



A MAMMOTH WOOLLY PROBLEM

by Jack Bradigan Spula



ROCHESTER REGIONAL GROUP—Explore, enjoy and protect the planet

SIERRA CLUB ECOLOGUE

I'm not one who's shocked easily. But an experience in Highland Park on a cold afternoon a few months ago left me speechless.

Okay, my stunned silence was partly the result of having nobody nearby to talk to. But the *big* reason was what I found on a low-hanging branch of a favorite evergreen. Yes, I had found evidence of the Hemlock Woolly Adelgid (HWA: *Adelges tsugae*), a destructive invasive insect that has been spreading through our region for years.

This is no joke, of course. Particularly in such a hallowed place as the Highland Park Arboretum, where beautiful specimens from all over the temperate latitudes live and prosper. But my encounter did have a happy ending: After talking to the Highland Park Conservancy, I found out park staffers were already on top of the infestation and were treating my beloved *Tsuga canadensis* and siblings.

HWA, which was high on the radar in connection to what's now the Hemlock-Canadice State Forest, has arguably been overshadowed among invasives by the Emerald Ash Borer, whose destructiveness can be viewed by the acre — or 10, or 20 — everywhere around us. But HWA still makes inroads, so we need to be on the lookout.

Just what is this critter, and what can be done about it?

At first glance, HWA might make you think aphids. But the tiny white clumps, which do look woolly on closer inspection, are egg masses. Deposited on the twigs at the base of needles, the masses occupy a strategic location for juvenile HWA "crawlers" to establish themselves, robbing nutrients from the twigs and needles. Thus the tree is progressively starved — a process that can in a few years prove lethal.

Having originated in East Asia, HWA was first reported in Virginia in 1951, and it made its way to New York State by the mid-1980s, specifically on Long Island and in the Lower Hudson region. But it's now found in the Finger Lakes, the Catskills, etc., and it was detected in the Adirondacks not long ago. Once again, rising temperatures in colder regions are making an unwelcome insect too warm for (our) comfort.

Here in the Finger Lakes we're blessed with numerous old stands of hemlock, particularly in the moist glens and gullies throughout the hills. Moreover, we have unexcelled treasures like the ancient hemlocks above Hemlock Lake. It will take vigilance and care to avoid the fate of some hard-hit areas further south, where dieback and death are not uncommon.

I recall seeing, some years back, a magnificent old stand in Pennsylvania's Ricketts Glen State Park that had suffered a heavy infestation. Some of the titans were already gone,

awaiting removal. The entire stand, the park's mother lode, was severely threatened. (Reports indicate that park staff and scientists have been hard at work on the problem, and that some extremely low winter temperatures in recent years also have impeded the spread.)

As you'd expect, there are natural biological controls as well as pesticides that can be deployed against HWA. Scientists have tried some predatory insects from Asia, and also — some say, more promising — two native species of silverflies. Systemic chemical pesticides are demonstrably effective, but there's a hitch: the most popular ones are neonicotinoids, which raise ecological flags.

Saving hemlocks from HWA may demand the proverbial "by any means necessary" approach, however. That's because we're dealing not with a particular species of tree but with complex ecosystems that are overwhelmingly dependent on that species.

Here's how NYSDEC puts it: "Hemlocks are ecologically important due to the unique environmental conditions they create under their dense canopies. These cooler, darker and sheltered environments are critical to the survival of a variety of species that rely on them for food, protection, and ideal growing conditions. Moose, black bears, salamanders, and migrating birds, as well as unique lichen and plant communities, are all closely associated with the hemlock ecosystem... Removal of hemlocks from NYS ecosystems can dramatically change ecosystem processes and may result in the loss of unique plants and wildlife."

