

THE MUIR VIEW



NEWS OF THE SIERRA CLUB IN WISCONSIN

The Chapter Connection

by Shahla Werner, JMC Director

I am honored and excited to serve you as the Director of the Sierra Club's John Muir Chapter. First, please allow me to tell you a little about myself. Growing up in rural northern Illinois gave me a chance to explore nature right in my back yard, which was largely made up of prairie resulting from an abandoned railway. In the summers I swam and enjoyed the damselflies, panfish, and snail shells in Rock Lake while visiting relatives at our small boathouse in Lake Mills, WI.

My father, a Conservation Police Officer, taught me about the need for people to change course to slow the current massive extinction rate and keep our planet livable. His inspiration motivated me to study biology and entomology and to try and make a difference in the field of conservation. My education in entomology taught me about the tremendous and often overlooked diversity and functions of insects, and the need for their conservation.

My work for the past five years with the PA Department of Conservation and Natural Resources provided me with invaluable experience working with accidental introductions of invasive forest insects and diseases. I learned that once an invasive arrives

in a new place, options for managing it (like bio-control and chemical control) often have limited success, unknown risks, and known environmental trade-offs.

Although managing invasive insect problems was interesting, I am so happy to be working in a position that emphasizes connecting problems with effective policy solutions that often strive to prevent problems before they arrive. Working for the Sierra Club is the fantastic opportunity I



Shahla Werner, JMC Director

have been waiting for to return home to Wisconsin with my family and work with all of you to make a positive difference for the future.

Since fundraising is a major focus of my position with the John Muir Chapter, I am also thinking of new connections that we can make that will positively impact membership and our bottom line, while also advancing our policy agenda. Successful fundraising strategies will emphasize connecting our mission of exploring, enjoying and protecting Wisconsin's wild places to people's daily lives. Specifically, we must demonstrate the lasting benefit of the John Muir Chapter's unique strategies to protect natural resources to people of all walks of life, ages, and ethnicities who share the same well, breathe the same air, and have access to the same beautiful, wild recreational opportunities in our state. All of us will

need to work together to build our organization's capacity to meet the conservation challenges we face.

I am impressed with the connections the Sierra Club has already initiated by forging "blue-green" alliances with labor unions. I am convinced that there are many ways of finding renewable energy solutions to global warming pollution that can revitalize our economy AND positively impact our environment. One of my favorite politicians, Jim Hightower, referred to this in a recent book as a new "Apollo Project" that would emphasize investing in education, technology and putting people back to work to develop renewable, safe energy solutions.

The Sierra Club has already made the connection between women's and environmental issues with its public support of family planning. Perhaps our organization can further develop these types of connections with future "pink-green" alliances. There are so many issues that affect women, their families and the environment.

My family and I are looking forward to moving closer to
(Continued on page 2)



Vote in the upcoming election for the Sierra Club's Board of Directors!

See page 4 for details.

IN THIS ISSUE

From the Chair	2
Conservation Concepts	3
Group Spotlight	5
Green Review	8
Tree Hugger's Hangout	9
Wild Flora	10
Nurturing Connections	11
Reader Response	11
Chapter Outings	14

Vol. 46
Number 2

April-June
2008



FROM THE CHAIR

by Jim Steffens, John Muir Chapter Chair

This year will be an exciting one for the John Muir Chapter in many ways, including changes in leadership, an increased focus on volunteer activism, and Chapter fundraising initiatives.

The Chapter Executive Committee appointed some new people at its January meeting. Jenny Persha will be serving as Vice-Chair of the Chapter. Eric Uram has agreed to be Chapter Conservation Chair. I want to thank Ron Horn for his many years of dedicated leadership of our Chapter Outings Program. Diana Lynn has agreed to take over as Chapter Outings Chair. Diana has received training as a Sierra Club wilderness trip leader, and we welcome her to the Chapter Executive Committee and to her new outings role.

As I mentioned in the last "Muir View," the volunteer leadership will need to take a much more active role in conservation work at the Chapter level, and Eric will help

organize this. Energy conservation issues will continue to be a major focus of the Chapter, and we need interested volunteers to step forward and help with this effort. In addition, water issues are critical to our state, with the Great Lakes Compact still not ratified by the state legislature and water quality issues looming statewide. Forestry issues are also very important in Wisconsin, since we have the most heavily logged National Forests in the Nation.

Our March fundraiser is now in progress. This is the one opportunity for the Chapter to conduct a statewide appeal to its members. You may at other times receive letters from the national Sierra Club soliciting support, but the March appeal is for funds that go directly to support activities in Wisconsin. Later in the year we may send out special appeals on state issues. These will be clearly marked as requesting your support for the John Muir Chapter. With the U.S. Congress having passed, and President Bush having signed legislation for tax rebates due in May, you might consider donating some of this windfall to promote conservation awareness in Wisconsin. I cannot think of a better way to help make our environmental future secure.

As always, if you would like to help the Chapter or your local Group in conserva-

tion or fundraising activities, please contact the Chapter office at (608) 356-0565. We'll be more than happy to help you channel your skills and interests towards the goals of the Club.

Jim Steffens, John Muir Chapter Chair, belongs to the Four Lakes Group. He lives in Ridgeway.



(Chapter continued from page 1) relatives and friends and to making new connections throughout Wisconsin. I look forward to working with you for many years to come! I know we can use our collective knowledge, skills, and energy to accomplish much for Wisconsin, and to continue our state's unique reputation as a progressive leader in the nation.

Shahla M. Werner, Ph.D., is the new John Muir Chapter Director.

THE MUIR VIEW

222 S. Hamilton, Suite 1, Madison, WI 53703

A Quarterly Publication of the John Muir Chapter of the Sierra Club

Muir View Committee:

Carol Hardin (Chair), Lacinda Athen, Ron Carlson, Kelly Krupka, Dale Olen, Chuck Patrick, Marilyn Pedretti, Jenny Persha, Jim Rickard, Bob St. Louis, Sarah Streed, Lee Wilcox, Patrea Wilson, Gary Zumach

Contributor Guidelines:

Please submit articles typed, on disk, or email to:
Carol Hardin
1016 4th Street
Hudson, WI 54016
715-386-7032
cchardin8@gmail.com

Author's first and last names, day and evening phone numbers at the top. Acceptance of submission is contingent upon availability of space and must meet Sierra Club guidelines.

Advertising Coordinator:

Lacinda Athen
lathen@farin.com

Advertising Rates:

Current advertising rates may be found on the JMC website: <http://wisconsin.sierraclub.org>

Deadline:

The deadline for submission of articles to the July-September 2008 issue is midnight on May 15, 2008.

Change of Address:

Send old and new addresses with mailing label (or member number) to:
Sierra Club
P.O. Box 52968
Boulder, CO 80322-2968

The Muir View (ISSN 199-048, USPS 499-650) is published quarterly by the John Muir Chapter of the Sierra Club, 222 S. Hamilton, Suite 1, Madison, WI 53703. Periodical Postage paid at Madison, WI and at additional mailing offices. Subscription fees: \$1.00 annually for chapter members (included with membership dues) or \$5.00 annually for non-members.

Postmaster:

Please send address changes to:
Sierra Club
222 S. Hamilton, Suite 1
Madison, WI 53703



The Muir View is printed on process chlorine free recycled paper with soy-based ink. Please recycle or pass on this newsletter when you're done.

DEADLINE FOR JULY-SEPTEMBER 2008 ISSUE IS MAY 15.

CONSERVATION CONCEPTS



Mercury Control Needed

by Eric Uram

Wisconsin needs to get aggressive about mercury pollution from power plants. Not just to reduce pollution contaminating the fish in our lakes and streams, but to help create solutions for the future. With solid science behind mercury's human and environmental health effects, knowledge of how controlling local sources affects the health of local waters, and decades of control-technology development, the time is right for action. Since the courts have thrown out the Bush administration's illegal Clean Air Mercury Rule, we once again have a real chance to deal with this problem. The silver lining is that the solutions will help us realign our other energy priorities.

Wisconsin electric utilities currently waste over half their nuclear and fossil fuel energy, with wasted heat going into the air from cooling towers and into water from once-through cooling systems. We could use that heat for many applications such as district home heating and industrial processes. The natural gas saved could be used to replace coal in electric utility applications, reducing not only mercury pollution, but also greenhouse gas, smog, acid-rain and soot pollution.

When I traveled with We Energies, Alliant Energy, and Madison Gas and Electric to Germany in 2002 with WDNR, we saw many such energy-saving practices. In Germany, utilizing these efficiencies has helped move that country to one of the top global economies. Believe me, if it can be done there, Wisconsin businesses can find ways to save money by becoming more energy-efficient, and our electric utilities can, too. The result would be a cleaner environment, more efficient and leaner businesses, and a more sustainable future for Wisconsin.

Because of the DC Circuit Court's February 8th decision, all electrical utilities are once again required to control hazardous air pollution (most notably mercury) from coal-fired generating units under the Clean Air Act's Maximum Achievable Control Technology requirements. The EPA determines the emission limits by surveying utilities' ability to control mercury, using the best operating coal-fired power plants throughout the country to set the standard. Now utilities will need to decide if it's more economical to keep existing coal-fired power plants running by installing controls for 90% (or greater) mercury reductions or to find other means to replace that capacity. This is a great opportunity to advance renewable-energy technologies and energy efficiency programs, and to move Wisconsin down the path of reduced carbon

emissions defined by Governor Doyle and the Midwest Governor's Greenhouse Gas Initiative.

