Environmental Groups Warn Oklahoma Fracking Operators of Potential Legal Action

Sierra Club & Public Justice Say Industry is Responsible for Increased Seismic Activity

The following is the press release representing the Notice of Intent as issued by the attorneys for Sierra Club and Public Justice. An update from the attorneys on January 7 says, “Since we have sent the notice letter, our prediction that the earthquake problem would get much worse has come true. It’s high time that the oil and gas companies recognize that we have a serious problem and start to solve it. The first step needed is to drastically reduce injection of waste fluids into the ground.” While these actions are focused on Oklahoma, Kansas is very interested on how these events proceed.

Tuesday, November 3, 2015

Oklahoma City, OK – Public Justice and Sierra Club filed a ‘Notice of Intent to Sue’ Friday with four energy companies engaged in hydraulic fracturing, also known as fracking, in the state of Oklahoma. The groups have notified Sandridge Exploration and Production, New Dominion, Chesapeake Operating and Devon Energy Production Company of new evidence linking production waste from fracking and oil production with increased and ongoing earthquake activity in and around central Oklahoma. They have demanded the companies take immediate action to modify their operations in a way that will substantially reduce seismic activity, or face legal action.

In 2014, seismologists reported more than 5,000 earthquakes in Oklahoma, and geologists predict seismic activity to continue at that level throughout 2015. “Since late 2009,” the groups note in their letter, “the rate of magnitude-3 or larger earthquakes in north-central Oklahoma has been nearly 300 times higher than in previous decades.” The letter also notes that “Overlaying the locations of Defendants’ wells onto the places where earthquakes above magnitude 3.5 have been felt shows that earthquakes are occurring in the vicinity of

See Fracking on page 10
**Sierra Club info**

**Chapter Office**
Sierra Club, Kansas Chapter  
c/o Craig Wolfe  
9844 Georgia  
Kansas City, KS 66109-4326  
913-299-4443  
info@kansas.sierraclub.org

**National Headquarters**
Sierra Club  
85 Second St., 2nd Floor  
San Francisco, CA 94105-3441  
415-977-5500

---

**Legislative Director**
Zach Pistora,  
785-865-6503  
zackpistora@gmail.com

**Director of Development**
Bob Sommer  
816-898-1100  
bob.sommer@kansas.sierraclub.org

**Chapter Members Holding National Positions**
Yvonne Cather  
• Chapter-National Relationship Task Force  
• Co-Lead Volunteer on the Chapter Capacity Implementation Team  
• Co-Lead Volunteer on the Chapter Leadership Training Team

---

**Communications Director**
Craig Wolfe  
Planet Kansas Newsletter Editor & Webmaster  
913-299-4474  
info@kansas.sierraclub.org

**Planet Kansas and Website Submissions:**  
Send articles, events, outings and updates to Craig Wolfe at info@kansas.sierraclub.org

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**With your help we can protect the wolf**

Wolves are vitally important to maintaining nature’s balance, culling out weak and sick animals to keep populations of elk and deer healthy and in check. The Sierra Club is working to defend wolf populations from continued threats from politicians.

Lead the pack & JOIN Sierra Club.

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Just Doing Something

By Susan Pavlakis (aka SierraSu)

The summer before last I stumbled upon a kayak for $45 at a local thrift store. Just paddling around had limited interest for me, so I started gathering trash. At the end of the first summer a Shawnee Mission Park staff member informed me that I needed to register my kayak. Next spring I asked if Johnson County Park and Recreation District would be willing to give me a free registration in return for trash pickup. Yes, if I registered as a volunteer.... Gladly!

I checked with Jackson County (Mo.) as well. They have bigger lakes and more trash and better benefits. A contribution of 100 volunteer hours earns you “Gold” volunteer status – good for one free hour of canoe or rowboat rental, 50% off boat permits, 50% off power boat, camping and picnic shelter rentals and more!

I try to recycle, reuse or donate as much of the trash as possible. Aluminum, glass and plastic bottles are stuffed behind my seat and hauled home for recycling. Trash goes in the big bags between my legs and reusable items, under the front deck. Large trash is towed behind on a foam board. Bobbers, lures and hooks go into a small basket behind my seat. The fishing tackle is cleaned and bobbers are taken to the park office. I have turned over literally hundreds of bobbers which are used for their special fishing events for kids. Tennis and other miscellaneous balls are returned to the off-leash dog park on the lake, with one exception: a bowling ball, one of my most unusual finds. A few things I’ve kept for myself, such as a nice Nike hat, fishing tackle and a couple floatation devices.

I love being out on the water, treasure hunting for trash and cleaning up Mother Nature. It gives me a greater sense of accomplishment than fighting climate polluters. I can’t make people stop littering, but at least I can do something to counter it. Trying to affect change to reduce greenhouse gases that are creating our climate crisis has been extremely frustrating. How do you get the Koch brothers to “see the (solar) light”? Cleaning up the streams and lakes is something I can do.
Paris and the Climate Crisis: A Beginning, but Not a Solution

By Craig Wolfe, Kansas Chapter Communications Director

There was great hope for the Paris Climate Conference or COP21, November 30 – December 12, 2015. There was great relief that the world actually came to an agreement. But, as expected by those in the know, what came out of Paris was not the blueprint to follow for the next few decades which would lead us away from the brink of planetary catastrophe. Here’s my take on the Paris talks.

Finally, FINALLY, the world has officially recognized that the planet is getting warmer, and that we must keep the rise in temperature below 3.6 degrees Fahrenheit, and aim at an even lower target of keeping rise below 2.7 degrees F.

It is where the deal falls short that is critical. While world governments have agreed on the need for action, missing is the enforcement and the how and when the transition from fossil fuels to renewables will take place. The deal was carefully constructed to be a legal document but also to avoid requiring approval by the U.S. Congress, which would have rejected it. That’s the bad news. The good news is that investors, bankers, businesses, and governments heard 186 nations say that we need to abandon our fossil fuel future and move to renewables. But as climate activists know now (and knew before Paris), that climate work will continue, and with a greater sense of urgency. The challenges are immense, and the rewards, if realized, are exhilarating. The battle is on two fronts: 1) stopping resistance by the fossil fuel industry and 2) accelerating production, innovation, and investment in wind, solar, and other types of renewable energy.

The Battle Against the Fossil Fuel Giants

If you are over 100 years old, you remember the battle against the Horse and Buggy Giants, the power of the Horse and Buggy lobby, and the bloody battles that took place in legislatures so that we could move from animal power to fossil fuels.

Well, not really. But just imagine what we are up against now. The fossil fuel industry is the most powerful industry our planet has ever known. The Koch Brothers are the perfect metaphor … creating foundations and research to create false information and damaging ready-made legislation tailor-made to stymie renewable energy and protect their financial interests. Did you ever wonder why legislators have such a hard time recognizing the truth and not acting in the best interests of their constituents? I am sure you know.

AND, if we are to be successful, we (you and I) must bring this giant of giants to a massive decline of power and influence.

The bottom line of this effort is that this industry must leave 80 percent of their known fossil fuel reserves in the ground. All that investment that they have counted on for their future profits must be considered a stranded asset … worth nothing. It is no wonder that the fossil fuel giants are so desperate in their fight for survival.

Accelerating Renewable Energy

This is the fun part. The cool part. The healthy part. The exhilarating part. The job-creating part. Imagine a world with no pollution from fossil fuels. Where our power comes from the sun and wind … free. All we need to do is make the devices to net this free energy. And that will take lots of innovation and the creation of many, many well-paying jobs.

But there is a lot to be accomplished and the next four decades to reach the goal of 100 percent renewable energy to power the planet. Really smart innovative people are working on it right now. More will join in. The key to it all is investment. The Paris agreement has sent a strong signal to the markets … “We must move to a clean, safe, renewable energy future.” And the markets and governments are responding. Prices for wind and solar are coming down. New technologies are becoming available.

Here are some of the key words and phrases that will become a part of our energy future: smart grid, wind power, solar power, solar thermal, geothermal, hydroelectricity, bio energy, grid energy storage, grid reliability, grid security, cellulosic ethanol, artificial photosynthesis, algae fuels, intelliGrid, GridWise, and on and on. It can make your head spin.

What we can and need to do.

It is more than mere mortals like you and me to comprehend. But we don’t have to. What we do need to do is decide. You
and I can decide to buy a hybrid vehicle, purchase solar energy for our homes for our roofs, or purchase wind and solar to power our homes from special utilities. We can make our homes use less energy. We can change our diets. We can decide!!

