



THE LOOKOUT

Huron Valley Group

Vol. 30 No.3 Summer 2008



Off the Beaten Path

Camping in Pinckney and Waterloo

There are many places to camp on public land within the Saginaw-Erie interlobate. The Michigan Department of Natural Resources (MDNR) offers a variety of camping experiences including developed campgrounds for recreational vehicles (so-called “modern camping”). For those of us who don’t roll with satellite dishes and boom boxes when we seek to commune with the natural world, there are also several rustic campgrounds. In addition, camping is allowed along the Potawatomi Trail and probably other trails; registering with the park office is recommended.

In the Waterloo State Recreation Area, the prime spot is **Green Lake**. Accessed from M-52 a few miles north of Chelsea, the campground has 25 sweet sites overlooking the water. There’s a boat launch and good fishing. The Waterloo-Pinckney Trail (WPT) runs through the campground, so the site can be a stop on a through-hike, or a network of trails through high quality natural areas can be day-hiked if one drives a car in. Call the park office at 475-8307 for info. All campgrounds have a nightly charge of \$12 (cheap!), pit toilets and fire rings.

The Pinckney State Recreation Area offers several worthy options. A ten-site campground sits on the shore of **Blind Lake** and is only accessible by trail. Parking is not permitted along most of the private road leading to the few houses on the west side of the lake. There’s a parking area on the west side of Goodband Road a mile north of Hadley Road with access to the WPT. A pleasant three-quarter mile hike ends up at the campground. Blind Lake has unusual greenish sand and is generally cooler than other lakes, making it most refreshing on a hot summer day.

Further east there’s a 25-site campground on **Crooked Lake**. From N. Territorial Road, go north on Dexter Townhall Road to the Pinckney Rec Area entrance. Pass the entrance booth and the park

headquarters, and turn left just before the parking lot for the Silver Lake beach and the Potawatomi trailhead. Follow a winding, narrow road through the woods and down to the campground. There’s a boat launch and a fishing pier, with access to Crooked Lake and the channel leading up to Pickerel Lake, a really nice excursion. Of these three campgrounds, this one has the most remote feel.

The MDNR web site also lists the “**Glenbrook Yurt**,” available for \$60/night. I believe this is located in the old Glenbrook campground, on the north side of the Portage River just north of Half Moon Lake. That area has been closed for years but at last sight retained some of its features. It’s another possible overnight location for through-hikers on the WPT. All Pinckney camp sites can be reserved by calling (800) 447-2757.

You may not think that places so nearby will produce the feeling of relaxation that comes from “going away” to some location different than our everyday lives. The quality of these campgrounds can do just that, though. When auto fuel costs half a paycheck, they become all the more attractive.



By Bob Treemore

*Get outdoors!
For upcoming
local hikes,
see page 7.*



Aged and Ripened...But Still Green (Part 3)

The Finishing Touches on Our Historic Home Greenovation

by Kelly and Matthew Grocoff

The asbestos siding is gone, the carpet and acoustic ceiling tiles are hopefully reincarnated as some other more useful product, the house is sealed and insulated, and our ultra efficient geothermal system is consistently saving us 50-60% compared to our neighbors' less comfortable homes. So, what's next? For starters, stop pouring money down the drain.



Water: The New Oil?

Since the 1950s, the U.S. population has doubled, but water demand has risen 300%. American homes now use an average of 100 gallons of water per person each day—enough to fill 1,600 drinking glasses!

If we don't address water consumption, the future of our thirsty nation looks very grim. At least 36 states are expected to face potentially catastrophic water shortages within the next five years, according to U.S. government estimates.



Matt & Kelly Grocoff are "greenovating" their historic home - including an eco-friendly remodel of their bathroom.

The Huron Valley Group Newsletter is published 4 times a year by Huron Valley Group, Michigan Chapter, Sierra Club, 621 Fifth Street, Ann Arbor, MI 48103

Habits Are Tough To Change, But Shower Heads Are Not

Don't despair. There is a lot of good news in water conservation. In restoring our little Folk Victorian, we were able to dramatically reduce our water consumption while changing very few habits. Everything we used was off-the-shelf, simple, and affordable. In June of this year we used an average of only 48 gallons per day (24 gallons per person).

One of the best things we did during renovations was to install the newest generation high-efficiency shower heads. By replacing our standard 2.5 gallon per minute shower head with a 1.5 gallon per minute model, we are saving a gallon every minute and thousands of gallons every year. A family of three would save over 11,000 gallons of water per year.

This is not only a water saver, but also a huge energy saver. Shower water is hot water. Saving 11,000 gallons of hot water will take a huge chunk out of your hot water bills - about \$100 annually. In fact, putting high-efficiency shower heads into 10,000 homes would save as much energy as 5000 solar domestic hot water heaters would produce (you do the math: these shower heads cost between \$20 - \$65; solar hot water heaters cost about \$4,000 after rebates).

Every shower should have one of these. No more excuses. Simply the best shower you can get.

What to look for: Bricor (our favorite) (1.5 gpm), Hansgrohe Croma E 75 Green Showerhead (1.6 gpm), Kohler Forté® and Purist® designs (1.75 gpm).

Toilets: Less Water, More Flush

Today's American toilets use 1.6 gallons per flush. Older toilets can use as much as 8 gallons per flush!! Thankfully, the new breed of High Efficiency Toilets (HET) is here. HETs use less than 1.28 gallons and some models use only .8 gallon.

We installed the Caroma Colonial dual-flush toilet, which allows for half flush (.8 gallons) or full flush (1.6 gallons). Except for emergencies, the half flush always does the job. Caroma is beautifully designed and, with a 4" trap, nearly impossible to clog. These can save thousands of gallons of water per year. Priced around \$350, they'll quickly pay for themselves.

What to look for: These toilets with the EPA WaterSense label for outstanding water savings: Caroma (all Caroma models are HET; they also use the least water of any major brand and have premium performance), Kohler Cimarron EcoSmart, Toto Ultramax, Toto Aquia.

Free Water from the Sky

For our outdoor watering, we capture rainwater into reused oak wine barrels from St. Julian Winery. There are plenty of places to buy rain barrels or you can make your own. Believe it or not, for every inch of rain that falls on a catchment area of 1,000 square feet, you can expect to collect approximately 600 gallons of rainwater. Five inches of rain falling on a 2,000-square-foot roof area will generate about 6,000 gallons of rainwater!