There are no quick fixes, no magic pills, and no putting off the inevitable - power plants will have to install mercury controls or seek other solutions. Delaying action only increases costs to customers as prices rise for control technology and equipment installation. The tired old saw of chasing business away by acting aggressively is a red herring because, by acting now, we increase our economic stability by reducing future cost unknowns and providing peace of mind for Wisconsin businesses. We know consumers support this. We know this will benefit the economy, the environment, and ourselves. We need utility executives and business leaders to support it, too. Contact your legislators and your local electrical utilities and industries. We can all breathe easier once we accomplish this.

Eric Uram, Chapter Conservation Chair, is in the Four Lakes Group. He lives in Madison and operates Headwater Consulting, a firm committed to improving water quality and controlling pollution.

A Modest Proposal: Saving Access to a Northwoods Waterfall

by Ian Shackelford

The Montreal River forms the jagged border between Wisconsin and the Upper Peninsula of Michigan. Over its forty-mile length, the river drains northward through northern hardwood forest, over waterfalls, and finally through a 180-foot-deep rock gorge before emptying into Lake Superior. Locals fish the river for brook trout, and whitewater kayakers know the Montreal as one of the most challenging rivers in the Midwest. Perhaps due to the remote setting, lack of public land, or two-state jurisdiction, the Montreal River has remained an overlooked jewel of the Northwoods.

The most popular attractions on the Montreal River are the waterfalls: Superior Falls, Saxon Falls, Interstate Falls, and Peterson Falls. Superior Falls, near the

mouth of the river at Lake Superior, is the third-highest waterfall in Wisconsin and the only one of the four Montreal waterfalls with permanent public access. The other three waterfalls are on a mix of private and Xcel Energy land. Interstate Falls, near the communities of Hurley, Wisconsin, and Ironwood, Michigan, is at particular risk of losing public access forever.

Currently, visitors can enjoy a scenic 0.3-mile trail through hardwood and hemlock forest along the Montreal River to a ledge at the top of Interstate Falls. Here water plunges eighteen feet over a cliff of gray basalt rock, into a wide pool ringed by forest

and cliffs. Visitors can also follow the trail a little farther and climb down the riverbank for an outstanding (Continued on page 9)



*Measuring the height of Interstate Falls (17.5 feet).
SPRING WINNESHIK*

Vote for Sierra Club Directors

The Sierra Club's national Board of Directors election is upon us once more. Think turnout in congressional elections is low? It's even lower for Sierra Club elections. In recent years, only about 10 percent of Club members have voted for the national Board of Directors. You can help change that.

The Club is a democratically structured organization that requires the regular exchange of views on policy and priorities from its grassroots membership in order to function effectively. The national Board sets Club policy and budgets at the national level and works closely with the staff to run the Club. The more members who vote in the elections, the more likely those elected will represent the members.

Ballot statements have been prepared by all of the candidates and are printed together in a ballot pamphlet that

accompanies the ballot, to be delivered by either US mail or Internet to the membership in early March. Study the materials and vote for the leadership you support.

The Club's public website features additional information and links to pages about the candidates: <http://www.sierraclub.org/bod/2008election>. A feature of the website is a list of 16 questions submitted by volunteer leaders, with responses from all the candidates. You can access this "Candidate Forum" directly at: www.sierraclub.org/bod/2008election/candidateforum.

Please note that only Regular and Life members will receive ballots and are eligible to vote in the national Club election. Introductory members who have not renewed their Club membership prior to January 31, 2008 are not eligible to vote.

Voting ends April 21. Those voting digitally can do so almost immediately; consult your printed ballot for informa-

tion about on-line voting.

The candidates are listed below in the order they will appear on the ballot:

o Jeremy Doochin	N
o Larry Fahn	P
o Lane Boldman	N
o Jerry Sutherland	P
o Barbara Frank	N
o Matt Urban	N
o Nathan Wyeth	N
o Jim Daugherty	P
o Clark Buchner	P
o Joni Bosh	N
o David Scott	N

N = Nominating Committee candidate
P = Petition candidate

The John Muir Chapter recommends a vote for Barbara Frank, Wisconsin; Jerry Sutherland, Oregon; David Scott, Ohio; and Lane Boldman, Kentucky, in the upcoming election for the Sierra Club's National Board of Directors.

Eating for a Healthy Planet

from the National Sustainable Consumption Committee, Sierra Club

In just two years over 20 Sustainable Consumption committees have sprung up nation-wide in the Club to promote an Earth-friendly diet. Events have varied from a few folks enjoying a potluck to hundreds of people attending a fund-raising concert with gourmet appetizers. Why have these outings proved so popular?

- They're a great new angle on having fun while helping the Earth. A mantra of the True Cost of Food campaign is "Eat for your health and your planet's health."
- Multitudes of Earth-friendly people are conscientious about diet and health. This is a reservoir of environmentalism that Sierrans have not fully tapped.
- Local Sierrans are always looking for innovative ideas to build membership while raising ecological consciousness.

The planet simply cannot sustain our wasteful lifestyle indefinitely. In the U.S. we consume ten times more resources per capita than the median for all other countries, and about double that of the other industrialized

nations. But that's not all. Goaded by U.S.-driven globalization, the rest of the world is scrambling to catch up. Take, for instance, the 1.3 billion Chinese who also are striving to drive Hummers, eat fast-food jumbo burgers, and refrigerate their homes in summer. China has made it a top priority to surpass the U.S. economy by about 2020.

What can we, as individuals, do about this? A lot, it turns out. The Union of Concerned Scientists states that individuals can make a big difference by shifting a few basic consumption choices. Not surprisingly, the number one choice involves energy, especially in transportation or in heating and cooling our homes. But a clear number two involves our diet. Three times a day we can help the planet by shifting our food choices towards more plant-based, organic and locally grown foods. This is nothing doctrinaire, simply the more you make these choices the better. How much better, you ask?

- For each a pound of beef you pass up, you save a gallon of oil, 2500 gallons of water, five pounds of grain and an acre of land that went into its production.
- By choosing certified organic food, you keep a toxic brew of pesticides and chemicals out of the soil, water, and air.
- The average U.S. meal travels 2000 miles

to reach our tables. If you avoid imported foods or support farmers markets, you can prevent thousands of pounds emissions from polluting the atmosphere.

These choices protect not only the environment's health but your own. The highest mortality in the U.S. now stems from an epidemic of degenerative diseases linked to all the saturated fats, empty calories, pesticides, and chemicals that we ingest. On the other hand, numerous studies have shown that a diet high in whole grains, legumes, fresh vegetables and fruit prolongs both length and quality of life. Buying organic, moreover, decreases our exposure to toxins, while locally grown foods retain more nutrients along with flavor.

American Agribusiness trumpets our diet as the most plentiful, tasty, and affordable in history, and pushes it relentlessly through saturation advertising, fast-food outlets, and hundred-acre supermarkets. We have seen, however, that this "cheap" food has an exceedingly high – and largely hidden – cost to our health and to our planet. But now the Club is exposing these costs through its True Cost of Food campaign and acclaimed video.

So far we have laid out how your *individual* food choices can (*Continued on page 15*)

GROUP SPOTLIGHT

Chippewa Valley

by Eleanor Wolf

The Chippewa Valley Group can't boast of big projects or a long list of accomplishments, at least in the 15 years I've been on the Board. But we are proud of the environmental education grants we award to area schools each year. Total grant dollars have ranged from \$1,500 to \$2,500 per year, depending upon the success of our annual fundraising event, the Sierra Century Bike Ride.

This bike ride is one of the most scenic bike rides in the Midwest. Riders can bike for 12, 30, 60, 80 or 100 miles through county forests, past Amish farms, and along a new 100-mile loop south of Osseo that features

beautiful ridge-top views. The Sierra Century Bike Ride will be on Sunday, May 18, rain or shine. For more information contact Dick Johnston at 715-726-1446; djrunner124@hotmail.com

We can, however, boast about our collaboration with others groups, such as the Chippewa Valley Sustainable Energy Association. CVSEA was formed in 2006 to resist a coal-fired power plant on Xcel's Chippewa River property near Durand. Xcel eventually dropped plans to build a coal-fired plant, in part because of our opposition, but also due to the realization that coal is a huge contributor to global warming and such plants will face increased regulation and penalties in the future.

CVSEA morphed into the Lower Chippewa River Alliance, which was organized to promote conservation and improved management of Xcel's 4000+ acres on the Lower Chippewa River. Several Sierrans are active in this new organization.

We also continue our long-term efforts, which consist of working with the League of Conservation Voters, attending their Lobby Day in Madison and holding breakfast meetings with our legislators here in the Eau Claire area.

For more information about our group visit our website:
<http://wisconsin.sierraclub.org/chippewa>

Eleanor Wolf lives in a small, energy-efficient house in Eau Claire. She is the Chippewa Valley Group treasurer and participated in the Sierra Summit. As a true environmentalist, she bikes just about everywhere but drives a Prius when necessary.