And most importantly, we can decide to work to remove the legislative obstacles in the way of meaningful progress. Climate deniers in government keep the rich and powerful fossil fuel giants in power and pass their destructive legislation. In return, the government deniers keep their power and position. Climate deniers stand in the way of making advances in renewable energy. Climate deniers are condemning the planet to an unsustainable future. Climate deniers are, in effect, committing planetary treason … selling their votes for power, position, and financial gain. We must not allow these deniers to decide the future of our children and grandchildren.

Below is the distilled version of the agreement as found on the UN Conference on Climate Change website page.

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**Why is this agreement historic and why will 12 December 2015 be remembered as a great day for the planet?**

It has been widely recognized, with unanimous agreement from scientists, that the earth’s atmosphere is growing warmer due to greenhouse gas emissions generated by human activity. The aim of the Paris Conference that was held from 30 November to 12 December at the Le Bourget exhibition centre was to come up with a response to this problem, which is threatening to wipe out the human presence in certain parts of the world.

**Keeping the rise in temperature below 3.6°F**

This agreement marks a change in direction, towards a new world. It confirms the target of keeping the rise in temperature below 3.6°F. Scientists believe that a greater increase in temperature would be very dangerous. The agreement even establishes, for the first time, that we should be aiming for 2.7°F, to protect island nations, which are the most threatened by the rise in sea levels.

**How can we manage to avoid global warming?**

By 12 December 2015, 186 countries had published their action plan; each of these plans sets out the way in which they organized the KCCC, a march on the Plaza with a rally at All Souls Unitarian Church, was to support the opening of the Paris negotiations which started on November 30.

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**KC Climate Coalition Created from Paris Climate Conference**

Members from environmental groups in the Kansas City Metro area created the KC Climate Coalition (KCCC) in response to the Paris Climate Conference. The first event

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See Paris on page 13
Field Notes from the DD…

The Real Death Star

By Robert F. Sommer, Director of Development, Kansas Chapter

“An honest and scrupulous man in the oil business is so rare as to rank as a museum piece.”

—U.S. Interior Secretary Harold Ickes, 1936

You have to admire ExxonMobil if for no other reasons than its sheer, bald-faced hypocrisy and the breathtaking scale of the lies it fed the American public for the past three decades. There’s something really awe-inspiring about it—like the Death Star or the atomic bomb. Such capacity, such ingenuity, such malignance.

As most *Planet Kansas* readers doubtless already know, ExxonMobil began research on the effects of carbon emissions on Earth’s atmosphere way back in 1977, when the Commodore home computer was introduced to the world, Jimmy Carter became the 39th president of the United States, and rock and roll lost its king. That long ago.

The company’s climate research was, according to New York Attorney General Eric Schneiderman, state-of-the-art. But beginning in the 1980s, public statements by ExxonMobil officials parted ways with that research and began to dispute the effects of carbon emissions on the climate. And then followed three decades of outright denial about that correlation.

Additionally, the company provided funding to organizations like the American Enterprise Institute (AEI) and the American Legislative Exchange Council (ALEC), which, along with others, ran full-frontal assaults on research that supported scientific evidence for climate change and its causes. Schneiderman hasn’t filed charges against the company yet, but the word “fraud” recurs in his Nov. 10, 2015, discussion with Judy Woodruff on PBS of the various kinds of wrong-doing ExxonMobil may have committed. (Watch the interview here: [http://to.pbs.org/1OD26kZ](http://to.pbs.org/1OD26kZ))

So what does this have to do with Kansas? In a word, everything. The culture of opposition and resistance to science, to facing the climate crisis, even to supporting basic legislation to protect air and water quality, as well as wildlife habitat, that we face here in the Sunflower State has been over thirty years in the making. And ExxonMobil is one of its major underwriters. The company’s beneficiaries, AEI, ALEC, Americans for Prosperity, the Heartland Institute, and a litany of conservative think-tanks (if the word think is even suitable here), have produced anti-environmental propaganda, written legislation, and supported the majority of legislators who now determine the future of Kansas. Climate crisis denial in Kansas has been bought and paid for, and the carbon-emission industry is getting its money’s worth.

Here’s Kansas Rep. Mike Pompeo (R-4th Dist.), for instance: “There are scientists who think lots of different things about climate change. There’s some who think we’re warming, there’s some who think we’re cooling, there’s some who think that the last 16 years have shown a pretty stable climate environment.”

And shortly after Pope Francis addressed Congress in September, Kansas Rep. Tim Huelskamp (R-1st Dist.) assured a *Huffington Post* reporter that climate change is not “settled science.”

“I don’t think there’s a scientific consensus on that,” he added. “If you want to print that life begins at conception, that’s settled science.”

Meanwhile, in the Kansas State House, climate-change denial zealot Rep. Dennis Hedke (R-Dist. 99-Wichita), who chairs the important Clean Power Plan Implementation Study Committee, claims that the EPA has “overstepped so many bounds it’s just almost unconscionable.” He also chairs the Energy and Environment Committee and has lately taken to refusing to allow Sierra Club representatives to give testimony at committee hearings.

This is just a sample of what we’re up against—a pervasive culture of denial and rejection, all the product of the fossil fuel industry’s disinformation handiwork. And all the while ExxonMobil—and doubtless others—knew better.

ExxonMobil clearly understood the science, even if some of our legislators don’t. But facts don’t interest them. Money and power do.

A recent *Kansas City Star* poll found that 68 percent of respondents recognize the urgency of the climate crisis and want our candidates and legislators to focus on it. Quite simply, our elected officials are not representing the interests of their constituents.

The Kansas Sierra Club is on the right side of history and on the side of Kansans. The two, it turns out, are aligned. No organization in Kansas has taken on this environmental fight on the scale that we have or on as many fronts. But your support is critical.

You recently received a letter from Kansas Chapter Chair Yvonne Cather, asking for your continuing support. Be part of this—make it your fight. We’re there for you. Are you there for the environment, and for Kansas?
Chapter Protests
Massive New Hog Factory in Greeley County

By Craig Volland, Agriculture Chair

In November, the Kansas Department of Health & Environment (KDHE) issued a permit to Seaboard Foods, LLC to add 132,000 more mature hogs to their operations in northern Greeley County. The new site is called Ladder Creek West and, together with an existing site nine miles to the east, will confine up to 330,000 mature hogs. These operations will generate putrescible wastes equivalent to a city of one million people.

Seaboard has dropped plastic liners from the design of the nine massive waste impoundments totaling 89 acres. In 1997, while building out their network of operations in Oklahoma and Kansas, Seaboard pledged to fully line all their new lagoons with plastic to reassure residents of host counties. The lack of high-density polyethylene liners over the compacted soil on the lagoon bottoms will ensure the build-up below of a large mass of nitrogen after 25 five years of operation. The Kansas Chapter pointed out that neither Seaboard nor KDHE has committed to specific criteria for the removal of this pollution when the site is abandoned, and have grossly underestimated the cost.

The Kansas Geological Survey has declared almost all of the Ogallala aquifer in northern Greeley County “effectively exhausted” for normal agricultural purposes. The Chapter noted that neither KDHE nor the Division of Water Resources has committed to assess whether there is sufficient water left in the aquifer to support such a huge operation without affecting the resources available to nearby residents. For more details go to (http://kansas.sierraclub.org/hog-producer-expands-again-in-greeley-co-to-330000-mature-hogs/).

We were able to generate several news articles in the state and national press. We have filed a petition for reconsideration with KDHE asking them to revoke the permit until these deficiencies are corrected.

The Greeley County situation is a cautionary tale about what will happen to any county that votes to let in corporate owned hog factories. In 2013, the Brownback administration attempted to revoke the county option which would allow counties to keep out corporate hog factories and dairies, but that highly controversial effort appears to be on hold for now.

In March of this year, the Kansas Health Institute issued a study noting that revocation of the corporate agriculture law in Kansas would likely lead to negative health impacts on residents living near the new hog confinements that would be sure to follow. They recommended that the current separation distance from residences of 5000 feet under Kansas law be increased to three miles. See the Executive summary: (http://www.khi.org/policy/article/AGHIApressrelease).
Save the Date!

Sierra Club – Kansas Chapter
Biennial Statewide Conference

“The Moral Imperative of the Climate Crisis”

A one-day gathering of Sierra Club members and friends to create a unifying vision for activism on behalf of the environment for the 2016 election year and beyond.

Keynote Speaker:
Professor Donald Worster

Special Message to the Kansas Chapter by
Michael Brune
Sierra Club Executive Director

Special Guest:
Wyatt Townley,
Kansas Poet Laureate, 2013-2015

Saturday, March 12, 2016
8:30 a.m. – 4:15 p.m.
Unitarian Universalist Fellowship of Topeka
4775 SW 21st Street, Topeka, KS

Agenda features special guests, panel discussions, workshops, good food (lunch included!), and good fellowship!

