



WENOCA SIERRAN

Newsletter of the

Western North Carolina Group of the Sierra Club

Explore, enjoy and protect the planet

Feb/March 2006

Inner City Outings

Upcoming Programs

- **Special Showing of Kilowatt Ours**
- **a film about energy conservation and alternative energy**

Thursday, February 23

7:30 PM at the

Asheville Community Theater

35 E Walnut Street
Asheville

The Special Showing above will be in place of our regular February meeting. Please note the address!

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Wenoca Sierra Club Welcomes New Youth Outreach Program



ICO teens visit Guadalupe Mountains National Park

By Donna Smith

Deborah Rudy, National Inner City Outings Steering Committee Chair, wrote "As Inner City Outings leaders, your work with inner city youth is among the most important work of the Sierra Club, as we introduce, educate and engage the next generation in matters of our environment. Your inspiration and dedication in sharing nature with youth is one of our greatest resources."

I could not ask for a better description of the fundamental mission of Inner City Outings. ICO is a Sierra Club community outreach program with roots in San Francisco beginning in 1971. ICO currently serves about 15,000 young people across the country with over 50 volunteer groups.

After seeing a promotional feature about ICO on public television while

living in Atlanta, I was immediately drawn to volunteer with an ICO program. Without exception, every outing in which I participated offered rewards and insights as well as fun. With each monthly outing I witnessed personal growth of young people who were challenged and nurtured by natural outdoor environments and the adult volunteer leaders.

Outings generally occur once a month for six to ten months of the year.

To volunteer contact
Donna Smith
670-1743
treehugger98@msn.com

Trips include an environmental education component in the setting of day hikes, rafting, bicycling, backpacking, and various other outdoor activities. Obviously, such a program requires committed, responsible volunteers with a passion for the natural world.

Currently I am seeking volunteer support as well as financial and equipment donations in order to launch Asheville's first ICO group by April or May of 2006. Both the Asheville Sierra Club executive committee and the North Carolina Chapter approved this endeavor and I invite all SC members who may be interested in volunteering time and/or resources that will foster a successful ICO program to contact me.

Volunteers do not need prior formal training or experience with environmental education, only a sincere interest in participating. Please contact me for more details.

Board BIO's

Brief biographies of the Western North Carolina Sierra Club Board

Grace Curry

Grace joined WENOCA when she moved to Asheville in 2001 with her family and joined the Executive Committee (ExCom) as chair of the Membership Committee. She has since been elected as treasurer.

Grace has been involved with the Sierra Club and many other conservation organizations over the past several decades. Her past experience was in the field of education, first working with children with special needs and more recently, working in the area of environmental education as a naturalist before her retirement.

Susan Stewart

Susan Stewart was previously Chair of WENOCA for two years, and has been on the WENOCA executive committee for the past four of the six years she has lived in Western North Carolina, having moved from Utah in 1998.

In 2005, as the current political chair, Susan

worked to endorse Asheville City Council candidates Robin Cape and Holly Jones and mayor elect, Terry Bellamy. All three candidates were elected.

Susan attended the first Sierra Club Summit in September, 2005, attended the National Political Training in Washington, DC, in October of 2005, and represented NC at the Southern Appalachian Highlands Ecoregion meeting in August of last year.

“Linked to my life-long participation in outdoors sports and activities, the idea of the interconnectedness of all things and the preservation of our planet has become my over-arching concern. My focus is aligned with The National Sierra Club and our region's focus on energy. The number one campaign for the coming year will be global climate change, renewable energy, fuel efficiency, banning drilling in the Arctic National Wildlife Refuge, stopping the North Shore Road, and conservation. These are my personal, local and national goals.”

Wenocan Election Results

Board Members and New Officers

The recent election for the board of the Western North Carolina Sierra Club saw Susan Stewart, Grace Curry, and Jeff Grimes elected to the board. Unfortunately, Jeff Grimes has moved away, leaving his seat on the board vacant.

Margaret Sticpewich and Russ Palmeri continue their duties on the board.

