

Leaves a good taste in your mouth

■ Eating responsibly does right for the health of the environment (not to even mention your own health)

The Union of Concerned Scientists states that our food and transportation choices are the two leading ways we help or harm the environment.

Most of us can't telecommute or ride a bicycle to work. Yet all of us vote with our mouths three times a day. With every meal we choose to help the environment or to harm the environment – as well as our own health.

In fact, many environmental problems the Sierra Club fights, directly or indirectly, are caused by what we eat.

Sustainable food is a campaign from the Sierra Club's National Sustainable Consumption Committee to promote

environmentally helpful food choices. The basic message is to eat foods which are:

1. Plant-based
2. Organic
3. Locally-grown when practical

There's nothing rigid here. No one is saying do all or nothing; simply that more of the above is better.

Why? Because your choice of food is the most direct and the quickest effect one individual can have on the earth.

Food choices are also part of Sustainable Sunday, a concept which sets aside one day a week for earth-friendly actions. It means all those things that should be done every day are done at least one day a week.

On that day you can:

- Eat plant-based meals.
- Hike instead of shop.

- Start a worm garden.
- Eat organic foods.
- Walk, bike, or carpool.
- Start an organic garden.
- Volunteer for Sierra Club's sustainable consumption committee.
- Adjust your thermostat to use less energy.
- Plant a tree.
- Visit a farmer's market.
- Start a compost pile.
- Recycle.
- Visit an organic farm.
- Teach a child about sustainability.

Involve your family and friends in Sustainable Sunday. This makes the day motivational for all and creates exciting events to look forward to each week. Combining it with beneficial food choices means you will make a sustainable difference.

Sustainable Sunday starts on Jan. 1. Fort Worth and Dallas area residents can join other Sierra Club members for an extensive plant-based buffet at Thai Jasmine, 3104 Harwood at Hwy. 121, Bedford.

This all-you-can-eat buffet is served from 11:30 a.m. to 2 p.m. and is \$8 for adults, \$4 for children. It includes an optional three-mile hike at a nearby park at 2:30 p.m.

Further information about Sustainable Sunday, consumer choices, and volunteer opportunities with the Sierra Club is available at the luncheon.

Don't forget to remember our new meeting site

The Greater Fort Worth Group of the Sierra Club now meets in the Azalea Room of the Fort Worth Botanic Garden Center Complex. See directions, on Pg. 3.

That's also the site of this year's Christmas Party. Don't miss out on an exciting evening – and don't forget to bring your ExCom ballot with you if you haven't already mailed it in).

GFWSC Conservation Notes

We can all breathe easier

The North Central Texas Council of Governments is considering strategies to lower automobile emissions in the Metroplex in order to help the region meet standards mandated under the Clean Air Act.

More than fifty proposals are being studied, including construction of more bicycle and walking paths, allowing drivers of low emission autos to use HOV lanes, free busses and trains on ozone alert days, raising fees on tollways during peak hours to encourage off-peak travel, and updating traffic signals to reduce idling.

Also included are plans to broad-

en AirCheck Texas, which provides low income residents grants of up to \$600.00 to repair vehicles that fail state inspections or \$1,000.00 toward purchase of a newer vehicle, as well as elimination of the law allowing vehicles over 24 years old to be exempt from emissions testing.

Two strategies under consideration will be certain to generate opposition.

One proposal would require owners of drive-through businesses such as restaurants, banks, and pharmacies to shut down operations during the summer ozone season, with another requiring higher taxes on autos and light trucks with poor mileage performance.

The Fort Worth Group's Annual Christmas Party

Date: Wednesday, Dec. 21 at 7 p.m.

Where: Fort Worth Botanic Garden Center, Azalea Room

Bring your favorite holiday treat to share. Wine and champagne OK (No beer – Botanic Garden policy). Soft drinks and tea provided. Tickets are \$4 in advance, \$6 at the door.

Just
The
Facts

Coming Events

December 21, Wednesday, 7 p.m.

Newsletter deadline. Submit articles, ads, letters, or other information in writing. Articles may be submitted by mail or email. B&W or color nature photos and electronic images (150 dpi or greater) will be accepted (prints returned if submitted with SASE). Photographs of

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Greater Fort Worth Sierra Club

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<http://sierraclub.org/chapters/tx/fortworth/index.html>
(Phone numbers below are Area Code 817 except as noted)

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Mission statement

The purposes of the Sierra Club are: To explore, enjoy and protect the wild places of the earth; to practice and promote the responsible use of the earth's ecosystems and resources; to educate and enlist humanity to protect and restore the quality of the natural and human environment and to use all lawful means to carry out these objectives.

