

**March  
2009**

# ***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).

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-

## **March Program: The New Energy Era**

Please join us **Tuesday, March 10**. We are at the dawn of a New Energy Era. The age of fossil fuels has passed and new emphasis is now underway to harvest renewable energy sources. The game changing break through in photo voltaic and harmonic electron generation has yet to be made but today, solar thermal at 40+% efficiency is ready to begin reducing our dependence on carbon based energy sources.

We will look at the fundamentals of solar thermal applications including how much radiant energy is available in Greensboro year round. The components and operating method behind the two types of systems currently in use for freeze prone climates will be explained. The economics which makes this choice the right thing for the environment and your family budget will be presented.

Our speaker, William Bostic has resided in the triangle area for over 25 years. He owned a local company which designed, built and installed over 2,000 solar thermal collectors since 1982. Mr. Bostic was award a US Department of Energy STTR contract to, "Develop a Low Cost Solar Water Heater" in 2004, and has had more USDA Rural Development 9006 grant awards for solar projects than anyone in NC. He is an active contractor with a license in three trades

**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. Come share refreshments and social time at 7:00.**

The March Sierra Club pre-meeting dinner will be held on March 10 @ 5:45 at the Pho Hein Vuong Restaurant (Vietnamese / Thai) at 4109 Spring Garden Rd.

### **PLEASE SUPPORT THE NC CHAPTER IN 2009**

By Ginny Kloefer, NC Chapter Treasurer

As Sierra Club members, we all know that the Club is a grassroots organization that prides itself on the accomplishments of volunteers at a local, state and national level.

Through the efforts of our staff, the Sierra Club has increased its stature and influence in Raleigh with both the executive and legislative branches of the state government. Elected officials look to the Sierra Club for guidance on environmental issues. Our staff is asked to attend committee meetings regarding environmental legislation. Political candidates from all levels of government seek out the Sierra Club's endorsement.

Donations the Chapter receives from members like you and me support our work lobbying in our state legislature to pass bills that help improve North Carolina's environment and the health of our citizens AND help us *defeat bad bills* that would harm our environment. While many candidates that the Sierra Club endorsed were recently elected, we can not become complacent that these representatives will always represent environmental causes.

Please make your checks payable to: **NC Sierra Club** and mail them to:

PO Box 27291

Raleigh, NC 27611

If you prefer, credit or debit card donations can now be made by visiting [www.nc.sierraclub.org](http://www.nc.sierraclub.org).

*Contributions and gifts to the Sierra Club are not tax-deductible as they support our effective, citizen-based advocacy and lobbying efforts.*

### Needed—Hospitality Coordinator

Do you delight in making people happy by treating them to yummy snacks on a monthly basis? If so, we've got the perfect volunteer opportunity for you! The PPG seeks a new Hospitality Coordinator to furnish tasty and healthy refreshments at our monthly meetings. All snack purchases are speedily reimbursed. Please contact any member of Excom if you're interested. Happy snacking!

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

Our Newsletter Editor, Dixon Cook will be celebrating his 10th anniversary as newsletter editor in September 2008. The PPG is looking for an assistant newsletter editor with the hope that the assistant will eventually replace him.

Anyone who would like to learn how our newsletter is put together and would like to help, please contact Dixon for more information at 373-9059.

### Important Note from the Executive Committee

The Sierra Club is exploring the possibility of starting a community garden. If you are interested in managing a small plot call Jerry Varner at the Sierra Club (337-4987), or Philip Gillespie at Thunder Horse Nursery (668-2689).

### Ten Week Get Healthy Guilford Challenge February 4, 2009

The mayors and commissioners of Guilford County urge citizens to join them in the "Get Healthy Guilford Challenge" to eat smart and move more in 2009. "Instead of just a new year's resolution, let's all resolve to have a healthy lifestyle all year long," says Kirk Perkins, Chairman of County Commissioners. "I'm challenging my fellow mayors, and all of our citizens, to join me in the Get Healthy Guilford Challenge," says Yvonne Johnson, Mayor of Greensboro.