Everything Old is New Again

With every item we brought into our home for renovations we asked “where did it come from?”, “how was it made?”, “how long will it last?”, and “where will it go?”

The best material to use is what’s already in your home. In our case, we were fortunate to have the original heart-pine floors. These boards came from trees that grew to be six feet thick and were 300 - 500 years old when they were harvested from America’s original forests (some may have been growing before Columbus arrived!). We sanded then restored the floors with a natural oil from Bioshield (Hard Oil #9) for a durable, water-resistant and non-toxic finish.

If you’re renovating your home, get to know Craigslist, the Habitat for Humanity Restore, and any local salvage or reuse center. Always seek reclaimed or salvage material whenever possible.

The 100-Year Bath Renovation

One of our treasures was the salvaged clawfoot tub we found on Craigslist.org. We brought the tub to a gravestone maker to sandblast for only \$43. We repainted the exterior to match the new bathroom and hired Ron Benedict of Ann Arbor Perma-Glaze to refinish the interior of the tub. The tub is over 100 years old. There is no reason that with care it shouldn’t be in service for another century or two.

All moldings in the new bath were salvaged originals. In the door frame, we used as much reclaimed wood as possible and sought out Forest Stewardship Council (FSC)-certified wood for the rest (FSC ensures



When remodeling, the most eco-friendly choice is often to use what’s already in your home. The Grocoffs decided to refinish their wood floors, rather than replace them with modern materials.

that the wood is sustainably harvested).

Our favorite find was the 7-foot-tall antique heart-pine doors from the Habitat for Humanity

continued on page 4



Aged But Green continued from pg. 3

Our Wish List

- Energy recovery ventilator (ERV) - ventilate fresh air and recover 80% of heat loss (\$700 - \$2,000 installed)
- Solar and/or wind power to provide our remaining energy load (\$20-\$40/k)
- Solatubes for natural daylighting in the closets and dark spaces. (\$300 each)
- A dual-plumbing (gray water capture) system (\$600 for new construction/ \$6,000 to retrofit)
- More forward-thinking political leaders
- A Michigan renewable portfolio standard requiring our utility companies to purchase a percentage of energy from renewable sources such as wind, solar and landfill gas

ReStore. We bought 2 doors with the original hardware for only \$200. To optimize the small space, we didn't want to use swinging doors in the bath. So, we found barn door slides, which allowed the doors to slide effortlessly on the outside of the wall. Again, these doors should last at least another 100 years.

For the new corner shower it was tough to find salvaged materials. So, we sought out the most durable materials we could find. Since we were buying new, we insisted on recycled content. Surprisingly, we found subway tiles made with recycled content from American Olean, available at Lowe's and other tile retailers. It was a bit more expensive for the recycled content, but we got a much higher quality product.

Time to Breathe Easy: Indoor Environmental Quality

Indoor air is sometimes three times more polluted than outdoor air. According to the EPA, poor indoor air quality is considered to be one of the top 5 hazards to human health. Paints and finishes, furniture, flooring, wood & cabinet adhesives, mold and poor ventilation are among the leading causes. Don't ruin your renovation project by bringing toxic products into your home.

What to look for: Zero-VOC paints: Most major brands now offer high quality Zero-VOC paints. Do not settle for anything less. SafeCoat is our favorite (sadly, currently available only in specialty environmental home stores and through on-line mail order). Major brands include FreshAire Choice from Home Depot, Olympic Premium Paint (available at Lowe's), Pittsburgh Paints, and Sherwin Williams Harmony. Just make sure you ask for Zero-VOC paint at the paint or hardware store. Insist on it.

• Third party certification for indoor air quality: Look for Green Seal or GreenGuard certification.

• Ventilate your bath well and avoid moisture and mold: We used the WhisperGreen Panasonic high-efficiency motion sensor bath fan - improves indoor air quality, reduces mold and uses minimal energy. This fan is virtually silent. We love it!

Are You Sitting on a Toxic Brick of Foam?

Finally, make sure you decorate your house with only durable, high-quality and non-toxic furnishing. Antiques or reused are always the best. But if you must buy new, make sure it is durable and free from toxic brominated flame retardants (PBDEs/BFRs), PVC or formaldehyde and is made from FSC- or Rainforest Alliance-certified wood. Ask questions when you buy. If they can't give you an answer, then don't buy it.

Many major furniture makers are going green. Check these out: Crate & Barrel, Lee (NaturalLee line), Bob Williams+Mitchell Gold.

What to look for: Products that are C2C (Cradle 2 Cradle), FSC- or Rainforest Alliance-certified wood or Oeko-Tex (pronounced "eeko-tekts")-certified fabrics.

We're Getting There

Paul Hawken, when asked whether he felt optimistic about the future of our planet, said, "If you look at the science that describes what is happening on earth today and aren't pessimistic, you don't have the current data. If you meet the people in this unnamed movement and aren't optimistic, you haven't got a heart."

Indeed, it is easy to feel overwhelmed at times. One thing that holds many people back from making their homes more environmentally friendly is that they feel they have to do it all. But, if we've learned anything from our project, there are many easy and affordable ways to take the first steps.

Now put down this newsletter and go buy a new showerhead.

You can learn more about what you can do to green your home, and read parts 1 & 2 of this article series, at Kelly & Matt's upcoming internet TV channel www.GreenovationTV.com

**For 100 Years,
Your
Downtown Source
for Bird Feed.**

**DOWNTOWN
HOME & GARDEN**

210 S. Ashley Ann Arbor, Mi 734-662-8122

HomeGrown Festival: September 13



A year of intense planning will culminate on September 13 at the first annual HomeGrown Festival – a celebration of the diverse local foods that make our region unique! The Sierra Club Huron Valley Group is proud to support this festival of local food. The goal of the Festival is to serve as a catalyst to increase consumption and production of locally and sustainably grown foods. Highlights of the Festival will include deliciously prepared cuisine made from locally produced food created and served by local chef/restaurant vendors; cooking demonstrations using locally produced food; kids' educational activities, entertainment, and fun; and information on food and the environment.

Why is it important to support this effort?

Supporting local agriculture keeps the land used to produce what we eat in agricultural use, sustaining both the farmers who grow the food and our local communities. In addition, the dollars spent on locally grown products/food/produce stay right here in Southeast Michigan instead of heading to far-off California or beyond. And, of course, there are important environmental advantages of having our food produced within shouting distance – overall, less energy is used and less CO₂ is produced getting food from farm to table. Not only will much of the Festival food be local, but sustainably grown as well, so that the fertility of the land used to produce it is not depleted, but remains healthy for future use. And let's not forget how nice it is to know the person who grows what you eat!

