert in February that helped raise funds to support the grass-roots effort to halt destructive strip mining in the Penokee Hills. Patty Loew gave a great presentation on the background of the issues mining poses for her tribe, the Bad River Band of Lake Superior Chippewa. Our Recycling Away from Home team volunteers worked at numerous festivals and events this summer to help redirect recyclables from the waste stream destined for local landfills.

Volunteers continue to table at lots of events to help educate the public on our conservation efforts such as the Beyond Coal campaign, mining issues, and water and air protection. Much of our conservation issue work consists of state and national issues. Contact Conservation Chair, Don Ferber, for information on how you can become more involved.

Team leaders held numerous outings and social events designed to be educational, healthy, and fun in 2012, but our Outings program could still use additional volunteer leaders for 2013 and beyond. We'd love to have more members volunteer to share their time and skills with fellow members. Maybe you're an educator or an expert

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SIERRA CLUB
FOUNDED 1892

Four Lakes Group Outings

Outings, Winter/Spring 2013

For all outings: Wear weather and activity-appropriate clothing (layered is best) and good footwear. Bring fluids to drink, and a snack or food, and sun screen if needed. If there will be burning, natural fiber clothing is recommended with work gloves and sturdy boots. Tools provided for restoration outings, but you can also bring your own. Please contact the leader to RSVP, if you have questions, or with concerns about weather, and to cancel. If carpooling, please be a little early. Check our Four Lakes Group web site or Facebook page for updates or added events.

Leader Contact Info

Don Ferber, (608) 222-9376 or d_ferber@sbcglobal.net

Kathy Mulbrandon, kmulb@charter.net

David Smith, (608) 233-1210

Full Moon Ski/Snowshoe/Hike – Prairie Moraine County Park

Wednesday, January 23, 6:15 PM

Enjoy a winter evening ski/snowshoe/hike under a full moon at Prairie Moraine County Park in Dane County. We'll start out at 6:15 p.m. to ski/snowshoe/hike through prairies and forest at one of Dane County's glaciated areas near Verona on the night before the full moon. Families are welcome! To get to Prairie Moraine Park, take Hwy 18/151 southwest of Madison to exit 79 (Cty PB). Turn left on PB and go .7 miles south to Prairie Moraine County Park parking lot. Meet by the IAT kiosk. Contact Kathy Mulbrandon at kmulb@charter.net for more info.

Stream-bank Restoration with Trout Unlimited

Saturday, February 23, 9 AM to Noon

Join Trout Unlimited to help restore another Dane County stream bank and provide better fishing access. We'll cut and pile invasive brush and burn brush piles, so bring something to roast on the fire for lunch. This outing will likely be on Vermont Creek in Black Earth, but call to confirm and for directions. Contact Don Ferber for more information.

Ice Skating at Vilas Park

Sunday, March 3

Another in-town option to get outside! Come skate, or,



Photo: Donna Collingwood

if you're me, fall down, with your fellow Sierrans. Skate rental 1st hour: Adults \$6, Children (14 & under) \$3, add'l. hours \$2. Afterwards, we can venture to a local Monroe Street watering hole for a hot drink and a snack if people want. Meet at the warming shelter at 1 p.m. I will attempt to be easily visible as the Sierra Club meeting point. Children welcome! Contact lacinda.athen@gmail.com or (608) 274-7870 with questions.

Restoration outing – Table Bluff Segment Ice Age Trail

Sunday, March 10, 9 AM

Join with the Dane County Chapter of the Ice Age Trail to restore more of the landscape along this scenic and popular section of the Trail. Take Hwy 14 west of Cross Plains to Cty KP. Turn right for .4 miles and left on Table Bluff Rd for .3 miles to the parking area off the road. Contact Don Ferber for more information.

Stream-bank Restoration with Trout Unlimited

Saturday, March 23, 9 AM – Noon

Join Trout Unlimited to help restore another Dane County stream bank and provide better fishing access. Location to be determined, but you'll have found another prime fishing spot. Contact Don Ferber for more information.

