



**DALLAS SIERRA CLUB  
THE COMPASS**

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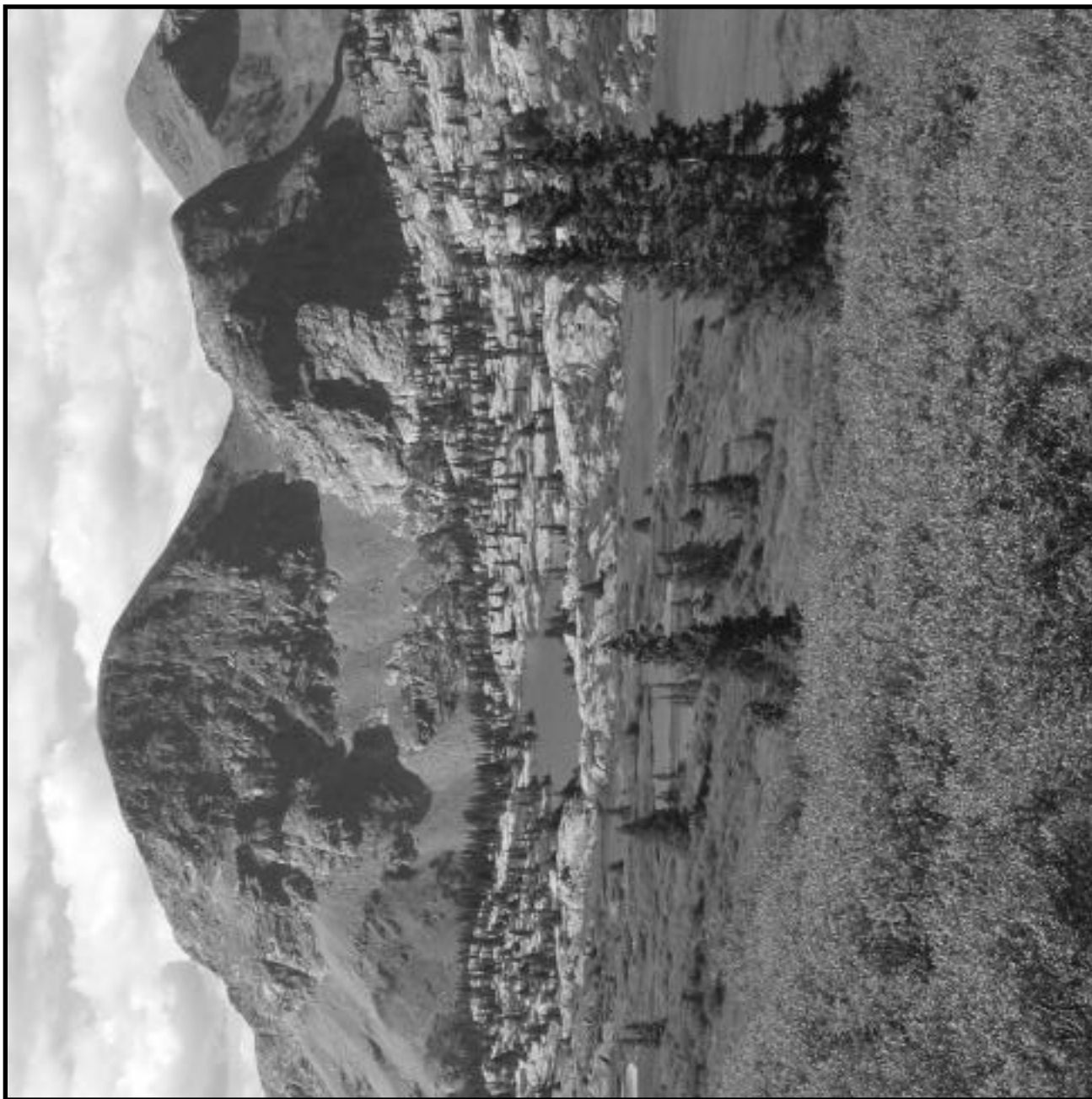


Photo by Arthur Kuehne

**Weminuche Bus Trip -  
article on page 6**

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## Roping the Wind

By Bob Fusinato

It's not that we don't have enough wind to generate all the electricity we need. According to assessments conducted by the National Renewable Energy Laboratory (NREL) in the 1990s and further studies by the Alternative Energy Institute at West Texas A&M University, Texas has the potential to generate more than 3 times the energy consumed in all of Texas in 2006.

Unfortunately, full utilization of this potential would take up an estimated 26.4% of all the land in Texas. It is not likely that all the land suitable for wind power generation will be covered with wind turbines.

On the other hand, it is reasonable to expect that wind could provide a significant portion of the state's energy usage. Since coal fired power plants contribute the lion's share of dangerous pollution from the electric power industry, replacing coal with wind power would be a huge benefit. And it seems doable.

The Electric Reliability Council of Texas (ERCOT), which accounts for about 85% of the state, maintains statistics for its portion of the grid. Over the past couple of years, ERCOT data shows that coal generated about 37% of the energy consumed.[1] Generating that amount of energy from wind could be accomplished by putting wind farms on only about 2.4% of the land. Furthermore, much of this land would continue to support other uses such as farming and ranching. The problem with this scenario is that, in Texas, both demand for electricity and power generated from wind are variable in nature, and the two do not always match.

Based on ERCOT consumption data, the average load in 2006 was about 35,000 MW, roughly 56% of the peak load. So, here's the rub. If we build enough wind capacity to replace coal, there will be times when wind capacity exceeds demand and you won't be able to use all that capacity.