The HomeGrown Festival will take place **Saturday September 13, 11 am – 4 pm**, at Community High School across from the Ann Arbor Farmers' Market. So, plan to come to the Festival and meet the chefs and vendors who are committed to keeping our farmers in business and our money close to home!

By Dorothy Nordness

Clean Car Update

Here is the running total of the economic and environmental consequences of my choice to purchase and drive a Honda Civic GX fueled by natural gas.

By Alan Richardson

Period covered: 18 October 2000 (purchase date) to 18 June 2008

Distance driven:	113,539 miles
Fuel purchased:	3,459 gallons gasoline equivalent (GGE)
Fuel economy:	32.8 miles/GGE
Fuel cost of CNG used:	\$4,263
Average fuel cost:	\$1.23 per GGE
Cost economy:	26.6 miles per dollar
Savings over gasoline:	\$2,633
Payback mileage*:	79,268
Payback date*:	11 June 2006 (payback complete!)

* Payback of \$4,500 purchase premium for natural gas fuel option reduced by \$2,000 Clean Cities cash rebate and \$2,000 federal income deduction at 28% marginal tax rate in effect at time of purchase.

Estimated exhaust emissions of different passenger vehicles driven 113,539 miles

(pounds)	Average car	California LEV** Civic GX	
Hydrocarbons	700	18.8	0.75
Carbon monoxide	5,227	850	40.0
Oxides of nitrogen	348	50.0	5.00
Total (pounds)	6,275	918.8	45.75

** Standard for 'Low Emission Vehicle' passenger car required by California starting in 2001

Earth Day with Inner City Outings



By Barbara Powell

Five children from Hikone Community Center in Ann Arbor celebrated Earth Day on April 19 with a Sierra Club Inner City Outing (ICO) service trip at Matthaei Botanical Gardens. After games and a hearty picnic lunch, Aunita Erskine joined the group to explain the service project. Aunita is a volunteer steward at the Botanical Gardens as well as an Ann Arbor park steward and a master gardener. She has a special interest in Michigan native plants and a willingness to share it with others.

Aunita explained how she and other volunteers have transformed a woodland at the Botanical Gardens: it had been infested with the non-native invasive plant garlic mustard, and now it is back to a diverse collection of Michigan woodland wildflowers. The service trip was to search out and remove the scattered remaining garlic mustard plants. The children and ICO adult volunteers divided into two groups and soon had plastic bags stuffed with garlic mustard ready for removal. Aunita exchanged the bags for juice, cookies, flower seeds, and souvenir magnets. Next the group had a hike along Fleming Creek, where garter snakes, a



At the Botanical Gardens, Jerome, Elijah, Jermaine, Tony, and Antonia help Aunita set up the sign announcing their ecological restoration workday. The kids helped remove invasive, non-native garlic mustard plants.



Keeping an eye out for wildlife: The Inner City Outings group look for a muskrat swimming in Fleming Creek.

muskrat and a toad were spotted, resulting in the perfect ending to an ICO trip.

Many thanks to ICO adult volunteers Tom Dayss, Melanie Sears, and Ralph Powell; Hikone staff member Jill Tollefson; and steward Aunita Erskine for a successful ICO Earth Day celebration.

Other fun activities

In May, two ICO events featured baby animals, with visits to Domino's Farms and the Kensington Metro Park Farm Center. Two canoe trips are planned for July, and a fishing trip is planned for August.

Two ways you can help

- Consider joining the fun of sharing an outdoor experience with local children from Hikone or Green Baxter Community Centers. Contact washtenawico@yahoo.com or Vera Hernandez at 734-665-8118.
- Help give an ICO child the unforgettable experience of seeing Lake Michigan at the Sierra Club Retreat in August. The Michigan Chapter of the Sierra Club is in need of donations to make this happen. Contact Vera Hernandez at washtenawico@yahoo.com or 734-665-8118 for details.



Sierra Club—Huron Valley Group Calendar

Participants in Sierra Club outings will be asked to sign a liability waiver. If you wish to read the waiver before coming to an outing please see <http://www.sierraclub.org/outings/chapter/forms/> or call 415-977-5630. When carpooling is used to facilitate logistics for an outing, participants assume the risks associated with this travel, as well. Carpooling, ridesharing and the like are strictly a private arrangement among participants. Park fees may apply. **For up to date information, visit our website at <http://www.michigan.sierraclub.org/huron/org>**

IMPORTANT! All hikes carpool from Ann Arbor City Hall parking lot (N 5th Ave at E. Huron) unless otherwise stated.

Like nature? You could become a volunteer hike leader! The Sierra Club Huron Valley Group is accepting new volunteer outings leaders to lead short day hikes in and around Ann Arbor/Ypsilanti. We will reimburse you for American Red Cross basic first aid training. You will first go on the outing that you choose, and then lead that outing on a later date - or propose your own ideas! Great for your résumé, good company, exercise, and fun! Call Kathy Guerreso at 734-677-0823 for information on how to get started.

Tuesday August 19, 2008. HVG Monthly Public Program. 7:30 pm, 3rd Tuesday of every month at Matthaei Botanical Gardens, 1800 N. Dixboro Road, Ann Arbor. Topic: **Up Close and Personal with a Live Eagle, Owl and Kestrel: How Raptors Have Adapted to Survive in Their Habitats — and in ours**, with Francie Krawcke, Leslie Science and Nature Center (Co-sponsored with Washtenaw Audubon Society). Non-members welcome; refreshments provided.

Monday August 25, 2008. Conservation Committee Meeting. 7:00 pm, typically 4th Monday of every month. Contact Dorothy Nordness at DorothyK@isr.umich.edu or 734-668-6306 for location.

Wednesday September 3, 2008. Executive Committee Meeting, typically first Wednesday of each month, 7:15 pm. Contact Doug Cowherd at doug.cowherd@michigan.sierraclub.org for location.

Sunday September 7, 2008. Bird Hills Hike. 3-4 miles, hills and flat stretches, natural surface trail, moderate pace. Meet at Bird Hills parking lot on Newport Road in Ann Arbor at 10 am. Call Ken Morley at 734-678-0264 for details.