For more info, and for help with caring for your own precious hemlocks (which is all of them!), go to <https://www.dec.ny.gov/animals/7250.html>

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From the Chair: 2021 Environmental Forum Recap – Becoming a Better Ally

By Jessica Slaybaugh

It finally happened! We held our long-postponed Environmental Forum on May 4 via Zoom. Thank you to all of you who were able to join us, and an even bigger thank you to the panelists, many of whom worked together on this event for over a year. I am so incredibly proud of the passion and resilience that this group demonstrated.

As we stated in promotions for the forum, we in the Sierra Club became increasingly aware of the injustice of racism and how we bear a legacy of systemic exclusion. We are now on a path of changing, and re-educating ourselves and others in our community. This Forum was a step in that direction.

We brought a panel of community leaders together to discuss how the white people within the Sierra Club (and beyond) can cross the divides that have separated us from Black, Indigenous and People of Color (BIPOC) communities so we can support them, and collaborate with them on issues they struggle with. How do BIPOC people feel, what do they think about, and how do they react when white people talk about climate change? What misconceptions or judgments do white people harbor that make it difficult for us to be allies to BIPOC communities?

Our panelists were (in speaking order):

- Kim Smith (moderator): MPA Deputy Political Director of VOCAL-NY
- Peter Debes: Vice Chair, Rochester Regional Group
- Ron Garrow: Rochester Regional Group executive committee member and Haudenosaunee-Mohawk
- Dorian Hall: President, PLEX Neighborhood Association
- Terry Chaka: Black Arts and Culture Educator
- Betty Garcia Mathewson: Senior Consultant, Diversity, Equity and Inclusion, Coordinated Care Services, Inc.
- Rev. Dr. Jonathan McReynolds: Pastor, Aeon Missionary Baptist Church

I found this to be one of the most engaging, enlightening forums I've ever attended. All panelists expressed a deep connection to the environment and there were common themes that wove throughout the dialog, but each brought a unique perspective. I wanted to share with you a few things I walked away with:

What I learned from Ron Garrow: Climate changed stems from Eurocentric capitalism and greed. BIPOC didn't play a role in getting us where we are today, so white people

should never imply "We're saving the environment – Come join us!" because that's insulting. This is especially true for indigenous people, because they've been telling white people that they need to show better respect for the land for centuries.

What I learned from Kim Smith: The term "climate change" might not be explained in a way that relates to someone's day-to-day. When Kim heard the term "climate justice," it resonated with her. It allowed her to connect causes she knew and cared about – poverty, health disparities and social justice – with climate change. Many BIPOC people have yet to make those connections and it's up to us to help them do so. Kim also recommended a book that I'm looking forward to checking out: *Climate Change From the Streets: How Conflict and Collaboration Strengthen the Environmental Justice Movement* by Michael Anthony Mendez.

What I learned from Dorian Hall: Dorian's story about the Vacuum Oil brownfield in the PLEX neighborhood is an illustration of why it is so important for white people to stand up and say "What can I do to help?". Our voices are too often needed, and too rarely offered. Dorian also got me thinking about (usually) unintentionally hurtful descriptors such as "up and coming neighborhood."

What I learned from Terry Chaka: Africans were taken from a land richer in natural resources than anywhere else and were brought to the Americas to build farms and harvest and cook food. Today, they're the least able to enjoy the things that they brought to our country. In a lot of neighborhoods, you can't even get fresh produce. I was aware of food deserts before this, but had never looked at it from this standpoint before.

What I learned from Betty Garcia Mathewson: White people should come and listen, stand beside or stand behind, but not lead. To make the most impact, we need to fight corporations, companies that create our goods, and the agriculture industry. Even "family farms" are predators to the earth they farm on and their employees, who are often BIPOC.

What I learned from Rev. Dr. Jonathan McReynolds: Climate change is a moral issue, a theological issue, a racial issue, and an economic issue. We need to recognize that when you're dealing with communities that are struggling to keep food on the table, keep the lights on, etc., environmental issues fall lower on the totem pole, but that doesn't mean they don't care about them. Identify ways to work together collaboratively and find points of synergy between these communities. Find ways we can channel resources into communities – both urban and rural.