According to Mark Kapner, member of the Lone Star Chapter energy committee and professional engineer with strategic planning experience for electric power systems: "Until we have a significant amount of utility-scale energy storage, or a major increase in the minimum load ... or interconnect ERCOT to one of the other power pools ... the maximum wind energy potential will be capped by the load during the 2000 to 3000 lowest load hours (which also happen to be the windiest times of the year), minus the minimum operating level of those conventional power plants that must be kept running for reserve and system regulation. Right now, the load duration curve for ERCOT falls below 35,000 MW about 4000 hours per year and the absolute minimum load is 25,000 MW."

How much wind power can be integrated into the grid during periods when loading is at the low end of the curve? Mark thinks that we will reach the "minimum operating level" of conventional power plants when wind capacity is in the vicinity of 15,000 MW. At these times, wind capacity could be as much as 60 percent of load. The amount of energy generated by this capacity over the course of a year would be around 10% of 2006 usage.

At present, Texas has roughly 5000 MW of wind capacity. We have been adding about 1000 MW per year over the last couple of years. Certainly it is reasonable to conclude that we do not need to rush to build any new coal or nuclear power plants. But to reach wind power penetration levels sufficient to replace coal, we will need to find ways to store the energy provided by excess capacity during times of low demand and high winds for use when demand is high and the wind is not blowing as strong.

There are a number of mechanisms under consideration. Hawaii Electric, for instance, is working on plans for pumped hydro as well as other storage mechan-

isms. Another example would be to use the extra capacity (usually at night) to charge plug-in hybrids which would be consumed during the next day's commute. This may not be utility scale storage, but would certainly help. And at the same time it would provide low-emission commutes with a cost of less than \$1.00 per gallon of gas equivalent.

On the other hand, storage of compressed air (underground) would represent utility scale solutions. There are two conventional power plants using this technique to smooth out the load duration curve – one in McIntosh, Alabama (in operation for 11 years) and one in Germany (in operation for 30 years). The DOE is sponsoring a project in Iowa that will integrate wind power with a compressed air gas turbine power plant. The wind farm associated with this project will have a capacity of about 75 to 150 MW and the gas turbine will generate a net output of 200-300 MW. It is anticipated that electricity from this demonstration project will be available to utilities and their customers in 2011.

Another possibility, perhaps further in the future, is using wind energy to produce hydrogen for use in fuel cell power systems. Currently the most common and inexpensive way of producing hydrogen is from methane. However, as efficiencies improve it may be cost-effective to produce hydrogen by electrolysis of water.

Scientists tell us that in order to avoid the most serious consequences of global warming, we need to reduce green house gas emissions at a rate of 2% a year for the next 40 years. If Texans are to replace fossil fuel based power with wind generating capacity at this rate we would have to increase wind capacity by about 1248 MW per year. And, we would have to have storage mechanisms in place in about 8 years.

We have to reduce greenhouse gas emissions and we want to avoid doing it with nuclear power. The wind is running wild and free in West Texas. All we have to do is find ways to rope it in.

[1] Natural gas was about 47% and nuclear about 14%.

## City of Dallas Passes Green Building Standards

By Julie Schaar

As the City of Dallas web site boasts, "Green is the New Building Standard In Dallas." Read full details of the new development ordinance by clicking on the hyperlink for ordinance #081070 at [www.greendallas.net/greenstandard.html](http://www.greendallas.net/greenstandard.html). (Approved by the Dallas City Council - April 9, 2008).

The new ordinance will be implemented in two phases beginning in October 2009. Page 2 of the resolution preceding the ordinance authorizes the City Manager to continue the work of the Green Building Task Force [GBTF] and to provide further recommendations for incentives for all existing buildings in Dallas, residential and commercial, by October 1, 2008.

Outdoor Lighting Restrictions' have been added to the city-wide Green Building equation! These preliminary restrictions are found in Section 4303.3.5 of the ordinance, on page 10. Exercise your democratic privilege by submitting your comments to the GBTF. The task force leader and list of members, selected from a broad cross-section of stakeholders, are shown on the PDF presentation to City Council, found on the Green Dallas web site PDF hyperlink.

*(Continued on Page 3)*



THE COMPASS  
JULY/AUGUST 2008  
Volume 114, Issue 0408

## NOTES FROM THE CHAIR

### THE GIFT THAT KEEPS ON GIVING

The Compass is published six times per year by the Dallas Regional Group of the Sierra Club. Members of the Dallas Group support The Compass and receive the publication as one of the benefits of their membership in the Sierra Club.

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**Address Changes:** To change your address, send your name, old and new addresses and member number to: Sierra Club Member Services, PO Box 52968, Boulder, Colorado 80322-2968 or email the information to: [address.changes@sierraclub.org](mailto:address.changes@sierraclub.org)

**Submissions:** Article and photograph submissions are always welcome. Please send submissions by the deadlines given in the General Calendar. Send submissions to the newsletter editor at the e-mail address listed on the back fold.

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As many of you know, your Dallas Sierra Club receives over 90% of its funding from local members and our yearly campaign which starts in June and finishes in July. Without this support, our ability to fight local battles and support environmental causes, sometimes literally in your own backyard, will be severely hampered.

We all know economic times are tough, but the corporate polluters are not taking any summer vacations. The issues of "big coal" and toxic waste being burned to make cheap cement have not gone away and our vigilance is needed more than ever.