At the last meeting of the board, our new officers were selected. Don Baker will return as Chair, Susan Stewart will be Vice Chair, Grace Curry will be Treasurer (see

their bios, above), Susan Conner will be the Secretary, and Margaret Sticpewich will take over the duties of the Membership Chair.

NEW WEBSITE

Be sure to surf to
<<http://northcarolina.sierraclub.org/wenoca>>

to view our new website, the result of much hard work by our new web designer, John Sticpewich.

Meat and the Environment

FOOTPRINT

Your lifestyle choices impact the environment.

By Carolyn MacGregor

When we think of the destruction of our planet, what do we blame— automobiles, factories, logging, landfills, mining? What most of us don't realize is that one of the greatest sources of destruction is on our dinner plate. Factory farming is one of the least efficient, most polluting industries on earth.

Only a small portion of any of the food nutrients fed to an animal is returned in the meat that we eat. The estimate of waste varies from 3:1 to 10:1 or higher. Meat production requires up to 1000 times the fossil fuel energy that plant foods do. One third of all raw materials and fossil fuel consumed in the US are used in meat production. It takes 2,500 gallons of water, 12 pounds of grain, 35 pounds of topsoil and the energy equivalent of one gallon of gas to produce one pound of feedlot beef.

Agriculture consumes about 65% of all fresh water, more water than any other use. It has been estimated that 80% of all the water used by agriculture goes directly or indirectly into animal products. Animal wastewater and manure going into our water supply contains ammonia, nitrates, heavy metals and other toxic materials. In the US, animals produce 130 times more manure than people, about 87,000

Footprint

The first of an occasional series of articles on how your lifestyle choices impact the environment. Carolyn MacGregor, Ph.D., a retired professor of Microbiology from Georgetown University Medical School, is currently president of the board of the Humane Alliance Spay/Neuter Clinic.

pounds/sec, 2.7 trillion pounds/year. The EPA reports that this waste pollutes US waterways more than all other industrial sources combined.

The Exxon Valdez oil spill dumped 12 million gallons of oil into Prince William sound but the 1995 New River hog waste spill poured 25 million gallons of excrement and urine into the water, killing 14 million fish and closing 346,000 acres of shellfish beds.

The single most important reason for deforestation in the US and much of the rest of the world is cattle grazing.

The single most important reason for deforestation in the US and much of the rest of the world is cattle grazing. Tropical forests are being destroyed at the rate of 50-100 acres/ min. As forests are lost, species are lost and climate changes. Forests are usually replaced by cows.

It has recently been reported that sources of non-CO2 greenhouse gases will be responsible for nearly all the global warming we will see in the next 50 years. Methane is responsible for about half of the global warming today. It is 21 times more powerful than CO2. Methane can be produced by coal mining and landfills, but the number one producer is animal agriculture. Its sources are digestive processes of livestock and lagoons used to store untreated waste.

Furthermore, a meat-based diet has been shown to be much less healthy than one that eliminates meat!

Next time, think soyburger.

List of Foods with Heaviest Pesticide Residue (Buy Organic)

By Susan Stewart

Here is the list of foods that are usually the most heavily contaminated with pesticides. Winter Squash, Wheat, Strawberries, Green Beans, Celery, Apples, Peaches, Grapes, Spinach, Rice





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The Executive Committee meets on the second Tuesday of each month at 6:30 PM at EarthFare in Asheville. All WENOCA members are invited to attend. For more information, please contact Don Baker at 299-4171 or at wenocan.president@gmail.com

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**WENOCA OFFICERS 2005
EXECUTIVE COMMITTEE**

Don Baker- Chair 299-4171
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Susan Stewart, Vice Chair
Grace Curry, Treasurer
Susan Conner, Secretary
Margaret Sticpewich, Membership
Russ Palmeri

WENOCA SIERRAN is the newsletter of the Western North Carolina Sierra Club. The newsletter is published five times a year. If you have an article you'd like us to publish, please send it to the editor. Your comments are also welcome.

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