Spring Hike – New Glarus Woods State Park

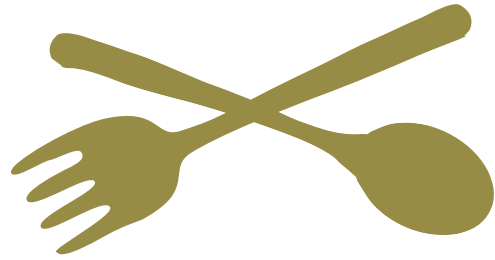
Saturday, April 6, 10 AM

Join us for a 4 - 5 mile spring hike through prairies and forests at New Glarus Woods State Park. The hike is moderate with rolling hills and ravines and a great opportunity to see spring ephemerals just starting to bloom and trees just budding out. Carpooling from Madison meets at 9 p.m. at the western Hill Farms State office parking lot, 4802 Sheboygan Ave. Otherwise, meet at the parking lot off State Hwy 69, 2 miles south of New Glarus at 10 AM. A State Park sticker is required for cars at New Glarus Woods. Lunch option at a local Swiss restaurant afterward if interested. Contact David Smith for more info. ■

Sierra Club Members Relax at December 9 Potluck



Photos: Marshall Mundt



Cruisin' for Cuisine

Join your fellow diners around the table at a variety of locally-owned restaurants for an evening of conversation, camaraderie, and fabulous food. We try to mix up price points and locations to provide a range of options, and we're always open to suggestions! We do separate checks, so you can order what you like, and this is open to non-members, so anyone can feel free to join us and bring a friend. See below for detailed information on the restaurants and **please RSVP a week in advance to lacinda.athen@gmail.com or (608) 274-7870** to hold your seat, and she will provide the dinner time.

- Thursday, January 17: Merchant, www.merchantmadison.com; 121 South Pinckney Street, Madison
- Wednesday, February 6: Brasserie V, www.brasseriev.com; 1923 Monroe Street, Madison
- Tuesday, March 5: Pig in a Fur Coat, apiginafurcoat.com; 940 Williamson Street, Madison
- Wednesday, April 10: Appetizers at Louisianne's, www.louisianne.com; followed by pie at Hubbard Avenue Diner, www.hubbardavenuediner.com; 7445 Hubbard Avenue, Middleton
- Thursday, May 9: Forequarter, undergroundfoodcollective.org/forequarter; 708¼ E. Johnson Street, Madison
- Thursday, June 13: Veranda Restaurant and Wine Bar, www.facebook.com/VerandaMadison; 2784 S. Fish Hatchery Road, Madison
- Wednesday, July 17: DLux Burgers & Cocktails, www.dluxmadison.com; 117 Martin Luther King Boulevard, Madison

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Having Fun While Doing Good

Don Ferber

Interested in social opportunities with a sense of fulfillment, or ways to give back to the Club? A good start is to reflect on what matters to you, the skills you have (or wish to enhance), and where you'd like to make a difference. Then consider joining our fabulous volunteer crew. The Sierra Club offers a wide variety of opportunities.

We offer conservation teams, Inner City Youth Outings, communications, nature outings, Recycling Away from Home, tabling and outreach opportunities, and a Four Lakes Executive Committee – all volunteer based, and dependent on members who care about these issues. Many of these opportunities are described at www.4lakes.org/get-involved. Just decide what interests you and contact us to discuss options further.

One great opportunity is our annual volunteer party on February 21 where you can learn more about our endeavors and help celebrate the accomplishments of our current volunteers (see page 6).

Much of our public outreach focuses on special events, and we'll kick off the year with one of our biggest and best volunteering events – the Sierra Club booth at the terrific WHA Garden Expo, February 8 – 10 at the Alliant Energy Center. And April 20 not only marks Isthmus Green Day, but the start of the Dane County Farmers' Market where we have a booth most Saturdays into November.

So please join in. It'll make you feel good – and us too! ■

Four Lakes Group Sierra Club Contacts

on the web: [www. http://4lakes.org](http://www.4lakes.org) • Like us on FaceBook



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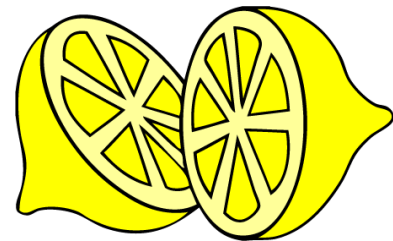
Dane Varese*, (608)576-5586, danevarese@gmail.com

*Executive Committee members

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5. Reduce how often you get fast food.