Please use the form below to mail in your contribution now. Your Dallas Sierra Club is stronger than ever and the tide is turning in favor of clean air and clean water. Make sure you are a part of this history making event. The contribution you make today will keep on giving because future generations will enjoy a better quality of life and know the Dallas Sierra Club was able to take the lead when faced with the opportunities and challenges of the present.

Dallas Chair  
Wendel Withrow

### Campaign 2008 Commitment

YES, I want to help the Dallas Sierra Club continue working for a healthy environment in North Texas!

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

Please accept my commitment for the amount indicated:

Environmentalist	\$1,000 +	\$ _____	Backpacker	\$50 - \$124	\$ _____
Conservationist	\$500 - \$999	\$ _____	Day Hiker	\$1 - \$49	\$ _____
Trail Builder	\$125 - \$499	\$ _____			

Please indicate type of funds committed:

I don't need the tax deduction. My check is payable to Dallas Sierra Club Group.

(Contributions to the Dallas Sierra Club Group are not tax-deductible. They support our effective citizen-based advocacy and lobbying efforts.)

I prefer to have the tax deduction. My check is payable to Sierra Club Foundation.

(Contributions and gifts to Sierra Club Foundation are tax-deductible as charitable contributions as they support grants for public education, research and public interest litigation necessary to further the Sierra Club's conservation goals.)

Donors will be recognized in the Compass in early 2009. If you do not wish to be recognized in this honor roll, please check here:

For information, call Wendel Withrow, 972-416-2500.

Mail commitment form with check payable to Dallas Sierra Club Group OR Sierra Club Foundation to:

Dallas Sierra Club  
P.O. Box 800365  
Dallas TX 75380-0365

Please note: Your donation to the Dallas Group is used locally and does not renew your membership with the Sierra Club. When your membership comes up for renewal, please renew through the national Sierra Club or through our website, [www.dallassierraclub.org](http://www.dallassierraclub.org). Thank you for your support!



## JULY/AUGUST PROGRAMS

### July Program

***Nancy Wilten, Dallas County Master Gardener, will speak on Hot Weather Gardening***

Prior to becoming a Master Gardener, Nancy Wilten lived on the Texas Gulf Coast. She has lived in Dallas, Los Angeles, and Chicago. Having lived in a variety of climates, she is familiar with the problems faced by people moving to Dallas from other parts of the country.

She is an active orchid grower since the mid-70's. Since returning to Dallas in 1983, she has moved from growing orchids in her home to becoming a greenhouse grower.

Since taking early retirement in 1993, she has been able to become more active in general gardening, including taking most of the horticulture classes at Richland College.

### August Program

***Meet "Urban Beewranglers" Susan and Brandon Pollard***

They do beekeeping, community gardening, bee relocation, and educational outreach. They live in Lakewood where they keep their hives.

They have started an Adopt-A-Bee program that helps set up residents around the metroplex with hives for suburban and urban beekeeping. In addition, learn about how bees are essential to helping pollinate almost 90 types of crops, how they are rapidly declining, how the use of pesticides in China has made it impossible to use bees for pollination in many areas, and the health benefits of honey.

### ***(Green Dallas Continued from Page 1)***

The text from the Green Dallas web site home page is as follows:

The [Dallas] City Council passes new construction requirement to reduce environmental impact; Dallas becomes one of the first major U.S. cities to pass comprehensive building standard for both residential and commercial construction.

On April 9th, the Dallas City Council unanimously adopted a green construction ordinance aimed at reducing energy and water consumption in all new houses and commercial buildings. This step adds to the City's record of being an environmental leader.

"We're at the lead of the major cities in this country. We had industry come in and really embrace it. We crafted it to make sense for everybody," said Dallas Mayor Tom Leppert.

While a Green Building standard for city-owned buildings exists, requiring those over 10,000 square feet be built to Leader-

ship in Energy and Environmental Design (LEED) Silver standards, a standard did not exist for private development. A Green Building Task Force, comprised of members of the development sector, was created to develop recommendations for all new private development in Dallas.

"We support efforts to create a better-built environment and accept the responsibility that every industry, and now every home, must share to help the region reach its air quality goals," said Donny Mack, president of the Home Builders Association of Greater Dallas.

The City's Green Dallas initiative is aimed at environmental responsibility and encourages public and private sector involvement. Dallas is the number one municipal purchaser of renewable power in the nation, boasts the largest clean vehicle fleet of any city in Texas, and is the only pilot city chosen for the EPA's Sustainable Skylines Initiative aimed at improving air quality.

### **Mid-Suburban Sierra Club Programs**

The Sierra Club's national Sustainable Consumption Committee is producing a video about green building for our national True Cost of Homes campaign. Local green builder Jim Sargent volunteered his time and expertise for this video. The first filming was a three-hour class taught by Sargent in March. It has been rough edited.

We will watch about 60 minutes of this video during the July 28th meeting, then see 60 more minutes at the August 25th meeting. If you have suggestions for editing, they will be appreciated.

We meet on the fourth Monday of the month (note change of meeting days) at 7 pm at Healthy Approach Market 5100 Hwy 121, Colleyville, 76034, between Hall-Johnson and Glade on the west side of the freeway.

For further information about the Mid-Suburban Satellite Group, call Terry Jensen at 972 251-1532.

### **SIERRA CELEBRATION – CADDO LAKE STATE PARK OCTOBER 10 – 12, 2008**

Come enjoy food, programs, and camaraderie with like-minded individuals!