Four Lakes

Host of John Muir Chapter's Autumn Assembly October 2008

Come gather with other Sierrans! This assembly is open to the general public and brings us all together to play, learn, decide, and meet each other in Upham Woods in Wisconsin Dells on Oct 10, 11, and 12th. We will have planned plenty of outings and some great speakers all weekend long, as

well as three naturalists dedicated to hosting children's activities.

This is your chance to meet club leaders and members from across the state. It's also the perfect family event and a great time for our Sierra singles. Upham Woods has an island to explore, and we will canoe around the island for one of our outings. There will be overnight accommodations in tents, group cabins, or more private dormitories. The camp only has room for 150, and with such a great schedule, I anticipate that it

will fill up quickly.

We are also planning a silent auction. Members from each group will be donating items with the proceeds going back to the donor's group. If you have something fun that you think would bring in lots of money, contact me, JennyPersha@gmail.com.

Save the date now so that when registration forms are available you can sign up immediately.

Altiora Peto by Kelly Krupka

I work in a casual environment, so I occasionally wear a baseball cap to work. On the day I wore my black retro Sierra Club cap, my boss inquired about the Latin phrase on the logo: "What does Altiora Peto mean?" To be honest, I never even noticed the Latin phrase.

Together we went to the Sierra Club's website and found a whole page devoted to the history of the Sierra Club seal. The first club seal, the one on my hat, was created in 1892. Like the current seal, it depicts a giant Sequoiadendron giganteum, and below that the Latin phrase "Altiora Peto" - *I seek high places*. What a fitting verse for Sierra Club founder John Muir, a man who truly needed the great outdoors to nourish his soul. When a new seal was adopted just two years later, "Altiora Peto" was forever dropped from the design.

Although "Altiora Peto" no longer graces the Sierra Club seal, let us remember its meaning and remember John Muir's call to protect our wild places.

Kelly Krupka is the designer of The Muir View as well as the Fox Valley Group's newsletter. She works as a desktop publisher and lives in Neenah.



The original Sierra Club seal bears the Latin phrase "Altiora Peto" - *I seek high places*.

Save the Date: 2008 Autumn Assembly

October 10-12, 2008 • Wisconsin Dells • Hosted by the Four Lakes Group

Local Sierra Club Activists Visit Ethiopia

by Ned and Mary Grossnickle

Success often comes through a multi-faceted rather than a single-pronged approach to a problem. This is certainly true of the successful Population Health and Environment programs witnessed by Sierra Club activists Ned and Mary Grossnickle on a recent trip to Ethiopia.

Population Health and Environment (PHE) projects address the complex connections between humans, their health, and their environment. Programs that focus on the connection between family planning, health, and the environment are more successful in terms of sustainability and efficiency than similar programs pursued separately.

In Ethiopia, as in many countries in Africa and around the world, rapid population growth has put a huge strain on the environment. Growing rural communities struggle to survive on land that is deforested, with little access to basic services like clean water, sanitation



Ned and Mary Grossnickle in Ethiopia.

and health care. In a country whose population is projected to double in the next 28 years, these trends are alarming.

The Grossnickles, along with other activists from the Sierra Club and the National Audubon Society, visited small-scale development projects in which communities are working to address the related challenges of population growth, health, and environmental protection.

In PHE projects, the voluntary family planning component is critical. If all currently married women who say they want to space or limit the number of their children were to use family planning, the contraceptive prevalence rate in Ethiopia would increase from 15% to 49%. Currently only 31% of the demand for family planning is being met.

"We need to increase our support for these programs," said Mary Grossnickle. "Allowing women to space or limit the number of children leads to improved health for both women and for children. When families are healthy, the community is more prosperous, and the quality of life of the entire community is improved."

Ned Grossnickle, co-chair of the Sierra Club's Global Population and Environment Program Committee stated, "The purchasing power of international voluntary family planning programs has greatly declined just as the need has greatly increased. The US currently spends less than one-half of one percent of our federal budget for non-military foreign aid."

Education is an important component of many PHE projects. Among women in developing countries, more education often leads to smaller family size. For example, women in Ethiopia with a secondary or higher education have



Ethiopian girls pump water at the Berga wetland area, site of the endemic and endangered white-winged flufftail. Water pumps are greatly valued in that remote rural area.

an average of 2.0 children, whereas women with no education have an average of 6.1 children.

PHE projects also include health-related goals such as immunizations, improved water quality, voluntary counseling and testing for HIV, clean water, and improved diets through backyard gardens.

Increasing population growth has accelerated land degradation, as forests are converted to farms and growing numbers of households use unsustainable agricultural methods to eke out a living on marginal land.

In Ethiopia, as in other areas of the world, family planning is an important part of a broader development package that can foster household and community well-being in the short term and help to ease pressure on natural resources over time.

To find out more information about Sierra Club's Global Population and Environment Program go to www.sierraclub.org/population. You can contact Ned Grossnickle at dubay@mtc.net.

Ned Grossnickle, is Co-Chair Global Population and Environment Program of SC and the Chair, Wisconsin River Country Group Population Committee. Ned and Mary are John Muir Chapter Life Members.

ETHANOL: MEMBERS WEIGH IN

The Ethanol Solution?

by Peter Muto

Our nation is addicted to petroleum. We use about 180 billion gallons of motor fuels per year. By the end of 2007, we will have produced about four billion gallons of ethanol from corn seeds. Corn ethanol represents about 2% of our needs during 2007. The U.S. has enough new ethanol-production facilities under construction to enable us to predict that during 2008, production of ethanol from corn will probably fulfill 4% of our needs. We need to stay at that future level until we can evaluate our "solution" to our energy challenge against two laws of nature: 1. The Law of Diminishing Returns; and 2. The Law of Unintended Consequences.

Let us consider the first law: How does

diverting 25,000,000 acres of excellent cropland impact upon the American foods system? For one thing, corn crops in lieu of grass add to the "Dead Spot" in the sea at the mouth of the Mississippi River. The quality of our soil changes for the worse as we burn corncobs and corn stalks to warm the fermenting mixtures and to distill the ethanol that is produced.

Then the second law: How does the increased demand for corn affect the price of beef, pork and eggs at our grocery stores? The farmers' psychological reaction to a higher price of corn drives them to plow under grasslands in order to increase corn production and this increases soil erosion. (I recall about 70 years ago, in Marathon County, when our snow was brown because it was fertilized by the best topsoil from the wheat fields of Kansas and Oklahoma. We called that region "Our Dust Bowl.") How popular is a new ethanol plant in your neighborhood? It probably won't be

down there on the "NIMBY" value scale with beef feeding lots and hog manure holding ponds, but are still a nuisance to some people nonetheless.

Ethanol will be only a tiny part of the solution: our future demand for petroleum is unreasonable because the demand has never been sustainable! There are many current energy alternatives to ethanol: prairie grasses, solar energy, wind electricity and food wastes among them. When we have to build more nuclear-powered electric plants to empower our electric cars' then we will know we are in deep trouble. In conclusion, Dear Readers: we all need a healthy dose of elegant restraint.

Peter Muto, lifelong educator, lives in River Falls and is the Environmental Education Chair, St. Croix Valley Interstate Group.

Sierra Club National Position on Ethanol

by Eric Uram, JMC Conservation Chair

I have had some inquiries about ethanol production as a means to reduce our dependence on fossil-fuel derived fuels. Sierra Club National has guidance and policy to help members understand the current Sierra Club position. It is spelled out at: <http://www.sierraclub.org/policy/conservation/biomass.asp>

I understand that an expert group has been convened to update the policy, but that is a few months out. Ethanol will be a major issue in the fall elections because the Jobs

Creation Act folks and the Ag interest groups will be seeking candidates with views similar to theirs. Thus, the John Muir chapter should have a response ready and formulated for use when talking to candidates and the press.

Ethanol is considered a biomass-to-energy fuel. Members are referred to the Club's ALTERNATIVE TRANSPORTATION FUELS and GASAHOL (ETHANOL) policies for detailed information. While we support the development and tests of promising alternative transportation fuels and technologies and limited applications where alternative fuels can provide clearly demonstrable and significant environmental benefits, we do not promote the general, nationwide use of any specific transportation fuel. Similarly, we do not endorse any legislation or regulatory action that, by

mandated use, subsidy, or preferential relaxation of emission standards, is intended to favor the general, nationwide use of a specific fuel. The Club recommends safeguards to ensure that such production, programs, and policies do not cause adverse environmental impacts on the land, rely on excessive fossil-fuel based fertilizer, or adversely affect the price or supply of food products.

Will members please contact me with any concerns so they can be relayed up the food chain: eric.uram@headwater.us

Eric Uram, Chapter Conservation Chair, is in the Four Lakes Group. He lives in Madison and operates Headwater Consulting, a firm committed to improving water quality and controlling pollution.



