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Dallas Sierra Club
Lone Star Chapter

Dallas Sierra Club News - March 2018

General Meeting - March 20, 7:00 pm - Refreshments at 6:30 - Everyone Welcome

Note: This is the THIRD Tuesday in March; Brookhaven College is closed on the second Tuesday in March for spring break.

Urban Asthma

Dr. Rebecca Gruchalla will talk about urban asthma, especially in children, and what is known about causation.

Asthma is a chronic and complex respiratory disease that affects patients of all ages. Common features of the disease include coughing, chest tightness, shortness of breath, and wheezing, and these symptoms result from airflow obstruction, bronchial hyper-responsiveness, and airway inflammation. Despite improved treatments, many patients with asthma remain symptomatic and they have high levels of morbidity. Individuals most affected are children who live in inner cities, especially African American and Hispanic children who live below the federal poverty threshold.

Given the significant impact and burden of asthma on children and their families in inner-cities, in 1991, the National Institute of Allergy and Infectious Diseases (NIAID) established a research program designed to improve disease outcomes by increasing knowledge of key risk factors for asthma morbidity and implementing a wide range of interventions (educational, behavioral, environmental, and immune based) to improve outcomes. Dr. Gruchalla will present an overview of the NIAID's asthma initiatives.

Dr. Gruchalla is Professor of Internal Medicine and Pediatrics and Director of the Division of Allergy and Immunology at the University of Texas Southwestern Medical Center at Dallas. She conducts clinical research in the area of inner city pediatric asthma and has been leading NIAID-funded inner city pediatric asthma studies since 1994. Dr. Gruchalla is the Dallas site director of the multi-site Inner City Asthma Consortium.



Sperry Chalet

Glacier National Park is located in northern Montana, near the Canadian border. Sperry Chalet is a much loved part of the history of this famous park. Located in a glacial cirque reached only by foot or horseback, Sperry was built in 1913 by Italian stonemasons. It opened for business in 1914 and served backcountry travelers in Glacier for over a century. In 1913 even the Sperry trailhead was remote and from there the easiest trail climbs 3,200 feet in almost 7 miles to reach the site. Since it was so remote, Sperry's builders used local stone and timber as much as possible. The resulting building almost looked like it grew out of the mountainside.

In 2015 Dallas Sierrans Bill and Sue Greer were fortunate enough to spend two nights at Sperry. This short program will tell you a little about that visit, about the history of Sperry, and what the future holds for this unique and historic structure.



Everyone is welcome. FREE! You don't have to be a Sierra Club member. Just show up. We'd love to meet you.

Our General Meeting starts at 7:00 pm, but come at 6:30 for snacks, information and fellowship. The meeting takes place at Brookhaven College. Click over to our [General Meeting page](#) for more information and a map.

From the Chairs's Desk

I had the pleasure of being an Elections Judge this last Tuesday for the Primary Elections. It is an interesting experience. Plus, some voters provide a certain comic relief, sadly.

"I don't know any of these people on the ballot. Can you help select some?" [No, I cannot, but sure would like to]. *"I want to vote for some on the Republican ballot and others on the Democratic ballot. How do I do that?"* [Oh. I don't think so]. And a favorite. *"I don't understand what this proposition means. Can you explain it to me?"* [Uh. No. It's a poorly worded one for the other party. IMHO, I think purposefully so.]

If you've not been an elections clerk or judge. You must do it. To discover how unprepared so many voters are for an election will make you a motivated voter for every future election. Kind'a explains a bit how we got the representatives we have.

Meeting is Tuesday the 20th!!

Not the 12th. Brookhaven is closed during our regular meeting day, so we bumped it back a week. Okay? We'll see you there. The Greer's talk about Sperry Chalet and Dr. Gruchalla informs all about causative factors in urban asthma (a subject dear to my heart. Ouch)

A Special Event from the Sierra Club Fort Worth Group

There is a new Texas State Park, Palo Pinto Mountains S.P. The Ft. Worth group is hosting a stellar talk about the park (and a potluck dinner). You are invited to attend to hear about it. Kevin Good, TPWD Asst. Director; Jeff Hinkson, Chamber of Commerce of Strawn TX; and George Bristol, state parks advocate will be sharing everything one wishes to know about this newest state park (www.strawntx.com/state-park.html) located a little over 100 miles west of us. This will be well worth the trip to Ft. Worth. Wednesday, March 21st at Ft. Worth Botanic Garden in the Azalea Room. Fun begins at 6:30 pm.