There are many things to consider when getting fast food: The shipping to get the food to the restaurant. The paper your food comes wrapped in. The idle time with your engine running while waiting in line to get the food. Not to mention that most fast food is unhealthy. Fast food restaurants, while they may be convenient, are a money pit for the consumer. It is much cheaper and better for the environment to make something at home. Strapped for time during the week? Pre-cook your food and freeze it in individual containers, then just pop it in the stove or microwave when you get home.

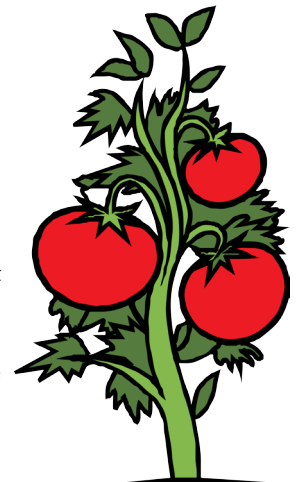


6. Switch to environmentally friendly cleaning supplies or, better yet, make your own.

A lot of commercial cleaning supplies contain really hazardous materials for you and the environment. Look for cleaning supplies that contain grain alcohol, plant oils (such as rosemary or sage), baking soda, vinegar, and lemon juice. If you're looking to make your own, a simple internet search can provide a list of homemade cleaning solutions for just about anything.

7. Plant a garden.

Take some of your yard space and plant vegetables and flowers. It will freshen your air and provide you with fresh produce. Don't have a yard? Try a pallet



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garden or windowsill garden. Again, an internet search provides plenty of resources on how to create an indoor or balcony garden that can brighten up your home.

8. **Plan a local vacation.** Want to save money and save the environment? Pick a local place to visit. Yes, going to Mexico or the Bahamas sounds enticing (especially with snow outside), but planes use a ton of fuel. Not only that, but driving someplace nearby means you can pack lunches and sleep in your own bed at night. If you do opt to travel to farther away from home, you can still help the environment by opting to not have your towels and linens washed every day.



9. **Green your appliances.** This one is a little more costly to start, but saves money in the long run. The EPA estimates that replacing old refrigerators and appliances that are more than 10 years old can save a homeowner around \$150 a year in electricity alone. Newer washing machines and dishwashers also use less water.

10. **Speaking of using less water, installing a low flow toilet can save up to two gallons of water per flush.** If you don't want to install a low flow toilet, you can adjust the float valve

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50 More Years of Conservation Leadership

Mary Nokes

Wisconsin's John Muir Chapter has deep environmental roots and our landscapes have inspired many leaders in the conservation movement. As part of our 50th anniversary, we hope to inspire a new generation of conservation leaders. We will chronicle our history and encourage members and supporters to try new things, deepen your commitment, and offer your skills as a volunteer to make the Chapter stronger. We need your help to build the next 50 years of conservation leadership in Wisconsin.

After 50 years, we have many stories to tell. The John Muir Chapter has championed many issues from the designation of Wild and Scenic Rivers to closing down coal plants and along the way we have found heroes and heroines among us. With the help of our chapter's volunteers we have stepped forward to take on what needs to be done.

To celebrate, the John Muir chapter will hold a number of events to bring us together. The evening of April 20th, we will celebrate John Muir's Birthday, the 44th Earth Day, and our Chapter's anniversary with Michael Brune, the National Executive Director of the Sierra Club at the Institutes of Discovery in Madison. In October, the Chapter will host a special Autumn Assembly. This year, we will focus on our priority conservation issues, train members and supporters to be effective advocates on Wisconsin's environmental issues, and celebrate the Chapter's record of accomplishments.

Look for invitations and more information about celebration efforts in 2013. The 50th Anniversary Team has been meeting, working, and planning ideas and events, helping to lay the groundwork for 50 more years of exciting environmental leadership by the John Muir Chapter of the Sierra Club. ■

Michael Brune Visit

Mark April 20, 2013 as a date to save. As part of the John Muir Chapter's 50th anniversary celebration, we are pleased to host a special visit by Sierra Club Executive Director, Michael Brune, with an evening event at the Wisconsin Institutes for Discovery in Madison. Michael is an exciting young leader who is steering the Club with a new dynamism, and is also a wonderful speaker. This special event will also be a fundraiser, and we welcome sponsors. Tickets will be available for \$50 per person. We've also invited Michael to celebrate John Muir's birthday with a hike at John Muir Park in Marquette County on April 21. So you may want to mark both days on your calendar!