Sylvania Wilderness Cabins

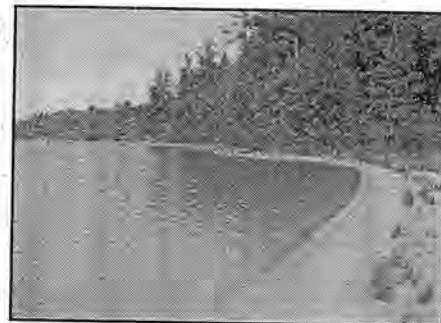
Wild Lakes, Old Growth Forest, Cozy Cabins

Hike. Paddle. Swim. Fish. Explore. Relax.

On Crooked Lake in the U.P. of MI.

Tel: 920-731-0725


www.sylvaniawildernesscabins.com



GREEN REVIEW

Books relevant to Wisconsin Sierra Club Members

by Amy L. Jenkins

 **“Animal, Vegetable, Miracle: A Year of Food Life,”** by Barbara Kingsolver with Steven L. Hopp and Camille Kingsolver.

All over the US and abroad, Barbara Kingsolver fans will read *Animal, Vegetable, Miracle* because of their loyal affection for her prose. Even before they open the book they will imagine the fun and satisfaction of sharing a year with a family dedicated to local eating. Yes, it is fun to chicken-farm with third-grader Lily. And, although the work of tending to a big garden is vividly dramatized, the romance of a kitchen full of August heirloom tomatoes entices the reader. Those who pick up this book will likely be easy to sell on opening their minds to the concepts of eating locally, and Kingsolver's arguments and experiences will have each reader considering the wonders of local food.

With all the food choices available to most Americans, it seems hard to believe that humans have eaten about 80,000 plant species in their history. Yet today three-quarters of all human food is derived from just eight species. Could it be that the availability of convenient food choices is actually a glut of banality? One of the benefits of gardening and buying from small regional farmers is regaining the rich diversity of full flavors that are there for those who enjoy vegetables and fruits void of barcodes and passport stamps.

Even with an Appalachian farm, a willing family and a book deal, the Kingsolvers

were not pure in their yearlong dedication to local food. They did, however, draw a line and set a standard for how far they would go: within one hundred miles was local, and each family member was allowed one luxury, such as coffee or spices.

Think the Kingsolver's are vegetarians? Think again. Although one would expect ardent environmentalists to avoid meat, *Animal, Vegetable, Miracle* explores that not-so-black-and-white issue. There is no room in their kitchen for antibiotic-laden, force-fed, growth-hormone-injected meat, but they do eat meat. They raise and slaughter their own poultry, and they take the reader through a day of bloody harvest. The issue is explored not only on the American chopping block, but also in ecosystems that cannot support the type of plant life capable of nourishing humans. The vegetarian-versus-omnivore issue is complex and ultimately tied to understanding the local land and ecosystems. For many, vegetarianism is an untenable luxury.

Where does Kingsolver leave the reader? We can garden, learn to make cheese (she offers sources to begin this project), use her recipes and support local organic farmers. Some of us can buy in bulk in season and freeze, dry and can for winter. Unless we are farmers, most of us cannot grow enough

food to sustain our families, but we can discover what our local foods are, taste in-season foods and grow heirloom vegetables. We can consider if we should be buying Costa Rican bananas when cherries, strawberries or apples are ripe in nearby farms and orchards.

The Kingsolver family completed their year of local eating. Now they rarely make their own pasta, and chocolate has crept back into the pantry (Who can blame them?) But they are still gardening, canning and buying from local farmers and millers. Their diet has manifold environmental impact by reducing consumption of fuel and chemicals.

Many readers will want to know what local sources are available to them. Is there a dairy, orchard, farm or mill in your county? Kingsolver's website will hook you up, and reveal her recipes, too: www.animalvegetablemiracle.com. She leaves room for readers to make food decisions that work for their ethics and lifestyle, but she prods them to make choices rather than be led by the commercial enticements of the mega-grocery chains. Her message strikes cleanly – connections to our local land and food should be strong. It is this connection that ultimately sustains us.

Amy L Jenkins writes from Wauwaatosa, Wisconsin. Read her essay "125 Miles," in the Anthology "The Maternal is Political," to be released this spring. www.amyljenkins.com



Nature Buffs - Enjoy a Unique Vacation

No place like it. Haven for nature lovers - look to the outdoors to see or study nature. Very private, lush forest. Virgin pines over 275 years old. Crystal clear lake. Hike, swim, fish. 3 cabins furnished for 4 persons each. 270 miles north of Chicago. Available by the week, Sat. to Sat., Memorial to Labor Day. For details and reservations, write or call private owner: R.R. Roth, 531 Forestview Ave., Park Ridge, IL 60068; 847-823-4785.

Wisconsin Conservation Hall of Fame Annual Meeting April 19, 2008

The WCHOF will hold its annual meeting and banquet on April 19, at the Sentry Insurance Headquarters Building Theater in Stevens Point. Refreshment will be served at 9 a.m. and the formal activities at begin at 10 a.m. when inductees will be announced and honored. A banquet follows. For reservations contact WCHOF, Schmeckle Reserve at the University of Wisconsin Stevens Point. Phone: (715) 346-4992 Website: www.wchf.org

Tree-Hugger's Hangout

The St. Croix River

by Ron Carlson

I ponder the banner wording, "tree-hugger." Hmmm. My dictionaries say it's derogatory, but I prefer "Someone who loves a place enough to protect it." My place is the St. Croix River, most of it forming the boundary between Wisconsin and Minnesota.

I started canoeing there in earnest at age 14, completing a 176-mile paddle from Hayward, Wisconsin to Stillwater, Minnesota with two other young teens. After ten days of roughing it we were all in love – with the river but not with each other! I expect I'll love it until my ashes are sprinkled over St. Croix water, maybe longer. Who knows what's across that river?

I acquired a wife and my own canoe 50 years ago, and the three of us have been a common sight on the river ever since. Our favorite place is a tranquil stretch of water from Osceola downstream to Marine-on-St. Croix. A few times each summer we lift our elderly canoe off its riverside rack and drive upstream for a leisurely escape. The old girl (the boat!) takes to the water like a dry leaf and we paddle her into another world. Ralph Waldo Emerson wrote: "I go with my friend, and with one stroke of the paddle I leave the village politics and personalities and pass into a delicate realm of sunset and moonlight."

Our 12-mile route includes high bluffs, grassy wetlands, swift channels, quiet backwaters and tall pines. We invariably spot bald eagles. A special treat in the spring is the heron rookery, where a huge flock hatches their young, squawks like lunatics and swoops around shuttling minnows. We pass under a rusty old railroad bridge, still strong enough to support weekend runs of a restored train out of Osceola. Fishing around the stonework abutments is good, and peregrine falcons nest in the trusswork, a pretty spot to raise a family. There are scattered homes and cottages, and

all but a few are at peace with the environment, as the law requires.

In summer we swim in cool water, clean thanks to hard work by friends we do not know. The choices are fast water or still pools, or just wading on bars. It's a varied and variable river, so every trip has its surprises. "Be careful not to wade into water over your head" is a sensible caution. Springs are common; their icy waters support a special ecology, sometimes watercress for sandwiches.

It's different in fall. Dry leaves float on even clearer water and puffy clouds dot bluer skies. We hope for winds behind us and count on the warming sun. Most of the birds are heading out, but not the eagles; they stay all winter, finding open water here and there for fishing. The herons are long gone from their asylum. Beaver lodges are ready.

Minnesota's William O'Brien State Park is just two miles above Marine, offering good walking, camping, picnicking, lake swimming and cross-country skiing. It's a good place for riverside walks and picnics when we or the season are not ready for canoeing.

Our favorite stretch of river is managed by the National Park Service as just a short part of the 252-mile-long St. Croix National Scenic Riverway, including all of the St. Croix and Namekagon rivers from their canoeable beginnings down to the Mississippi. It's Wisconsin at its finest, with help from Minnesota. See www.nps.gov/sacr.

Ron Carlson, a Minnesotan, is Conservation Chair of the St. Croix Valley Interstate Group. He spends a lot of his retirement time advocating for sensitive development in the St. Croix Valley.

(Waterfall continued from page 3)
view of the falls from downstream.

The trail to Interstate Falls crosses an undeveloped 39-acre piece of property now for sale on the Wisconsin side of the river in Iron County. There is no public access on the Michigan side. The Wisconsin side could be an excellent candidate for the Wisconsin Knowles-Nelson Stewardship Program, but the local elected officials have declined to apply for funds, preferring the potential waterfront tax revenue to the more intangible benefits of tourism, recreation, and natural area conservation.

Northwoods Land Trust, a non-profit conservation organization in Eagle River, Wisconsin, has stepped up and is trying to

preserve the trail to Interstate Falls and a half-mile of associated riverfront. They are working to raise pledges and find conservation-minded investors to purchase or co-purchase the property. Northwoods Land Trust would then work with the buyers, using the pledges to purchase a conservation easement. To learn more or make a pledge, please visit www.interstatefalls.org.

To visit the falls, drive north on US Route 51 to where it ends just north of Hurley, Wisconsin. Turn west on US Route 2 and take the first right at Center Drive. Follow the gravel road a quarter-mile, watching for the signs to the trailhead. Go soon, as the land could be sold and subdivided for development at any time, closing Interstate Falls to public access.