This is a free event for Sierra Club members, guests, and friends, but you must register.
Email Gary Anderson at gjanderson1963@gmail.com and indicate lunch preference (non-vegetarian, vegetarian or vegan).
Sierra Club Appeals Poisoning of Prairie Dogs

By Elaine Giessel, Endangered Species and Wildlife Chair

In early December, the Kansas Chapter of the Sierra Club filed an appeal with the federal Bureau of Land Management (BLM) to halt the inhumane poisoning of a small black-tailed prairie dog colony south of Garden City. There is a fenced 10-acre helium pipeline maintenance facility in Satanta, which has become a safe harbor for prairie dogs presumably already eradicated from the surrounding ranch and farm lands.

While providing refuge for the prairie dogs, the Bureau of Land Management (BLM) site is viewed as a source of re-infestation by the local community. In years with abundant food resources, the colony grows, expanding into adjacent private lands. The neighbors have apparently complained enough for the BLM to propose eradication of the whole colony. A biological survey of the site indicated that it hosts 150-200 prairie dogs and provides nesting sites for over a dozen burrowing owls.

The Sierra Club immediately requested a stay of execution, initially targeted for mid-December, which was granted by the BLM Amarillo field office. The Sierra Club also asked the BLM to consider relocation of the prairie dogs, instead of application of the poison Rozol to the burrows. This rodenticide causes animals to bleed to death and can easily find its way into the food chain if dead or dying prairie dogs are eaten by predators.

In an effort to engage other conservation groups, the Sierra Club succeeded in getting the Prairie Dog Coalition, an affiliate of the Humane Society of the United States, to file a separate appeal with the BLM.

With over 90% of prairie dog towns exterminated and BLM engaged in prairie restoration efforts elsewhere, it seems counter-productive to eradicate this colony. A population that is geographically and genetically isolated is less likely to persist in the long term. If relocation can be done successfully, there is a chance that the Satanta prairie dogs could contribute to efforts to restore healthy prairie ecosystems.

As the Planet Kansas goes to press, it appears likely, based on the Sierra Club and HSUS appeals, that the BLM will agree to an administrative review of the environmental assessment and of the decision to poison the prairie dogs. A formal response is not likely to be released until early in 2016.

Nothing stirs up controversy in the West like prairie dogs. And for good reason, as detailed below. The media know it, which is why the Sierra Club was contacted by the Garden City Telegram to comment on the proposed eradication effort. Two articles have appeared in the Garden City Telegram recently about this situation:

http://goo.gl/2kjWER
http://goo.gl/QHlhQ3

The Prairie Dog Paradox

Prairie dogs are rodents. Although relatives of the pesky eastern Kansas squirrels, prairie dogs are appealingly social. Like us, they live in towns, up to 5,000 acres or more. Families live in cooperative neighborhood territories of about 1 acre called coteries. They greet and identify each other with open mouth kisses. On the other hand, like the animals at Satanta, they can become a nuisance. Their burrowing activities can substantially alter the landscape, and their feeding habits impact local vegetation. They also are host to fleas which carry plague, a disease potentially lethal to both prairie dogs and humans. Although a few cases of human plague do occur in the western United States each year, there have not been any recent cases of humans contracting plague in Kansas.

Prairie dogs are herbivores. Vegetation in a prairie dog town differs from the surrounding landscape. Prairie dogs eat a variety of grasses and forbs at various locations within their territory. Their feeding habits determine the distribution of kinds and quantities of plants, adding to the diversity of the prairie. Estimates of grass consumed indicate that 6 acres of prairie dogs is equal to the amount of forage that one cow and calf ingest per month during summer. A reduction in grass production is the main reason that cattlemen have come to revile prairie dogs. Other studies, however, indicate that prairie dogs may have little or no significant effect on livestock production. Reduced forage availability in prairie dog towns may be partially compensated for by the increased palatability and crude protein of plants that are stimulated by grazing. In addition, prairie dogs sometimes clip
Lawnmower Broke?
Rent a Goat.

By Jim Cox, Owner of The 3-R Ranch

You know that “eco-friendly” feeling you get when you eat food that comes from animals that haven’t been standing in their own fecal matter or had their beaks mutilated? When you eat corn you know comes from a stalk that grows more than one ear? When you pick a tomato from your own plant, full of flavor? Targeted grazing with goats leaves a landowner with that Eco-friendly feeling of knowing that no herbicides or chemicals, no machines or labor intensive work was used to clear their property. I could write a whole article... no book... on what is wrong with the “conventional methods! But this article is about what is good about using goats as the conventional method of clearing and guarding against unwanted vegetation.

It doesn’t matter if you're clearing your fenced-in lagoon of pervasive weeds or protecting your property with fire breaks or controlling soil erosion... goats will go where no machine can go! They will eat what no other animal wants to eat, like poison ivy, poison oak and sumac. They will reach 6 feet up those Osage orange trees and eat the leaves and brush, leaving their organic fertilizer for the grasses. They will eat the overgrowth and brush, control the invasive species of weeds, and then leave behind a bonus... organic fertilizer. They'll eat the fallen leaves and dispose of your Christmas tree! Renting goats is a better choice for managing property, relieving the land owner of labor intensive work, sparing the environment of harsh chemicals along with the noise, exhaust and cost of heavy machinery. Goats are the all-natural approach to clearing land.

Fracking, continued from page 1

the Defendants’ wells or along fault lines that are close to the wells.” The groups have concluded that the large volume of production waste from fracking and oil production operations that is injected into the ground is causing this increased activity and raises the likelihood of “a devastating quake that could kill large numbers of people and cause massive environmental devastation.”

“Oklahoma is literally being shaken to its core by the operations of these oil and gas companies,” said Paul Bland, executive director of Public Justice. “The link between Oklahoma’s dramatic earthquake activity and the industry’s fracking operations has been established by countless experts, including the Oklahoma Geological Survey, the U.S. Geological Survey and the scientists who have assembled the compelling and conclusive evidence referenced in our letter today. Most importantly, the impact of this devastating process is felt, every single day, by the citizens of Oklahoma. There is a clear and present danger posed by these irresponsible operations. If the energy companies do not voluntarily take action to stop it, we will take them to court.”

“I am angry and offended that the oil and gas industry has been so slow to protect Oklahoma and its citizens in the face of this earthquake crisis,” said Barbara Vanhanken, Chair of the Oklahoma Chapter of the Sierra Club. “Stopping this ever-strengthening earthquake crisis is critical to the health and well-being of all Oklahomans. To ignore the human cost being paid for the earthquake problems tied to oil and gas operations in Oklahoma is cold-blooded and heartless. It reinforces the concept that profits matter more than people.”

The groups have demanded the energy companies take immediate steps to curb further activity and damage, including: Immediately and substantially reducing the amount of Production Waste injected into the ground; reinforcing structures that are most vulnerable to large magnitude earthquakes; and establishing an independent monitoring and prediction center to forecast the amount of Waste that can be safely injected while tracking seismic activity to confirm and modify those predictions.

The letter warns that, “the risk is not only that there are more frequent earthquakes; it is also that those earthquakes have been, and will continue to be, more severe.” Unless the companies take substantial action to reduce this risk, the groups write, “Citizens will sue in federal court to protect themselves and their environment.”

See the following pages for graphs depicting the dramatic impacts of fracking. For more information, visit www.PublicJustice.net and www.SierraClub.org/Oklahoma.
Figure 1

Oklahoma Earthquakes
1977-2015 (through 10/21/15)

Source: Oklahoma Geological Survey
Projection based on average of 16.63 events/day as of 10/21/15

Figure 3

Oklahoma Cumulative Disposal & Injection Volume

Source: Oklahoma Corporation Commission
Figure 6
2011-2014 Cumulative Injection & Disposal
New Dominion, Sandridge Exploration, Chesapeake Operating, Devon Energy

Figure 2
Number of Earthquake Events by Magnitude

Note: Online version shows colors.
Hope of Man

By Craig Wolfe, Communications Director

Just what I have been waiting for. A need for filler. We added four pages for some late breaking news on fracking (see the story on page 1), so I had to fill them up. Yessssss.

So I have chosen to drop in a song that my music duo Soular currently plays... a song that we wrote in 1977 in my old five-piece group Amdahl Wolfe. The song Hope of Man is also on my Soular CD. That’s the good news.

The bad news is that, when you read the lyrics, the song is probably more relevant today than it was back in the 1970’s. If, after your read the lyrics, you are curious as to what the song sounds like, you can go to: http://soular.co/HopeOfMan.html

“For the public good”
© Music by Bryson Innis.
© Lyrics by Craig Wolfe

Is the Eagle slowly turning?
Or has the time gone by for learning?
If what they claim today is certain,
What will they say before the Curtain?