What I learned from Peter Debes: We need to stop underestimating the power we have as white people. We can use that power to enact change and raise funds (typically more funds than BIPOC people can since we have a greater concentration of wealth). BIPOC communities know what they're struggling with and have ideas on how to address them. When you hear a need for something, ask what you can do to help, rather than tell them what you THINK you should do to help.

What I've written here is long, but just a fraction of what was covered. **Watch for a link to the Zoom video on our website and Facebook pages soon!**

COOLING THE PLANET WITH TREES II

By John Kastner

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According to the United Nations Food and Agriculture Organization (UNFAO) statistical database, at the end of the last glacial period, some ten thousand years ago, 57% of the earth's habitable land area was forested. Today only 31% remains. Half that loss occurred in the last seventy years and the rate is increasing. Humans cut down 49 million trees every day. This has many unfortunate consequences for keeping the planet cool enough for complex life forms (like humans) to survive.

The advantage of planting on private property is that fragile seedling trees will receive individual care to help them in dealing with drought, while avoiding the fierce competition in wild forests, which are quite capable of regenerating themselves if we leave them alone. When these urban seedlings mature they will contribute to keeping the places where most people live cooler by as much as 10 degrees F. In the face of rising global temperatures, this could mean the difference between life and death for many people and other creatures.



“Cool the Planet with Trees from Sierra Club II” will take place sometime in October. Details have not yet been set, but your help is needed now. Your donations helped make last year's success possible. We hope you will continue to support your Club's efforts to reign in climate change by matching or exceeding last year's generosity. Secondly, by doubling our distribution sites, we will need additional volunteers. We are only talking about a few hours of light work. If you are interested, please call me at: 585-461-4701 or use my email address listed on this newsletter. Thirdly, if you can provide a

The good news is that there is enough room on earth for another one trillion trees without sacrificing the agricultural land we need to continue feeding us. At 48 tons of carbon per mature tree per year, we have the potential of reducing atmospheric carbon by 210 billion tons of carbon over thirty years...IF we can reduce our carbon emissions by 50% over the same time period. We also have to stop cutting trees to wipe our butts (see previous newsletter), abandon using trees as biomass fuel or using them for raw material for paper and construction. Many plant fibers, including hemp, make good paper and waste plastic and other refuse can be recycled into building materials. While this is not a perfect solution to the plastic problem, it can be useful until we find another acceptable replacement for wood.

Last autumn, your local Sierra Club gave away over 1000 trees for planting on private property and we planted fifty leftovers on Genesee Land Trust property. This year we are looking to double that number and expand our distribution sites from two locations to four representing the four compass points of Monroe County.

home for some of these trees or know of someone who can, please come to the event and take a few. Lastly, and very important, please be careful of how you use forest products. Buy 100% recycled toilet paper, towels and napkins or convert to cloth towels and napkins. Use reclaimed lumber or plastic equivalents and make an effort to generally reduce purchase of all new products when used or going without will do.

Yes, trees provide hope for the future, but they do much more than that. When you walk in a forest you can feel the love your mother planet has for you. You can see it in the jeweled light coming through the canopy of green leaves. You hear it in the music of their whispers and the songs of the birds they harbor. You can smell it in the leafy carpet and the scent of spring blossoms. Planting a tree is an act of faith in the future. It is a gift of love to generations of life unborn. It is gratitude for all that's been given to you. I invite all of you to join your Sierra Club in expressing our love and hope with action to make this a better world for all. Further details will be made available as arrangements are made. Thank you.

GENESEE VALLEY AUDUBON SOCIETY SUMMER FIELD TRIPS

Highland Park

Park along South Avenue across from the Vietnam Veterans' memorial.