Ian Shackelford is a member of the Sierra Club, Mackinac Chapter, and lives along the State line in Ironwood, Michigan. He has worked as a botanist for the last ten years in the Northwoods areas of Michigan, Wisconsin, and Minnesota.



WILD FLORA OF THE MONTH

Article and photos by Janice Stiefel

From Hidden Corners Sanctuary, Baileys Harbor, Wisconsin

TWINLEAF

(*Jeffersonia diphylla*)

Family: Berberidaceae (Barberry)

Other Names: Ground Squirrel Pea, Rheumatism Root, Helmet Pod, and Yellow Root.

Habitat: Rich woods, usually with damp limestone soil

Description: On top of a leafless stalk is a solitary, one inch wide, white flower with four early-falling sepals and eight petals. The leaves are three to six inches long, basal, long-stemmed and parted lengthwise into two wings. The fruit is a large, dry, tiny pear-shaped pod with hinged lid.

Height: 5 to 10 in. while in flower, increasing to 18 in. as fruit matures

Flowering: April to May

Comments: Twinleaf is a native, erect perennial forb that is on Wisconsin's **SPECIAL CONCERN** list. I never found it in Sheboygan County, but you might want to be on the lookout for it, because it has been reported in Manitowoc and Kewaunee County. It has not been found in Door County, except for the plants I planted. Twinleaf resembles Bloodroot (*Sanguinaria canadensis*), except the leaf is 2-lobed. Only one other species of this genus occurs in the world: *Jeffersonia*



dubia, and it is found in Japan.

Medicinal Use: Too rare to harvest. American Indians used the root tea for cramps, spasms, nervous excitability, and diarrhea. They also used it as a diuretic for "gravel" (kidney stones), dropsy, and urinary infections. They used it as a gargle for sore throats and externally as a wash for rheumatism, sores, ulcers, inflammations, and cancerous sores.

Since Twinleaf grows chiefly in limestone soils, that may account for its age-old reputation as an effective remedy for neuralgia (some cases of this disorder are believed to result from a lack of lime in the system).

Miracle Medicine Herbs by Richard M. Lucas stated that in conditions of facial neuralgia, a hot moist herbal pack was prepared by placing the leaves of Twinleaf in a cloth bag and soaking the bag in hot water. When it was sufficiently wrung out, the pack was applied as hot as would be comfortable to the painful area and was then covered with suitable material to retain the heat. He went on to explain that severe cases of facial neuralgia sometimes took a half hour before the pain was lessened. The herbal pack was also used to help relieve the pains of rheumatism.

A judge wrote: "For what it has done for my wife and daughter I would not take thousands of dollars. At times the pain was so bad that it threw them into convulsions. The preparations of the best physicians were used in vain. They found no relief until they tried Twinleaf, which acted almost like a charm in curing them. I recommended it to a friend who had been suffering for three days and nights with little sleep or rest. One dose of Twinleaf gave her immediate relief, followed by ten hours' sleep."

Name Origin: Genus Name, *Jeffersonia*, is in honor of Thomas Jefferson, third president of the United States. He was born on April 13, 1743, in Shadwell, Virginia, educated at the College of William and Mary. His career was impressive. He practiced law, served in the Virginia House of Burgess, and was elected to the Continental Congress. He became the nation's voice when the Congress chose him to write the Declaration of Independence. He went on to serve as Virginia's governor, the U. S.



minister to France, secretary of state under George Washington, and vice president under John Adams. In 1801, the American people chose Jefferson to be the country's third president. His most notable accomplishments during his two terms were the acquisition of the Louisiana Territory from Napoleon and organization and support of the Lewis and Clark expedition. After his retirement from office, he helped form the core of the Library of Congress and spearheaded the founding of the University of Virginia at the age of 76. He died on July 4, 1826, the fifty-year anniversary of the signing of the Declaration of Independence.

Species Name, *diphylla*, means "two-leaved."

Author's Note: If you find this plant in the wild, please do not attempt to dig or harvest it. Just be thrilled that you found it. **SPECIAL CONCERN** plants are protected by the State, making it unlawful to pick or move them. Of course, you can cultivate them on your own property. Roots or seeds of the plants are available on the Internet by doing a Google search using the scientific name, *Jeffersonia diphylla*.

© 2007 Janice Stiefel
jstiefel@itol.com



Nurturing Connections

Changing Course, Reaching Out

by Carol Hardin

Due to circumstances beyond my control I have not been able to write my "Nurture with Nature" column for this issue and may not be able to write any future ones either. My topic was to be on making connections, which coincidentally was the same topic of our new Chapter Director Shahla Werner's excellent introductory article.

I was thinking about connections as I was 'tabling' recently at family eco fair across the river at a Minnesota high school. There were nearly 20 other organizations with exhibits, many of them new local environmental groups. Sierra Club was not, to my knowledge, ever asked to participate. I'd heard about this event and invited Sierra Club and myself to come as its representative.

While it was very heartening to see all these new pro-environment groups, I felt that America's oldest, largest and most influential grassroots environmental organization had

been overlooked, left at the wayside! How could this happen? But what's even more important, how can it be prevented in the future? Maybe we have lost our connection, I thought, so I left my table and went around and met the other like-minded folks at their tables. I gathered copies of their materials and gave them some of ours. As I did this I realized that we all should be ambassadors re-introducing Sierra Club to these new groups.

As Sierrans we can play a very important role in the almost overwhelming tide of this new environmentalism. We need to better connect with them. We are, after all, the very oldest and strongest roots of this growing grassroots movement.

In addition, I think a good replacement for my column would be a place to publish the letters we receive in response to our many activities and from our "Muir View" readers. Please forward to me any such feedback you may receive. We have one of these written responses and I'm very pleased to have it printed in this issue of "Muir View."

Carol Hardin, St. Croix Valley Interstate Group Chair and "Muir View" Committee Chair and editor, lives in Hudson. She's a children's librarian and avid gardener.

READER RESPONSE

RTS Rescue Clinic: A Testimonial

by Larry Zibell

Last July, I had the opportunity to take the Rescue Clinic offered by the River Touring Section. Even after over thirty years of being a Sierra Club member and whitewater paddler, I thought that it was time to try the clinic. Since the rescue clinic's inception, I have heard many glowing remarks about the clinic's instruction and techniques.

Over the decades, I have rescued and been rescued many times from the all too often cold waters of the neat rivers we paddle. I have also read about and successfully employed certain techniques of whitewater rescue. Over the last several years with lower water levels, I had not been out paddling as much as in the past, so I thought that the time was right to learn what I could, share ideas and, of course, enjoy the camaradery of an RTS outing.

The experience was everything that I thought that it should and could be. Chuck Patrick, Judd Lefeber and the rest of the

instructors were knowledgeable, helpful, careful and rigorous in all of their efforts and instruction. For just two days on the river, the curriculum was extensive and participation opportunities were numerous and varied. The sound instructional format of discussing, demonstrating and then practicing one technique at a time was well thought out and proved very effective.

The initial in-water instructions were throwing and receiving rescue lines and swimming a rapid. If you paddle whitewater, you probably have read about these and most likely experienced them. These were our focus for the weekend. All too often, since we do not make it a habit of practicing these basic skills, when we are called upon to use them in a real situation, we are ill prepared to execute them well. Personally, I found some of my newly purchased high tech gear was a hindrance in swimming a rapid. Later when I finally had the opportunity to be involved in a foot entrapment rescue, the experience very emphatically pointed out the necessary equipment, manpower and teamwork to make a successful rescue.

As I reflect over the three plus decades of paddling, rarely, if ever, would we have



been able to execute such a rescue, sadly because of the lack of knowledge, equipment and manpower. Forging a river as a group of rescuers and the proper techniques of using your boat to rescue swimmers were new

opportunities for me. Negotiating a strainer and freeing a pinned boat I had experienced, but the discussion, demonstration and practice again emphasized that all of the skills taught need to be practiced periodically.

I believe that all of the topics covered are essential for leaders of whitewater trips to be knowledgeable about and practiced at. Generally speaking, although there is usually some leadership in a rescue situation, coordination and expertise are often not what they could be. I would urge all of my fellow whitewater paddlers at some time to be part of this experience. All in all, the clinic was exceptional. I sincerely appreciate what Chuck, Judd and the other volunteers do for the RTS, our sport and us individually, especially if we need to be rescued. Thanks.

Larry Zibell, a member for 30 plus years, has led the many canoe trips. He's the Sierra Club representative on the citizens advisory committee for the wild rivers. He's retired and lives in northern Wisconsin.

RIVER TOURING SECTION OF THE JOHN MUIR CHAPTER

2008 Paddling Trips and Instructional Clinics

Interested in paddling some great water with fun and skilled paddlers? If so, the River Touring Section (RTS) is the group for you. Every year, our members lead paddling adventures ranging from half-day trips on quiet water to multi-day trips on advanced whitewater. We also lead several instructional clinics to teach you paddling and safety skills.

RTS is affiliated with the Sierra Club, but our trips are open to everyone. We want to get you on rivers. We hope you grow to enjoy paddling, love rivers, and support groups that work to protect them, such as the Sierra Club and the River Alliance of Wisconsin.