As the days add up the seasons
We have heard uncounted reasons.
Will the promise of tomorrow
Bring us everlasting sorrow.

Where, where lies the Hope of Man?
When, when do we understand?

Once again the Earth is shaken.
Once again our plan mistaken.
If Nature now becomes our rival,
Where do we search for Man’s survival?

We have but to look around us.
For we have let our greed surround us.
Will we watch those drunk with power
Lead us to our Final Hour?

Where, where lies the Hope of Man?
When, when do we understand?

Where, where lies the Hope of Man?
When, when do we understand?

Paris, continued from page 5

intend to reduce their greenhouse gas emissions. The UN body that deals with climate change (the UNFCCC*) published an evaluation of these contributions on 1 November 2015. This study showed that despite the unprecedented mobilization shown by nations, at this rate global warming would still be between 4.8°F and 5.4°F, i.e. above the threshold set by scientists.

The Paris agreement therefore asks all countries to review these contributions every five years from 2020; they will not be able to lower their targets and are encouraged, on the contrary, to raise them.

In addition, emissions should peak as soon as possible and the countries will aim to achieve carbon neutrality in the second half of the century. This is a real turning point. We are going to gradually stop using the most polluting fossil fuels in order to reach this goal.

How else can Nations limit the rise in temperature?

The agreement acknowledges that $100 billion (in loans and donations) will need to be raised each year from 2020 to finance projects that enable countries to adapt to the impacts of climate change (rise in sea level, droughts, etc.) or reduce greenhouse gas emissions. The agreement specifies that this amount should increase. Some developing countries will also be able to become donors, on a voluntary basis, to help the poorest countries. This is a first. The agreement schedules an initial meeting in 2025, where further quantified commitments will be made regarding assistance to the poorest countries.

Are all countries equally responsible for global warming?

One of the main principles of climate negotiations is that countries have common but differentiated responsibilities when it comes to climate change, depending on their wealth in particular. The agreement establishes an obligation for industrialized countries to fund climate finance for poor countries, while developing countries are invited to contribute on a voluntary basis. As regards transparency, a stronger system for tracking commitments, which allows developing countries a certain amount of flexibility, has also been set up in order to keep track of everyone’s efforts.

And it is not only Nations that can protect the climate...

Le Bourget hosted the first “Action Week” (LPAA*), which was an opportunity for local governments, businesses and banks to take action to combat global warming. This is one of the major global shifts that are underway. The Paris agreement proposes continuing the Lima-Paris Action Agenda to ensure that these actors remain mobilized. Two “champions” will be selected from among these actors by the two successive presidencies of the COP (France and Morocco) to encourage them to keep taking action.

When does this agreement enter into force?

The agreement will be open for signing by the countries on 22 April in New York. The agreement can only enter into force once it has been ratified by 55 countries, representing at least 55% of emissions. 

*UNFCCC - United Nations Framework Convention on Climate Change
*LPAA - Lima-Paris Action Agenda
and/or eat plants that are toxic to livestock. Bison, elk, and pronghorns appear to prefer feeding in prairie dog colonies over uncolonized grassland.

Prairie dogs are burrowers. Living on the open prairie means exposure to a lot of meat-eaters, including endangered black footed ferrets, badgers, coyotes, foxes, bobcats, hawks, falcons, eagles, owls and snakes. To protect themselves, prairie dogs clear the vegetation around their look-out mounds, post sentries to bark the alarm when predators approach and retreat to safety below ground. Because the burrows are nearly constant in temperature and humidity, various kinds of insects, birds, reptiles and mammals use prairie dog homes for nests or refuges. Ranchers perceive the tunnels as stumbling risks to livestock, and rattlesnakes are reported to strike at grazing animals. Ranchers have complained, too, of increased erosion and runoff issues in the less vegetated prairie dog towns. Others, however, have observed that the burrows, and bison wallows historically associated them, contribute to increased capture and infiltration of water.

Prairie dog management policies are contradictory. The Kansas Department of Wildlife, Parks and Tourism (KDWPT) ranked the black-tailed prairie dog as a “Species of Greatest Conservation Need” in its 2005 Comprehensive Wildlife Conservation Plan, but enforces no limit or seasonal closure on prairie dog shooting, a recreational sport in Kansas. Kansas Statute 80-1202, passed in 1901, allows counties to poison prairie dogs on private land without the owner’s permission and at the owner’s expense. The prairie dog has been proposed four times for listing as an endangered species but the U.S. Fish and Wildlife Service has failed to take action. In the Cimarron National Grassland near Satanta, recreational shooters are provided maps so they can locate prairie dog colonies. Meanwhile, BLM is using federal dollars to restore prairie habitat at the Texas end of the helium pipeline, while proposing to expend funds to eradicate the prairie dogs in Kansas.

Prairie dogs are a “keystone species” for prairie ecosystems. As a “keystone species,” prairie dogs have unique impacts on grassland ecosystems. They fertilize and aerate the soil and clip foliage, creating shorter but more nutrient-rich plants. Prairie dog burrows provide homes and shelter for numerous mammals, birds, reptiles, amphibians and invertebrates, many of whom are themselves imperiled. Prairie dogs are an important food source for a wide variety of species. Collectively, prairie dogs have lost between 93 and 99% of their historic range in the last two centuries. With that loss, we risk losing the unique ecosystems that prairie dogs create and maintain.

The Fort Collins policy can serve as a model for nuisance situations. Maintaining prairie dogs within an urban setting results in many wildlife-human conflicts. The result of these conflicts is that some form of management must occur for both prairie dogs and people. The emphasis of this policy is to allow prairie dogs to exist naturally with minimum levels of human caused management. In implementing management of prairie dogs on City-owned natural areas, this policy outlines the following processes for control in order of priority:

1. Natural control - enhance natural predation.
2. Barriers - use human created and managed barriers (e.g., artificial or vegetative) to restrict prairie dog movement.
3. Relocation - moving prairie dogs from one site to available receiving areas.
4. Fumigation - this lethal method is the last resort for management.

For the latest on on the prairie dog situation:
http://goo.gl/a6s61D

BREAKING NEWS FROM BUREAU OF LAND MANAGEMENT (BLM)
Prairie Dog Update
A temporary reprieve for Kansas prairie dog colony!

On January 4th, in response to procedural questions raised by the Kansas Chapter of Sierra Club, the BLM vacated the decision to poison the prairie dogs at its Satanta site. It was determined that all reasonable alternatives for removal had not been fully evaluated. Methods, such as trapping and relocation, will be more closely analyzed. A revised environmental assessment will be released at a later date for public review and comment. Here is the link to the letter from BLM.


Stay tuned for updates on our website:
Kansas.SierraClub.org

Ban Plastic Bags in Wichita!!

Lori Lawrence, Chapter ExCom and Southwind Group ExCom member, is starting a campaign to Ban Plastic Bags in Wichita. If you have ideas on how to make this a success please contact her at lawrencelorid@gmail.com.

You may also check out her Facebook page for this at https://www.facebook.com/BantheBagWichita/ to see all the details.
Kansas Chapter Climate Education Grants for 2016-17 Academic Year

By Robert F. Sommer, Director of Development and Education Grants Committee Chair

Once again, the Kansas Chapter of the Sierra Club is pleased to offer a limited number of grants to K-12 teachers in accredited Kansas schools to educate students about climate disruption. Grants may be used to attend conferences, prepare special lessons and experiments, and purchase materials for lessons and projects that address the climate crisis. Licensed K-12 teachers in Kansas schools in any field of study may apply.

Now in its fourth year, the Sierra Club Environmental Grants for Kansas Primary and Secondary Educators program was uniquely created by the Kansas Chapter. This is the first program of its kind in the national Sierra Club. Over $12,000 in grants have been awarded to Kansas teachers since the program’s inception. These grants are intended to enhance teachers’ abilities to educate students on the nature of climate change and explore solutions to the immense challenges it poses.

Grants range from $250 to $1,000. The deadline for applications is April 1, 2016, by postmark or email timestamp. Awards will be announced in early May. Grant recipients will agree to present their projects at a General Meeting of one of the Kansas Sierra Club Groups during the 2016-17 academic year. Sierra Club General Meetings are open to all members and the general public. Teachers do not need to be Sierra Club members to apply for a grant.

The Sierra Club’s Kansas Chapter hopes to partner with teachers throughout the Sunflower State in educating students about the nature and causes of our changing climate, and so to contribute to their success in addressing this vital issue.