For more information contact Tolbert Greenwood at 817-455-3302 (cell) or 817-737-8698 (home)



**JUL 6 (SUN) SUSTAINABLE SUNDAY LUNCH** Thai plant-based buffet at Thai Jasmine, (817) 283-8228, 3104 Harwood at Hwy 121, SW corner, Bedford. This all-you-can-eat buffet is served from 11:30 am to 2:00 pm. Organizer: Terry Jensen

**JUL 12 (SAT) WHITE ROCK LAKE CLEANUP.** Walk and talk while helping to pick up trash and recyclables at the Sierra Club's adopted section of White Rock Lake Park. Meet at 8:15 AM at the Love of the Lake office on the Northeast corner of Garland Rd. and Buckner Blvd. Look for a crowd of people drinking free juice and coffee. Gloves, trash bags, etc. provided. Our area includes one of the wonderful prairie restoration areas, so there are always birds and wildflowers to enjoy. The lake and your karma will thank you. Brunch afterwards. Leader: Carol Nash 214-824-0244(H)

**JUL 16 (WED) OUTINGS COMMITTEE MEETING.** Meet in the upstairs program room at REI (on north side of LBJ between Midway and Welch), at 7:00 PM. Bring your ideas for the Dallas Sierra Club Outings program. We will be planning local outings and bus trips. All outings leaders, future outings leaders, and interested Sierrans welcome. Ask Bill to be placed on the email list for an agenda. Contact: Bill Greer 972-964-1781(H)

**JUL 19-20 (SAT-SUN) EIGHTEENTH ANNUAL BASTILLE DAY CANOE TRIP.** Celebrate this French national holiday marking the beginning of the French revolution with our annual canoe trip on the Red River. Flooding washed this trip out last year, so this year we are going to have twice as much fun to make up for it. We'll put-in on Saturday under the Interstate 35 bridge (north of Gainesville). The rest of the day will be spent swimming and relaxing as we paddle down to our campsite on a large sandbar. Sunday we'll canoe on down to the takeout with a few swim stops on the way. This is a very nice section of the Red River, with very little development along the banks. Some canoeing experience is required and you must furnish your own canoe and camping equipment. Also, you must bring something French, or you will be guillotined at dawn. Leader: Arthur Kuehne 214-902-9260(H)

**JUL 20 (SUN) SUSTAINABLE SUNDAY LUNCH** Plant-based, all-you-can-eat buffet from 12 noon until 2 pm. Regularly \$9, \$1 off for Sierra Club. New Start Veg, (972) 243-0507) 2330 Royal Lane, ste 900, Dallas 75229. Just west of I-35 on the south side of Royal. Organizers: Terry Jensen and James Bisby 469-371-1938(H)

**AUG 3 (SUN) SUSTAINABLE SUNDAY LUNCH** Thai plant-based buffet at Thai Jasmine, (817) 283-8228, 3104 Harwood at Hwy 121, SW corner, Bedford. This all-you-can-eat buffet is served from 11:30 am to 2:00 pm. Organizer: Terry Jensen

**AUG 9 (SAT) WHITE ROCK LAKE CLEANUP.** Walk and talk while helping to pick up trash and recyclables at the Sierra Club's adopted section of White Rock Lake Park. Meet at 8:15 AM at the Love of the Lake office on the Northeast corner of Garland Rd. and Buckner Blvd. Look for a crowd of people drinking free juice and coffee. Gloves, trash bags, etc. provided. Our area includes one of the wonderful prairie restoration areas, so there are always birds and wildflowers to enjoy. The lake and your karma will thank you. Brunch afterwards. Leader: Carol Nash 214-824-0244(H)

**AUG 10 (SUN) MEMBER APPRECIATION DAY LAKE ARLINGTON** Please join Fort Worth Sierra Club members (any chapter welcome) for a day of FUN at Lake Arlington from 10 am until dark. In a tree-shaded park

on the shores of Lake Arlington with picnic tables, fishing (permit required), boating (permit required) and a lodge. The LODGE is great: A large air-conditioned building complete with restrooms and kitchen with microwaves and fridge. BRING your families and guests, your own beverages for the day (alcohol is allowed in the lodge), your own picnic lunch, and a dish, snack, bread, or dessert to share for a potluck at 5 pm. Also bring your own lawn chairs, beverages, board games, outdoor games, boats, fishing gear--whatever is fun to you indoors or outdoors. No swimming but we might have water games if the park allows. Come and go as you wish. VOLUNTEERS are needed to help set up at 9:45 in the morning, take down and clean up at 8 pm. DIRECTIONS: 6300 Arkansas Ln, Arlington. The park is at the end of Arkansas Lane on your left at the shoreline of Lake Arlington. From I-20, turn north (right from Dallas, left from Fort Worth) on Green Oaks to Arkansas. Turn left on Arkansas and stop right before you drive into the lake. MAP: [http://www.ci.arlington.tx.us/park/guides/lakearlington/lake\\_arlington\\_map.html](http://www.ci.arlington.tx.us/park/guides/lakearlington/lake_arlington_map.html) PERMITS are required for fishing and boats Leaders: Terry Jensen and Claudia Blalock

**AUG 17 (SUN) SUSTAINABLE SUNDAY LUNCH** Plant-based, all-you-can-eat buffet from 12 noon until 2 pm. Regularly \$9, \$1 off for Sierra Club. New Start Veg, (972) 243-0507) 2330 Royal Lane, ste 900, Dallas 75229. Just west of I-35 on the south side of Royal. Organizers: Terry Jensen and James Bisby 469-371-1938(H)