PRE-REGISTRATION REQUIRED:

Each trip and clinic includes the name and contact information of the trip leaders. You must call the leaders before the trip to register and get the logistics, (when and where it departs.) Trip leaders can provide information about the trip or clinic and help you assess your abilities to participate. Trip leaders reserve the right to limit participation based on the number of people registered, participant skill levels, trip difficulty, and other reasons.

TRANSPORTATION AND GEAR: You are responsible for providing your own transportation to the river. You are also responsible for providing all of your gear: boat, paddles, life jacket, bail bucket, and so on. You'll also need to provide weather-appropriate clothing. This means a wet or dry suit for early and late season runs and for whitewater, as well as gear to minimize sun exposure such as a hat and sunglasses.

All participants **MUST** wear a properly fitted and securely fastened life jacket on all the trips and in the clinics. For Class II and higher whitewater, participants should wear a life jacket designed for whitewater and **MUST** wear a whitewater helmet. Proper floatation and thigh straps are also desirable for Class II whitewater; both are required for Class III and higher water.

You are responsible for providing all of your camping equipment: tents, sleeping bag, food, etc. Trips marked "Car Camp" means you'll return to a camping site for the evening. "Canoe Camp" means you need to carry all your equipment with you in your canoe. "Canoe Camp with Portage"

means you'll have an opportunity to carry all of your gear at some point on the trip.

CLASSES OF WATER: We want your RTS experience to be fun. We also want it to be safe. The International Scale of River Rating Difficulty (see box) is a guide for assessing the difficulty of a stretch of water and will help you decide if a trip is appropriate for you and your skill level. Except for the occasional flatwater/quietwater lake trips, all of our trips are on moving water rivers which qualify on the ACA scale as Class I. Many of these trips are suitable for paddlers with solid flatwater canoe skills. Trip leaders are always happy to discuss the nature of the river with you.

LIABILITY WAIVER and REQUIREMENTS:

All participants are required to sign a liability waiver before the trip or clinic and abide by decisions made by the trip leaders. We do not allow glass containers or alcoholic beverages while we're on the water. If you would like to read the liability waiver form before you sign up for a trip or clinic, please see: <http://www.sierraclub.org/outings/chapter/forms/>.

TRIP AND RIVER ISSUE UPDATES:

For trip updates and periodic updates about river issues from the River Alliance and the Sierra Club, please check our web site:

<http://wisconsin.sierraclub.org/rts/>.

PADDLING RESOURCES: Wisconsin guidebooks include: Paddling Northern Wisconsin, Paddling Southern Wisconsin, and Whitewater; Quietwater. In addition, you'll find information about safety and about other issues on the following web sites: American Canoe Association: <http://www.americancanoe.org>. American Whitewater: <http://www.americanwhitewater.org>. The latter includes current water levels for many Wisconsin rivers.

QUESTIONS/COMMENTS? Please contact: Meg Nelson, RTS Chair, at: prairiesmoke2@gmail.com, 608-242-8633.

INSTRUCTIONAL CLINICS

RTS members offer several instructional clinics for a nominal fee. These clinics are a great way to gain skills and confidence. Because we strive to maintain a low student to teacher ratio, typically 4 to 1 or fewer, we can offer highly individualized instruction. The clinics fill up early. To avoid missing out on the clinic you want to take, reserve your spot now by calling the clinic instructor and sending in your fee (non-refundable). All of the clinic teachers volunteer their time. Fees cover supplies and refreshments. RTS donates the remaining funds to conservation and river protection groups.

The International Scale of River Rating Difficulty is a guide for assessing the difficulty of a stretch of water. Some rivers will not clearly fall into a neat system. Temperatures below 50°F should change a rating to be one class more difficult than normal.

Class I - Moving water with few riffles and small waves. Few or no obstructions.

Class II - Easy rapids with waves up to three feet and wide clear channels that are obvious.

Class III - Rapids with high, irregular waves often capable of swamping an open canoe. Narrow passages that often require complex maneuvering. May require some scouting from shore.

Class IV - Long, difficult rapids and constricted passages that often require precise maneuvering in very turbulent waters. Scout from shore often necessary and conditions make rescue difficult. Canoeists and kayakers should have the ability to roll.

(Note: The scale includes two additional Classes - V and VI - but since RTS is not offering trips at that level, we didn't include that information.)

From the American Canoe Association Web Site

Red Cross Wilderness First Aid Basics Clinic. (2 day, 16 hour course) May 17-18. Lapham Peak Park west of Milwaukee. Clinic Fee: \$40 for Sierra Club members, \$65 for non-Sierra Club members; fee includes 2 booklets, textbook, and a Red Cross certification valid for 3 years. The course will cover patient assessment skills, decision-making skills, and the treatment of environmental, traumatic, and medical illness and injury in the backcountry when advanced care is delayed. CPR will be discussed, but CPR will NOT be taught. The class will run from 8 a.m. to 5 p.m. Saturday and Sunday with a one hour lunch break. Cars will need a yearly state park sticker or a daily parking pass. Please bring your own lunch. Participants must pre-register. Class size is limited to 12 people. Minimum age is 15. Registration will start ONLY AFTER March 16. To register or get more details, contact: Wendy Watson, 262-782-7146, wwjjww2@wi.rr.com.

Moving Water Canoe Clinic. June 7. Kickapoo River. Class I. Clinic Fee: \$25/person. Confident and competent on lakes, but not ready for rivers? Then this canoe clinic is for you. We'll review the basic strokes: draws, prys, sweeps, forward, back and J. We'll discuss safety, reading water, and maneuvers: ferries, side slips, and eddy turns. Then we'll practice these skills as we canoe the Kickapoo. To register or get more details, contact: Meg Nelson, 608-242-8633, prairiesmoke2@gmail.com.

Solo Whitewater Canoe Clinic. June 14-15. Wolf River. Class II; Car Camp. Clinic Fee: \$30/person, plus camping fees. For reasonably experienced tandem whitewater paddlers or novice solo paddlers who want to begin whitewater. This is for open canoes, not kayaks. Paddlers must provide their own properly equipped canoes. Limited enrollment, so reserve a spot early. To register or get more details, contact: Doug Robinson, 608-334-8026, dougknu@charter.net.

Tandem Whitewater Canoe Clinic. June 14-15. Wolf River. Class II; Car Camp. Clinic Fee: \$20/person, plus camping fees. Want to add whitewater to your canoeing skills? Tandem paddling experience on rivers (moving water) is a prerequisite for this clinic. Clinic includes: classroom and shore session, and practice on the water. Bring a dish to share for the potluck dinner on Saturday night. For details, contact: Phil Johnsrud, 715-572-9884 or Mary Blandino, 414-546-0375, madino@execpc.com, 2416 S. 80th St, West Allis, WI, 53219. To register, contact Mary Blandino.

Quiet Water Canoe Clinic. June 21. Lake Wingra Canoe and Sailing Center in

Madison, 9 a.m.- 4 p.m. Class I/Quiet Water. Clinic Fee: \$16/person; includes clinic, box lunch and handouts. This clinic is designed to prepare paddlers for safer and more enjoyable quiet water paddling. Minimum age: 12. Clinic topics: safety issues, paddling dynamics, basic paddling strokes, extensive practice of important strokes, canoe rescue and paddling together. Solo and tandem paddlers welcome. Your own equipment preferred but some tandem canoes are available for clinic use. Held rain or shine. For details, contact Dan Wallace, DanWallace@src.wisc.edu, 608-835-5144. Space is limited. Pre-register by June 10. Contact Meg Nelson, 608-242-8633, prairiesmoke2@gmail.com.

River Safety and Rescue Clinic. July 26-27. Red River. Class I-II; Car Camp. Fee: \$20/person, plus camping fees. Limited to 12 people. Through active, hands-on instruction, you will learn many river rescue techniques, including how to throw and receive a rope, swim a rapid, release pinned boats, and manage rescue scenarios. Note that you will be required to swim in the river as part of the workshop. On both days, we will also paddle the Red River, continuing our rescue instruction and offering informal paddling instruction to those who are interested. To register or get more details, contact: Judd Lefebber and Jen Kiecker, 920-261-6413, jenkiecker@hotmail.com. You can also get information from Chuck Patrick, 262-895-3667, cpatrick@Bioformmedical.com.

PADDLING TRIPS

April 5-6. Robinson and Morrison Creeks near Black River Falls. Class II; Car Camp. When the water is up in the spring, these two small, scenic rivers are a lot of fun. Although the Robinson has a couple of drops, they can be portaged. Trees often need to be portaged as well. As always, we'll pick up spring thaw trash as we go, leaving the streams in better shape for those who follow. Wet/dry suit required for this early season trip. Contact: Phil Johnsrud, 715-445-4777, johnsrudp@iola.k12.wi.us.

April 12-13. Little Rivers Exploratory. Class III; Car Camp. Based on water levels, we'll select two or more small rivers in northern Wisconsin that can only be paddled in spring. Learn about river restoration and preservation. Wet/dry suit and helmet required. Contact: Dale Dean, 608-879-9280, daleink@jvl.net or Gregg Riemer, 608-257-5239, duNord@sbcglobal.net.