To download an application, visit the Kansas Chapter website: Kansas.SierraClub.org

Southwind Group Sierra Club 6th Annual Fragile Earth Banquet & Bucket Auction

Friday, March 11 6-9pm

keynote presenter: Wes Jackson founder Land Institute

Unity Church, Wichita 2160 N. Oliver

folk music, fellowship sumptuous 5 course catered dinner vegetarian entree “meat garnish” available

tickets $25 per person (meat garnish +$2 per person)
e: yvonne.cather@kansas.sierraclub.org
donations graciously accepted of Fabulous earth themed auction items e: dsgafvert@gmail.com

Grant winners from previous years

Winter - 2016
Using the Environment as your Personal Shrink

By Trent Frantz, Kansas Chapter Intern

Trent is our intern who is currently working primarily with our Legislative Director Zack Pistora. Trent is in the social work graduate program at Wichita State University, and is a candidate for the Southwind ExCom.

Ecotherapy Basics

- Find a place to escape to that is different from what you see in your daily lives-get away from the pavement!
- Try to surround your field of view with nature (360 degrees is ideal). Let yourself get comfortable and settle into your refuge.
- Benefits to well-being fall on a scale to the degree that you are able to escape from a man-made environment to the natural. Every little bit helps, so work with what you have available to you.
- Try to find a place that “calls to you”. Try to examine what it is about this place that brings you a natural affinity to it.
- Turn your phone off. It is too tempting to check it, especially early on.
- You may be easily distracted at first. This is normal and okay. In our day to day lives we are typically disconnected with nature, so it may take a while to re-establish this relationship.
- Routines are helpful (e.g. 15 minutes a day).
- One of the most powerful mood enhancers we have is our breathing.
  - Try to shift your focus on a different aspect of your senses. Focus on what you can hear, feel, see, and smell. By training yourself to focus on the senses individually, you can appreciate them more fully when you

See Shrink on page 17
Shrink, continued from page 16

bring them back together. Let’s talk about this some more...

Examples of how to engage the senses

Touch:
• Take off your shoes and feel the grass, dirt, beneath your feet.
• Touch the ground, the trees.
• Try hugging a tree! It is very comforting.
• Feel the breeze through your hair and against your skin.
• By closing your eyes, it can heighten your senses.
• Don’t be afraid to lay on the ground either and prop your legs up against a tree. This is powerful yoga pose that is rejuvenating and healthy for the body.

Smell:
• This may be one of the least developed senses at first. Try closing your eyes.
• Do you smell the grass, leaves, or other organic matter?
• Don’t be afraid to pick something up and smell it! This is a natural instinct.

Sight:
• What do you see? Is what you see pleasing?
• Admire the colors, shades, and shapes that nature provides.
• Let your eyes wander over the landscape and see what catches your eye.
• Does anything stand out or strike you in particular?

Sound:
• Pay attention to what you hear. This may be easier closing your eyes.
• Scan the aural landscape and see what catches your ear.
• Think about what might be making these noises and try to picture them.
• If it’s an animal, think about what it might be like to be that animal at this moment.

We’re going to skip taste, just in case there happens to be some mushrooms in your nature space. Moving on...

So now that you’ve check in with your senses, observe your feelings. How do you feel right now? Are you relaxed, calm, tense? Observe your thoughts. Where are they? Try to listen to your instincts and intuition. What are they telling you?

Now let’s shift our attention to your breathing...

Breathing Techniques

As mentioned previously, breathing is one of the most powerful mood enhancing tools that we possess; it’s natural, free and you can use it anytime. Using controlled breathing techniques in nature is a power combination to reduce anxiety and improve your mood. One of the most common breathing practices to induce relaxation and reduce stress is known as the 4:7:8 technique. This goes as follows:

Exhale completely through your mouth, making a whoosh sound.
Sierra Club Encourages Plant-Based Diet, But What About Local “Humane” Farms?

Eating as Though the Earth Matters

By Judy Carman

In the film “Cowspiracy,” which I mentioned in my fall column, the evidence became clear that so-called “humane” farms, as opposed to factory farms, will not and cannot help prevent further environmental destruction. Some of the farmers who were interviewed in the film agreed. If all animals were raised in such a way that they are not painfully confined, and if people continued to consume animal products at the current rate, there simply is not enough land on the planet to pasture the billions of animals and grow their feed. And when we consider the rate at which the human population is growing, the situation is dire indeed for both people and all animals, both wild and domestic.

In response to the threat of animal agriculture, whether factory or “free-range”, Sierra Club has published the following statement in the Sierra Club Agriculture and Food Policy (http://www.sierraclub.org/policy/agriculture): “Personal dietary choices that minimize or eliminate meat and animal products should be encouraged due to their many benefits, including reducing greenhouse gas impacts, water pollution and inhumane treatment of animals.” Of course, we know that those are just a few of the dreadful effects of animal agriculture. To that short list, we can add desertification, deforestation destruction, deforestation destruction, rainforest protection, air pollution, oceanic dead zones, wildlife habitat destruction, indigenous peoples’ home and land destruction, species extinction, and human hunger and starvation, to name just a few.

Many socially and ecologically conscious people now opt for “free-range,” “humane,” labels, not realizing that, not only are most of the labels false, but also, if indeed the animals really are raised with some amount of room to turn around, the earth is not big enough to pasture that many animals.

Nevertheless, I wanted to be able to see some of these “free-range” farms with my own eyes. So I took part in the 2015 Kaw Valley Farm Tour in October of this year. The first stop was the Iwig Dairy in Tecumseh. They sell milk, butter, and ice cream made from their herd of 65 milk cows. Obviously conscientious, the Iwigs sell their milk in recyclable, BPA free, glass bottles. In spite of the vast research linking dairy products to obesity, early onset of puberty, osteoporosis, etc., they do sincerely believe their products are healthy, and they seem to love what they do.

They very kindly answered my questions. I learned, for example, that their cows are impregnated every 12 to 15 months in order to keep milk production high. The first time they are impregnated by a bull, but after that they are artificially inseminated. These cows cannot live only on pasture, they explained. If they did, they would only produce enough milk for their babies. So their normal way of eating is out of a trough full of grain, side by side, in a long row. Only then can they produce the enormous and unnatural amounts of milk that is demanded of them. So the term “free range” or “pasture raised” dairy loses its glamor when we understand that most of the dairy cows’ lives are spent at a trough full of grain or confined to a milking machine.

Of course, they must take the babies from the mothers immediately or at most within one day. When asked if that doesn’t cause the mothers and babies to grieve, the answer was “Well, not all cows are good mothers.” The implication, of course, is that the “good mothers” do grieve. And the babies do cry for their mothers. The Iwigs sell their male calves to be raised for slaughter. The female calves have the same fate as their mothers. Dehorning takes place without painkillers. The Iwigs said that dehorning when the cows are young isn’t as bad as it is when they are older, but there were a group of older youngsters who still had not been dehorned. Even though the Iwig’s cows have names and they say they love them, once a cow stops being as productive as necessary or gets sick, she is sent to slaughter. They admitted that they do get attached to the cows and hate to move them to slaughter, “but it’s a business.”

So we have to ask ourselves if there is anything humane about such a dairy, and if this method is not humane, then imagine the suffering on factory dairies. But what about the sustainability of an operation that actually allows the cows to spend at least some time on pastures? When asked the answer was the same as that of the dairy man in Cowspiracy. There is no way the amount of milk products currently being bought can be produced sustainably if all cows and all other “food” animals are given free range. The odds against it increase as well with each birth of a new human. As we veer toward 8 billion people and counting, clearly we have to question everything about what we eat.

I also visited the Vesecky Family Farm in Baldwin City, Kansas, where they claim to raise poultry on pastures. While families enjoyed hay rides around the farm, I visited with a gentleman in charge of the turkeys. These birds were kept in a small fenced enclosure. They had a place to roost partially out of the weather. There was no “pasture,” just dirt, in the enclosure, of course, since there were so many birds there. However, they were able to get out of the enclosure through various turkey-made holes. Sometimes they had to be helped to re-enter, and sometimes they found their own way back. He does not breed turkeys but receives the baby turkeys in the mail from a commercial breeder. He admitted that they don’t all survive since they are tossed about, exposed to extreme tem-
temperatures and have no water, food, or comfort from a mother. When asked if it was hard on him to see the turkeys trucked away to slaughter, he smiled and said rather cheerily that it wasn’t hard. Instead that was the best day of all, because that was when he got paid.

Clearly no one gives hay rides at factory turkey farms, so there is the illusion of “humaneness” at this and similar farms. But with just a few questions, we uncover the cruelty that occurs even on farms such as these. While it is sometimes regretted by some of the farmers, it is a necessary part of their business model, which requires animals to be manipulated, separated from their babies, and ultimately die, in order for the business to live.