Keep an eye out for a bright green Kia Soul.
Monday, June 7, 2021 @ 9:00am-11:00am

We will stroll through Rochester's iconic Frederick Olmsted-designed park enjoying the blooms and birds of an early June morning. Preregistration required no later than Friday, June 4 by emailing loretta.morrell.gvas@gmail.com

Braddock Bay Park

Summer Solstice/Father's Day evening nature walk
Braddock Bay Park parking lot
Sunday, June 20, 2021 @ 7:00pm – 8:30pm

What's better than going for an evening stroll on the longest day of the year? We will meet at the Braddock Bay Park parking lot and walk along the cattails and out the short board walk to see what we can see, and then we will walk down to the Westpoint Marina and out to the end of the East Spit with Braddock Bay on our left and Lake Ontario on our right. You may want to have bug spray on hand. Preregistration required no later than Thursday, June 17 by emailing loretta.morrell.gvas@gmail.com

Hidden Sidewalk/Charlotte Pier

180 Beach Avenue

Monday July 12, 2021 @ 10:00am-12:00pm

Participants will meet up at the parking lot across from the Roger Robach Community Center, 180 Beach Avenue just west of the Ontario Beach end of Lake Avenue. From there we will walk down to the neighborhood along Beach Avenue and explore the beautifully maintained gardens along the hidden sidewalk. After a rest stop, if necessary, at the community center, those who are interested in a longer walk will proceed down to the river and walk out to the end of the pier and back. Preregistration required no later than Friday, July 9 by emailing loretta.morrell.gvas@gmail.com

Huckleberry Swamp Chimney Bluffs State Park East Bay, Mudge Creek, and Chimney Bluffs Trail
Parking lot of Huckleberry Swamp on Catchpole Road in Lyons, NY

Sunday August 15, 2021 @ 9:00-1:00pm

I'm certain that I am not the only one in need of a road trip. We are going to check out two trails in our neighboring county of Wayne. We will meet at 9:00am in the parking lot of Huckleberry Swamp on Catchpole Road in Lyons, NY. This is a short boardwalk trail of less than a mile, but it should be rich with wildlife. After we finish seeing what there is to see there, we will caravan over to Chimney Bluffs State Park just north of 104 and walk an easy trail. This is a carry-in/carry-out picnic area with available restrooms. Bringing along bug spray for the swamp is highly encouraged. Because of the timing you

may want to pack a lunch or bring snacks. Preregistration required no later than Friday, August 6th by emailing loretta.morrell.gvas@gmail.com



Part of the "Hidden Sidewalk" in Charlotte

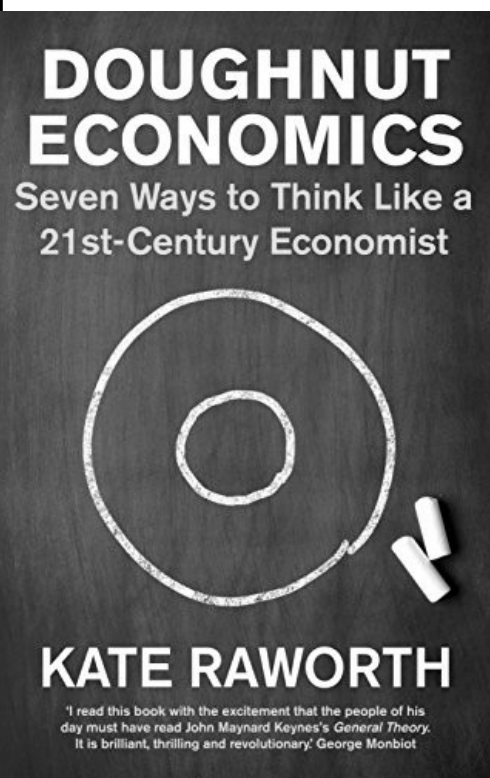
Channing H. Philbrick Park

Park behind Tops Supermarket at 1601 Penfield Road
Monday, August 16, 2021 @ 10:00am-12:00pm

