



dallas group  
lone star chapter


Explore, enjoy and protect the planet

## dallas sierra club news

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### Don't Forget - We're Moving Our General Meeting Location

#### The Move is On for February

After several years of meeting at the Center for Spiritual Living, the general meetings are MOVING to the recently renovated Guadalupe Peak Room at REI on LBJ Freeway (between Midway and Welch) in North Dallas. The first meeting in our new location will be on February 8.



### General Meeting Program - February 8, 7:00 pm - Refreshments at 6:30

**Remember to go to our new General Meeting location at REI on LBJ/I-635 between Welch and Midway**

#### Awakening the Dreamer

Dr. Lawrence Cottle, a local chiropractor, committed environmentalist, and new Sierra Club member, is a trained volunteer facilitator for the Symposium "Awakening the Dreamer," and will give an informative overview of this dramatic and uplifting program, along with an accompanying six-minute film. He notes that this unique presentation's purpose is "...to bring forth an environmentally sustainable, spiritually fulfilling, socially just human presence on this planet as the guiding principle of our time." The Symposium is thus a program designed to put the participant in a state of "blessed unrest," to awaken him or her from the dream of the Modern World, and to take action to help improve our global environmental predicament. Through the Symposium experience it is hoped that you will learn how to become more motivated and inspired to make a real difference in recreating a better world, starting in 2011. Here is a link to the Web site:

<http://awakeningthedreamer.org/>

#### Renewable Energy

Dan Lepinski will talk about solar electricity, solar hot water, and wind power. With a unique talent for discussing complex aspects of solar energy and energy conservation in plain English, Dan has

been conducting public presentations on energy conservation and solar energy for more than 20 years.

Dan is a true pioneer in the solar energy industry. He has been involved in solar energy for 39 years, the last 10 as Senior Engineer at Exeltech in Fort Worth, Texas. Exeltech manufactures inverters for grid-tied solar energy and other applications. (Grid-tied inverters convert solar direct current into household alternating current that in turn connect the solar energy to the public utility grid.)

Dan lived "off-grid" in Wisconsin for eight years, with solar and wind energy as his only sources of electricity. His Texas home today is equipped with solar electricity (connected to the utility grid), solar hot water, and a host of energy efficient steps.

Dan spent seven years as a member of the Technical Editing Staff of Home Power Magazine, and three years as co-host Mother Earth News Radio, a nationally syndicated program carried on the USA Radio Network and select NPR stations. He occasionally still co-hosts the show when his schedule permits.

As a member of the Curriculum Advisory Boards for both Dallas and Tarrant Community College Districts, Dan works with the schools to recommend courses related to energy conservation and renewable energy. Dan is also Adviser to the North Texas Renewable Energy Group, North Texas Chapter of the Texas Solar Energy Society.

Click on over to our [General Meeting page](#) of our website for full details about our program. We also have directions to the meeting, including a map.

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### Outings Corner

#### **The Legend of the Sierra Club Bag Lady**

by Bill Greer, Dallas Sierra Club Outings Chair

The story of the Sierra Club bag lady has been whispered around the Group for years. Now, at last, the true story can be told!

[Read the whole story on our website.](#)

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### Outings Highlight

#### **Beginner Backpacking Class, February 26**

This class is an ideal way to learn about backpacking. Topics include: wilderness ethics, outdoor clothing, boots, backpacks, tents, sleeping bags, cookware, food, and preparing for a trip.

Instructors are experienced Dallas Sierra Club leaders. There will be time for questions and a hands-on look at outdoor gear. Lunch of backpacking food is included. You will also have the opportunity to learn about, and sign up for, several beginner backpacking trips. The fee is \$20 for Sierra Club members and \$30 for non-members (cash or check) You can sign up to be a Sierra Club member at the class. No reservations are necessary, just show up. The class will be held at

REI, 4515 LBJ Freeway, Dallas, TX 75244 (north side of LBJ between Welch and Midway). The class will start at 10:30 AM and end at about 5:00 PM. Leader: [Bill Greer](#) 972-964-1781(H)