My next stop was Amy’s Meats just north of Lawrence, Kansas. Their vision is to “produce everything we eat and share the abundance with you.” Amy is an engaging and enthusiastic young woman who appears to love her business. She has created a feeling of an old fashioned farm where children can come for camp activities and people can reconnect to their food. The chickens, pigs, and cows are indeed on small pastures and not confined in cages as they would be on factory farms, but Amy agreed that the world population could not eat animals raised in this way because of the simple fact that there is not enough land to do it. So while we might find it easier on our consciences to eat the milk and meat of animals who have had some room to roam, as activists we must face the fact that this can only be available to a select few people who have the money and time to buy these products. When asked how her animals are slaughtered, Amy said that her family kills them with the help of the children. I asked her if it upset the children who may have grown attached to an animal, and she replied that it does not, because she has explained to them that they have to do it. When I pressed her on why they have to do it, knowing now, as we do, that people do not require meat to be healthy, she stated that she likes the taste and does not want to give up that pleasure.

In her December article for One Green Planet (onegreen-planet.org), “Why choosing plant-based is the most powerful action to fight climate change,” Malorie Macklin quotes Nil Sacharias, Editor-in-Chief of One Green Planet: “The real war against climate change is being fought on our plates, multiple times a day with every food choice we make…” He goes on to say that “one of the biggest challenges facing our planet, and our species is that we are knowingly eating ourselves into extinction, and doing very little about it.”

As author and activist, JoAnn Farb, has said, “All social justice movements work to overcome these same objections: It’s normal. It’s natural. It’s necessary.” It is indeed normal and natural for people to go into a grocery store and pick out a few neatly cellophane-wrapped packages of meat. It feels right. It’s what our parents did. It seems necessary. But when we look behind the scenes at how that package got there—the terrible cost to the earth, the animals, the hungry, and to human health, it suddenly seems no more normal than slavery was, even though that was considered normal and necessary at the time.

As we evolve in consciousness, we begin to realize what an enormous impact our species has on this precious planet and all the other species on it. As activists, we are all acutely, even painfully aware that we must act quickly to lighten our heavy footprint. Solar panel sales are up; we see Priuses everywhere, and we’re starting to see more electric cars on the road. In fact, we just bought a plug-in electric Chevy Volt, and we love it. We are all taking shorter showers, recycling, using our own bags at stores, and celebrating stores that ban plastic bags. But there is that nagging feeling that those things just aren’t enough.

So I always like to end with the supremely good news that there is something absolutely huge that each of us can do—something that will immediately save water, reduce pollution, feed the hungry, and stop violence to animals, people and the earth; something far more impactful than solar panels and electric cars; something that takes no extra time or money. Those of you who have read my column before know what it is. Eating as though the earth matters is a dedication to a plant-based diet. Eliminating animal products from our diets, whether those animals lived in pastures or in cages, is, I believe, the most powerful thing we can do to heal the earth. If we can question everything we think and do and, in so doing, come into alignment with our highest values of compassion and care for all the living, we will be able to turn this ship around and bring balance and harmony back to our precious earth.

© 2015, Judy Carman, M.A., is author of Peace to All Beings: Veggie Soup for the Chicken’s Soul and co-author of The Missing Peace: The Hidden Power of our Kinship with Animal; 2014 winner of the Henry Spira Grassroots Animal Activist award; and owner of a truck and a car powered by used veggie oil and house powered by solar. Her primary websites are circleofcompassion.org and peacefoallbeings.com.
## Chapter & Group Leaders

Groups are the local body of the Kansas State Chapter

<table>
<thead>
<tr>
<th>Chapter Executive Committee Officers, Committee Chairs</th>
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<tbody>
<tr>
<td>Yvonne Cather*, Chair, Council Delegate, (316) 522-4741, <a href="mailto:yvonne.cather@kansas.sierraclub.org">yvonne.cather@kansas.sierraclub.org</a></td>
</tr>
<tr>
<td>Elaine Giessel*, Vice-Chair, Water Quality Co-Chair, (913) 888-8517, <a href="mailto:elaine.giessel@kansas.sierraclub.org">elaine.giessel@kansas.sierraclub.org</a></td>
</tr>
<tr>
<td>Scott Smith***, Treasurer, (785) 539-1973, <a href="mailto:wizard13@cox.net">wizard13@cox.net</a></td>
</tr>
<tr>
<td>David Kirkbride*, Secretary, Outings Chair, (316) 945-0728, <a href="mailto:david.kirkbride@kansas.sierraclub.org">david.kirkbride@kansas.sierraclub.org</a></td>
</tr>
<tr>
<td>Gary Anderson***, PAC Treasurer, Topeka Group Rep, (785) 246-3229, <a href="mailto:gianderson1963@gmail.com">gianderson1963@gmail.com</a></td>
</tr>
<tr>
<td>Calen Hall***, Wakarusa Group Rep, <a href="mailto:aleb.hall.ch@gmail.com">aleb.hall.ch@gmail.com</a></td>
</tr>
<tr>
<td>Lori Lawrence***, Southwind Group Rep, (316) 688-1484, <a href="mailto:lawrencelorid@gmail.com">lawrencelorid@gmail.com</a></td>
</tr>
<tr>
<td>Richard Mabion*, Environmental Justice Co-Chair, Education Chair, (913) 481-9920, <a href="mailto:rmbalion@sbcglobal.net">rmbalion@sbcglobal.net</a></td>
</tr>
<tr>
<td>Jennifer Robinson*, ExCom Member, (785) 550-6123, <a href="mailto:jlrshar@aol.com">jlrshar@aol.com</a></td>
</tr>
<tr>
<td>Kent Rowe*, Toxics Chair, (316) 409-7178, <a href="mailto:harkglider@yahoo.com">harkglider@yahoo.com</a></td>
</tr>
<tr>
<td>Gail Shafton***, Communications Chair, (913) 909-3127, <a href="mailto:gail@shafton.com">gail@shafton.com</a></td>
</tr>
<tr>
<td>Duane Schrag*, Conservation Chair, (785) 263-4002, <a href="mailto:schrag.duane@gmail.com">schrag.duane@gmail.com</a></td>
</tr>
<tr>
<td>Joe Spease*, Legislative Chair, (913) 492-2862, <a href="mailto:spease4kc@everestkc.net">spease4kc@everestkc.net</a></td>
</tr>
<tr>
<td>Bill Griffith***, Energy Chair, (913) 772-8960, <a href="mailto:bill.griffith@kansas.sierraclub.org">bill.griffith@kansas.sierraclub.org</a></td>
</tr>
<tr>
<td>Bob Sommer****, Director of Development, 816-898-1100, <a href="mailto:bobsommer09@gmail.com">bobsommer09@gmail.com</a></td>
</tr>
<tr>
<td>Craig Volland****, CAFO Chair, Trade Chair, Agriculture Chair, Air Quality Chair, (913) 788-7336, <a href="mailto:volland@kansas.sierraclub.org">volland@kansas.sierraclub.org</a></td>
</tr>
<tr>
<td>Craig Wolfe****, Webmaster, Newsletter Editor, Communications Director (913) 299-4443, <a href="mailto:info@kansas.sierraclub.org">info@kansas.sierraclub.org</a></td>
</tr>
</tbody>
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| (Kanza con’t) |
| Mike Kozisek****, Secretary, (913) 788-2957, kozisek@hotmail.com |
| Shelley Brodie*, ExCom Member*, (913) 299-6620, gatorgal68@yahoo.com |
| Kerry Herndon*, ExCom Member, (816) 804-9277, kerry.herndon@outlook.com |
| Fred Hopkins*, ExCom Member*, (913) 384-0165, fredhopkins@kc.rr.com |
| Craig Lubow*, Conservation Chair*, (913) 299-6620, craig.lubow@kansas.sierraclub.org |
| Gary Mass*, Membership Chair, 913-338-4990, gmmass2@yahoo.com |
| John Neuberger*, Air Quality Chair, (913) 492-1723, jneuberg@kumc.edu |
| Sarita Singh*, Political Chair, (913) 563-4437, sarita888@hotmail.com |
| Craig Wolfe*, Auction Chair, Communications Chair, Program Chair, (913) 299-4443, info@kansas.sierraclub.org |

| Southwind Group (Wichita) |
| Deborah Gafvert*, Chair, (316) 733-5102, dsgafvert@gmail.com |
| Kent Rowe*, Vice Chair, Conservation Co-Chair, Energy Chair (316) 409-7178, harkglider@yahoo.com |
| Dave Kirkbride*, Secretary, Outings Chair, Political Chair, (316) 945-0728, david.kirkbride@kansas.sierraclub.org |
| Yvonne Cather****, Treasurer, Conservation Co-Chair, (316) 522-4741, Yvonne.cather@kansas.sierraclub.org |
| Stuart Bolt**, Fundraising Chair, Membership Chair, (316) 682-4722, stuart.bolt@kansas.sierraclub.org |
| Lori Lawrence*, Chapter/Group Rep, (316) 688-1484, lawrencelorid@gmail.com |