Tuesday September 9, 2008. Sierra Club Book Club. 7:30 pm, 2nd Tuesday of every month at Nicola's Books in Westgate Shopping Center, corner of Maple and Jackson, Ann Arbor. Book: **Earth: The Sequel**, by Fred Krupp — focuses on new technologies and entrepreneurs addressing global warming. Join us for discussion - all are welcome. Check the Ann Arbor Observer or call Nancy Shiffler at 734-971-1157 for details.

Sunday September 14, 2008. Pinckney Recreation Area Hike Get out into nature on this hike with guest hike leader Barry Lonik. 4 miles, hills and flat stretches, natural trail surface, moderate pace. Meet at Ann Arbor City Hall entrance at 1 pm to carpool, or at the trailhead at 1:40 pm. Call Kathy Guerreso at 734-677-0823 for location and details.

Sunday September 14, 2008. Inner City Outings. 7:00 pm, 2nd Sunday of every month. Inner City Outings introduces urban children in Washtenaw County to outdoor and environmental experiences that might not otherwise be available to them. Interested chaperones, sponsors, planners, and contributors are always welcome. For meeting location and more details, please visit ICO's events page or contact Vera at 734-665-8118.

Tuesday September 16, 2008. HVG Monthly Public Program. 7:30 pm, 3rd Tuesday of every month at Matthaei Botanical Gardens, 1800 N. Dixboro Road, Ann Arbor. Topic: **What Will Michigan Eat? How our State Government Bungles the Food System and Threatens our Future**, with Chris Bedford, Center for Economic Security. Non-members welcome; refreshments too.



Sierra Club—Huron Valley Group Calendar continued

Sunday September 21, 2008. Waterloo Recreation Area Hike Join us for a walk through scenic, wild Waterloo with guest hike leader Barry Lonik. 3-4 miles, hills and flat stretches, natural trail surface, moderate pace. Meet at Ann Arbor City Hall entrance at 1:00 pm to carpool, or at the trailhead at 1:40 pm. Call Jay Schlegel at 734-477-5715 for details.

Monday September 22, 2008. Conservation Committee Meeting. 7:00 pm, typically 4th Monday of every month. Contact Dorothy Nordness at DorothyK@isr.umich.edu or 734-668-6306 for location.

Sunday September 28, 2008. Mitchell Field through Arboretum Hike. 3 miles, hills and flat stretches, moderate pace, natural trail surface. Meet at Mitchell Field parking lot (1900 Fuller Road) at the farthest area, closest to the sidewalk, east side, at 1 pm. Call Kathy Guerreso at 734-677-0823 for more details.

Wednesday October 1, 2008. Executive Committee Meeting, typically first Wednesday of each month 7:15 pm. Contact Doug Cowherd at doug.cowherd@michigan.sierraclub.org for location.

Sunday October 5, 2008. Stinchfield Woods Hike. You'll feel like you're on the top of the world on this hike through the woods. 3-4 miles, hills and flat stretches, moderate pace, natural trail surface. Meet at Ann Arbor City Hall entrance at 1 pm to carpool. Call Kathy Guerreso at 734-677-0823 for more details.

Sunday October 12, 2008. Inner City Outings. 7:00 pm, 2nd Sunday of every month. Inner City Outings introduces urban children in Washtenaw County to outdoor and environmental experiences that might not otherwise be available to them. Interested chaperones, sponsors, planners, and contributors are always welcome. For meeting location and more details, please visit ICO's events page or contact Vera at 734-665-8118.

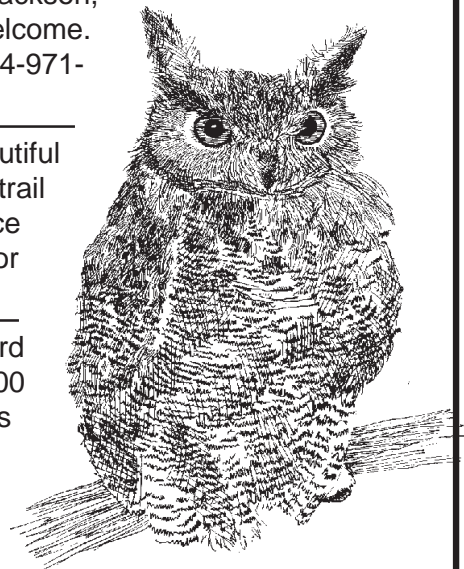
Tuesday October 14, 2008. Sierra Club Book Club. 7:30 pm, 2nd Tuesday of every month at Nicola's Books in Westgate Shopping Center, corner of Maple and Jackson, Ann Arbor. Book: **TBD**. Join us for discussion - all are welcome. Check the Ann Arbor Observer or call Nancy Shiffler at 734-971-1157 for details.

Sunday October 19, 2008. Brighton Rec Area Hike. Autumn is a beautiful time for a hike! 3-5 miles, hills and flat stretches, natural trail surface, moderate pace. Meet at Ann Arbor City Hall entrance at 1 pm to carpool. Call Lane Hotchkiss at 734-730-7209 for details.

Tuesday October 21, 2008. HVG Monthly Public Program. 7:30 pm, 3rd Tuesday of every month at Matthaei Botanical Gardens, 1800 N. Dixboro Road, Ann Arbor. Topic: **TBA**. Non-members welcome; refreshments provided.

Sunday October 26, 2008. Waterloo Recreation Area Hike. Waterloo is our local "big wild" - more than 20,000 acres of forests, lakes, and trails! Join guest hike leader Barry Lonik for an autumn hike: 3-4 miles, hills and flat stretches, natural trail surface, moderate pace. Meet at Ann Arbor City Hall at 1:00 pm to carpool, or at the trailhead at 1:40 pm. Call Jay Schlegel at 734-477-5715 for details and info.

Monday October 27, 2008. Conservation Committee meeting. 7:00 pm, typically 4th Monday of every month. Contact Dorothy Nordness at DorothyK@isr.umich.edu or 734-668-6306 for location.



Other Local Events

KEY:

NAP = City of Ann Arbor's Natural Area Preservation. For more information, please call 734-996-3266 or email nap@a2gov.org. For workdays, please wear long pants and closed-toe shoes. Minors must be accompanied by a guardian, or contact NAP in advance to obtain a release form if you would like older children to participate on their own. NAP provides tools, plant identification, and snacks.

TNC = The Nature Conservancy. For more information call 615-500-8229 or email IvesRoadFen@gmail.com. Bring your lunch.