**AUG 20 (WED) OUTINGS COMMITTEE MEETING.** Meet in the upstairs program room at REI (on north side of LBJ between Midway and Welch), at 7:00 PM. Bring your ideas for the Dallas Sierra Club Outings program. We will be planning local outings and bus trips. All outings leaders, future outings leaders, and interested Sierrans welcome. Ask Bill to be placed on the email list for an agenda. Contact: Bill Greer 972-964-1781(H)

**AUG 28-SEP 2 (THU-TUE) LABOR DAY BUS TRIP TO THE WEMINUCHE WILDERNESS IN COLORADO.** Escape the Texas heat this Labor Day weekend and join us for our trip to the cool Colorado mountains of the Weminuche Wilderness. This trip has mountains, lakes, streams, and valleys. Trips will range from car camping with day hikes to strenuous long hikes. The Weminuche Wilderness offers a great diversity and all the miles you want to hike. It is a hidden jewel and one of our most popular trips. Submitting the Rio Grande Pyramid and the Window are highlights on two of the trips. Bus trip leader: Kathryn Hurn 214-321-4030(H)

**SEP 13 (SAT) WHITE ROCK LAKE CLEANUP.** Walk and talk while helping to pick up trash and recyclables at the Sierra Club's adopted section of White Rock Lake Park. Meet at 8:15 AM at the Love of the Lake office on the Northeast corner of Garland Rd. and Buckner Blvd. Look for a crowd of people drinking free juice and coffee. Gloves, trash bags, etc. provided. Our area includes one of the wonderful prairie restoration areas, so there are always birds and wildflowers to enjoy. The lake and your karma will thank you. Brunch afterwards. Leader: Carol Nash 214-824-0244(H)

**SEP 17 (WED) OUTINGS COMMITTEE MEETING.** Meet in the upstairs program room at REI (on north side of LBJ between Midway and Welch), at 7:00 PM. Bring your ideas for the Dallas Sierra Club Outings program. We will be planning local outings and bus trips. All outings leaders, future outings leaders, and interested Sierrans welcome. Ask Bill to be placed on the email

list for an agenda. Contact: Bill Greer 972-964-1781(H)

**SEP 20 (SAT) BEGINNER BACKPACKING CLASS.** This class is an ideal way to learn about backpacking. Topics include: wilderness ethics, outdoor clothing, boots, backpacks, tents, sleeping bags, cookware, food, and preparing for a trip. Instructors are experienced Dallas Sierra Club leaders. There will be time for questions and a hands-on look at outdoor gear. Lunch of backpacking food is included. You will also have the opportunity to learn about, and sign up for, several beginner backpacking trips. The fee is \$20 for Sierra Club members and \$30 for non-members (cash or check) You can sign up to be a Sierra Club member at the class. No reservations are necessary, just show up. The class will be held at REI, 4515 LBJ Freeway, Farmers Branch, TX 75244 (north side of LBJ between Midway and Welch). The class will start at 10:30 AM and end at about 5:00 PM. Coordinator: Laura Kimberly 972-307-8364(H)

**SEP 23-25 (TUE-THU) WILDERNESS NAVIGATION CLASS.** Learn the fundamentals of finding your way in the wilderness in this two evening class. Among the subjects covered are: purchasing maps, how to read maps, how not to get lost, what to do if you do get lost, GPS, different kinds of compasses, and how to use your compass. If you have a compass, bring it to the class. If you don't have one, we will show you what to look for when you purchase one. The class will be held at REI (second floor program room). REI is at 4515 LBJ Freeway, north side, between Midway and Welch. This two-night class will start promptly at 6:30 PM and will finish at about 8:45 PM. The fee for the class is \$15 for Sierra Club members and \$20 for non-members (cash or check). No reservations are necessary; just show up. For more information: Arthur Kuehne 214-902-9260(H) and Bill Greer 972-964-1781(H)

**OCT 11-12 (SAT-SUN) LITTLE MISSOURI RIVER BEGINNER BACKPACKING TRIP** We'll do a moderately-easy backpack of about 6-1/2 miles over 2 days along one of the most scenic backpacking trails in Southwest Arkansas. Because the trail

follows the upper reaches of the Little Missouri River there is minimal elevation change, but do be prepared for a couple of wet stream crossings. Drive up Friday night and return Sunday. This hike is suitable for graduates of the Beginner Backpacking Class who are in good shape. Leader: Mark Adams 972-658-1281(H)

**OCT 25-26 (SAT-SUN) BACKPACK OUACHITA TRAIL IN OKLAHOMA** Meet Saturday morning at Winding Stair Campground on Hwy. 1. Backpack 4.6 miles to camp overnight at Red Spring. Sunday morning hike 6 miles to Pashubbe Trail Head. Enjoy the dogwood and maple fall color. Leader: Greg Holman 214-398-8061(H)

**NOV 8-9 (SAT-SUN) BACKPACK OUACHITA NATIONAL FOREST IN ARKANSAS** Hike a portion of the Eagle Rock Loop Trail in the Ouachita National Forest in SW Arkansas. Camp at Albert Pike Campground on Fri night. Drive to trailhead Sat morning and hike 6 miles over 2 mountains to camp near the Little Missouri River Saturday night. Hike out about 4 miles on Sunday morning. This hike is rated moderate with a few hills and stream crossings. We'll have an optional happy hour Saturday evening. Leader: Mark Adams 972-658-1281(H)