#### **Wilderness Navigation Class, March 15 and 17**

Learn the fundamentals of finding your way in the wilderness in this two evening class. Among the subjects covered are: purchasing maps, how to read maps, how not to get lost, what to do if you do get lost, GPS, different kinds of compasses, and how to use your compass. If you have a compass, bring it to the class. If you don't have one, we will show you what to look for when you purchase one. The class will be held at REI (second floor program room). REI is at 4515 LBJ Freeway, north side, between Midway and Welch. This two-night class will start promptly at 6:30 PM and will finish at about 8:45 PM. The fee for the class is \$15 for Sierra Club members and \$20 for non-members (cash or check). No reservations are necessary; just show up. Leaders: [Bill Greer](#) 972-247-0446(H) and [Arthur Kuehne](#) 972-635-9774(H)

#### **GPS Navigation for the Outdoors, March 24**

This class will introduce you to the basics of what a GPS is, what it can do, and how to use it to assist you finding your way in the Wilderness. We will not teach you how to use a specific brand or model of GPS, but rather help you understand the capabilities and limitations of the Global Positioning System. We will give you some idea of what to consider selecting a GPS. We will also discuss the maps that you must have to actually use your GPS. Finally we'll show you how to use your GPS in the woods. Graduates of our Wilderness Navigation Class will have a better understanding of some points we will discuss but while it is recommended it is not a prerequisite. The class will be held at REI (second floor program room). REI is at 4515 LBJ Freeway, north side, between Midway and Welch. This class will start promptly at 6:30 PM and will finish at about 8:45 PM. The fee for the class is \$10 for Sierra Club members and \$15 for non-members (cash or check). No reservations are necessary; just show up. Leaders: [Bill Greer](#) 972-964-1781(H) and [Arthur Kuehne](#) 972-635-9774(H)

#### **Camp and Hike at Colorado Bend State Park, April 8-10**

We've reserved a huge group campsite on the Colorado River at this scenic park in the Hill Country. Drive to the site and pitch your tent ("car camp") Friday and Saturday nights. Saturday we'll offer three day hike options, each with unique features: 1) River and Lemons Ridge Trails; 2) Spicewood Springs Trail; 3) Gorman Falls. Hike all three (11 miles total), just the hikes you want, or none at all. A link with trip details, pictures and sign-up instructions will be posted here soon. Colorado Bend will appeal to experienced hikers, beginners and families. Rent a kayak, roast marshmallows or join the Sunday post-trip feast at the barbecue joint near Glen Rose. Leaders: [Mark Stein](#) 214-526-3733(H) and [Liz Wheelan](#) 214-368-2306(H)

For a complete list of our outings, [visit our outings page](#).

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#### **Recycling Round-Up**

by Rita Raccoon

#### **Recent Recycling News - January 2011**

#### **Super Bown XLX - North Texas 2.6.11**

Each year the NFL implements many environmental projects at the host city.

The National Football League has been investing in environmental programs for 17 years, and there's a reason for that, according to Jack Groh, director of the NFL Environmental Program.

"We're just part of the operation, not public relations," he says. "At the NFL, it's always been more 'walk the walk' than 'talk the talk.' We want to maximize the environmental friendliness and not worry so much about having a 'green image.'"

For the Super Bowl each year, the NFL works directly with the host city to prepare projects designed to address the immediate environmental impacts of the big game.

The footprint of an event that size can be devastating. "Any large event has a few measurable impacts," Groh says. "Solid waste is obviously huge, so is transportation and emissions related to energy use. Water usage and a few other things are important, but those are the big three."

That's why many of the projects that the NFL undertakes during the Super Bowl relate to solid waste, transportation and greenhouse gas emissions. Here's a rundown of what the NFL is doing this year in North Texas, and how you can contribute in your own community.

### **Solid Waste Management and Recycling**

Groh doesn't have quantitative figures on recycling, but he does say that between 20 percent and 30 percent of the waste stream from the 2007 Super Bowl in Miami was diverted from landfills.

This year will be no different with numerous recycling programs at the major event venues, including Cowboys Stadium and the Super Bowl stadium compound, media center and headquarters offices.

Groh remains seemingly downhearted that he didn't have figures on the NFL recycling efforts. "Don't ever let the perfect become an enemy of the good. If you push the envelope and do the maximum that's possible, then you're doing fine – even if you can't quantify it," he says.