What could be nicer than walking along a stream on a hot summer day? We will meet behind the Tops Supermarket at 1601 Penfield Road and stroll along the bank of Irondequoit Creek. We hopefully will still see a fair amount of our breeding birds as they work on foraging for food for the coming migration or cold winter season. Preregistration required no later than Friday, August 13 by emailing loretta.morrell.gvas@gmail.com

A NEW WAY OF DOING EVERYTHING By Bill Bross

I was paging through the February 1 edition of Time Magazine a few weeks ago and I came upon a fascinating six-page article about a new economic concept called the *Doughnut Economy*. The word doughnut comes from the amazing graph Kate Raworth, the creator of this new concept, has created to describe the new circular way we must begin to think versus the linear graphs presently used by economists. She calls for the complete elimination of the GDP. This is just for starters. Kate Raworth is an English economist, with a fascinating background working in Africa and for 10 years for Oxfam. I purchased her book "Doughnut Economics: 7 Ways to Think Like a 21st Century Economist." She is a really good writer and I found myself underlining everything. A week later I got my spring issue of "YES Magazine" and there she was again, this time in a seven-page article.



The Doughnut Economy is, in my opinion and the opinion of many younger economists throughout the world, the answer to what we must do to develop a truly just and sustainable economy where everyone has enough and no one goes without. Her book has taken me back 40 years to a time when I studied this issue as the Rochester Associate for the Eco-justice Project. We

were promoting economists that were the forerunners of Kate's amazing creation, like Herman Daly, Robert Heilbroner, Donella Meadows and E.F. Schumacher. She talks about all of them, as they are her heroes too.

The city of Amsterdam is featured in both articles as they are seriously trying to become a Doughnut City, and Portland and Philadelphia (the poorest large city in America), are both also beginning to make plans to try to live in the doughnut.

Take 12 minutes and listen to one of many of Kate's presentations available on the internet. You too will be intrigued. Maybe Rochester can become a doughnut city? <https://youtu.be/YCqGf7T9ABo>

HOW DO I MAKE SURE MY VISIT TO THE BEACH IS GREEN? Information excerpted from The Daily Green and the Baltimore Sun, by Ask Green Irene

1. Walk Right In

The walkovers that exist at beaches are there for a reason. Use them to get to the beach instead of walking across sensitive dunes, which will help reduce erosion. Dunes protect land against storm waves from the sea, and harbor specialized plants and animals. However, human activity and population expansion threaten their existence.

2. Follow the 3Rs

The reduce, reuse and recycle mantra is extra important at the beach. Don't leave your things behind. How to make this process easier? Pack a picnic in a good old-fashioned basket with reusable cutlery and cups, and cloth napkins. (Try to avoid glass, though. The EPA wisely reminds us that broken glass and bare feet don't mix.) If you insist on disposables, use ones made from recycled plastic, [or corn or sugar-based plastic] tableware, which can be reused several times before they go into the recycling bin. And to prevent one more plastic bottle from floating out to sea, bring a reusable stainless steel thermos.

3. Don't Be Trashy

Dispose of your trash properly by using public trash containers at the beach. If you're in a remote location and garbage cans aren't easy to find, take your trash home with you. Trash left on the ground can be swept up by runoff and carried to the beach. And yes, the EPA says you still have to cut the rings off plastic six-pack holders so that animals such as fish, turtles or seals don't get tangled in them. And hey, while you're working so hard, don't hesitate to pick up any trash left by less responsible beachgoers.

4. Take Care of Business

Contrary to popular belief, the beach is not one big bathroom. Keep beaches clean and safe by using public restrooms. Dispose of pet waste properly.

5. Be A Good Guest

Remember you're a visitor; don't disturb the wildlife and plants native to the beach -- even if you think the buggers are provoking you. "Take only pictures, leave only footprints." Remember that maxim, which means leave behind the shells. They once, and perhaps still do, belong to the mollusks that live at the beach. If you need to do some collecting, pick up litter you see along the way.

