



**SIERRA
CLUB**
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EXPLORE, ENJOY AND PROTECT THE PLANET
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Dallas Sierra Club
Lone Star Chapter

Dallas Sierra Club News - February 2021

Dallas Sierra Club General Meeting via Zoom - Tuesday, February 9

The February 9 General Meeting will be held **online via Zoom**.

Coping With Climate Change: Keeping Your Cool In A Warming World

This presentation will provide practical tips for self-care geared towards environmental activists. You will learn about the mental health impacts of climate change and strategies to avoid burnout and stay mentally healthy, including ecotherapy.

Karen Magruder, LCSW is the Director of Undergraduate Programs and Assistant Professor of Practice at the University of Texas at Arlington School of Social Work. As a licensed clinical social worker, she also manages a small mental health therapy practice. Karen is a trained Climate Leader and serves on the Executive Committee of the Climate Reality Project DFW Chapter as Chair of Membership & Engagement.

From 6:45 to 7:00 p.m. you can log in to the meeting, chat, and ask questions. The meeting will begin at 7:00 with announcements, followed by our speaker's presentation.

How to join the meeting via Zoom:

Join Zoom Meeting

<https://zoom.us/j/99535860396>

One tap mobile: +13462487799,,99535860396#

Dial in: +1 346 248 7799

Meeting ID: 995 3586 0396

Where Are the Outings?

We know that you are frustrated that there are no Dallas Sierra Club outings. We are too!. Because of the ongoing COVID-19 epidemic, all Sierra Club outings have been canceled through July 4. We are hopeful that we will be able to offer outings in the Fall, but it all depends on how the pandemic progresses. So, remember to wear your mask and social distance and get vaccinated as soon as your turn comes up. We WILL have organized outings again!

Limerick of the Month

Chiropractor it seems has a knack
To relieve me when spine's out of whack.
I know that the guy
Is who I'll rely
On. He always, it seems, has my back.

- by Kirk Miller

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

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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