April 19-20. Wisconsin Whitewater Class. II-III; Car Camp. Trip leaders will decide which river(s) to paddle based on water lev-

els. Possible rivers include the: Oconto, Pike, Wolf, and Red. Whitewater paddlers will hone their skills, learning from two experienced leaders. Wet/dry suit and helmet required. Contact: Bill Barclay or Peg Strobel, chocolatehouse@sbcglobal.net, 708-386-1371.

April 26-27. Popple, Upper Peshtigo. Class II-III; Car Camp. April is a good time for water levels on these wild and historic rivers. We plan to run sections of both rivers but could end up running two sections of the Popple. Learn about the historic values and user issues associated with these smaller rivers. Wet/dry suit and helmet required. Contact: Larry Zibell, 715-546-2131.

May 3-4. Pine River. Class II; Canoe Camp. Join us for the 33rd annual Pine River weekend! We plan to paddle from Highway 55 to Chipmunk Rapids in Forest and Florence Counties. This is a terrific opportunity to canoe and camp on one of Wisconsin's designated "wild rivers." There will be time to reflect and discuss the challenges and changes facing this river. Contact: Larry Zibell, 715-546-2131 or Leo Hummel, 608-868-1654.

May 3-6. Upper Peninsula Michigan Whitewater. Class II-IV; Car Camp. The UP has some great whitewater rivers and beautiful scenery. Trip leaders will decide which rivers to paddle based on water levels. Possible rivers include: Montreal, Black, East Branch Ontonagon, and others. Learn about efforts to preserve wild rivers and public access. We'll paddle all four days, but plan to stop early enough on the last day so people can drive home. UP rivers can be demanding, especially if water levels are high. Wet/dry suit and helmet required. The leaders ask that all who participate be comfortable in class III water, able to self-rescue and to help rescue others. Please talk to one of us before coming on this trip. Contact: Bill Barclay, 708-386-1371, chocolatehouse@sbcglobal.net or Dale Dean, 608-879-9280, daleink@jvl.net.com.

May 10-11. South Fork of the Flambeau and/or the Jump River. Class III; Car Camp. Depending on water levels, we will paddle two sections of the South Fork of the Flambeau and/or the Jump River. We'll discuss stormwater runoff and how to control it as we paddle these exciting wild rivers. Wet/dry suit and helmet required. Contact: Dale Dean, 608-879-9280, daleink@jvl.net.com or Leo Hummel 608-868-1654.

May 24-26. Bois Brule (with Kettle River option.) Class I-II/Bois Brule. Class III-IV/Kettle; Car Camp. Join us for three day trips on the Bois (Continued on page 15)

SPRING/SUMMER OUTINGS '08

April 5, Saturday: New Glarus Woods State Park Hike. Join us for a hike at New Glarus Woods State Park as we learn about its prairies and woodlands containing large oaks. The hike is moderate with a few hills. Meet at New Glarus Woods State Park along County NN at 10:00 a.m. To carpool from Madison meet at the west parking lot of the Hill Farms State Office Building (DOT) on Sheboygan Ave. at 9:00 a.m. A state park sticker is required for vehicles in park. Bring a snack/lunch, water, and weather appropriate-clothing. David C. Smith, 608 233-1210. [4L]

April 19, Saturday: John Muir/Earth Day Hike. Celebrate Earth Day and learn about the legacy of John Muir with a hike at John Muir Park in Marquette County. It's the site of Sierra Club co-founder John Muir's boyhood home. Afterwards we'll visit the Aldo Leopold Preserve, the site of the shack where Aldo Leopold wrote "Sand County Almanac." The hiking will be easy. Bring a good shoes, lunch, water and weather-appropriate clothing. We'll meet at 10:30 a.m. in the parking lot at John Muir Park along County Highway F in Marquette County, about 11 miles north of Portage. Carpooling from Madison will leave at 9:30 a.m. from the Olin Park south parking lot off John Nolen Drive. Jon Higgins, 608-345-5997, jonnylv@earthlink.net. [4L]

April 19, Saturday: Roughneck Ride. It's an early season 22-mile bicycle ride south-east of Mondovi. Learn about the terrain on this challenging route with a couple of long hills, many short gnarlies, but mostly on township roads with some gravel. Mountain-type bikes work best. Meet at 9:30 a.m. at the Naples School, east of Mondovi on Hwy. 10, south on Hwy. BB, 1 mile to the school. Libby & John Stupak, 833-1941, stupakls@hotmail.com. [CV]

April 24, Thursday: Cruisin' for Cuisine to Fresco. Celebrate Earth Week at a restaurant known for its dedication to local, seasonal foods. It has a lovely rooftop sculpture garden, so if the weather is nice, we'll enjoy some warm spring breezes and peer out over State Street from the top of the Madison Museum of Contemporary Art. Come early to view the museum's current exhibit, open at 11 a.m. on Thursdays. Lacinda Athen, lathen@farin.com, 608-274-7870. [4L]

April 26, Saturday: Hike the Ice Age Trail near Waupaca. Hike a section of the Ice Age Trail near Hartman Creek State Park

and learn about the influence the glaciers had on Wisconsin's landscape. We will look for early season wild flowers. Plan to walk for about three hours, bring water and a lunch, and dress for the weather. Charlie Paine, 920-739-1900. [FV]

May 4, Sunday: New Ice Age Bike Ride. Join the Pie Riders for a 40-mile road bike ride and learn about Ice Age terrain. Spring flowers? Maybe. Snowstorm? Possible. Fun? You bet! Ride starts in Cornell at 10 a.m. at the parking lot across from John Henry's Cafe. Rest stop, with beverages and muffins at the Ice Age Visitor Center on CTH M. Eleanor Wolf, 835-4829 or ellewolf@arczip.com. [CV]

May 10-19. Boundary Waters/Quetico Park Canoe Trip. Join us on an adventure in a timeless and pristine wilderness called Quetico. In the land of the voyageurs you'll join eight other canoeists along ancient pathways and waterways, paddling two days in to a base camp for four days of exploration, relaxation and fresh fish meals. Featuring fishing, reflection and observing wildlife, this 8-day trip occurs when cool lakes and weather afford the best angling. Experience is not required, but good physical fitness and a positive attitude are essential. Shared costs will be \$475, including canoes and packs. A deposit of \$100 will hold your reservation. Trip leader: Richard Berling. rberling@charter.net, 608-241-0817. [4L/GW/JM]

May 11-17, Week: Women's Northwoods Service Week in Boulder Junction, WI. Join other outdoorswomen in the beautiful Northern Highland State Forest to assist with research projects, plant native trees, prepare canoe camp sites for summer, and/or quash alien invasives in native forest ecosystems. Stay at a lakeside cabin, work four days with one "layover day" to explore and learn about the area's trails, lakes, and rivers. Limit 8; cost \$170, including accommodations and meals. This trip is jointly sponsored by the Central U.P. MI group, the Louisville, KY group, and the River Prairie, IL group. Sherry Zoars, Watersmeet, MI, 906-358-1110, thezoars@excite.com. [JM] or Kate Cunningham, Louisville, KY, 502-339-1381, kate.cunningham@juno.com. [JM]

May 17, Saturday: Bicycle Door County. Start in Bailey's Harbor, ride through Ephraim, Peninsula State Park, Fish Creek, and the Peninsula Player's grounds before returning to Bailey's Harbor, for 29 miles

on back roads. The roads are mostly easy and level with a few steep grades near the Green Bay shore. It's a great time to visit and learn about the environment in Door County: the Trillium are in bloom and traffic is light. Bring bike, helmet, water, and dress for the weather. We'll stop for ice cream at Wilson's (if open) and other snacks as needed. Charlie Paine, 920-739-1900, Menasha. [FV]

May 18, Sunday: Sierra Century Bicycle Tour. The eleventh annual Sierra Century Bicycle Tour takes place rain or shine, with distance options of 12, 30,60, 80, or 100 miles. Proceeds from this fundraiser go toward grants to area schools for environmental education. Register early for a cheaper rate! Eleanor Wolf, 835-4829, ellewolf@arczip.com. [CV]

June 7, Saturday: National Trails Day Hike. Celebrate National Trails Day and learn about one of the Ice Age Trail's newest segments, the new Chippewa River segment. Refreshments provided. Meet at 10 a.m. at the Ice Age Trail head Parking Lot, 2 miles north of Cornell on CTH CC. Richard Smith, chapter@iatchippewa.org, 967-2164. [CV]

June 8, Sunday: Introductory Navigation - North Kettle Moraine Hike. Presentation of simple, in-the-field approach to basic navigation with map and compass (and GPS if you have one.) This will be a full-day hike with time to observe and learn about sand hill cranes and late spring plants and flowers. Contact leader 2 weeks early to receive handouts. Ron Horn, 3165 Tree Lane, West Bend, WI 53095. 262-675-6747, ronhorn7@yahoo.com. [GW]

June 18, Wednesday: Solstice Canoe Outing. Learn about the ecology of the Chippewa River by canoe or kayak. Renee Ebel, 726-1615, reneefe@charter.net. [CV]