6. Do Your Home Work

The EPA reminds us that protecting the ocean starts at home. If you throw it out, spread it on the lawn or flush it down a drain, it could end up in the ocean. What can you do? Maintain your septic system. Use natural substances like compost instead of harsh chemicals to fertilize gardens and lawns. Don't throw motor oil in storm drains; recycle it at your local service shop instead.

7. Commit to carrying a reusable cooler and refillable pitcher or bottle.

There are billions of disposable plastic bottles sold every year but only a third are recycled, according to some estimates. That means the rest become trash. Plastic is made from petroleum. Instead, use durable metal water bottles that are BPA-free. Replace your Styrofoam with a hands-free backpack cooler.

8. Check out pollution levels before you go.

The Natural Resources Defense Council ranks the beaches; the local ones, including Ocean City, rank well. To see the rankings, go to nrdc.org and click on "How Clean Is Your Beach?"

9. Swim, bike, take a walk, but skip the Jet Ski.

While you're on vacation, why drive at all? Rent a bike or walk to restaurants, local markets and attractions. Or, take the public bus. Resorts have good ones. Speaking of recreation, try windsurfing instead of highly polluting Jet Skiing.

10. Take Action! Promote beach protection and take care of your local shores by joining a beach, river or stream cleanup. Check your local government Website to see what you can do in your community, or go to the Ocean Conservancy's Website to join its International Coastal Cleanup.

Trees of Power – Ten Essential Arboreal Allies

by Akiva Silver; Chelsea Green Publishing, 2019

Reviewed by Daryl Odhner

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Mr. Silver, a native Rochesterian, is a permaculturist and owner of Twisted Tree Farm in Spencer, NY. I heard him speak at the 2019 NOFA (Northeast Organic Farming Association) Conference. (Permaculture, if you need a reminder, is “the conscious design and maintenance of agriculturally productive ecosystems which have the diversity, stability, and resilience of natural ecosystems.”)

I would divide the ideas of this interesting book into two kinds of information:

- 1) Some interesting thoughts about environmentalism, how we humans can view our relationship to nature and trees; and
- 2) Practical information on the ecology, culture, and uses of trees generally, with detail on ten specific tree species.

Silver starts out sharing an epiphany he experienced over time, starting with a wilderness excursion he made early in his adulthood in northern Pennsylvania.

“As the days went by...I slowly began to realize how quiet it was there. It was too quiet. When I left Rochester, it had been bursting with the life of spring. The dawn chorus of birds had been overwhelming. ... But here in the wilderness, under an endless canopy of red maple, it was silent. Maybe I would see a robin or two at dawn, maybe a chipmunk. In Rochester, in the heart of the suburbs, I had been encountering thousands of birds, foxes, racoons, deer, mink, opossums, skunks, squirrels, coyotes, and many other creatures on a daily basis. Here in the wilderness it was silent.”

His realization was that the northern Pennsylvania wilderness was lacking in diversity. The land had been left alone following heavy logging the better part of a century ago, and a nearly 100% cover of red maple resulted. He offers that, if someone had intervened and planted some different trees, a very different forest would have resulted.

He offers a critique of modern environmentalism, which he says, has become somewhat unpopular, because environmentalists are “associated with holding up signs saying No to everything.” While he agrees that land/angered species preservation, and reduction in the use of fossil fuels are important, he contends that we have opportunities for creative, positive influence. He characterizes contemporary environmentalism as having a sort of platonic relationship with nature, in which you slow down destruction, and have as little impact on nature as

possible. (This almost re-enforces the harmful philosophy that humans are not part of nature.)

Silver discusses the lie propagated by European culture, and taught to most of us growing up, that North America was a wild continent where nature abounded because the people were simple and primitive. Archaeologists and historians are now recognizing that indigenous people did actively manage the landscape, in ways that sustainably enriched the land around them—albeit these indigenous methods were land management techniques unknown to Europeans.