Turn Texas Green PAC

There was an election this week. Did you do your part and vote for candidates who champion green objectives? [You Did Vote. Didn't You? Why Not?] Your Dallas Sierra Club was doing its part... Now it is up to you to help this year.

The Lone Star Chapter of the Sierra Club has a PAC, Turn Texas Green. Its website TurnTexasGreen.org is where all the information is located about who the candidates are who you need to know about. It will take some serious money to get good people into office, so do your part and contribute to the PAC. Not a nickel is wasted.

Oak Cliff Earth Day - Dallas Sierra Club

Dallas Sierra Club members will be making a big splash at this fabulous event. You will want to be

there to experience "Camp Sierra". Sunday, April 15th 11:00 am to 6:00 pm. The Earth Day celebration will be at beautiful, historical Lake Cliff Park (N. Zang & E. Colorado Blvd).

We Are All Volunteers

Your Dallas Sierra Club is an All. Volunteer. Local. Group. There are no paid employees. Yet, this group accomplishes so much because of a small cadre of truly dedicated people. They would really like to have you join them to be part of making the Dallas Sierra Club as great in the coming years. See how to reach me on the website and let's talk about how you can be a part of this effort. Or come to our **Dallas Sierra Club Members Picnic** Saturday, March 24th. I'll be there to welcome everyone. We can talk among friends and see how you can be more involved. It starts a 11:00 am.

FREE Electronics Recycling and Document Shredding

April 7, Saturday, 9:00 a.m. - 1:00 p.m. at Richardson Square.

Most electronics will be accepted.

You DO NOT have to be a Richardson resident to participate.

DallasSierraClub.org website calendar has links to more information.

Details and a map at www.cor.net - search for **trash bash**.

Donations benefit the Richardson Citizens Police Academy Alumni Association (CPAAA), the sponsor of the event. The event is free, but donations are encouraged and accepted.



Sierra Club Picnic, Saturday, March 24, Churchill Park, Dallas

Bring your friends, families, kids, dogs, cats and whatever else you love to hang out with for free food and frivolity at Churchill Park, 7025 Churchill Way, Dallas, from 10 AM to 1 PM. Eat and talk Sierra Club 101, leadership program, hiking, trail maintenance, clean air and water--all the good stuff that make us want to be outdoors... There will be giveaways, prizes, grilled hot dogs, drinks, salads, vegetarian fare, a silent auction for miscellaneous used hiking and camping gear--you name it. We just want to have a good time and you're invited. See you there!



Wilderness Navigation Class April 18 and 19 - Don't Miss It!

Do you think topo maps look like a green sea of worms? Trail junctions make you nervous? Come to our highly acclaimed Wilderness Navigation Class. Longtime explorers Arthur and Bill will teach you how to use your compass, read a backcountry map, and more. The fee for the two-night class is \$35 for Sierra Club members, \$40 for non-members (best class price around). An optional nearby hike for class participants will be offered for the following Sat. or Sun. morning so instructors can help you practice what you learned. See the calendar below for more details and sign up information.



Future Programs You Won't Want to Miss

April 10 - Arctic National Wildlife Refuge

In June - July of 2005 a Sierra Club National Outing visited the Arctic National Wildlife Refuge. Now that the current administration is determined to open the Refuge to oil drilling, it's time to see what we are about to lose.

May 8 - Tent Camping in Texas and Liveable Arlington

The Dallas Sierra Club's very own Wendel Withrow will present his book *The Best Tent Camping in Texas*, which talks about campgrounds that are accessible by car but not overrun with RVs; offer great scenery; and are as close as possible to a wilderness experience.

The citizens group Liveable Arlington advocates for and organizes toward a healthy, environmentally conscious, sustainable city. The group won the 2017 GreenSourceDFW Sustainable Leadership Award for Small Nonprofit.

