

September  
2008

# Piedmont Plateau Group Of the Sierra Club

We welcome your articles, photos, and outings reports. The deadline for contributions is the second Tuesday of each month. Submit contributions to Dixon Cook at [dcook4@triad.rr.com](mailto:dcook4@triad.rr.com).

We reserve the right to reject or edit any copy that is unsuitable for publication or received after the deadline.

To change your address officially, email your address change or correction to: [address-changes@sierraclub.org](mailto:address-changes@sierraclub.org).

<http://northcarolina.sierraclub.org/piedmont>

Our group Executive Committee (Excom) has open positions. If you are interested in having a voice and a vote on important issues facing our community please contact: **Tom Taylor** at 286-

## September Program: Sustainable Agriculture: Past, Present and Future

On **September 9, 2008**, Philip Gillespie of Thunder Horse Nursery will present Sustainable Agriculture: Past, Present and Future. This presentation begins with a review of the principles of sustainable agriculture. It then takes a critical look at the challenges facing modern agriculture and its ability to sustain abundant and affordable food production for the United States and the world. The program ends with an overview of how people can grow this abundant, affordable food at home in their back yard or in a community garden.

American agriculture is the most productive in the world. With advances in chemistry, biotechnology, and mechanization we produce food more cheaply and abundantly than any other producer. However, with 20% of America's imported fossil fuels going to agriculture in the form of motor fuels and petrochemicals, another oil shock can send food prices soaring. Is our method of agriculture really sustainable?

**Sierra Club meetings are held the second Tuesday of each month from 7:30 pm to 9:00 pm at the Kathleen Clay Edwards Family Branch Library on 1420 Price Park Road. Come share refreshments and social time at 7:00.**

**The pre-dinner meeting for our September program will be held on September 9 at 5:45 at a place to be announced. Please contact Dick Mearns at [dick\\_mearns@bellsouth.net](mailto:dick_mearns@bellsouth.net) by September 8 to RSVP.**

## Sierra Club Radio

Sierra Club Radio is a weekly half hour program produced by Sierra Club staff and hosted by Orli Cotel. Each week you'll hear in-depth interviews with politicians, authors, celebrities, artists, and activists inspired by nature. We also feature lifestyle tips from *Sierra* magazine's "Green Life" editor, Jennifer Hattam, and from advice columnist "Mr. Green," as well as occasional commentary from Club Executive Director Carl Pope.

Sierra Club Radio is broadcast every Saturday at 3:30 pm (PST) on 960 Green, the Air America affiliate in the San Francisco Bay Area, and syndicated to select stations around the country. You can also listen to our programming on the Web or by subscribing to our free podcast by going to [http://sierraclub.typepad.com/sierra\\_club\\_radio/](http://sierraclub.typepad.com/sierra_club_radio/), or go to: [http://sierraclub.typepad.com/sierra\\_club\\_radio/2006/12/about-sierra-cl.html](http://sierraclub.typepad.com/sierra_club_radio/2006/12/about-sierra-cl.html).



### Important News!

Thanks to everyone who responded so enthusiastically about attending the concert by Walkin' Jim Stoltz. We have scheduled the event, in collaboration with the Environmental Stewardship group, for November 21, 2008 at 7:30 pm. The multimedia concert will be held in the Haywood Duke Room of Holy Trinity Episcopal Church which is located at 607 North Greene Street in Greensboro. For more information or to reserve tickets early, please contact Kim Yarbray at [kyarbray@yahoo.com](mailto:kyarbray@yahoo.com)

**It's that time again...** Sierra Club calendars will be arriving soon. This year wall calendars are \$13.95 and engagement calendars are \$14.95. Proceeds from calendar sales in past years have gone to support such things as running the local Cool Cities campaign and supporting the Environmental Film Series at UNC-G. If you have some ideas for increasing sales, if you'd like to help us with our largest annual fundraiser this year, or if you want to place an early order, please contact Kim Yarbray at [kyarbray@yahoo.com](mailto:kyarbray@yahoo.com)

### Future Programs for 2008

November Program: Pricey Harrison, Madagascar

December, Pot Luck Dinner

### First Aid Class -

Our Group is considering hosting a Red Cross first aid class if there is sufficient interest. The class will deal with emergency response and basic first aid. These are skills which ideally everyone should learn, especially if you have kids or participate in outdoor or fitness activities. It is important to develop these basic skills before an emergency arises. There is also a wilderness skills version available for those of you that hike, bicycle, backpack or canoe/kayak in the backcountry. If you are interested please contact me for more information at: [twoods-walker@triad.rr.com](mailto:twoods-walker@triad.rr.com) or call 580-0510.

Thunder Horse Nursery will donate ten Niagara grape vines to the PPG Sierra Club. The price is \$8.00 each and they will be available at the June meeting. Money from the sale of these grape vines goes to the PPPG Sierra Club. For additional information call Thunder Horse Nursery at 668-2689.

Want to receive email notifications about meetings and environmental events? Send your email address to Tom Taylor at [tnt2703@excite.com](mailto:tnt2703@excite.com). Our local group sends emails using a system provided by the national organization with the usual "unsubscribe" option.

### George G. Lockhart

*Attorney at Law*

Board Certified Specialist in Estate Planning  
and Probate Law

- Estate Administration
- Wills and Trusts

643-6066      <>      Greensboro, NC

## THUNDER HORSE



Sustainable agriculture for the new days ahead

Planting organic food gardens for homes, schools & communities

Greensboro, NC USA

(336) 668-2689

## Outings Information

Please call the trip leader at a reasonable time of day, at least 48 hours prior to the outing, for details regarding level of difficulty and required equipment.