| Topeka Group |
| Gary Anderson*, Chair, Program Chair, Chapter Group Rep, (785) 246-3229, gianderson1963@gmail.com |
| Bill Cutler*, Secretary, Treasurer, (785) 379-9756, spudspa@yahoo.com |
| Ramon Powers*, ExCom Member, (785) 224-9225, ramonpowers@sbcglobal.net |
| Anita Frank*, Conservation Chair, (785) 273-5305, afrank16@cox.net |
| Paul Post*, Membership Chair, Outings Chair, (785) 354-1972, paulpost@paulpost.com |
| Duncan Whittier*, ExCom Member, (785) 234-6819, duncan888@aol.com |

| Wakarusa Group - New ExCom!! |
| Travis Robinett*, Chair, Outings coordinator, arrowhead.t@ao.com |
| Caleb Hall*, Vice-Chair, caleb.hall.ch@gmail.com, (913) 568-1785 |
| Karin Pagel-Meiners*, Treasurer, (785) 841-4258, kpagelmeiners@earthlink.net |
| Courtney Schwartzbeck*, Secretary, 316-461-5830, schwartzbeckcourt@gmail.com |
| Olga Khakova*, Chair, olga.khakova@gmail.com |
| Randy Kidd*, Executive Committee member, drrkidd@gmail.com |

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**Flint Hills Group (Manhattan Area)**
Carol Barta*, Chair, Newsletter Editor, Program Chair, (785) 410-8608, snowsage54@hotmail.com
Scott Smith*, Treasurer, Chapter Group Rep, (785) 539-1973, wizard13@cox.net

**Kanza Group (Kansas City)**
Elaine Giessel*, Group Chair, Water Quality Chair, (913) 888-8517, elaine.giessel@kansas.sierraclub.org
Gail Shafton*, Vice Chair, Program Chair, Publicity Chair, (913) 909-3127, gailshafton.com
Richard Voss*, Treasurer, (913) 888-8517, vossrich@everestkc.com

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Winter - 2016
General Meetings

More details at www.Kansas.SierraClub.org/Calendar/

Kanza Group (Kansas City)
Tuesday, January 19, 6:45 pm
Divestment: An important tool to reduce our dependence on fossil fuels
6:45 pm - Meet, Greet, and Gather.
7:00 pm - Fossil fuel divestment is the removal of investment assets including stocks, bonds, and investment funds from companies involved in extracting fossil fuels in an attempt to reduce the impacts of the climate crisis. Jim Horlacher and John Kurmann will discuss the strategies they used in their work to convince KCMO to divest. While still in process, they have made remarkable progress in these efforts and will discuss their strategies used and the importance of the divestment tool in the climate crisis battle.
Where - Overland Park Lutheran Church, 7810 W. 79th St. Directions at www.kansas.sierraclub.org/kanzadirections.htm
Contact – Craig Wolfe, 913-299-4474, info@kansas.sierraclub.org

Kanza Group (Kansas City)
Wednesday, February 17, 7:00 pm
Kanza Cinema Presents the film “This Changes Everything”
7:00 pm - Inspired by Naomi Klein’s book “This Changes Everything,” the film, presents seven powerful portraits of communities on the front lines of the climate crisis, from Montana’s Powder River Basin to the Alberta Tar Sands, from the coast of South India to Beijing and beyond. Interwoven with these stories of struggle is Klein’s narration, connecting the carbon in the air with the economic system that put it there. Throughout the film, Klein builds to her most controversial and exciting idea: that we can seize the existential crisis of climate change to transform our failed economic system into something radically better. Reduced price for online ticket purchase at http://73409.formovietickets.com:2235/
Where - Glenwood Arts Theater (Ranchmart South Shopping Center), 3707 W. 95th St. Overland Park, KS 66206
Contact - Gail Shafton, (913) 909-3127, gail@shafton.com

Kanza Group (Kansas City)
Tuesday, March 8, 6:45 pm
Pollinators.....Feel the Love
6:45 pm - Meet, Greet, and Gather.
7:00 pm - Betsy Betros, a Kansas Master Naturalist, was the Pollution Control Director for the Environmental Department of Johnson County, with responsibility over air quality, industrial wastewater control, household hazardous waste collection, solid waste, hazardous material spill response and pollution investigation. After 35 years with the County, she retired in 2013, and has been following her passion ever since...photographing and studying insects. While still in process, they have made remarkable progress in these efforts and will discuss their strategies used and the importance of the divestment tool in the climate crisis battle.
Where - Overland Park Lutheran Church, 7810 W. 79th St. Directions at www.kansas.sierraclub.org/kanzadirections.htm
Contact – Craig Wolfe, 913-299-4474, info@kansas.sierraclub.org

Southwind Group (Wichita)
Friday, January 8, 6:30 pm
The World of Bees
6:30 pm - Social hour begins. Soup and Salad will be available. Please bring your own place setting.
7:30 pm - Britt Hopper, Beekeeper, will be our speaker. All that attend will be given his “bee buffet”. The bee buffet is pollen & specialty honeys. He will also have wild flower seed mix to give away that can be planted in winter. Britt will discuss a beekeeper in Uruguay, and his first-hand experience.
Where - Great Plains Nature Center, 6232 East 29th St N, Wichita, KS
Contact - Deborah Gafvert 316-733-5102 dsgafvert@gmail.com.

Southwind Group February and March Meetings to be determined

Topeka Group
Tuesday, January 26. 6:30 pm.
Food Product & Seed Bio Alterations
6:30 pm - “Meet, Greet and Gather”
7:00 pm - Food Product & Seed Bio Alterations” with Carey Gillam, Investigative Reporter for Reuter News who will be presenting on the concerns about the biotech industry and food labeling as well as health and environmental concerns regarding associated pesticide product development. She has covered food and agriculture and the rise of biotech crop technology and associated pesticide product development and use for 18 years.
Where - Topeka Shawnee County Public Library Marvin Auditorium 101C, 1515 SW 10th Ave., Topeka, KS.
Contact - Gary Anderson, (785) 246-3229; gjanderson1963@hotmail.com

Topeka Group
Tuesday, February 23. 6:30 pm.
Zack Pistora, Legislative Director, Annual Update on KS Legislature
6:30 pm - “Meet, Greet and Gather”
7:00 pm - Zack Pistora, Legislative Director and our Sierra Club Lobbyist will give us his annual update on what is going on in the KS Legislature. Zack can give us the status of all the important environmental issues that we care about, answer questions and give us advice as to any actions we can take that would help key legislation. We know that we will have a large number of controversial issues to address during 2016.
Where - Unitarian Universalist Fellowship of Topeka, 4775 Southwest 21st St, Topeka, KS.
Contact - Gary Anderson, (785) 246-3229; gjanderson1963@hotmail.com

Topeka Group
Tuesday, March 22. 6:30 pm.
Climate + Energy Project: The Clean Power Plan update
6:30 pm - “Meet, Greet and Gather”
7:00 pm - Climate + Energy Project Executive Director Dorothy Barnett will give us the status of The Clean Power Plan and how Kansas is handling it. CEP is working within the legislature and actively educating Kansans about the benefits of the CPP and facilitating the creation of a CPP Blueprint that integrates energy efficiency. Come hear about any other work CEP is doing.
Where - Topeka Shawnee County Public Library Marvin Auditorium 101C, 1515 SW 10th Ave., Topeka, KS.
Contact - Gary Anderson, (785) 246-3229; gjanderson1963@hotmail.com

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Sierra Club Outings

General public is welcome to participate

Below is the combined list of all outings by the Kansas Chapter and Groups. Please contact the outing leader listed after the description by phone or e-mail before attending any of these activities. For trips requiring physical exertion, leaders need to know your ability and condition. Sierra Club policy also requires participants to sign a liability waiver or acknowledgement of risk prior to departing the trailhead. Outings organizers have a Meetup webpage for the latest outings updates at: http://www.meetup.com/KC-Sierra-Club-Outings/. Outings are also listed at http://kansas.sierraclub.org/outings/.

Fri, Jan 01, 10:00 AM, (Time Tentative). Kanza Outing. New Year's Day Hike at Lake Jacomo, Blue Springs, MO.
Paul Gross 816-228-6563 (home) or 816-985-2339 (mobile) wildwoodp@hotmail.com. Hike some ravines & woodlands trails, hopefully with snow on the ground! We'll plan on hiking 3-5 miles, depending on the weather. Bring lunch, and we'll provide the hot cocoa. Well-behaved dogs and their masters are welcome with pre-approval of the leader. ;o)- $5 donation requested.