SN = Stewardship Network. To register, visit www.stewardshipnetworkonline.org or call 734-996-3190.

Friday September 5 – NAP **Photo Contest** pictures due today!

Sunday September 7 - **Fritz Park Stewardship Workday (NAP)**, 1:00 to 4:00 pm. The invasive plants are much fewer in this park these days, but we need to be vigilant. Help us spot and cut those remaining. Park on Russett Street at the east entrance of Fritz.

Saturday September 13 - **Dicken Woods Nature Area Stewardship Workday (NAP)**, 9:00 am to 12:00 noon. Join the Friends of Dicken Woods in the annual cutting of woody invasive shrubs! Buckthorn and honeysuckle crowd out many of our native plants. By removing them, plant diversity is maintained. Meet at the park entrance at the end of Dicken Drive.

Saturday September 13 - **Lakewood Nature Area Stewardship Workday (NAP)**, 10:00 am to 1:00 pm. It's shrub-cutting season. Help us eradicate non-native woody plants that are crowding out native species. Meet at the Lakewood Elementary School parking lot off Galake Avenue (3 blks south of Jackson).

Sunday September 14 - **Furstenberg Native Plant Garden Stewardship Workday (NAP)**, 12:00 to 3:00 pm. Join park steward and master gardener Aunita Erskine in taking care of this valuable native garden. You'll have plenty of opportunity to learn about gardening with natives, and help us keep this site looking top-notch! Meet in the Furstenberg parking lot off Fuller Road, across from Huron High School. Workday orientation starts promptly at 12:00 noon. A short nature walk will be held at the end of the workday, time permitting.

Sunday September 14 - **Redbud Nature Area Stewardship Workday (NAP)**, 1:00 to 4:00 pm. Non-native buckthorn and honeysuckle are everywhere, but with your help we can keep them at bay in our city's beloved parks — help us chop and pull! Meet at the park entrance at intersection of Parkwood Avenue & Jeanne

Sunday September 21 - **Hansen Nature Area Stewardship Workday (NAP)**, 1:00 to 4:00 pm. There are opportunities to cut invasive shrubs this time of year. Join us as we clear more area for native plants to flourish. Meet in Grace Bible Church parking lot (1300 S. Maple Rd), 1/3 mile south of W. Liberty.

Saturday September 27 – River Ecology (SN), 12:00 to 5:00 pm, Hudson Mills to Dexter Huron. River ecology, natural history,

and human influence will be the focus of our trip, which includes canoeing, a plant hike, and a stop at the Dexter Cider Mill for cider and donuts. Bring extra money for the cider mill. Adults only. Pre-registration and pre-payment required for the paddle program. Call Hudson Mills Metropark at 734-426-8211 to register. Meet at Dexter-Huron Metropark. **Cost:** \$45 (Metroparks pass required for park entry – daily \$4; annual \$20).

Saturday September 27 - **Evergreen Park Stewardship Workday (NAP)**, 9:00 am to 12:00 noon. Today is National Public Lands Day! We will work on ecological restoration in one park, while being part of the nationwide effort to protect the environment. Join the movement! Staff can answer questions about how to get more involved. Meet at the park entrance on Valley Drive.

Sunday September 28 - How Global Warming Will Affect Michigan's Natural Areas (SN), 1:00 to 5:00 pm, at Matthaei Botanical Gardens. Most scientists agree that the global climate is changing, but there are still uncertainties about how those global trends will translate into ecological impacts at regional and local scales. What are some potential effects on Michigan's natural areas? This workshop will feature a lecture by University of Michigan botanist Tony Reznicek, followed by a hike to consider the issues in the field. \$10 for members, \$15 for non-members.

Saturday October 4 - **Volunteer Day at Ives Road Fen (TNC)**, 9:00 am to 1:00 pm. Give the native nannyberry and spicebush a chance by cutting the buckthorn that is overwhelming it. This is door prize day!

Saturday October 11 - Oak Woodland Restoration (SN), 9:00 am to 12:00 noon, at Leslie Science and Nature Center. Oak woodlands are home to some of our most beloved native spring wildflowers, a spectacular array of birds and other wildlife, and wonderful places for peaceful walks. Come to this indoor and in-the-field session to learn more about what we can do to protect, restore, and manage these precious natural areas. \$10 for members, \$15 for non-members.

Saturday October 11 - **Volunteer Day at Ives Road Fen (TNC)**, 9:00 am to 1:00 pm. Enjoy the fen fall colors and help us fight back the buckthorn.

continued page 12

Four Easy Ideas for Living Local



By Patti Smith

For the first time, I am seriously gardening this year. And by “serious,” I mean not just throwing some seeds into a quasi-sunny spot in our backyard. I’m renting a plot up at the park, and I have 600 square feet of dirt. That 600 square feet is now taken up by potatoes, onions, tomatoes, peppers, beans, and cucumber vines (and, uh, weeds). In addition to this bounty, I also have a share in a CSA (Community Supported Agriculture farm), and I visit the farmers’ market at least weekly.

So, what to do with the food? Freeze it, can it, eat it. None of the ideas below were mine originally (alas), but I’ve found them quite wonderful and I hope you can use them!

- 1) **Lots of greens can be frozen.** I didn’t realize this, because I read somewhere that lettuce can’t be frozen and just assumed that therefore all greens can’t be frozen (I know, I know!). Then I read that you have to “blanche” the greens before you freeze them. This terrified me until I realized that blanching is...easy. You just boil some water and then put the greens in. After about three minutes, you take them out and run cold water over them. Dry them (I put mine into a towel and then wring it over the sink) and put them to rest in their freezer bag, where they will wait until you pull them back out in the dead of winter.

- 2) **Making jam is a snap.** Once again, I had heard stories of botulism and thought that I would never actually can anything. Then I realized that many of the botulism tales are from great-grandma’s day, when they often didn’t put things in canning bath. Buy a box of pectin and you can literally just follow the instructions. Jeff and I have eaten a jar of our home-made strawberry jam and so far have lived to tell the tale.

- 3) **Arugula pesto is the best!** You make regular pesto, but use arugula instead of basil. You can also easily freeze this by putting it into one of the magic Ziploc freezer bags, making sure the air is out, and placing it delicately in your freezer compartment.