**NOV 26-DEC 1 (WED-MON) THANKSGIVING BUS TRIP TO BIG BEND NATIONAL PARK.** The Dallas Sierra Club Thanksgiving Holiday tradition continues with our annual bus trip to Big Bend. There will be a variety of hikes that will visit different parts of this very scenic National Park. If you've never been to Big Bend National Park, you owe it to yourself to discover this unique part of Texas. If you've been before, come on back and explore another area! Our chartered sleeper bus leaves Dallas on Wednesday at 6:30 PM and returns about 4:30 AM on Monday. We will have five backpacking trips from moderate to strenuous. Some backpacking experience is required. Signups will begin in September. Bus trip leaders: Laura Kimberly 972-307-8364(H) and Kent Trulsson

## HOW THE OUTING PROGRAM WORKS

Dallas Sierra Club Outings are open to members and non-members. Some trips may require special qualifications and capabilities. The leaders of Sierra Club outings are serving in a volunteer capacity and assume no responsibility above that of trip organizer. If you have a medical problem, it is your responsibility to inform the leader before the outing. Outing leaders are encouraged to participate in training and classes to increase their skills, but they are not paid professionals. They will assist you within their limitations. It is the responsibility of the participant to be aware of any personal limitations before going on an outing.

Radios and firearms are prohibited from all outings. Pets are not allowed unless specifically stated. All outings officially begin at the trail head or outing start point. Leaders cannot assign carpools, but may help coordinate ride sharing for energy conservation and to promote fellowship. All non-commercial transportation is the responsibility of the individual. Car-pooling is SOLELY vol-

untary, but the costs are shared. The usual method of sharing transportation cost is for all riders in the car, including the driver, to divide the cost of transportation equally. Before leaving, be sure this or some other method is agreed upon. Reservations are necessary for outings unless otherwise noted in the outing description. To participate in an outing, contact the leader. The leader will decide if the trip you are interested in is suitable for you based on your capabilities and the demands of the trip. There is usually a limit to the number of people allowed on a given outing. If you must cancel, inform the leader as soon as possible so that someone else can go in your place. Please respect the wishes of your leader who has volunteered his / her free time to allow you to go on the trip of your choice. If you have any questions, or if you are interested in becoming a leader, contact either the Outings Chair or the appropriate Outings Committee Coordinator listed on the newsletter back page.

*Notice: to receive the outings list monthly via email, visit [www.dallassierraclub.org/subscribe](http://www.dallassierraclub.org/subscribe)*



## Hot Weather Camping and Hiking Tips

By Kent Trulsson

For many of us, summer vacation is the peak season for camping and hiking. But the warmer summer months can expose you to additional hazards and comfort issues not present during the cooler seasons. Most of these hazards can be minimized with smart decisions, proper equipment choices and extra care.

Insect populations rise with the temperature. Mosquitoes in most of the country now can carry the West Nile Virus, so it is imperative that you use a combination of protective clothing and insect repellent to prevent or minimize mosquito bites. Lightweight, long-sleeved shirts and long pants minimize exposed skin. Some clothing comes with imbedded insect repellent to help keep bugs at bay. In heavily infested areas such as Alaska, bring a head insect net, with a brimmed hat to keep the netting off the face. Use insect repellent on all skin not otherwise protected. Ticks potentially carry Lyme Disease and Rocky Mountain Spotted Fever. Apply insect repellent on exposed skin on your legs, and on your lower pant legs and socks, and check yourself each night for ticks. In areas with heavy tick infestations, hikers should tuck the bottom of the pants legs into their socks.

Snakes are much more active during the warm months. Make yourself aware of the poisonous snake species that inhabit the area you will be hiking and camping in, and be able to identify and know the habits of each. Many snakes will be most active during the warm summer night, and cooler parts of the day. They may be found sunning in the morning, but in deep shade during the heat of the day. If poisonous snakes are present, do not walk around without a flashlight at night, and watch where you step and reach, so that you can avoid contact with snakes. Snakes only bite as a last resort—keeping your distance will keep you safe. Carry a suction-type snake bite kit and know in advance how to use it.

The biggest health hazard during the summer is hyperthermia, or increased body temperature, usually accompanied with (and caused by) dehydration. There are two main forms of hyperthermia: heat exhaustion and heat stroke. The more common and less serious form of hyperthermia is heat exhaustion. Symptoms include thirst, headache, dizziness, nausea, rapid pulse, rapid breathing and exhaustion. The skin of a person suffering from heat exhaustion may be cool and wet from sweat. Since the causes of heat exhaustion are dehydration and excessive heat, rehydration and cooling are the obvious treatments. Give cool, slightly salted and sweetened water to the victim. Pour cool water over the head and upper body of the victim, and fan the victim to create evaporative cooling. It may take an hour or more of rest to allow for full rehydration. Mild heat exhaustion causes no permanent damage if caught early and treated quickly.

The more serious, potentially fatal, form of hyperthermia is heatstroke. Death from heatstroke can occur within 30 minutes of first diagnosis. In the classic form of heatstroke, a sick or old victim has been subjected to high temperatures and humidity over a period of several days, leading to severe dehydration and elevated core temperatures. The more likely form of heatstroke affecting a summer hiker is exertional heatstroke. The victim is often young and physically fit, but generating body heat faster than he or she can lose it by sweating. Symptoms include a noticeable change in mental function, such as disorientation, irritability, or incoherent speech. Skin is hot and red, and usually (but not always) wet with sweat. Heart rate and

breathing are rapid. Symptoms can start suddenly, without any prior signs of heat exhaustion. In this form of heat stroke, the core temperature is approaching 105°F, literally cooking the brain. Quick and aggressive first aid is essential—the body temperature must be lowered quickly to prevent death. Move the victim to shade, remove most clothing, and apply cool water and ice packs to the head, neck, armpits and groin. If the victim is conscious, give cool drinks to begin the rehydration process. Heat stroke victims should be evacuated to a hospital as quickly as possible.