General Meeting Wednesday, December 21

7:00 Azalea Room of the Fort Worth Botanic Garden Center Complex. Going north on University, take the 2nd entrance into Botanic Gardens. The Garden Center is straight ahead. Program notes on Pg. 1.

outing or other club activities encouraged. Identify subject of photo and state photographer's name. Do not write on the back of photos. Mail submissions to Newsletter Editor, P.O. Box 1874, Burleson, Texas 76097-1874, bring to the ExCom meeting, the general meeting, or email jmoody166@mac.com.

December 30, Friday

Noon meeting for Sierrans unable to attend the evening general meeting. This group meets the last Friday of each month at 2 p.m. in the Red Room at the Tin Cup, 1025 W. Abram, Arlington. Bonnie Bowman will be head-

Sierra Club launches new TV series

■ Sierra Club Chronicles will focus on ordinary people who are fighting extraordinary battles

The Sierra Club has announced plans for a new television series with award winning filmmaker Robert Greenwald ("Outfoxed," "Wal-mart: The High Cost of Low Price").

"Sierra Club Chronicles," a new monthly television series produced by Greenwald, captures the dramatic efforts of committed individuals across the country working everyday to protect the health of their environment and their communities.

"All over America, there are inspirational, real life stories of women and men defending their homes, health and families from environmental hazards and threats," explained Carl Pope, Executive Director of the Sierra Club.

"Sierra Club Chronicles' will take viewers directly into those communities and provide a first hand look at these profiles in environmental courage."

The people and stories profiled in "Sierra Club Chronicles" come from diverse backgrounds: ranchers in New Mexico, emergency medical technicians in New York City, fishermen in

ing up this meeting.

January 2, Monday

Newsletter folding party at Braum's, 6770 Bridge St. at 6:30 p.m. Call Steve Turner, 457-7131.

January 3, Tuesday, 6:30 p.m.

Fort Worth Sierra Club ExCom Meeting, 6:30 p.m., at Spiral Diner, 1314 W. Magnolia. For more information, contact Susan Haney, 254-582-8228.

January 3, Tuesday

Outings Meeting immediately following the ExCom meeting to plan new outings and reminisce about old trips. See location above. Contact Claudia Blalock, 817-924-6242.

Conservation Committee Meeting

The Conservation Committee meets on an as-needed basis. All members are welcome. For meeting information, contact: Chair Glenn Ford, 469-6540, Earl Burnam, 244-2328, or Bob Scott, 282-1372.

Alaska, neighbors of a chemical plant in Mississippi, but all are united in a common cause – the fight to protect their families, communities and the lands and livelihoods they love from pollution, corporate greed and shortsighted government policies.

"Sierra Club Chronicles" consists of seven half-hour episodes that will launch on Link TV on Jan. 12, 2006 immediately following the ACLU's original half hour program, "Freedom Files."

One new program will premiere the second Thursday of each month at 7:30 p.m. Central Time through July 2006.

Link Satellite TV is on DirecTV channel 375 and Dish Network channel 9410. (www.linktv.org).

Beyond the initial television broadcast DVDs and videos of "Sierra Club Chronicles" will be available for consumers, educators, and other organizations.

In addition, Sierra Club volunteers and allies will host house parties to view the episodes and encourage viewers to take action on the issues.

For information on all the episodes and ways to take action visit the series website www.sierraclubtv.org "Sierra Club Chronicles" is made possible by the generous support of the Ford Foundation.

No pets, firearms or radios are allowed on Sierra Club outings. All children (17 years or less) must be accompanied by a parent on any outing. All overnight trips require preregistration with the trip leader. A donation of \$5 per person to the Fort Worth Sierra Club is requested for all overnight trips.

January 1, Sunday

Sustainable Sunday. Start your sustainable New Year by joining Sierra Club for an extensive plant-based buffet at Thai Jasmine, 3104 Harwood at Hwy. 121, Bedford. This all-you-can-eat buffet is served from 11:30 a.m. to 2 p.m. \$8 for adults, \$4 for children. Follow with an optional 3-mile urban hike at a nearby park at 2:30 p.m. No dogs please. Leader: Terry Jensen at ss@dfwnetmall.com or metro 972-988-8687, ext3101.

January 7, Saturday

River Legacy Dayhike - East. We'll hike 4-6 miles on a paved trail on the newly-opened trail in north Arlington. We will have opportunities to observe the Trinity River bottom forest, wildlife and open areas east of River Legacy Park. The river and wildlife (herons, egrets, beaver, turtles and more) are more visible on this section than along the west trails of River Legacy Park. Pace of hike will be about 3 mph. Bring water and sunscreen. Directions: From I-30 in Arlington, exit Collins and take Collins north past Green

Club Outings

Oaks Blvd. After crossing Green Oaks approx. 400 feet, turn left into the new River Legacy Park east entrance and park at the south section (walk south from the parking lot to find the map). Meet at 9 a.m. by the footbridge near the parking lot. Leader: Claudia Blalock, 817-924-6242 and Judy Cato. Please no dogs on hike and if raining, hike is cancelled. No reservations needed-just show up.