- 4) **I’ve discovered that I like berry shortcake.** Who knew? I never thought I did because I previously had only eaten those nasty little store-bought “cakes” and just threw some California-produced berries on them and topped it off with topping from a plastic tub. But when you whip up local heavy cream, use fresh and local strawberries, and make the following recipe from Heirloom Baking with the Brass Sisters, you can’t beat it!

Recipe for shortcake:

Preheat oven to 450 degrees. Put foil (with vegetable spray) or a silicone liner on a baking sheet. Place 1 cup flour, 2 teaspoons baking powder, ¼ cup sugar and 1/8 teaspoon salt in a food processor. Pulse until mixed. Add ¼ cup lard (I used vegetable shortening) that has been cut up into cubes. Pulse three times. Add 1/3 cup heavy cream and pulse until dough comes together. Place dough on a floured board and pat or roll to about ½ inch thick. Cut into shape of your choice. Brush tops with beaten egg and sprinkle with sugar. Bake about 12 minutes.

And what to do with all of that water you used to can and blanch? I’ve been letting mine cool and then watering my herb plants with them. The ultimate in reusing and recycling and keeping things local!



What's Old is New Again: Old News, New Paradigm

By Dianne Kimball

Will the real marketplace please stand up? I want to meet the people who grow the food I buy and ask them, "Broccoli, already - really?" or "When will the blueberries be in?" I want to get to know the farmers at the market by the crunch of their carrots and the crispness of their lettuce. Oh, so European, *n'est-ce pas?*, carrying a cloth bag and perusing the market stalls for ideas for dinner or the weekend picnic. Well, I did that forty years ago when I first visited France and learned how to buy *chèvre* and mulberry yogurt in small glass jars at the market *dans le quartier*. Shopping local is really old news, brought to us by ancestors from the land of the Angles, the Saxons, and the Franks, and later by immigrants from Asia, India, and elsewhere.

Ah, the days when I was **really young**. My mother loved the fact she could just open a can of Del Monte peaches (in heavy syrup) as dessert along with maple leaf-shaped cookies from Canada, her native land. Life got easier in the kitchen, and heavier at the grocery store. Cheaper? Perhaps. I grew up on the west side of Detroit. Michigan winters were predictably harsh, but summertime, another story. Tomatoes still warm from the sun, fresh (non-GMO) corn that you could eat a half a dozen of at one meal.

Years later I began shopping for oatmeal in bulk and spinach in season at the People's Food Co-op when it opened in 1971. I had come of age in the Mother Earth News generation that resisted the establishment (canned food) and shopped local whenever we could.

My two kids grew up on carob brownies and home-ground buckwheat pancakes. Zucchini (from our garden or the market down the street) in a loaf and potato *kugel*, recipes from Diet for a Small Planet. (If you remember this book, please raise your hand!) Eventually my daughters rebelled and ate Oreo cookies (not local) and Burger Chef (what kind of beef?). Today, "local" for them is not the Midwest (they live elsewhere), but they feed their kids brown eggs from local farmers (in Virginia) and tomatoes from just up the highway (in Hawaii). When the pendulum swings, does it hit a gong at each end of the arc?

Now, I hear from Kevin, who buys the produce at the food co-op, that farmers can use 'hoop houses' to extend the season and store their fall produce for later distribution.

Wendell Berry suggests that "eating is an agricultural act." Eating should also be dining. What is it worth, the pleasure of real food enjoyed with friends at home? What effort does it require to set a fine table of cloth, porcelain, and stainless?

A few friends and I have begun The Restaurant Locale Club. We take turns hosting a potluck and dine together on strictly local food, prepared in the style of a fine restaurant. The challenge is to start with what's available, then determine your recipe. (I've already

frozen bags of strawberries for November.)

The first party I hosted in May included beet greens with spinach, asparagus with spinach, and goat cheese with spinach. I created a frittata of Kerrytown Market brown eggs (booth eleven), green onions, and yes, spinach. Served with a Sand Hill Crane Winery semi-dry white. (I admit that I also made a batch of too thick whole-wheat crackers to accompany a Zingerman's Creamery cheese, but they tasted like cardboard because I don't own a rolling pin anymore.) And best of all: all this food can be found outside of the supermarket. I live on the Old West Side of Ann Arbor and walk to places like the Sparrow Market for Amish, grass-finished meat, Al Dente pasta made in Whitmore Lake, and Camacho Tortillas from Adrian. I buy cans of Eden Foods diced tomatoes at the food co-op (Eden Foods, originally from Ann Arbor, now headquarters a bit south of us in Clinton Township). I also intend to try recipes this summer like eggplant papoutzakia and frijole-mole from Barbara Kingsolver's book Animal, Vegetable, Miracle: A Year of Food Life. Read this book!

So what's new about being a locavore? I'd like to say that's old news, but there's a new paradigm. Gas sells at over \$4.00 a gallon. Oranges are shipped all the way from where? South America? Do I want to know where my food comes from? Absolutely. That's not new, that's just plain common sense.



Crisis on the Trail!

By Jack Woodward

Let us travel back in time to the twentieth century! Aye, there are those among us who remember those ancient days: giants strode the land, and often enough it was a Sierra Club adventure that brought them forth. The time of our tale was probably the early 1980s, and during spring break at the University of Michigan. The place was far away, far into the soaring peaks and fruitful valleys of western Virginia.

(No, not “West Virginia,” but just a few miles west of Staunton, VA, though really not far from the “West” place.)

For a few years — until some other of my eccentric follies gained favor — I would take advantage of the break to gather up my backpacker’s gear and head for the hills found there. On the occasion at hand, the site of my favor was the Ramsey Draft Recreation Area (“no motor vehicles,” etc.). Sometimes I went alone, but on this adventure I was accompanied by fellow Sierra Club member Vince Smith.

(Younger members of the Huron Valley Group will not remember Vince. Let’s just say that he was an “old guy” who was always ready for an outdoor adventure.)

We arrive at Ramsey Draft after spending most of the day on the road from Ann Arbor. Enough daylight remains for a few miles’ progress afoot into the woods. Soon we camp, however, and... well, we do what well organized backpackers do when the challenges of darkness overtake them.

Morning comes, and yes, we do what well organized backpackers do when the challenges of morning overtake them. In this instance, Vince was ready to go before I was, and put foot to trail perhaps ten minutes ahead of me. But I would catch up soon enough. No trail junctions, or anything else, to cause the worry of missing connections.