This book is about making the choice to participate in nature through conscious intent by working with trees. Humans can have a positive influence on nature. Silver reminds us that we can enhance ecosystems to the benefit of ourselves and wildlife at the same time.

In the middle chapters of the book, he includes interesting discussions of the carbon cycle, climate change, tree biology, and arboriculture—including the topics of soil, nutrients, water, mulch, weed and pest management, and propagation.

The last chapters are devoted to ten trees he regards as some of his favorites: Chestnut, Apple, Poplar, Ash, Mulberry, Elderberry, Hickory, Hazelnut, Black Locust, and Beech. Of these he says:

“The trees in this book are my allies. They feed me, keep me warm, provide money, shelter, medicine, and tools. These beings that feed on light do amazing work. Fruit, nuts, flowers, shade, wildlife, and wood—trees are offering, always offering. Stretched toward the sky, rooted into the earth, they offer a partnership. I think you will find, if you work with trees, that they are

extremely generous beings. You will find yourself showered in more abundance than you are able to receive.”

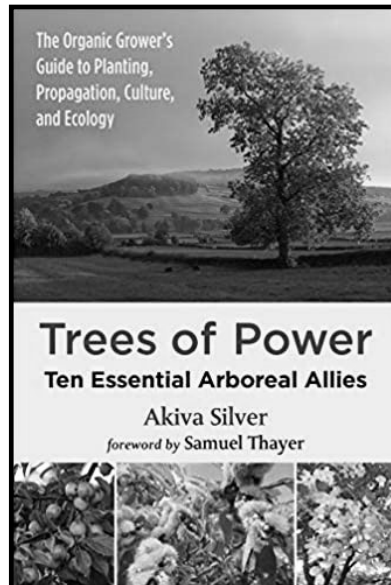
Particularly interesting is his discussion of the use of tree nut flours and oils as substitutes for flours and oils from annual/biennial herbaceous crops. The significance of this substitution is that perennial forests could substitute for plowed cropland, resulting in a more sustainable use of land with multiple other uses.

Silver has a silvicultural passion and genius, and his message is that we humans have a tremendous amount of power at our disposal, and we can use our power to foster abundance and diversity, or alternatively, to create extinction.

Even if you don't intend to grow trees on any large scale, I highly recommend this book as an excellent primer on understanding trees, and as a thought-provoking work on the relationship of humanity with the natural world.

Permaculture Research Institute website:

<https://www.permaculturenews.org/what-is-permaculture/>



What Color is your Picnic Basket? By Margie Campaigne

Picnics are one of our most favorite summer activities! Food, friends, family, fun! What foods are your favorites? Watermelon, macaroni salad, baked beans, hots & burgers?

If you are greening your lifestyle, you probably thought about what to bring (and not bring) along on your picnic:

- A good old-fashioned picnic basket or picnic backpack for tableware, condiments, etc.
- Scratch the Styrofoam plates and cups in favor of reusable or compostable ones
- A supply of cloth napkins, and a sponge or two for cleanup
- Skip the foil or plastic wrap for covering bowls and use reusable covers
- Bring water, lemonade, etc. in beverage coolers. Provide receptacles to collect deposit and/or recyclable cans and bottles
- Pack doggie-do bags for Fido
- Bring an extra pail labeled "To Compost" for the inevitable leftovers on people's plates

Have you thought about the sustainable aspects of the food itself? We read a lot lately about buying locally. Farmer's markets, CSA's (Community Supported Agriculture), and stores that purchase food from local growers are all good choices. Another consideration is buying organic. Conventionally-grown foods depend on farmers using pesticides, hormones, chemical fertilizers, etc., while organic farmers use no chemicals, and farming methods that enhance the soil, rather than depleting it.