While most of the above health hazards can be easily controlled with a bit of diligence, comfort may be more elusive as the temperature climbs above 90°F. Wear lightweight, loose-fitting, light-colored clothing that provides UV protection while still allowing for evaporative cooling. When the humidity is low, use a wet bandana around your head and neck to increase evaporative cooling. Avoid getting sunburned, which will only make the high temperatures even more uncomfortable. Use sunscreen on all exposed skin, especially when in reflective environments like the beach or on the water, or at high altitudes where UV radiation is stronger. Wear a wide-brimmed hat (not just a baseball-styled hat). Stay well hydrated, preferably with iced drinks, to keep your body's sweating function at full capacity.

In extreme heat, do what the locals (that is, the wild animals) do. Schedule the most strenuous activities for the cooler parts of the day. Hike from day-break until noon, then lay low until the evening. Center your afternoon activities near or in water, to stay cool. Stick to the shade in the heat of the day, and hike in open sunny country in the morning.

When setting up a tent in hot weather, you should find a shaded site, especially if you plan to use the tent at all during the day. Even if you are setting up your tent after the sun has set, choose a site that was in the shade during the afternoon. Bare ground absorbs heat from the sun during the day, and radiates it back out into the air during the night. Cooler ground that was shaded during the afternoon will be more comfortable to sleep on than ground that was in the sun.

Choose a tent that has the maximum amount of screen area on all sides of the tent, extending very close to ground level, so that cooling breezes can flow over you on the floor of the tent as you sleep. A tent with a fly that can be removed and replaced easily is a plus. Any covering over the screened inner wall of the tent will hold heat. In general, larger volume tents will feel cooler than low, small footprint tents that keep the occupants close together.

If your tent is large enough, a cot that suspends your body above the ground will be cooler than sleeping on a foam pad that would trap body heat. Another alternative is an old-style air mattress, without any foam filling (i.e., not a Thermarest.) Sleeping bags will probably be too warm for hot weather use—sheets and an optional light, breathable blanket are a better choice.

Battery operated fans can make a huge difference in night tent comfort. Choose a model with rechargeable D-size batteries which will run all night on a single charge.

With proper attention to the above health and comfort issues, summer camping and hiking can be both safe and enjoyable.



## Permaculture in the City

By Terry Jensen

Most of us can't save the planet by leaving the Dallas-Fort Worth metroplex and living a rural, self-reliant lifestyle. But we can practice sustainability with urban permaculture, even in an apartment or townhome.

### Potential for Permaculture

The potential for urban permaculture is vast:

- If your goal is to garden from a hammock, urban permaculture will get you there.
- If your goal is supply food from an apartment patio or a small backyard in a sustainable manner, urban permaculture is for you.
- If your goal is to turn a city yard into a sustainable garden for people, beauty, food, and wild animals, urban permaculture is the means to reach your goal.

### Permaculture Defined

Permaculture was "founded" in Australia by Bill Mollison and David Holmgren over 30 years ago. It is based on the following three ethical principles:

- Care of the earth
- Care of its inhabitants
- Sharing the surplus

Permaculture is an approach to designing landscapes that works with nature rather than against nature. It seeks to create beautiful living systems that provide food (and other essentials) for people in sustainable ways.

### Multiple Functions and Elements

All elements of a permaculture design have multiple functions and all functions are supported by multiple elements.

#### *A few examples*

1. Food comes from many plants, not just one or two. That plant variety attracts a variety of pollinators and other beneficial insects.

2. Water is harvested and retained in a variety of ways. This not only reduces demands on city water, it also ensures that the system will continue to thrive during times of drought.
3. A tree provides shade for a sitting area, berries for food, and habitat for birds. It also screens an undesirable view and builds the soil by fixing nitrogen, thus enabling plants around it to grow.

### Relationships

Permaculture is about relationship. All plants have a particular purpose and are placed in careful relationship with other plants. Diverse plants with diverse relationships produce a "synergistic" effect, creating a thriving ecological community.

### Urban Forest Gardens

One example is the urban forest garden. Urban yards model themselves after natural forest eco-systems but focus on plants that provide food, beauty, cover for small animals, and other resources. They use vertical space to make up for what they lack in horizontal space. All 7 layers (root, ground cover, herb layer, shrubs, small trees, large trees, vines) can be occupied by plants that offer not only beauty but food, medicine, or other benefits as well.

When appropriately designed for a particular bio-region, forest gardens provide an abundance of food in a way that is self-perpetuating, self-fertilizing, self-mulching, self-watering, self-pollinating and highly resistant to disease.

### Use Pollutants as Resources

Another advantage of permaculture is the use of pollutants as resources. There is a loop in modern society that has cities draining resources away from rural areas while producing pollution that is often sent back to a rural area. Permaculture closes this loop by producing most of the needs within the city and making better use of the pollutants. This is true conservation.

## Weminuche Wilderness Bus Trip

Escape the Texas heat this Labor Day weekend and join us for our trip to the cool Colorado mountains of the Weminuche Wilderness. This trip has mountains, lakes, streams, and valleys. Trips will range from a car camp outing with day hikes to strenuous long hikes. The Weminuche Wilderness offers a great diversity and all the miles you want to hike. It is a hidden jewel and one of our most popular trips.

**When:** Our chartered sleeper bus leaves Dallas at 4PM on Thursday evening, August 28, and returns at about 6AM on Tuesday morning, September 2.