So happy enough, I pack up and trot along the trail. But soon... Horrors!... there’s Vince, the Vince who was alive and well just a few minutes before, now lying flat on his back in that trail! Yes, flat, and immobile as well!

(Okay, you’re going to say that he couldn’t lie on his back because he had a backpacker’s pack on his back. Don’t, because I’m saying that he took off the pack before... before whatever it was that made him want to take it off happened. So don’t say it. Just keep on reading...)

Flat! Not moving! Silent! Horrors again — whatamah gonna do?! Here we are at least five miles into the wilderness. Can I carry him? Five miles up hill and down dale? Do I drop my pack, turn and run back to our car five miles away, and drive like crazy to somewhere there’s a phone? “Help, help, I got this friend and he’s had a heart attack or a broken leg or maybe a brain tumor or a seizure and maybe he’s dead but he could be still alive and he’s out there in the mountains and....”

Or is he dead already and maybe I should bury him right here? But what shall I do for a tombstone?

Panic, panic, ten seconds of panic while these unanswerable questions raced through my mind.

(Don’t snort, “What’s your cell phone for, stupid?!” because all of this happened in those benighted days when we had no such conveniences.)

But then...!

But then, oh blessed miracle! Vince’s arms began to move, side to side, sort of like you might do to make an “angel” in the sand of your favorite beach. Then his legs! He’s doing horizontal “jumping jacks!” Whatever, whatever, he’s alive... he’s alive! Oh, thank you, Vince, thank you for being alive!

Vince arose, picked up his pack and, as he did so, calmly explained the mystery. He had simply been doing his everyday morning exercises while waiting for me to overtake him.

Other Local Events continued from page 9

Saturday October 11 - **Huron Hills Golf Course Woods Stewardship Workday** (NAP), 10:00 am to 1:00 pm. A few species of non-native woody plants have widely invaded our woodlands. Help us restore the balance! Meet us on Hunting Valley off Provincial Drive and we will go forth to cut down those invasives.

Saturday October 18 - **Volunteer Day at Ives Road Fen** (TNC), 9:00 am to 1:00 pm. Cut buckthorn in the fen. See the berries that furnished the ink for the Declaration of Independence and have cookies and cold soda to finish.

Saturday October 18 - **Greenview Park Stewardship Workday** (NAP), 9:00 am to 12:00 noon. Another opportunity to cut invasive shrubs. We

need your help. Meet at the Greenview Park sign, Greenview Rd, across from Barnard Rd.

Saturday October 18 - **Swift Run Park Stewardship Workday** (NAP), 9:00 am to 12:00 noon. Fall is for seeds. We will be collecting them from native plants to disperse in areas where natives are less well established. We’ll meet you on Eddy Street, off Verle Avenue.

Saturday October 18 - **Mary Beth Doyle Park Stewardship Series** (NAP), 1:00 to 4:00 pm. We’ll take seed collected earlier in the day from nearby Swift Run Nature Area and disperse it in our newly planted area to give it a healthy head start on the invasives. Meet us at the parking lot off Packard Road, across from Easy Street.

Natural Area Preservation Photo Contest

This year, the City of Ann Arbor's Natural Area Preservation photo contest is looking for pictures highlighting 'Nature Up Close' and 'The Spirit of the Seasons'. This contest is yet another way to get out into nature and enjoy the gifts we have! We look forward to seeing you out there collecting images!

There will be tantalizing prizes and perks for winning photographers. Awards will be given at our annual volunteer appreciation party on Wednesday October 29, 2008. All photo contest entrants are invited to attend.

This year, a panel of judges will review the photos. This panel includes: **David Cappaert**, professional entomologist and photographer; **Donald Werthmann**, digital-photographic artist and professional faculty member in the School of Visual Arts at Washtenaw Community College; and **David Borneman**, manager of the City of Ann Arbor's Natural Area Preservation Division.

Photos are due September 5. For contest details and entry form, please see www.a2gov.org/nap.



Pierre Wickramarachi (NAP Photo Contest 2007, Honorable Mention)

Executive Committee Election Schedule

The Executive Committee (ExCom) of the Sierra Club Huron Valley Group is responsible for the administration and operation of the group. The seven members of ExCom serve two-year terms, with an annual election of either three or four members. The election is at the end of the year, but the process leading to the election starts many months earlier. The group bylaws and standing rules describe the schedule of events for each election and require that the schedule be announced to all members.

Any group member can seek nomination to be a candidate in the annual ExCom election. Members willing to serve can be nominated either through the Nominating Committee or by petition signed by at least 15 group members. No member may be nominated or elected against their will.

The Nominating Committee recruits and selects candidates. The committee consists of at least three group members, at least one of whom shall not be an ExCom member, and none may be a candidate in the upcoming election.

The Election Committee is responsible for the production, mailing, receipt, and counting of ballots. It also consists of at least three group members, at least one of whom shall not be an ExCom member, and none may be a candidate in the upcoming election.

Group members who wish to be considered for nomination before the Nominating Committee is appointed may inform the group secretary (Joel Dalton). The secretary will also assist members seeking nomination by petition.

<u>Election event</u>	<u>Deadline to complete</u>
• ExCom appoints Nominating Committee	August ExCom meeting
• Nominees inform Nominating Committee of interest	September general meeting
• Nominating Committee selects nominees and informs ExCom nominees of selection	September general meeting
• Nominees not selected by Nominating Committee deliver petitions to NomCom for consideration	two weeks after Sept. general mtg.
• Nominating Committee declares final candidate list	October ExCom meeting
• ExCom appoints Election Committee	October ExCom meeting
• Election Committee prepares eligible voter list	15 October (or when newsletter list is prepared)
• Ballots mailed to all eligible group members	15 November (or when newsletter is mailed)
• Election committee accepts ballots	December general meeting
• Election committee counts ballots and informs secretary of results	31 December

Ballots are normally counted at the conclusion of the December general meeting, but the Election Committee may choose another time and place. Candidates or their representatives may observe the counting. Ballots and nomination petitions are retained until ordered destroyed by ExCom at their next regular meeting.

This schedule is defined by the group bylaws adopted April 6, 2000, and standing rules adopted October 5, 2000.



Shop to Stop Sprawl!

Living creatures need space to live. Over the past decade, Shopping for the Earth has helped generate \$110 million to preserve natural areas and farmland.

You can help us do more by buying EarthCash vouchers for the stores where you already shop.

For every \$20 of vouchers, you get \$20 in store credit and earn \$1 for the local Sierra Club.