### **In Your Neighborhood**

Recycling is one of the simplest ways you can help the environment. While you won't have nearly as much waste as the Super Bowl, it's still important to remember the three Rs. Recycling not only keeps waste out of the landfill, but it also creates a profitable market for recycled goods and helps curb the depletion of natural resources.

Most communities throughout the U.S. have access to some type of recycling program whether it's through curbside collection or strategic drop-off sites. Take advantage of the government programs in your city.

### **Prepared Food Recovery**

The NFL expects to recover thousands of pounds of prepared food from both sanctioned and non-sanctioned Super Bowl events. The food, along with any canned or packaged items, will then be donated to the North Texas Food Bank and the Tarrant Area Food Bank where it will be distributed to shelters, community kitchens and churches throughout the area.

William Daniels, food sourcing manager for the North Texas Food Bank, says the two food banks will split donations based on proximity. Prepared foods will go directly to agencies and packaged food will come back to the food bank for normal distribution.

"It's so great that the NFL thought enough of the communities that they come into to also support the systems that are in place," he says.

### **Materials Donation**

Groh says the NFL has been reusing and repurposing items from the Super Bowl for almost 14 years. Leftover materials like decorations, office supplies and equipment used during Super Bowl XLV will be collected by the Salvation Army and distributed to local nonprofits in the North Texas area.

"Last year we came up with the best solution we've ever had," Groh says. "We had six miles of fabric used as fence covering that we sent to New Orleans where they repurposed it into shower curtains, messenger bags and other things, and a portion of the proceeds went to fund youth programs in the community."

The NFL will be copying this program again this year for the North Texas community. "It's about trying to find the highest potential use, the most beneficial use for the material," Groh says.

### **Recycle Bin! - Allen Station Park Recycling Project**

The City of Allen Parks and Recreation Department received a \$49,500 solid waste implementation grant from the Texas Commission on Environmental Quality to begin a pilot recycling program in the Allen Station Park. This park is a sports complex of baseball/softball fields that is used by the Allen Sports Association teams from the cities of Allen, Fairview and Lucas as well as teams from other municipalities during tournaments.

The pilot recycling program included the purchase and installation of recycling receptacles, expansion of the single trash container enclosure at the park, as well as production of a promotional music video called "Recycle Bin!" emphasizing recycling that is being aired on the city's cable television channel, ACTV.

Goals of this pilot park recycling program included diversion of 20% of trash generated in the park from the landfill to the recycling stream and prevention of illegal dumping currently occurring in the existing container enclosure. In approximately one year, almost 8 tons of plastic and aluminum have been diverted to the recycling stream.

Family entertainer David Chicken (a.k.a. David McMahon), along with Jason Gonzalez, won an Emmy Award for Musical Composition through the Lone Star Chapter of the National Academy of Television Arts & Sciences (NATAS). The award was for the song "Recycle Bin," which focuses on the importance of recycling, not just for kids and parents but for entire communities.

"We are very excited to have received this grant," said Steve Massey, Director of Community Services for the City of Allen. "Implementation of this pilot recycling program will provide a model from which we will expand future recycling efforts to additional community parks and public facilities throughout Allen."

For additional information about this and other successful solid waste grant projects, contact Kathleen Graham, Senior Planner, at 817-695-9217 or [kgraham@nctcog.org](mailto:kgraham@nctcog.org).

### **Calendar**

Here is our calendar for the next two months. For complete listings, visit us at [www.dallassierraclub.org](http://www.dallassierraclub.org).



**FEB 6 (SUN) DAYHIKE WHITE ROCK CREEK TRAIL** Meet at 9:30 at Moss Park (SE corner of Greenville Ave and Royal Lane). Hike 5-6 miles along paved trail. Bring water. No reservations necessary. Just show up. Optional lunch at local restaurant. Leader: Dale Edelbaum 214-343-6741(H)