January 25-27, Friday-Sunday

Cabin Weekend at Beavers Bend State Park. Shake off those winter blues. Beavers Bend State Park is a 5,135-acre park situated along the Mountain Fork River just South of Broken Bow Reservoir in Southeast Oklahoma. Total drive is about 200 miles. The park has cabins of various sizes accommodating 2 - 6 persons. All cabins have kitchens and some are available with fireplaces. We plan to spend Friday and Saturday nights in the cabins and day hike part of the David Boren Trail. There will be a potluck dinner on Saturday night. The winter rates are \$68 - \$130 per night. You must preregister with trip leader since trip is limited to 12 persons. Please make your own cabin

reservations. For cabin information and registration call: 580 494-6300, 580-494-6301 or <http://www.beavers-bend.com>. Leader: Claudia Blalock, 817-924-6242

March 11-12, Saturday-Sunday

Carcamp at Copper Breaks State Park near Quanah, Texas (around 80 miles past Wichita Falls). This scenic park is close enough to Fort Worth to allow us to drive there Saturday morning. Trip will start at 1 p.m. on Saturday. Hike Saturday afternoon on the scenic trails in the park. Optional potluck group meal Saturday night. Hike again Sunday morning before heading home Sunday afternoon. Leader: Claudia Blalock, 817-924-6242. Co-leader: Martha Ohlson, 972-727-5778, e-mail: mjohlson@drs-irtech.com.

Support our printer

Alpha and Omega Printing and Graphics reduces our newsletter print cost 10% of every job Fort Worth Group Sierra Club members refer to it.

Owner Mark Shippey is one of the few printers in this area who actively encourages the use of recycled paper and soy-based inks. This newsletter is always printed on environmentally-friendly paper.

Alpha and Omega is located at 2705 Eighth Ave., Fort Worth, 921-3670.

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Membership

Yes, I want to join the Sierra Club! My check is enclosed

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Individual (\$39) Joint (\$49) Senior/Student (\$25)

Annual dues include subscription to **F94QT19002** -1
Sierra (\$7.50) and chapter publications **F94Q W99901** Entity Code
(\$1.00). Dues are not tax deductible.

Mail to Sierra Club Member Services, 85 Second St.
2nd Floor, San Francisco, Calif. 94105-3441

Plan to remove protections from grizzly bear are premature

The Sierra Club expressed concern over the Fish and Wildlife Service's proposal to remove federal protections from the Yellowstone grizzly bear, currently listed as "threatened" under the ESA. The announcement by Secretary of the Interior Gale Norton, requires a 90-day public comment period.

"Thirty years ago America made a commitment to Yellowstone's grizzly bears, a tremendous public investment that has paid off. While we salute and celebrate this progress, we cannot afford to gamble with the bears' future," said Carl Pope, Sierra Club Executive Director. "Removing federal protections for the grizzly would jeopardize the bears' progress, just as we are realizing a return on our investment."

The Yellowstone grizzly bear was first listed as threatened in 1975. The threats to grizzlies and their habitat have only been amplified since then. Now, sprawling development, oil and gas drilling, logging, road building, and off-road vehicles are crowding grizzly bears out of the last pockets of wilderness they need to survive.

"The Yellowstone grizzly bear is an

irreplaceable part of America's natural heritage, an icon of all that is wild and free," said Pope. "Without strong habitat protections in place, the long-term survival of the bear requires the safety net of the Endangered Species Act."

The ESA has played an important role in helping to increase grizzly bear numbers in and around Yellowstone National Park. But too many threats remain without the ESA in place.

Management plans for the National Forests surrounding Yellowstone, where many grizzlies find their homes, have yet to be finalized. Managing the Yellowstone grizzly after delisting will cost state and federal agencies an estimated \$3.4 million dollars per year -- over a million dollars per year more than current funding levels.

"Taking away these protections will put the last remnants of wild places grizzlies need to fully recover and raise their young at risk from irresponsible oil drilling, unsustainable logging and sprawling development -- all of which helped drive the grizzly to the brink of extinction in the first place," said Pope.

The best way to ensure that grizzlies will survive into the future is to restore them to a bigger landscape. Specific steps to achieve recovery are:

-Establish a stable source of funding for grizzly bear management and habitat conservation

-Expand efforts to reduce bear-human conflicts through sanitation and public education

-Improve important but degraded habitat

-Protect remaining wild lands

-Expand the recovery area

-Connect Yellowstone grizzlies to other grizzly populations further north

The Sierra Club is engaged in a number of hands-on programs in bear country to help show that, with a little effort, people and grizzly bears can co-exist. These "bear aware" programs inform residents, campers, hikers, and hunters about food storage, bear pepper-spray use and other practical solutions to successfully live with bears.

For more information and to find out how to submit your comments to the USFWS, please visit <http://www.sierraclub.org/grizzly/>.

The Greater Fort Worth Group of the Sierra Club