Recently lots of news has circulated about plant-based, or vegan, diets being the healthiest for you. The documentary "Forks Over Knives" has to do with our diets and health. You can also find out a lot from the plethora of doctors touting plant-based eating such as Michael Greger, Neal Barnard, John McDougall, Joel Fuhrman, Dean Ornish, Mark Hyman, etc.



Did you also know that eating a plant-based diet is healthier for the earth? Early estimates of the carbon footprint of raising livestock for human consumption were around 18% of total carbon emissions. The respected World Watch Institute has recalculated the factors behind that number and now says it's more like 51%. No matter which number you use, it is a significant piece of the pie. Also, more people can be fed per acre of farmland when used for growing food for us rather than for livestock - a concern with our burgeoning population.

But wait! I can't just give up what I've been used to eating my whole life and switch to eating carrots and celery sticks! I love grilling and barbequing, too. If you feel that way, I hear you. I have found ways to still enjoy most of my old favorites! *Meatless hotdogs* and *chick'n nuggets and patties* that have fooled meat-eaters. More kinds of *veggie burgers* exist than I could possibly list (some better than others – ask for friend's recommendations), plus *veggie sausages*, *deli slices*, *ground meat analogs*, *roasts*, etc. Some people like the new Impossible Burgers. Try one on a Meatless Monday. See <http://www.VegMondays.org>. Give it a shot. You can find these products in regular supermarkets, health food stores, and food co-ops, such as Abundance in Rochester (www.Abundance.coop).

What about eggs and dairy products? You'd be surprised how much like egg salad a *tofu egg-less salad* can be! You will also find choices of *egg-less mayo*, *cheese-less cheese*, *soy*, *almond*, *rice*, *coconut*, and *other dairy-free milks*, and *vegan margarine*. Substitute freely in your favorite recipes. Need new recipes? So many cookbooks, so little time... plus there are online vegan recipe sites, magazines, and our local Rochester Area Vegan Society (www.RochesterVeg.org). Their newsletters have a wealth of tasty, tried and true recipes in each issue.

So, what are you waiting for? Go shopping, get cooking, or grilling, or barbequing... Let's eat!

Extra tip from "Recycleboxbin.com": Traveling this holiday weekend? Eating in the car or picnicking? Keep a container for recycling in your car. Most rest stops don't offer recycling (why is that?). By producing less waste and taking care of our own recycling, less governmental money is used for trash removal and less trash to the landfill.

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The opinions expressed in the articles within are those of the authors and are not necessarily an official Sierra Club position or policy.

Summer 2021 Calendar			SIERRA CLUB and other environmental events	
DATE	DAY	TIME	MEETING/EVENT	LOCATION
June 1st	Tuesday	6:30- 8:30 pm	Executive Committee Meeting	Via ZOOM, not in person
July 6th	Tuesday	6:30—8:30 pm	Executive Committee Meeting	Via ZOOM, not in person
August 7th	Tuesday	6:30—8:30 pm	Executive Committee Meeting	Via ZOOM, not in person.
May 9 -Nov. 21	Sundays	9 am - 1 pm	Brighton Farmers Market; accepts SNAP	Brighton HS parking lot, 1150 Winton Rd S, 14618
All year	Every day	See Facebook for COVID hours	Abundance Coop Food Market: local, organic, sustainable food, open to public	571 South Ave., Rochester, NY in South Wedge (585) 454-2667 www.Abundance.coop
SEE PAGE 4	FOR GVAS	FIELD TRIPS	BE SURE TO REGISTER IN ADVANCE	WE ARE INVITED TO PARTICIPATE

Watch our Facebook page and website for information on upcoming community meetings, outings & other activities

All Committees are local volunteer groups of the Rochester Regional Group of the Sierra Club.

Follow us on Facebook to keep up-to-date on new events throughout the year—www.facebook.com/SierraROC

Executive Committee meetings are open to Sierra Club members. All other meetings are open to everyone.

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