Complete details are available at <http://michigan.sierraclub.org/huron/sfte.htm>

"A bonus for nature for every grocery purchase I make—even chocolate!"
--Rita Mitchell

Help preserve nature at no cost to you!

Shopping for the Earth Order Form

Indicate the number of EarthCash vouchers you want for each store and available dollar amount below. Enclose your check payable to "Sierra Club-Huron Valley Group." Total order (\$500 maximum): \$ _____.

	\$5	\$10	\$20	\$25	\$50	\$100
Ann Arbor People's Food Co-op ¹						
Arbor Brewing Company						
Arbor Farms						
Borders Books & Music ¹						
Busch's ² (reloadable)						
Hiller's Markets ² (reloadable)						
Kroger ² (reloadable)						
Whole Foods ¹ (and affiliated stores)						
Meijer	A rebate program, no vouchers (neither paper nor cards). Please see http://michigan.sierraclub.org/huron/SFTE_Meijer.pdf or call Betsy at 734-997-9348.					

¹ non-reloadable card - Consider buying several cards.

² reloadable card - The Sierra Club receives a contribution when you reload card, so only one needed per person.

Arbor Farms uses paper vouchers rather than electronic cards.

- check here to receive local Sierra Club e-mail updates
 if not a Sierra Club member, check here to receive local Sierra Club newsletter

Name: _____
 Address: _____

 Phone: _____
 Email: _____

Mail to:
 Betsy Noren
 (betsynoren@gmail.com)
 1210 Clague St.
 Ann Arbor, MI 48103
 (Your data will not be shared)



**Huron
Valley
Group
Directory**

www.michigan.sierraclub.org/huron/

Chair	
Doug Cowherd*	662-5205
Vice-chair	
Nancy Shiffler*	971-1157
Treasurer	
Ken Morley	677-7791
Secretary	
Joel Dalton*	945-8132
Chapter Representative	
Nancy Shiffler*	971-1157
Conservation Chair	
Dorothy Nordness	668-6306
Inner City Outings Chair	
Vera Hernandez	665-8118
Outings Chair	
Kathy Guerreso	677-0823
Inner City Outings Liaison	
Membership Chair	
Ed Steinman**	665-0248
Political Chair	
Publicity	
Joel Dalton*	945-8132
Acting Program Chair	
Doug Cowherd*	662-5205
Shopping for the Earth	
Betsy Noren	997-9348
Fund Raising Chair	
Jay Schlegel*	477-5715
Web Designer	
Suzie Heiney	377-8248
Newsletter Team	
Suzie Heiney, Editor	377-8248
Mary Roth	
Kevin Bell	
Kim Waldo	971-1941
Jay Schlegel*	477-5715
Patti Smith	649-4647
Gwen Nystuen	665-7632
Effie Hanchett	
Ed Steinman*	665-0248
Executive Committee	
Mike Anglin*	
Rita Mitchell*	665-0248

* = HVG Excom Member

How to Get HVG reminders via email!

At each HVG general meeting, there is an email sign up list. For those who missed it, or haven't joined us at a meeting, here's how you can get our general meeting reminders.

If you would like to receive email notices of each month's Huron Valley Group general meeting and occasional notices about other local Sierra Club activities send an email to Doug Cowherd at dmcowherd3@comcast.net with your name and "HVG email list" in the body of the message.

Are You A New Member?

Welcome to the Huron Valley Group of the Sierra Club. When you join the Sierra Club you are automatically a member of a local group, as well as a state chapter and the national organization. Membership entitles you to this newsletter as well as all editions of the state and national member publications. Check this page for our Directory with contacts on conservation, outings, political action, and the Inner City Outings program. Check the calendar in the middle of this issue for announcements of Monthly Public Program topics and our calendar of activities. We will be glad to see you at our next meeting or answer any questions if you care to call. Please take advantage of your membership as an opportunity to enjoy, preserve and protect our natural environment!

Membership

Yes, I want to help safeguard our nation's precious natural heritage. My check is enclosed.

Name _____
 Address _____
 City _____
 State _____ ZIP _____
 email _____

Check enclosed, made payable to Sierra Club
 Mastercard Visa Exp Date ____/____

Cardholder Name _____
 Card Number _____

Contributions, gifts and dues to the Sierra Club are not tax deductible; they support our effective, citizen-based advocacy and lobbying efforts. Your dues include \$7.50 for a subscription to Sierra magazine and \$1.00 for your Chapter newsletter.

MEMBERSHIP CATEGORIES

	INDIVIDUAL	JOINT
INTRODUCTORY	<input type="checkbox"/> \$25	
REGULAR	<input type="checkbox"/> \$39	<input type="checkbox"/> \$47
SUPPORTING	<input type="checkbox"/> \$75	<input type="checkbox"/> \$100
CONTRIBUTING	<input type="checkbox"/> \$150	<input type="checkbox"/> \$175
LIFE	<input type="checkbox"/> \$1000	<input type="checkbox"/> \$1250
SENIOR	<input type="checkbox"/> \$24	<input type="checkbox"/> \$32
STUDENT	<input type="checkbox"/> \$24	<input type="checkbox"/> \$32
LIMITED INCOME	<input type="checkbox"/> \$24	<input type="checkbox"/> \$32

F94Q **W-103**  **SIERRA CLUB**
 FOUNDED 1892
Sierra Club
 P.O. Box 52968, Boulder, CO, 80322-2968



Articles are for informational purposes only. No endorsement of particular positions, groups, or activities is implied.



Huron Valley Group Newsletter
The Sierra Club
621 Fifth Street
Ann Arbor, MI 48103

Non-profit Org.
U.S. Postage
PAID
Permit No. 215
Ann Arbor, MI

Summer 2008 Inside:

- Historic Home Greenovation - page 2
- Earth Day with ICO - page 6
- Calendar of Events - page 7-8



Like nature? You could become a volunteer hike leader!

The Sierra Club Huron Valley Group is accepting new volunteer outings leaders to lead short day-hikes in and around Ann Arbor/Ypsilanti. We will reimburse you for American Red Cross basic first aid training. You will first go on the outing that you choose, and then lead that outing on a later date - or propose your own ideas! Great for your résumé, good company, exercise, and fun! Call Kathy Guerreso at 734-677-0823 for information on how to get started.

For a list of upcoming hikes, please visit www.michigan.sierraclub.org/huron.