**FEB 7 (MON) SIERRA SINGLES MONTHLY DINNER, 6:30 PM** We would like to invite you all out to a fabulous Mediterranean restaurant called Fadi's! They have a wide range of menu items, and lots of vegetarian choices. They like to spell meat as "meet" for some reason, but I digress. Check out their website for details and directions. It's Fadiscuisine.com. Their address is 14902 Preston Rd., Dallas, TX 75254. Their phone number is 972-934-8500, in case you cant find it. Brian Shade will be the host this time, and he does an excellent job. His number is 972 467 7049 if you have any questions. Its on a Monday night, the 7th of February. We'll gather at about 6:30 PM. My number (Ginger) is 469 223 7902 if you want to get in touch with me. Take care and stay warm, and we'll see you on the 7th of February, 2011. Its BYOB also, so bring a libation! Contact: Brian Shade 972-467-7049(C)



**FEB 8 (TUE) DALLAS SIERRA CLUB GENERAL MEETING** Everyone is invited to the General Meeting of the Dallas Sierra Club. Remember, it will be at our new meeting location. See [above](#) for details.



**FEB 12 (SAT) WHITE ROCK LAKE CLEANUP.** Walk and talk while helping to pick up trash and recyclables at the Sierra Club's adopted section of White Rock Lake Park. Meet at 8:15 AM at the Love of the Lake office on the Northeast corner of Garland Rd. and Buckner Blvd. Look for a crowd of people drinking free juice and coffee. Gloves, trash bags, etc. provided. Our area includes one of the wonderful prairie restoration areas, so there are always birds and wildflowers to enjoy. The lake and your karma will thank you. Brunch afterwards. Leader: [Carol Nash](#) 214-824-0244(H)



**FEB 16 (WED) OUTINGS COMMITTEE MEETING.** Meet in the upstairs program room at REI (on north side of LBJ between Midway and Welch), at 6:30 PM. Bring your ideas for the Dallas Sierra Club Outings program. We will be planning local outings and bus trips. All outings leaders, future outings leaders, and interested Sierrans welcome. Ask Bill to be placed on the email list for an agenda. Contact: [Bill Greer](#) 972-247-0446(H)



**FEB 17-21 (THU-MON) 2011 BUS TRIP TO TAOS, NM TRIP IS CURRENTLY FULL - PLEASE SEND RESERVATIONS (forms and check) TO BE PLACED ON THE WAIT LIST. ANY UPDATES WILL BE POSTED HERE.** Have a memorable President's Day weekend and come play in the snow! Mark your calendars now so you can join us for this very popular annual trip to enjoy the winter beauty of northern New Mexico. We'll leave Dallas on our sleeper bus around dinner time on Thur. Feb. 17 and return early morning on Mon. Feb. 21. The trip is very economical and offers choice of great hotel in Taos with hot tub or backpacking/yurt accommodations. activity options include alpine snowshoeing, downhill skiing, snowboarding, snowtubing, tour of the famous Taos Pueblo and possibly even an "Ice Music Concert". Or you can just relax and enjoy the galleries, museums, shops, food and beauty of this scenic and historical town. Activity ratings range from easy to moderately strenuous. Trip includes transportation to/from Taos, Taos Ski Valley, trailheads and destinations to activities included in the trip. Complete details, cost and reservation information is now online - see the outings page announcement at [this link](#) for the complete trip write up. Bus trip leader: [Liz Wheelan](#) 214-368-2306(H)



**FEB 26 (SAT) BEGINNER BACKPACKING CLASS.** This class is an ideal way to learn about backpacking. Topics include: wilderness ethics, outdoor clothing, boots, backpacks, tents, sleeping bags, cookware, food, and preparing for a trip. Instructors are experienced Dallas Sierra Club leaders. There will be time for questions and a hands-on look at outdoor gear. Lunch of backpacking food is included. You will also have the opportunity to learn about, and sign up for, several beginner backpacking trips. The fee is \$20 for Sierra Club members and \$30 for non-members (cash or check) You can sign up to be a Sierra Club member at the class. No reservations are necessary, just show up. The class will be held at REI, 4515 LBJ Freeway, Dallas, TX 75244 (north side of LBJ between Welch and Midway). The class will start at 10:30 AM and end at about 5:00 PM. Leader: [Bill Greer](#) 972-964-1781(H)