More information on these and other 50th anniversary events can be found at www.sierrawi50.org.

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in your field willing to share your experiences and training. Or maybe you're just an avid hiker, skier, or biker willing to lead an outdoor recreational experience with fellow members. Paragliding or snowshoe experts—we need you all! Contact Outings Chair, Kathy Mulbrandon, for more information. Kathy's info is in Contacts, on page 4.

To learn more about opportunities to volunteer and connect with fellow

Sierra Club activists, members and staff, come out to the volunteer party at Brocach in downtown Madison on Thursday, Feb. 21. The party is one of our favorite events with great food, drink, and discussion that helps kick off our efforts for the year. See more on page 7.

Last year's election results were mostly positive for the environment – at least on the national level. The reelection of President Obama and

the election of Tammy Baldwin to the Senate were critically important victories that give us hope for positive changes for federal environmental policy and law. The post-election state-level landscape of one party control of state government presents the Sierra Club and other environmental and conservation organizations with some serious challenges this year. Thank you to all the volunteers and staff who worked hard on many state races!

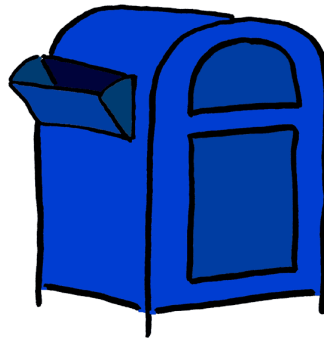
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or add a brick to let less water into the tank and save water. You can also install aerators on household faucets that can cut your water consumption up to 50%.

11. Heat and cool your home effectively. There are several ways to do this. Make sure your vents in your house are open or closed appropriately for the time of year. Use a programmable thermostat and turn down the thermostat in colder weather and up in warmer weather. Replace or clean the air filter in the furnace. Make use of fans as much as possible to move air through or around the house. Cover your windows with plastic in winter (to keep the heat in) and with reflective material in summer (to keep the heat out). These few suggestions can help increase heating and cooling efficiency in your home.

12. Create a compost bin or pile. If you have a yard, create a compost pile. This can be great to use in your gardens to help put nutrients back into the soil. If you live in a place that does have a yard, you can create a bin to do composting in. Just get a garbage can with a locking lid, drill a few holes into the bin (for drainage and to get air in and out), add some dirt and begin composting by adding

your green kitchen scraps and brown leaves. Every few days, roll the bin around to mix up the soil. If that is too much work, there are now bins you can keep on your counter, such as a Bokashi bin.



13. Eliminate as much "snail mail" as you can. Sign up to pay bills online. Stop unsolicited mail by using websites such as OptOutPrescreen.com or contacting companies such as Direct Marketing Association and Val-Pak to have your name taken from the list. Switch to an online subscription of your newspaper and download e-coupons.

These are just a few ideas to get started, but there's so much more you can do! Have fun, get creative, and talk to others about the great things you're doing. Have a healthy, happy and green 2013! ■

I fully expect that we, as members, will be called on many times in 2013 to defend existing state laws and programs that preserve and protect our natural resources and public rights. For example, we certainly know that legislation enabling destructive strip mining is returning soon. We expect the legislature to consider repealing the Mining Moratorium Law. Look for more information on all these priority issues on the John Muir Chapter website at Wisconsin.sierraclub.org. We will continue to alert you to specific threats as they come up so that you can use your voice to comment.

As always, you can find more about our current activities on our website at 4Lakes.org and I look forward to your messages with questions or concerns at: burroak15@gmail.com or by phone at (608)233-8455. I hope to see everyone at the volunteer party on Feb. 21! ■



**REDUCE
REUSE
RECYCLE**

Four Lakes Group 2013 Executive Committee Election Ballot

Please read the candidate statements for election to the Executive Committee and select your choices by putting “x” before the name. Select up to four candidates. If your ballot is not from a mailed copy of the Four Lakes Sierran, please write your membership number on the back. Only ballots with active membership numbers will be valid.