August 2-11: Boundary Waters/Quetico Canoe Trips. Join eight other modern-day voyageurs on this special adventure into the timeless and pristine wilderness of Canada's Quetico Provincial Park. Two 9-person crews will traverse the park one way, one crew beginning at an Ely, MN base and the other at Atikokan, Ontario, meeting along the way in a grand rendezvous. Expect to see wildlife and ancient Ojibway pictographs, travel the routes of the trappers and voyageurs and have the opportunity to fish and swim in drinkable lakes. Experience (Continued on next page)

(Outings continued from previous page)

is not required, but good physical fitness and a positive attitude are essential. Shared costs will be \$475, including canoes and packs. \$100 deposit will hold your reservation. Trip leaders: Mike Prausa (Atikokan-Ely) 414-305-0052, mprausa@wi.rr.com & Bill Moore (Ely-Atikokan) 262-785-9022, environ1@sbcglobal.net [GW/4L/JM]

August 29 - September 7: Boundary Waters/Quetico Canoe Trip. Experience the life and land of the French voyageurs, Ojibway Indians and British trappers on this adventure into Ontario's Quetico Provincial Park. Beginning from a base near Ely, MN, you'll roam through the best of Quetico's granite wilderness with opportunities to fish, swim, view ancient pictographs and wildlife and learn about this historic land. Experience is not required, but good physical fitness and a positive attitude are essential. Shared costs will be \$475, including canoes and packs. Reservation deposit: \$100. Trip leader: Bill Moore, 262-785-9022, environ1@sbcglobal.net [GW/4L/JM]

(Food continued from page 4)

make a difference. But now, let's look at how you can magnify that impact through the grass-roots activism that is the Club's greatest strength. Here is a sampling of what is possible:

Diana Artemis of the DC area has reached out to both sides of the Potomac with a smorgasbord of outings. They can range from a trip to a local organic farm to a cooking demo by ethnic chefs at a member's home. These events often bring in a speaker on a relevant topic, say, smart-growth alternatives to the sprawl overrunning family farms and small businesses.

Lynn Heath in Orange County, CA included fellow food activists to form a local True Cost of Food committee that started off spectacularly with environmentalist actor Ed Begley Jr. who keynoted a hike-and-dine event with his message of simplicity and sustainability. Next they sponsored a concert with organic food and wine that drew 300 people, her local Club group's largest event in years. Now, along with regular restaurant events, they are planning an organic gardening party and a possible joint nutrition outreach with the Club's Inner City Outings.

Most of our Sustainable Consumption committees around the country hold Earth-friendly dining outings. We might ask a restaurant to feature a plant-based meal. Conversely, we might set up one that fea-

Outing host group is indicated in brackets []:

[CV]	Chippewa Valley Group
[4L]	Four Lakes Group
[FV]	Fox Valley Group
[GW]	Great Waters Group
[SCVI]	St. Croix Valley Interstate Group
[JM]	John Muir Chapter

Liability Waiver & Carpooling:

In order to participate in a Sierra Club outing, you will need to sign a liability waiver. To read a copy of the waiver prior to the outing, see the Chapter's web site: <http://wisconsin.sierraclub.org/outings>. In the interests of facilitating the logistics of some outings, it is customary that participants make carpooling arrangements. The Sierra Club does not have insurance for carpooling arrangements and assumes no liability for them. Carpooling, ride sharing or anything similar is strictly a private arrangement among the participants. Participants assume the risks associated with this travel. CST 2087766-40. Registration as a seller of travel does not constitute approval by the State of California.

Outings Coordinator:

Charles Paine, N8172 Firelane 13
Menasha, WI 54952-9650
920-739-1900 Email: chaspo@peoplepc.com

tures organic, or perhaps a locally grown menu that supports sustainable family farms. Restaurants are delighted to get the business, and local groups often add a fundraising surcharge. These social events easily recruit new activists. Often people comment that they had been Club members for years, but had never attended a meeting before.

Would you like to get involved? The national Sustainable Consumption Committee is looking for folks to help locally with this campaign. Our popular 15 minute animated DVD, "The True Cost of Food," is a good way to get started. This gripping yet humorous video dramatizes what our so-called "cheap" food really costs and makes a great presentation for a local Club meeting.

Please don't hesitate to contact us for information, names of possible other interested people in your area, and guidance on how to approach your local Club leaders to include sustainable consumption and True Cost of Food among their outings and conservation efforts.

Contacts:

Gordon LaBedz at GLaBedzMD@aol.com.
Michael Beck at 818-246-3661

Websites:

Sierra Club Sustainable Consumption:
sierraclub.org/sustainable_consumption

True Cost of Food Campaign and Video:
www.truecostoffood.org

(RTS trips continued from page 13)

Brule. On Saturday, we'll paddle from County S to Highway 2. On Sunday, we'll go from Pine Tree Landing to Highway 13, this section includes a series of Class II rapids. On Monday, we'll go from Highway 13 to Lake Superior. We'll learn about the work to protect this trout stream. Depending on interest, whitewater paddlers may canoe the Kettle River in Minnesota on Saturday. Helmets required for rapids on the Brule and for the Kettle. Camping is available at the DNR Campground south of Brule WI in Douglas County. The trip leader will reserve as many sites as possible. This is a busy weekend so please share your site with fellow Sierrans. Contact: Phil or Karen Olson at 715-682-3434, 715-292-4449 (cell), philole@centurytel.net.

June 28-29. Wisconsin Whitewater (for Beginners) Class II-II+; Car Camp.

This trip is designed for paddlers learning the art of whitewater paddling. There won't be any rapids rated above Class II+ on this trip. We'll paddle rivers in northern Wisconsin, with the choice of rivers dependent upon water levels and the group's interest/experience. Likely candidates include the Pike, Oconto, Wolf (Sections I and/or II) and Peshtigo (Section II). This is a great opportunity to build skills and confidence with the support of other paddlers. Contact: Bill Barclay or Peg Strobel, 708-386-1371, chocolatehouse@sbcglobal.net or Kasy Culbertson, kasy9@juno.com, 608-222-0746.



SIERRA CLUB

Explore, enjoy and protect the planet

Create an Environmental Legacy.

Bequests have played a key role in Sierra Club's environmental successes over the years.

Planning now may make your gift more meaningful and reduce taxes on your estate. We have many gift options available. We can even help you plan a gift for your local Chapter.

For more info and confidential assistance, contact
Gift Planning Program
85 Second St, 2nd Floor
San Francisco, CA 94105
(800) 932-4270
planned.giving@sierraclub.org

John Muir Chapter Calendar

2008 EXCOM MEETINGS

June 14 First Congregational Church, Baraboo

2008 EVENTS

April 1 Spring General Elections

April 22 Earth Day
 • See Outings list on page 14
 • Reading by Shahla Werner from "A Clean Sky"
 Madison West Barnes & Noble

May 17 Sierra Club - Great Lakes Training at UW-Green Bay. For more info or to register contact Ashley Brenke abrenke@gmail.com (608) 257-4994

June 28 The Sierra Club Amazing Green Race - Madison. Details to be announced.

October 10-12 Autumn Assembly in Wisconsin Dells Sponsored by the Four Lakes Group


Check the John Muir Chapter website, or e-mail or call the Chapter office for updated information.

John Muir Chapter


Website: <http://wisconsin.sierraclub.org>

Phone: (608) 256-0565

E-mail: john.muir.chapter@sierraclub.org



This Earth Day, JOIN Sierra Club




the world isn't waiting, why are you?

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone (____) _____
 Email _____

Check enclosed. Please make payable to Sierra Club.
 Please charge my: Visa Mastercard AMEX
 Cardholder Name _____
 Card Number _____ Exp. Date ____/____/____

Join today and receive a FREE Sierra Club Weekender Bag!




Membership Categories	Individual	Joint
Special Offer	<input type="checkbox"/> \$25	
Standard	<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/Limited Income	<input type="checkbox"/> \$24	<input type="checkbox"/> \$32

Contributions, gifts and dues to 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 for your Chapter newsletters.

Enclose a check and mail to Sierra Club, P.O. Box 52968, Boulder, CO 80322-2968 or visit our website www.sierraclub.org

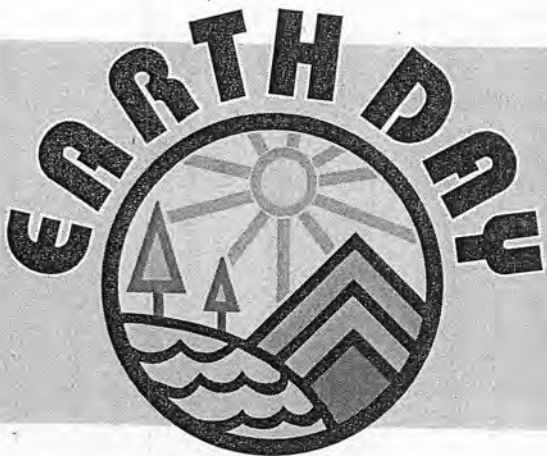
F94Q W 16001 1



SIERRA CLUB

FOUNDED 1892

Explore, enjoy and protect the planet



Earth Day

April 22, 2008

Check page 14 for outings
that help our Earth!