Outings are open to non-members. Invite a friend!

Bring - Water, food, whistle and raingear.

Weather - Trips go unless hazardous conditions exist. Call the leader when in doubt.

Radios and firearms are prohibited.

Pets are permitted only when it is stated that pets are permitted.

Difficulty Level- Hikers should make sure their ability and equipment match the difficulty.

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.

Easy: 0-5 miles and elevation change of up to 1000 feet.

Moderate: 5-10 miles and elevation change 1000 to 2500 feet.

Strenuous: 10 miles or elevation change of more than 2500 feet.

### Sept 5-7 **Charlies Bunion Backpack**

(strenuous-unsouted) Join us for a trip to the Smokies to see Charlies Bunion. It may lack the fame of other Smoky Mt. hikes but is a destination worth going to and one on my to-do list for a long time. A 1925 wildfire incinerated the slopes of this 5,565 ft knob that is more than 1000 sheer ft above the valley. The reward is a panorama stretching from Mt LeConte to the Sawteeth range with Mts. Chapman and Guyot to the northeast. We will use the Bradley Fork trailhead out of Smokemont and then follow Cabin Flats Trail to base camp (#49 on the GSMNP Map). Saturday we will dayhike 0.6 miles back to the Bradley Fork Trail, up Dry Sluice Gap to the AT and then west to Charlies Bunion. Return will be the same route. Approximately 10 miles. Contact: Jerry Weston. [takeahike@earthlink.net](mailto:takeahike@earthlink.net) or 856-1431 before 9:00 pm.

### Sept 13 **Indian Creek Hike**

(moderate) – This Hanging Rock Hike is perfect for a lazy September day. We will travel about 7 ½ miles as we hike the trail up and back. Along the way we will see two waterfalls. We may get our feet wet at one of the many crossings as the shaded trail crisscrosses Indian Creek from the Dan River up to the park visitor center. The trail is part of NC's Mountains to Sea Trail System. Contact Cheryl Garrity at 427-0413 or [cgarrityhike@triad.rr.com](mailto:cgarrityhike@triad.rr.com).

**CST 2087766-40. Registration as a seller of travel does not constitute approval by the State of California.**

## A gym in Portland, Ore., will use exercise equipment to generate renewable energy—

By Stuart Glascock, Los Angeles Times Staff Writer - August 25, 2008

PORTLAND, ORE. -- As Adam Boesel pedals an exercise bike, he sends power to a generator that converts his workout calories into electricity. Across the room in his small eco-friendly gym are half a dozen energy-efficient treadmills. On the roof, solar arrays gather more natural energy.

Boesel says the Green Microgym -- which is to open Friday in the eclectic Alberta Arts district of northeast Portland -- is the first fitness center in the country to use solar power as well as human-powered cycling and cardio machines to generate renewable energy.

"We are creating a neighborhood gym that is as comfortable and effective as any other," he said. "At the same time, our members are doing their part to help the Earth."

"To be whole. To be complete. Wildness reminds us what it means to be human, what we are connected to rather than what we are separate from." - **Terry Tempest Williams**, testimony before the Senate Subcommittee on Forest & Public Lands Management regarding the Utah Public Lands Management Act of 1995. Washington, D.C. July 13, 1995.

Piedmont Plateau Group  
**Sierra Club**  
 P.O. Box 5032  
 Greensboro, NC 27435

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# September 2008



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## September 2008—Activities at a glance

S	M	T	W	T	F	S	<b>Group Directory</b>	
	<b>1</b> Labor Day	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Backpack	<b>6</b> Backpack	*Chair: Jerry Varner (varnerj@bellsouth.net)	337-4987
<b>7</b> Backpack	<b>8</b>	<b>9</b> Group Meeting	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> Hike	Vice-Chair: Advertising: Alan Hedrick (hedwood1@yahoo.com)	OPEN 299-8351
<b>14</b>	<b>15</b> Full Moon	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	Conservation: Hospitality: Catharine Sutherland (dancingtreesyoga@yahoo.com)	OPEN 707-0082
<b>21</b>	<b>22</b> First Day of Fall	<b>23</b> Excom Meeting	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	Membership: Newsletter Editor: Dixon Cook (dcook4@triad.rr.com)	OPEN 373-9059
<b>28</b>	<b>29</b>	<b>30</b>	<b>Oct 1</b>	<b>Oct 2</b>	<b>Oct 3</b>	<b>Oct 4</b>	#Newsletter Dist.: Richard Kreager Outings: Terry Woods (twoodswalker@triad.rr.com)	288-8297 580-0510
							Political Com: Program Chair: Kim Yarbray (kyarbray@yahoo.com)	OPEN 632-1550
							Publications: Laurie O'Neill (laurieoneill@yahoo.com) Publicity: Peggy Ware (mjware@triad.rr.com)	279-1043 282-6553
							Secretary: #Treasurer: Tom Taylor (tnt2703@excite.com)	OPEN 286-9689
							Webmaster: Gwen Exner (fractalwolf@gmail.com) #At Large: Tom Clary	
							* ExCom Member with term ending Dec. 31, 2008 # ExCom Member with term ending Dec. 31, 2009	