Voter 1: Lacinda Athen Dave Blouin Beverly Speer

Write In _____

Voter 2: Lacinda Athen Dave Blouin Beverly Speer

Write In _____

Must be postmarked by January 31, 2013. Mail to: Terri Gregory, 840 Burr Oak Ln., Madison, WI 53713

Lacinda Athen

I have worked “under the hood” in Club leadership as Four Lakes group chair for six years and as statewide Awards Chair. Most of all, I enjoy working with other volunteers doing outreach and communications work. I have been webmaster of 4lakes.org and wisconsin.sierraclub.org for years and look forward to increasing and engaging our online community through our fabulous Communications Committee and our blog, Facebook page, and other outreach avenues. I always look forward to the input of our committed volunteers and work to encourage them to use their abilities in ways that will help not only 4 Lakes, but the volunteer, too.

Dave Blouin

My activism in the Sierra Club began in 1993 with the Crandon mine proposal. I served on the Four Lakes Group and John Muir Chapter Executive Committees in the 1990s. I continue to serve as Political Committee Chair to both entities as well as Mining Committee Chair for the Chapter. In an effort to revitalize our local activism, I became Four Lakes Group Chair in 2010. I’m proud of the work that we’re doing locally and wish to continue the progress we’ve made and tackle new challenges in 2013.

Beverly Speer

I have been a member of the Sierra Club since 1988. I have served in a leadership capacity at the local and state levels off and on since 1992. As chair of the Dane County Solid Waste and Recycling Commission, I am particularly interested in the Four Lakes Group’s efforts to encourage and

enable waste reduction and recycling out in the community, in addition to residential programs, through the group’s Recycling Away from Home initiative. As an executive committee member I’ll seek input from members and community organizers on new ways to recruit new local volunteers and leaders for the Four Lakes Group.

Volunteer Appreciation (and Recruitment!) Party

Thursday, February 21, 5:30 to 8:30 p.m., Brocagh Irish Pub on Madison’s Capitol Square

Lacinda Athen

Once a year, we like to make a fuss over our volunteers by getting everyone in one room for a celebration! We bring together all the worker bees from Outings leaders, to Beyond Coal campaign activists, to youth leaders from Inner City Outings, to the waste reduction krewes from Madison Recycling Away from Home, and everyone else who loves to help. It is a fantastic way to learn about ALL the different people and campaigns working to make a difference in Southwest Wisconsin. We encourage those interested but not yet volunteering to attend, too, so you can meet Four Lakes movers and shakers and learn all the different ways to get involved. Beverages and appetizers provided, along with door prizes and volunteer awards! RSVP to lacinda.athen@gmail.com or (608) 274-7870 by February 15th.



Four Lakes Group Sierra Club
222 S. Hamilton St.
Madison, WI 53703

<http://4lakes.org>

Non-Profit Organization
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Newsletter and Enews

Our goal is environmentally responsible, cost effective communication with all of our members. Our primary modes of communication are this newsletter, the Four Lakes Enews and the 4lakes.org web site. We mail newsletters to members for whom we do not have email addresses or those who request a hard copy. Others receive an email notice and can download the latest issue from our web site. You can help save trees and reduce use of print materials and inks that use energy and can have harmful environmental effects. It also saves funds we can use toward our essential missions. Please consider sending us your email address to receive your newsletter electronically. An added advantage is that you can get our Enews newsletter that is sent out 2-3 times a month and will keep you connected and more up to date on what's happening. Please contact Don Ferber at:

• By email to d_ferber@sbcglobal.net • By phone at (608) 222-9376 • By mail at 4700 Allis Ave., Madison, WI 53716

Sierra Club Interest Survey

Your local Four Lakes Sierra Club board would like YOUR feedback on what you like and want from YOUR Sierra Club. Please share your thoughts and suggestions, and we will do our best to incorporate them as we move forward.

This brief survey will take less than 15 minutes of your time and lets us know how we can improve as your group: www.surveymonkey.com/s/BVSQ9M3



**we
value
your
input**