June 12 - Wildflowers of Texas and Good Faith Impact

Michael Eason will talk about Texas wildflowers and will explain the diversity of our flora and reasons behind this diversity. His presentation will include numerous photographs of Texas flora and their habitats.

Tracy Wallace will tell us about Good Faith Impact, a non-profit organization focused on workforce development and training in the community for renewable energy jobs and clean technology business practices.

August 14 - Animals - Live!

The wide variety of live animals in this family friendly presentation will be engaging, educational entertainment for children and adults alike. See and learn about unusual structural and behavioral adaptations that make it possible for some of our more interesting critters to survive.

Limerick of the Month

High altitude hikes are making
Me gasp for some air; I'm aching.
 But the sights that I see
 All around tend to be
Exquisite; they're just breathtaking.

By Kirk Miller, Dallas Sierra Club program chair and national pun champion.

If you would like to submit an environmental limerick for our Limerick of the Month feature, send it to editors@dallassierraclub.org.

Calendar



Mar 10 (Sat) White Rock Lake Clean-up

Walk and talk while picking up trash and recyclables at the Sierra Club's adopted section of White Rock Lake Park. Meet at 8:15 AM this second Saturday of the month at the For the Love of the Lake office, northeast corner of Garland Road and Buckner Boulevard. Look for the crowd drinking free juice and coffee. Gloves, trash bags, etc. will be provided. This event is conducted by For the Love of the Lake. Contact: Carol Nash [Send Email](#) 214-455-2115



Mar 10 (Sat) Pilot Knoll Trail Dayhike Highland Village, TX.

Come join us as we day hike 6 miles (10K) on the northern reaches of the Elm Fork. This is a packed dirt trail used by hikers and horse riders heading to Lewisville Lake. No pets, please. Bring water and a snack as we will be walking all morning. The hike begins at the historic Old Alton Bridge, easy to find. We will leave the trailhead promptly at **9 AM**. This will be an out-and-back to the vicinity of Pilot Knoll Park in Highland Village. To reach the trailhead from I-35E, take the Swisher Road (FM 2181) exit and head west approximately 4 miles. Turn left onto Old Alton Road. The park will be approximately 100 yards down the Old Alton Road on the left. No sign-up necessary, just show up. The trail could be muddy so bring extra shoes. Optional lunch afterwards. Leader: Mark Adams [Send Email](#) 940-231-8482



Mar 10 (Sat) CANCELLED Downwinders at Risk "No Safe Level"

The meeting has been superseded by plans to monitor and survey bus stop PM levels. Call Chris Galdi 972 239-5878 if you want to know more.



Mar 17 (Sat) Climate Friendly Cooking Class

Learn how to make climate friendly food that helps prevent heart disease. Watch demonstrations of delicious recipes, and get copies of recipes. Saturday, March 17, 10:00 - Noon, at Food Saved Me Kitchen, 535 S. Nolen Suite 400, Southlake, \$10 - Register at [click here](#) - For a location map [click here](#)



Mar 17 (Sat) Trail Maintenance at Cedar Ridge Preserve

Come to the hilly terrain of Cedar Ridge Preserve to help maintain one of the better trail networks in Dallas. The Sierra Club is responsible for the Possum Haw Trail. We work here on third Saturdays of almost every month, starting at 9 AM, working until approximately noon. The Preserve's address is 7171 Mountain Creek Parkway, Dallas. For directions and general information about Cedar Ridge Preserve, click [this link](#). If you need more information or want to carpool, call or email Ginger. Trail maintenance events are conducted by Audubon Dallas. Contact: Ginger Bradley [Send Email](#) 469-223-7902



Mar 17-18 (Sat-Sun) Weekend Backpack at Buckeye Mountain Trail, Arkansas

Hike one of the most scenic Wilderness trails in Arkansas in the Caney Creek Wilderness of west central Arkansas. Saturday we'll enjoy the views from the ridgetop Buckeye Mountain Trail. Sunday we'll hike out along the creek bottoms of the Caney Creek Trail. With any luck the wildflowers will be starting to emerge. This trip is rated moderate and would be suitable for beginners in good

shape. Both days cover about 4 1/2 miles. Saturday includes an 800 foot uphill section. We'll camp Friday night near our cars, Saturday night near a nice little waterfall. Leader: Mark Adams [Send Email](#) 940-231-8482



Mar 20 (Tue) Dallas Sierra Club General Meeting

Dr. Rebecca Gruchalla will talk about **urban asthma**, and Bill Greer will talk about **Sperry Chalet**. - Everyone is invited. Full details will be on our [home page](#) soon.