Get Healthy Guilford is an obesity prevention coalition made up of about 40 organizations working together to reduce and prevent obesity and related illnesses by encouraging healthy lifestyle choices. In 2007, the coalition sponsored the "Mayors' Challenge" and engaged more than 750 citizens to "eat smart and move more." The eight participating mayors lost 10-15 pounds each with a county-wide loss of 1500 pounds.

This year's challenge will run for 10 weeks **from February 4 – April 11, 2009**. Participants can register for the challenge at [www.GetHealthyGuilford.org](http://www.GetHealthyGuilford.org) and track their progress online or with a printable version. All ages can participate for fun. Adults ages 18 and up who meet the goals for all 10 weeks will be eligible to enter a drawing for prizes. Eat smart with a goal of moderate portions including 5-9 servings of fruit and vegetables per day. Move more with a goal of exercising 30+ minutes most days of the week for adults and 1+ hour every day for children. The website includes tips and links to excellent resources to help you get fit.

The Guilford County Health Department conducted a survey last fall on behalf of the Get Healthy Guilford coalition. The survey showed that children are spending too much time in front of a screen, especially on the weekends. Although people are aware that they should eat healthy and exercise, they cited barriers including motivation, energy, and time. Adding a 30-minute walk and cutting a soda per day can result in a weight loss of a pound a week.

In Guilford County, more than 60% of adults are overweight or obese. In our schools 30% of high schoolers, 29% of middle schoolers, and 44% of elementary schoolers are overweight or obese. Experts warn that this generation of children may be the first whose life expectancy is shorter than their parents. Excess weight causes increased health care costs, lost workplace productivity, and premature death costing taxpayers billions annually.

The mission of the **Get Healthy Guilford** Coalition is to reduce and prevent obesity and related illnesses by encouraging healthy lifestyle choices. The coalition promotes a culture and environment that supports both individual and community efforts to eat smart, move more, and safely achieve a healthy weight.

*"We must adjust to changing times and still hold to unchanging principles." — Jimmy Carter*

## PPG Outings

### 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

#### March 6-8 **Punch Bowl to John's Hollow Backpack**

(Strenuous, Not scouted. All distances approximate) Join us for a backpack from the Punch Bowl (near milepost 51 Blue Ridge Parkway) to John's Hollow on the AT in the George Washington National Forest over looking the James River basin (map- Nat. Geographic #789 – Lexington/ Blue Ridge Mountains). Rated, by me, as **strenuous for elevation gain/loss**; potential for cold weather; and all distance under full backpack.

**Group size is limited.** To participate: (1) Fitness and experience to cover the distances and proper gear. (2) Other terms and conditions at the top of the main NC Chapter Outings page for more details. ([www.nc.sierraclub.org/outings](http://www.nc.sierraclub.org/outings)). **Leader pre-approval plus \$25 refundable at the trail-head deposit required.** Contact **Jerry Weston** at [takeahike@earthlink.net](mailto:takeahike@earthlink.net) or 856-1431 before 9:00 pm

#### March 21 **Stone Mountain State Park Loop Trail**

Moderate –See views from the valley and the mountain top. This trail is 4-5 miles in length so you definitely get your money's worth. The first mile is strenuous as we climb to the top of the park's namesake. The rest of the hike is all downhill, almost. We'll see great views from the top! We will also see Stone Mountain Falls up close and the mountain viewed from the valley. Stone Mt. is a wonder to behold, a geological beauty. Standing in the valley, you may ask yourself, "Did I really climb to the top of that?" Cheryl Garrity, [cgarrityhike@triad.rr.com](mailto:cgarrityhike@triad.rr.com) or 427-0413.