**MAR 12 (SAT) WHITE ROCK LAKE CLEANUP.** Walk and talk while helping to pick up trash and recyclables at the Sierra Club's adopted section of White Rock Lake Park. Meet at 8:15 AM at the Love of the Lake office on the Northeast corner of Garland Rd. and Buckner Blvd. Look for a crowd of people drinking free juice and coffee. Gloves, trash bags, etc. provided. Our area includes one of the wonderful prairie restoration areas, so there are always birds and wildflowers to enjoy. The lake and your karma will thank you. Brunch afterwards. Leader: [Carol Nash](#) 214-824-0244(H)



**MAR 15-17 (TUE-THU) WILDERNESS NAVIGATION CLASS** Learn the fundamentals of finding your way in the wilderness in this two evening class. Among the subjects covered are: purchasing maps, how to read maps, how not to get lost, what to do if you do get lost, GPS, different kinds of compasses, and how to use your compass. If you have a compass, bring it to the class. If you don't have one, we will show you what to look for when you purchase one. The class will be held at REI (second floor program room). REI is at 4515 LBJ Freeway, north side, between Midway and Welch. This two-night class will start promptly at 6:30 PM and will finish at about 8:45 PM. The fee for the class is \$15 for Sierra Club members and \$20 for non-members (cash or check). No reservations are necessary; just show up. Leaders: [Bill Greer](#) 972-247-0446(H) and [Arthur Kuehne](#) 972-635-9774(H)



**MAR 16 (WED) OUTINGS COMMITTEE MEETING.** Meet in the upstairs program room at REI (on north side of LBJ between Midway and Welch), at 6:30 PM. Bring your ideas for the Dallas Sierra Club Outings program. We will be planning local outings and bus trips. All outings leaders, future outings leaders, and interested Sierrans welcome. Ask Bill to be placed on the email list for an agenda. Contact: [Bill Greer](#) 972-247-0446(H)



**MAR 19 (SAT) DAY HIKE AROUND WHITEROCK LAKE** Let's meet at the Stone Tables at White Rock Lake near Lake Highlands Drive and Buckner Blvd. From the intersection of Lake Highlands and Buckner, turn southwest on E. Lake Highlands. Take an immediate left (south) on Tiffany Way, then an immediate right on E. Lawther. There is a sign here but it now says "one Tables." The hike will start at 9:00am. We'll walk 9 miles in about 3 hrs on a paved path. This is a good conditioning hike for the upcoming spring backpack trips. Bring water and snacks. No reservations necessary. There will be an optional lunch at a local restaurant after the hike. Leader: [Marcos Jorge](#) 214-682-6555(C)



**MAR 24 (THU) GPS NAVIGATION FOR THE OUTDOORS** This class will introduce you to the basics of what a GPS is, what it can do, and how to use it to assist you finding your way in the Wilderness. We will not teach you how to use a specific brand or model of GPS, but rather help you understand the capabilities and limitations of the Global Positioning System. We will give you some idea of what to consider selecting a GPS. We will also discuss the maps that you must have to actually use your GPS. Finally we'll show you how to use your GPS in the woods. Graduates of our Wilderness Navigation Class will have a better understanding of some points we will discuss but while it is recommended it is not a prerequisite. The class will be held at REI (second floor program room). REI is at 4515 LBJ Freeway, north side, between Midway and

Welch. This class will start promptly at 6:30 PM and will finish at about 8:45 PM. The fee for the class is \$10 for Sierra Club members and \$15 for non-members (cash or check). No reservations are necessary; just show up. Leaders: [Bill Greer](#) 972-964-1781(H) and [Arthur Kuehne](#) 972-635-9774(H)



**MAR 26-27 (SAT-SUN) BEGINNER BACKPACK TRIP TO THE CANEY CREEK**

**WILDERNESS** Hike one of the most scenic wilderness trails in Western Arkansas. This is a favorite hike of the Dallas Sierra Club. We'll backpack about 4 miles one way and camp near a water fall. We will be hiking near a stream, and there will be a few small hills to climb. After setting up camp, we'll go on a short day hike to a ridge near camp. This backpack trip is fairly easy and is suitable for beginners. Preference will be given to those who have taken the backpack class this February. Leaders: [Marcos Jorge](#) 214-682-6555(C) and Steve Longley

The Dallas Sierra Club News e-newsletter, sent monthly (and occasional for late-breaking news or events), keeps you up-to-date on meetings, activities, issues and special events.

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