Sat, Jan 02, 12:00 PM, (Time Tentative). Kanza Outing. Thomas Hart Benton Home and Studio State Historic Site, Kansas City, MO.
Eileen McManus 816-523-7823 eileen4250@sbcglobal.net. Let's tour the home of this renowned painter before the exhibit at the Nelson Gallery closes on Sun (optional visit to the Nelson afterwards). This is one of the historic sites funded with the MO Parks, Soils & Water Sales Tax which is coming up for renewal this year. Guided tour $5.

Sat, Jan 23, 9:00 AM. Kanza Outing. Winter Hike at Perry Lake - Part 1, Ozawkie, KS.
Tim Cross tecross3@gmail.com. Start your hiking season with a refreshing 7-mile winter trek at Perry Lake near Ozawkie, KS (weather permitting). We'll meet at the Old Military Trail Hiking Trail Access at 9:00 a.m. and hike Section 3 to Kiowa Road and back as it winds along the south side of Little Slough Creek. $3 donation requested.

Sat, Jan 23, 9:00 AM. Kanza Outing. Day Hike at Smithville Lake, Smithville, MO.
Melissa LeSage 913-219-6941 jmfamily76@hotmail.com. Shake off your cabin fever and come join us for a mid winter hike. We will meet at the Smoke and Davey trailhead and hike for approximately 2 1/2 hours. Join us for lunch afterwards if you're interested. $3 donation requested.

Sat, Jan 30, 12:00 PM, (Time Tentative). Kanza Outing. Lewis and Clark State Park, Rushville, MO.
Eileen McManus 816-523-7823 eileen4250@sbcglobal.net. Let's see if there are any eagles, geese, snowy egrets, great blue herons and swans on this oxbow lake that Lewis & Clark describes as “full of Geese & Goslings.” A park naturalist will highlight the history of the area and afterwards we will walk an easy trail which includes interpretive signs. This is one of the state parks funded with the MO Parks, Soils & Water Sales Tax which is coming up for renewal this year. $3 donation requested.

Sat, Feb 06, 9:00 AM. Kanza Outing. Winter Hike at Perry Lake - Part 2, Ozawkie, KS.
Tim Cross tecross3@gmail.com. Got cabin fever? Get out of the house and take an invigorating winter jaunt at Perry Lake near Ozawkie, KS (weather permitting). We'll meet at the Old Military Trail Hiking Trail Access at 9:00 a.m. and hike Section 3 to Kiowa Road and back as it winds along the south side of Little Slough Creek. $3 donation requested.

Sat, Feb 13, 10:00 AM. Kanza Outing. Rockhaven Trails Hike at Clinton Lake, Lawrence, KS.
Steve Hassler 913-707-3296 hassler@planetkc.com. Like last year, we'll explore the three parallel trails on the scenic & rugged south shore of Clinton Lake that transverse the Rockhaven Public Use area, but this time, we'll head east instead. Connecting passes between the trails allow us to tailor hike length to the day's conditions. Bring lunch, snacks, water. $3 donation requested.

Sat, Feb 20, 10:00 AM. Kanza Outing. Backpacking 101 Class Series, Kansas City, MO.
John Haynes 913-742-0100 jhaynes5018@everestkc.net. Have you wanted to try backpacking or at least learn more about it? We'll cover gear from head to foot and everything in between in two 5-hour Sat classroom sessions on 2/20 & 3/5. Participation in both ensures a place on the backpacking trip on Mar 18-20 at Paddy Creek Wilderness or Three Creeks Conservation area. A shakedown hike on Mar 13 will precede the backpacking trip. Cost is $50 per person, with participation limited to 25 people.

Sat, Feb 27, 10:00 AM. Kanza Outing. Day Hike on the Bethany Falls Trail at Burr Oak Woods, Blue Springs, MO.
Chantal Hoffecker 816-665-5841 positively_radiant@
General public is welcome to participate

Shrink, continued from page 17

- Close your mouth and inhale quietly through your nose to a mental count of four.
- Hold your breath for a count of seven.
- Exhale completely through your mouth, making a whoosh sound to a count of eight.
- This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.


Final thoughts

If you like, try to incorporating drawing, journaling, music, poetry or movement (e.g. yoga, tai-chi) into your nature experience. Nature can be considered an experience enhancer. It makes other activities more pleasant and enjoyable. Try not to judge your thoughts or feelings. Simply let them be, as they are, in the moment. Thoughts and feelings are constantly changing, like water flowing through a stream, like clouds moving through the sky. Try to look upon them as an observer. Look at nature as if it is a teacher and you are the learner; simultaneously teaching you about itself and yourself, all the while drawing you closer to it (after all, are we really separate from nature?).

Disclaimer:

I am not a licensed therapist or medical professional. This advice should not substitute or supersed medical advice. Consult with your doctor before beginning any exercise regimen. Use common sense and above all, stay safe. The above guidelines are just ideas to spark your interest. It may require some practice and experimentation to develop a routine and to find what works best for you. Don’t be afraid to step outside of the box to expand your normal way of being/thinking. Happy exploring!

Sierra Club Outings

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Sierra Club Outings

General public is welcome to participate
Deadline for the next issue is March 10

www.kansas.sierraclub.org

Calendar of Events

Summary of all Kansas Chapter Events

Below is a listing of all General Meetings, Outings, and Events for the Kansas Chapter and Groups. For specific information, see General Meetings page 21 and Outings page 22. For the latest update on events, go to http://kansas.sierraclub.org/calendar/

Fri, Jan 8, 6:30 pm. The World of Bees. Contact - Deborah Gafvert 316-733-5102 dsgafvert@gmail.com.

Tues, Jan 19, 6:45 pm. Divestment: An important tool to reduce our dependence on fossil fuels. Contact – Craig Wolfe, 913-299-4474, info@kansas.sierraclub.org

Sat, Jan 23, 9:00 AM. Kanza Outing. Winter Hike at Perry Lake - Part 1, Ozawkie, KS. Tim Cross tecross3@gmail.com. $3 donation requested.
Sat, Jan 23, 9:00 AM. Kanza Outing. Day Hike at Smithville Lake, Smithville, MO. Melissa LeSage 913-219-6941 jmfamily76@hotmail.com. $3 donation requested.

Tues, Jan 26, 7:00 PM. Topeka. Topeka Group Meeting - Food Product & Seed Bio Alterations. Gary Anderson 785-246-3229 ganderson1963@gmail.com.

Sat, Jan 30, 12:00 PM, (Time Tentative). Kanza Outing. Lewis and Clark State Park, Rushville, MO. Eileen McManus 816-523-7823 eileen4250@sbcglobal.net. $3 donation requested.

Sat, Feb 06, 9:00 AM. Kanza Outing. Winter Hike at Perry Lake - Part 2, Ozawkie, KS. Tim Cross tecross3@gmail.com. $3 donation requested.
Sat, Feb 13, 10:00 AM. Kanza Outing. Rockhaven Trails Hike at Clinton Lake, Lawrence, KS. Steve Hassler 913-707-3296 hassler@planetkc.com. $3 donation requested.

Wed, Feb 17, 7:00 pm. Kanza Cinema Presents the film “This Changes Everything”. 6:45 pm - Contact - Gail Shafton, (913) 909-3127, gail@shafton.com

Sat, Feb 20, 10:00 AM. Kanza Outing. Backpacking 101 Class Series, Kansas City, MO. John Haynes 913-742-0100 jhaynes5018@everestkc.net.


Sat, Mar 05, 10:00 AM. Kanza Outing. Day Hike on the Shawnee Trace Nature Trail at James A. Reed MWA, Lee’s Summit, MO. Chantal Hoffecker 816-665-5841 positively_radiant@hotmail.com. $3 donation requested.

Tues, Mar 8, 6:45 pm. Pollinators.....Feel the Love. Contact – Craig Wolfe, 913-299-4474, info@kansas.sierraclub.org


Fri, Mar 18, to Sun, Mar 20. Kanza Outing. Women’s Backpacking Trip on the Ozark Trail from Council Bluff Lake to Bell Mountain, Bellevue, MO. Melissa LeSage 913-219-6941 jmfamily76@hotmail.com. $10 Sierra Club donation requested.


Sat, Mar 26, 12:00 PM, (Time Tentative). Kanza Outing. Knob Noster State Park, Knob Noster, MO. Eileen McManus 816-523-7823 eileen4250@sbcglobal.net. $3 donation requested.