#### March 28 - 30 **Merchants Millpond Canoe Camp**

(moderate +) Join us as we explore this 760 acre millpond with it's Spanish moss draped tress and abundant wildlife. We will camp at a group campsite in the park. Over the weekend we will explore several interesting areas of this Civil War era millpond and the adjoining Lassiter Swamp. We may also hike local trails to view other areas of the park. **Group size is limited, \$25 deposit required** (refunded at trailhead) and leader pre-approval required, [contact me asap](#) if interested. Call **Terry Woods** at **580-0510** or e-mail: [twoodswalker@triad.rr.com](mailto:twoodswalker@triad.rr.com)

#### April 11 **South Mountains State Park Hike**

(Moderate/Strenuous) -Forget the egg hunts; join me on a quest to find and capture photographs of spring wildflowers. What a treat it will be if we see trillium, crested dwarf iris, bloodroot, Robin's plantain, etc. The possibilities seem endless! This hike is about 6-7 miles and includes a few really steep sections. We will hike parts of Shiny Creek, Headquarters and High Shoals Falls trails. The highlight of the hike will be the awesome waterfall. Contact Cheryl Garrity, [cgarrityhike@triad.rr.com](mailto:cgarrityhike@triad.rr.com) or 427-0413.

#### April 17 - 19 **Francis Marion Nat. Forest Hikes/Car Camp w/Motel option**

(easy) This weekend outing is for campers and those that enjoy hiking but prefer a bed. Join us as we car camp in the Francis Marion Nat. Forest along the Palmetto Trail in SC or at the Buck Hall Plantation campground on the intercoastal waterway. Those of you that decide not to camp may stay in area motels and join us for our hikes and other activities. We will hike parts of the Palmetto Trail, visit area Wildlife Preserves/Centers and enjoy some good local seafood. This area is about 40 mi N of Charleston, SC. **Group size limited, \$25 deposit required** (refunded at the trail-head), [contact me asap](#) if interested. Contact **Terry Woods** for details at: [twoodswalker@triad.rr.com](mailto:twoodswalker@triad.rr.com) or call: **580-0510** / leave a message.

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

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

NON-PROFIT ORGANIZATION  
 U.S. POSTAGE PAID  
 PERMIT NO. 494  
 GREENSBORO, NC

# March 2009



**SIERRA  
 CLUB**  
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March 2009—Activities at a glance							Group Directory	
S	M	T	W	T	F	S		
1	2	3	4	5	6	7	Chair: Jerry Varner# (varnerj@bellsouth.net)	337-4987
							Vice-Chair:	OPEN
							Advertising: Alan Hedrick (hedwood1@yahoo.com)	299-8351
							Conservation: Paula Burch (pnt1pl@aol.com)	
							Fund Raising Chair: Kim Yarbray (kyarbray@yahoo.com)	632-1550
8	9	10	11	12	13	14	Hospitality: Catharine Sutherland (dancingtreesyoga@yahoo.com)	707-0082
DST Begins	Full Moon	Group Meeting					Membership: Cheryl Garrity# (cgarrityhike@triad.rr.com)	427-0413
15	16	17	18	19	20	21	Newsletter Editor: Dixon Cook (dcook4@triad.rr.com)	404-4543
		St. Pats Day			Spring Begins	Hike	Newsletter Dist.: Richard Kreager*	288-8297
22	23	24	25	26	27	28	Outings: Terry Woods (twoodswalker@triad.rr.com)	580-0510
		Excom					Political Com: Bill Markham (wtmarkha@uncg.edu)	
							Program Chair: Tom Taylor (tnt2703@yahoo.com)	286-9689
							Publications: Laurie O'Neill (laurieponeill@yahoo.com)	279-1043
							Publicity: Peggy Ware (mjware@triad.rr.com)	282-6553
							Secretary:	OPEN
							*Treasurer: Peggy Markham (pvmarkham@bellsouth.net)	
29	30	Apr 1	Apr 2	Apr 3	Apr 4	Apr 5	Webmaster: Gwen Exner (fractalwolf@gmail.com)	
							At Large: Tom Clary*, Jerry Weston*, Dick Means#	
							* ExCom Member with term ending Dec. 31, 2009	
							# ExCom Member with term ending Dec. 31, 2010	