Mar 24 (Sat) Sierra Club picnic at Churchill Park

Bring your friends, families, kids, dogs, cats and whatever else you love to hang out with for free food and frivolity at Churchill Park, 7025 Churchill Way, Dallas, from 10 AM to 1 PM. Eat and talk Sierra Club 101, leadership program, hiking, trail maintenance, clean air and water--all the good stuff that make us want to be outdoors... There will be giveaways, prizes, grilled hot dogs, drinks, salads, vegetarian fare and a silent auction for miscellaneous used hiking and camping gear. We just want to have a good time and you're invited. See you there! Organizer: Ginger Bradley [Send Email](#) 469-223-7902



Mar 24 (Sat) Climate of Capitulation Book Signing

7:00 pm Saturday, March 24, [Climate of Capitulation: An Insider's Account of State Power in a Coal Nation](#) author Vivian Thomson will sign books at [an event at Interabang Books](#), 10720 Preston Road, Ste 1009B, Dallas, TX 75230



Apr 4 (Wed) Dallas Sierra Club Executive Committee Meeting

The Executive Committee (or Excom) is the elected governing body of the Dallas Sierra Club and meets upstairs at Whole Foods Market, southeast corner of Preston Road and Forest Lane, in Dallas at 6:30 pm. Contact the [Dallas Group Chair](#) for more information.



Apr 7 (Sat) Electronics Recycling and Documents Shredding

FREE Electronics Recycling and Document Shredding, 9:00 a.m. - 1:00 p.m., Saturday, April 7 Richardson Square - Most electronics will be accepted
For a map of the location, [click here](#) You DO NOT have to be a Richardson resident to participate. For details, [click here](#) and search for **trash bash**



Apr 7-8 (Sat-Sun) Beginner Backpack Trip to the Caney Creek Wilderness

Join us for one of the Dallas Sierra Club's favorite local backpacking trips. We'll backpack about 4 1/2 miles along Caney Creek, cross it a few times, and climb some small hills. After setting up camp near a waterfall, we'll do a short day hike as time and energy permit. For many of us this was our first Wilderness hike and it's still one of our favorites. Leader: Sue Greer [Send Email](#) 972-247-0446



Apr 10 (Tue) Dallas Sierra Club General Meeting

Bill Greer will talk about the Arctic National Wildlife Refuge. - Everyone is invited. Full details are on our [home page](#) now.



Apr 15 (Sun) Oak Cliff Earth Day

Sunday, April 15, 2018, 11:00 to 6:00 at beautiful, historical Lake Cliff Park in Dallas. <http://oakcliffearthday.com/index.html> Look for Camp Sierra



Apr 18 (Wed) Wilderness Navigation Class--Part 1

Want to explore but a little uneasy about finding your way? Even simple hikes can turn

dangerous if you're not sure how to find your way, so come here first! Join us for this highly respected two-night class to help you navigate in the backcountry with map and compass. Part 1 is Wed., part 2 is Thu., both starting at 6:30 pm in the upstairs meeting room at Whole Foods Market, SE quadrant of Preston Road and Forest Lane. The fee for the two-night class is \$35 for Sierra Club members, \$40 for non-members (best class price around). An optional nearby hike for class participants will be offered for the following Sat. or Sun. morning so instructors can help you practice what you learned. Pay in advance by [clicking here](#) or pay at the door. Bring a compass if you have one. If not, we'll have an extra you can use and we'll advise what to look for when you buy your own. Both sessions will run until approximately 8:45 pm. Coordinator: Liz Wheelan [Send Email](#) 214-368-2306



Apr 19 (Thu) Wilderness Navigation Class--Part 2

Second night of a two-part class that begins Wednesday, April 19. Both sessions are at Whole Foods Market, Preston Road at Forest Lane. See above for details and link to pay online. Coordinator: Liz Wheelan [Send Email](#) 214-368-2306

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. Visit us at www.DallasSierraClub.org.
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