**Cost:** \$230 for members and \$245 for non-members. For more information, contact Kathryn Hurn, 214.321.4030 or [khurn@lgroup.com](mailto:khurn@lgroup.com) or visit our website at: [www.dallassierraclub.org/outings](http://www.dallassierraclub.org/outings).

Our bus trips are logistically the best way to get outdoors. Just show up on time, sleep all night, wake up at the trailhead, have a great time on the trail, bus picks you up at the trailhead, sleep on the bus coming home and wake up in Dallas. No driving, no flying, no rental car hassle, no lost trailheads. Plus you meet a lot of people who share your love and respect for the wilderness.



Photo by Arthur Kuehne



## August 10 - Member Appreciation Day at Lake Arlington

Please join the Fort Worth Sierra Club for a day of FUN at Lake Arlington.

Who: Sierra Club members (of any chapter) their families, and guests.

What: Member Appreciation Day for all day fun. See schedule below.

When: Sunday, August 10 from 10 am until dark.

Where: Lake Arlington Park, lodge, boat and fishing docks--6300 Arkansas Ln, Arlington, at the far west end of Arkansas.

In a tree-shaded park on the shores of Lake Arlington, the lodge is a large air-conditioned building complete with restrooms and kitchen with microwaves and fridge. The park area has picnic tables with two fishing docks and a boat dock. See permit information below. There is no swimming but we might have some water games if the park allows it so prepare younger children to get wet.

### SCHEDULE:

10 am: Lodge is open and fun begins.

Noonish: Bring your own picnic lunch.

Afternoon: Bring your own lawn chairs, beverages, board games, outdoor games, boats, fishing gear--whatever is fun to you indoors or outdoors. We will have some games for younger kids.

5 pm: Potluck. Bring a dish, snack, bread, or dessert to share. Bring your own food for picnics and your own beverages for the day. Microwaves in lodge kitchen for warming food. We will have paper plates and utensils plus ice chests with ice available all day. Alcohol is allowed in the lodge but not in the park or on the water. Bring your own.

Dark: Event will close.

Volunteers are needed to help set up at 9:45 in the morning, take down and clean up at 8 pm. If you can help, please call Terry at 817 545-0140.

### Further information:

All rowboats, canoes, kayaks, motorboats, sailboats, barges, personal watercraft and sailboards must have a permit. The permit (for a day) is \$5 and must be purchased in advance at the lake office (6300 Arkansas at lodge). If you know you are going to bring a boat, and can't get by the office, let me know by Thursday, August 8. I will purchase the permit for you on Friday and get reimbursed by you on Sunday.

All persons over the age of 17 are required to have a state fishing license while fishing and there is a \$10 fee for a daily permit. Licenses are not sold at the park so buy your license in advance.

### Directions:

The park is at the end of Arkansas Lane on your left at the shoreline of Lake Arlington. You park on the right side of Arkansas.

From I-20, come north (right from Dallas, left from Fort Worth) on Green Oaks to Arkansas. Turn left on Arkansas and stop right before you drive into the lake.

MAP: [http://www.ci.arlington.tx.us/park/guides/lakearlington/lake\\_arlington\\_map.html](http://www.ci.arlington.tx.us/park/guides/lakearlington/lake_arlington_map.html)

CONTACT: Terry Jensen at 817 545-0140 or 972 251-1532 or [fw.sierra.sustainability@gmail.com](mailto:fw.sierra.sustainability@gmail.com)

## CALENDAR

WWW.DALLASSIERRACLUB.ORG



**7/2 • 8/6 First Wednesday. The Executive Committee (or Excom - the elected governing body of the Dallas Sierra Club) and other Club leaders meet to discuss Club business and plan for the future. See [www.dallassierraclub.org/calendar](http://www.dallassierraclub.org/calendar) for details, or contact the Group Chair.**

**8/11 Monday before General Meeting. Deadline for submitting material for The Compass. Send to [editors@dallassierraclub.org](mailto:editors@dallassierraclub.org).**

**7/8 • 8/12 Second Tuesday, 7:00 – 8:30 PM. Sierra Club General Meeting**  
Come to the Center for Spiritual Living located at International Place Business Center, 4801 Spring Valley Road, Suite 115. Check [www.dallassierraclub.org](http://www.dallassierraclub.org) for directions. Come at 6:00 PM for refreshments and socializing and to pick up activity materials.

**7/16 • 8/20 Third Wednesday. Outings Committee meeting at 7:00 PM at REI**

**(Mapsco 14Q). Discuss schedules and issues. All outings leaders, future outings leaders, and interested Sierrans are welcome.**

**7/22 • 8/26 Fourth Tuesday. Inner City Outings Committee meeting at 7:00 PM at REI (Mapsco 14Q). Guest/New Volunteer Orientation starts at 6:30 pm, meeting starts at 7:00 pm. Inner City Outings is a community outreach program of the Sierra Club that provides outings, such as day hikes and camping, for selected groups of disadvantaged youth. Screening required and training provided for all outing volunteers.**

**8/27 Fourth Wednesday every other month. Newsletter Mailing Party at 7:00 PM at the Churchill Recreation Center at Hillcrest and Churchill Way (Mapsco 15V). Help sort, bundle and label the newsletter. Just show up.**



The Dallas Sierra Club's general meeting is held the second Tuesday of each month at 7:00 p.m. Meetings are open to all interested persons. The meetings are held at The Center for Spiritual Living located at International Place Business Center, 4801 Spring Valley Rd., Suite 115. (Mapsco I4L) Check [www.dallassierraclub.org](http://www.dallassierraclub.org) for directions.